



*The Plymouth Amateur Swimming Association*

*Proudly Presents*

*The City of Plymouth ASA*

*Annual Swim Meet 2016*



MOUNT  
KELLY



**Sunday 16th October 2016, Saturday 22nd October 2016 and  
Sunday 23rd October 2016**

LICENCE NO: 3SW160897 (16<sup>th</sup> October) & 3SW160898 (22<sup>nd</sup>/23<sup>rd</sup> October)

Entry Closing Date Tuesday 29<sup>th</sup> September 2016

[www.plymouthswimming.co.uk](http://www.plymouthswimming.co.uk)



# City of Plymouth ASA Annual Swim Meet 2016



Sunday 16 October 16 / Saturday 22 October 16 / Sunday 23 October 16

[www.plymouthswimming.co.uk](http://www.plymouthswimming.co.uk)

## MEET CONDITIONS

1. The City of Plymouth Annual Swim Meet will be held under ASA Laws and Regulations and Technical Rules of Racing and has been licensed at Level 3 by the ASA for entry into Regional and County Championships and Competitions.
2. The City of Plymouth Annual Swim Meet is limited to the clubs that have paid their affiliation fee to the City of Plymouth S.A. in the year of competition from Plymouth Leander S.A., Mount Kelly College, Dinnaton, Tavistock, Plymouth RN/RM S.C., Devonport Royal S.A., Kingsbridge Kingfishers and Caradon S.C.. All affiliation fees must be paid prior to the closing date for the entries.
3. Any swimmer who holds a qualifying entry time or top 44 ranked place in **ANY EVENT** for 2016 British LC Championships, and/or British National Championships will **not** be eligible for entry into this Meet. Entries must be the fastest time currently held by a swimmer either Short Course or Long Course conversion, times will be checked using the British Swimming Rankings checker.
4. Home Nation (English, Welsh, Scottish or Northern Irish ) National swimmers may enter the City of Plymouth 2016 as long as they are an member swimmer of a COP Club, they must enter any event in which they swam in the ASA Summer Championships under the criteria of Meet Condition 5 (as an exhibition swim).
5. Swimmers who are faster than the cut off times may enter an event as an exhibition swim under the following conditions (with the exception of British National Swimmers as per condition 3):
  - They can enter no more than 1 exhibition swim per session (maximum 6)
  - Exhibition swims do not count towards The Lord Mayors Award, Podium Finishes, standard medal awards or any other award available to a standard entry within the published cut off times.  
The City of Plymouth 2015 will award an exhibition medal for first, second or third place swims.
  - In the event of oversubscription exhibition swims will be prioritised for scratches first to safeguard entries within the published cut off times.
  - Exhibition swims will be denoted as such by an X on the Meet program, Entry lists and similar meet documentation.
  - The promotor reserves the right to reject any exhibition swim entry where it is felt the entry or swim will disadvantage a swim entered within the published cut off times, without explanation.
6. All entries must be made electronically (unless agreed beforehand). By the closing date, club officers will be given the opportunity to check entries in order to correct errors. There will be no changes to times after this. **No changes permitted on the day!** At the discretion of the promotor, entries may be taken on the day on a strictly time trial basis providing all such entries comply with the Qualifying Times of this competition. Swimmer's entered as a time trial will not be eligible for awards or finalist positions.
7. The acceptance of competitors will be based on times submitted so it is essential that only achieved times or realistic times be entered. As many heats as possible will be run in the time available for the Meet.
8. The promotor (City of Plymouth Swimming Association) reserves the right to reject any entry without giving a reason. By submitting entries on the official entry forms and discs, clubs and competitors accept the rules of this competition.
9. If the number of entries within the qualifying times is high the promoters reserve the right to limit entries to enable the gala to meet licensing requirements. Any deletions required will need to take into consideration meet conditions 8 & 9 and will ensure an equal balance of swimmers across the age groups and events based on entry time.
10. **Officials & Poolside Helpers:** All Plymouth ASA Clubs are requested to provide 1 Official per session and the required number of volunteers for poolside roles



# City of Plymouth ASA Annual Swim Meet 2016



Sunday 16 October 16 / Saturday 22 October 16 / Sunday 23 October 16

[www.plymouthswimming.co.uk](http://www.plymouthswimming.co.uk)

11. Competitors whose entries are accepted and subsequently found to have been entered in the wrong event(s):
  - (a) because of incorrect entry information, will be withdrawn from the event(s) and will not have their entry fee(s) refunded; or,
  - (b) because of error by the organiser, will be withdrawn from the event(s) and will at the organiser's discretion and without further obligation or liability by the organiser either
    - i) be entered into the correct event(s) or
    - ii) receive a refund of the relevant entry fee(s)
12. The meet promoter will check entries against the British Rankings where it is felt that a swimmer may be submitting a slower time in order to gain entry to this meet. Falsely entered times will be rejected without a refund.
13. The City of Plymouth Swimming Association uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data such as name, club, entered/achieved times may be made public prior to, during or after the meet (e.g. programs, results, etc).
14. The pool is 25m x 10 lanes and the competition will be swum short course. Anti-wave devices will be in place and electronic timing/placing will be used wherever possible.
15. The promoter reserves the right to refuse admission to any competitor or spectator.
16. The promoter does not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. Items have gone missing in the past so please look after your belongings.
17. Closing date for entries is Tuesday 29th September 2016. Dates of birth and fees must accompany entry.  
2016 Entry Fees  
Individual = £4.00 per event  
Relays = £10.00 for up to 2 male teams & £10.00 for up to 2 female teams
18. In line with child protection policies, any persons wishing to use video or photographic equipment (including mobile phones with photographic facility) are required to sign the authorization book available at the entry desk and must display a camera pass. Any person not complying will be asked to leave the pool complex.
19. The one start rule will be in operation during this event.
20. The meet will be run without cards. All events to be swum in "spearheaded" seeded heats (slowest heat first), regardless of age, from submitted times, with declared age group winners. Finals will be swum in 100metre events only. **Swimmers may be required to sign in for 400m, 800m & 1500m events (to be announced on the day).**
21. All events will be HDW (except 100m events). There will be finals in all 100m events, one final for each event, these finalists will be the **fastest 8 swimmers**. Two reserves will be named for these finals. We request that swimmers withdrawing from finals should do so within twenty (20) minutes of the announcement to enable the notification of reserve finalists who are required to swim. Once an entry is withdrawn the Final place will be assigned to the next reserve, the original swimmer may not re-enter the Final.
22. Competitors must report to the stewards at the marshaling area at least 3 events prior to their event where they will be given their starting order. It is the responsibility of coaches and swimmers to ensure that swimmers report to the marshaling area in good time. Any swimmer not reporting may be deemed to have withdrawn from that event.
23. Competitors' ages shall be as at 23<sup>rd</sup> October 2016.
24. Awards for each age group will be presented for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in all events.



# City of Plymouth ASA Annual Swim Meet 2016



Sunday 16 October 16 / Saturday 22 October 16 / Sunday 23 October 16

[www.plymouthswimming.co.uk](http://www.plymouthswimming.co.uk)

## 25. RELAY EVENTS

- Entries are limited to maximum 2 Male Relay Teams and 2 Female Relay Teams per Club.
- Male and Female 4 x 50metre Freestyle events.
- All swimmers must be eligible as individual events and have taken part in at least one individual event.
- Closing date for entries to be as for the City of Plymouth Swim Meet Competition.

## 26. POOL PASSES

Entry on to pool deck will not be permitted without a valid Pool Pass. All Team Managers and Coaches must ensure they display their pass at all times during the competition.

- Pool passes will be £20 each
- Each club may purchase 3 passes if a club requires more than three per session these may be purchased for an additional fee of £4.00 per pass per session.

## 27. SPECTATORS

- Spectator Entry will be **FREE**. Programmes will be sent to club representatives one week before the gala and can be printed by individuals as required. A small number of programmes will be available at the door, available for £1 per day. Entrance to the gallery does not guarantee a seat and the promoter reserves the right to utilise gallery seating for swimmers in the case of heavy subscription.

## 28. OFFICIAL DECISIONS

- The Referees decision on all swimming matters is final.

### **Annex to Meet Conditions – Summary of Events/Age Groups**

#### Boys and Girls 9 years

- Sprint All four strokes – 50metres
- All four strokes 200metres
- I.M. 100m Ind. Medley, 200m Ind. Medley

#### Boys 10 years

- Sprint All four strokes – 50metres
- 100 All four strokes – 100metres
- I.M. I.M. 100m Ind. Medley, 200m Ind. Medley
- Form Backstroke, Breaststroke, Butterfly – 200metres
- Distance Freestyle – 200metres, 400metres.

#### Girls 10 years

- Sprint All four strokes – 50metres
- 100 All four strokes – 100metres
- I.M. 100m Ind. Medley, 200m Ind. Medley
- Form Backstroke, Breaststroke, Butterfly – 200metres
- Distance Freestyle – 200metres, 400metres.

#### Girls 11 & 12 years

- Sprint All four strokes – 50metres
- 100 All four strokes – 100metres
- I.M. 100m Ind. Medley, 200m Ind. Medley, 400m Ind. Medley
- Form Backstroke, Breaststroke, Butterfly – 200metres
- Distance Freestyle – 200metres, 400metres, 800metres

#### Boys 11 & 12 years

- Sprint All four strokes – 50metres
- 100 All four strokes – 100metres
- I.M. 100m Ind. Medley, 200m Ind. Medley, 400m Ind. Medley
- Form Backstroke, Breaststroke, Butterfly – 200metres
- Distance Freestyle – 200metres, 400metres, 1500metres

Girls 13, 14, 15, 16 & 17 and over years





# City of Plymouth ASA Annual Swim Meet 2016



Sunday 16 October 16 / Saturday 22 October 16 / Sunday 23 October 16

[www.plymouthswimming.co.uk](http://www.plymouthswimming.co.uk)

- |             |  |
|-------------|--|
| a) Sprint   | All four strokes – 50metres                          |
| b) 100      | All four strokes – 100metres                         |
| c) I.M.     | 100m Ind. Medley, 200m Ind. Medley, 400m Ind. Medley |
| d) Form     | Backstroke, Breaststroke, Butterfly – 200metres      |
| e) Distance | Freestyle – 200metres, 400metres, 800metres          |

Boys 13, 14, 15, 16 & 17 and over years

- |             |  |
|-------------|--|
| a) Sprint   | All four strokes – 50metres                          |
| b) 100      | All four strokes – 100metres                         |
| c) I.M.     | 100m Ind. Medley, 200m Ind. Medley, 400m Ind. Medley |
| d) Form     | Backstroke, Breaststroke, Butterfly – 200metres      |
| e) Distance | Freestyle – 200metres, 400metres, 1500metres.        |

## DAY 1 PROGRAMME – SUNDAY 16<sup>th</sup> OCTOBER 2016

DOORS OPEN 11:30

WARM UP 12:00 to 12:30 (Use all 10 lanes for warm up)  
Warm up 1 – All Boys 12:00 to 12:15  
Warm up 2 – All Girls 12:15 to 12:30

Warm ups will be 10 minutes continuous swim followed by 5 minutes sprints.

SESSION 1 START 12:30

Event 1 Boys 10 & Over 400m Freestyle  
Event 2 Girls 10 & Over 100m Butterfly  
Event 3 Boys 10 & Over 100m Backstroke  
Event 4 Girls 9 & Over 50m Backstroke  
Event 5 Boys 9 & Over 50m Breaststroke  
Event 6 Girls 9 & Over 200m Breaststroke  
Event 7 Boys 10 & Over 200m Butterfly  
**Event 8 Girls 100m Butterfly Final**  
**Event 9 Boys 100m Backstroke Final**

INTERVAL OFFICIALS TBC  
SWIMMERS TBC (then warm up as below)

WARM UP TBC (Use all 10 lanes for warm up)  
Warm up 1 – All Girls TBC  
Warm up 2 – All Boys TBC

Warm ups will be 10 minutes continuous swim followed by 5 minutes sprints.

SESSION 2 START TBC

Event 10 Girls 11 & Over 400m Ind. Medley  
Event 11 Boys 9 & Over 100m Ind. Medley  
Event 12 Girls 9 & Over 100m Ind. Medley  
Event 13 Boys 9 & Over 50m Freestyle  
Event 14 Girls 9 & Over 50m Butterfly  
Event 15 Boys 9 & Over 200m Backstroke  
Event 16 Girls 9 & Over 200m Freestyle  
**Event 17 Boys 100m Ind. Medley Final**  
**Event 18 Girls 100m Breaststroke Final**

DAY 1 FINISH 18:00 Approx

All timings above are approximate and provided as a guide for coach/team manager planning purposes only.  
Session 2 will not start earlier than the advertised time

## DAY 2 PROGRAMME – SATURDAY 22<sup>nd</sup> OCTOBER 2016



# City of Plymouth ASA Annual Swim Meet 2016



Sunday 16 October 16 / Saturday 22 October 16 / Sunday 23 October 16

[www.plymouthswimming.co.uk](http://www.plymouthswimming.co.uk)

DOORS OPEN 12:00

WARM UP 12.30 to 1:00 (Use all 10 lanes for warm up)  
Warm up 1 – All Girls 12:30 to 12:45  
Warm up 2 – All Boys 12:45 to 1:00

Warm ups will be 10 minutes continuous swim followed by 5 minutes sprints.

SESSION 3 START 1:15

Event 19 Girls 10 & Over 400m Freestyle  
Event 20 Boys 10 & Over 100m Butterfly  
Event 21 Girls 10 & Over 100m Backstroke  
Event 22 Boys 9 & Over 50m Backstroke  
Event 23 Girls 9 & Over 50m Breaststroke  
Event 24 Boys 9 & Over 200m Breaststroke  
Event 25 Girls 9 & Over 200m Butterfly  
**Event 26 Boys 100m Butterfly Final**  
**Event 27 Girls 100m Backstroke Final**

INTERVAL OFFICIALS TBC  
SWIMMERS TBC

WARM UP TBC (Use all 10 lanes for warm up)  
Warm up 1 – All Boys TBC  
Warm up 2 – All Girls TBC

Warm ups will be 10 minutes continuous swim followed by 5 minutes sprints.

SESSION 4 START TBC

Event 28 Boys 11 & Over 400m Ind. Medley  
Event 29 Girls 10 & Over 100m Breaststroke  
Event 30 Boys 10 & Over 100m Breaststroke  
Event 31 Girls 9 & Over 50m Freestyle  
Event 32 Boys 9 & Over 50m Butterfly  
Event 33 Girls 9 & Over 200m Backstroke  
Event 34 Boys 9 & Over 200m Freestyle  
**Event 35 Girls 100m Ind. Medley Final**  
**Event 36 Boys 100m Breaststroke Final**

DAY 2 FINISH 18:30 Approx

All timings above are approximate and provided as a guide for coach/team manager planning purposes only.  
Session 4 will not start earlier than the advertised time.

**DAY 3 PROGRAMME – SUNDAY 23rd OCTOBER 2016**



# City of Plymouth ASA Annual Swim Meet 2016



Sunday 16 October 16 / Saturday 22 October 16 / Sunday 23 October 16

[www.plymouthswimming.co.uk](http://www.plymouthswimming.co.uk)

DOORS OPEN 11:30

WARM UP 12:00 to 12:30 (Use all 10 lanes for warm up)  
Warm up 1 – All Boys 12:00 to 12:15  
Warm up 2 – All Girls 12:15 to 12:30

Warm ups will be 10 minutes continuous swim followed by 5 minutes sprints.

SESSION 1 START 12:30  
Event 37 Boys 200m Freestyle Relay  
Event 38 Girls 200m Freestyle Relay

Relay Presentations

Event 39 Boys 10 and over 100m Freestyle  
Event 40 Girls 10 and over 100m Freestyle  
Event 41 Boys 9 and over 200m IM  
Event 42 Girls 9 and over 200m IM  
**Event 43 Boys 100m Freestyle Final**  
**Event 44 Girls 100m Freestyle Final**

INTERVAL OFFICIALS TBC  
SWIMMERS TBC (then warm up as below)

WARM UP TBC (Use all 10 lanes for warm up)  
Warm up 1 – All Boys TBC  
Warm up 2 – All Girls TBC

Warm ups will be 10 minutes continuous swim followed by 5 minutes sprints.

SESSION 6 START TBC  
Event 45 Boys 11 & Over 1500m Freestyle  
Event 46 Girls 11 & Over 800m Freestyle

**Qualification Times**



# City of Plymouth ASA Annual Swim Meet 2016



Sunday 16 October 16 / Saturday 22 October 16 / Sunday 23 October 16

[www.plymouthswimming.co.uk](http://www.plymouthswimming.co.uk)

## MALE

ENTRY TIMES MAY NOT BE FASTER THAN									
Events	Boys								
	9	10	11	12	13	14	15	16	17/+
50m Freestyle	36.00	34.50	31.90	31.50	29.25	27.18	26.50	25.80	24.15
100m Freestyle		1.14.00	1.10.40	1.09.40	1.05.10	59.50	59.00	56.00	54.50
200m Freestyle	2.50.00	2.42.00	2.32.20	2.31.20	2.23.40	2.11.20	2.05.50	2.00.60	1.58.00
400m Freestyle		5.30.00	5.16.80	5.15.80	5.05.40	4.34.90	4.23.30	4.17.70	4.11.30
800/1500m Freestyle			21:00.00	20:30.00	20:00.00	19:30.00	18:00.00	17:40.00	17:00.00
50m Backstroke	41.50	39.50	38.00	37.10	35.50	32.30	31.60	29.50	28.60
100m Backstroke		1.24.00	1.22.00	1.21.40	1.16.50	1.09.80	1.07.80	1.03.50	1.00.70
200m Backstroke	2.58.00	2.53.00	2.50.60	2.49.60	2.39.70	2.25.30	2.21.40	2.14.10	2.12.20
50m Breaststroke	46.00	44.00	42.80	42.50	39.50	37.70	34.70	33.60	30.30
100m Breaststroke		1.37.00	1.34.80	1.33.80	1.29.50	1.21.90	1.15.20	1.12.60	1.07.20
200m Breaststroke	3.40.00	3.20.00	3.16.60	3.15.60	3.03.50	2.53.20	2.43.80	2.34.80	2.28.90
50m Butterfly	40.00	38.00	36.10	35.80	33.00	31.50	30.15	28.50	26.20
100m Butterfly		1.29.90	1.26.40	1.25.90	1.18.80	1.11.80	1.06.60	1.03.30	59.50
200m Butterfly		3.18.00	3.12.15	3.11.15	2.55.80	2.40.50	2.26.70	2.20.50	2.10.10
100m Ind. Med.	1.42.00	1.37.00	1.34.80	1.33.80	1.29.50	1.21.90	1.15.20	1.12.60	1.07.20
200m Ind. Med.	3.10.00	2.58.80	2.54.20	2.53.20	2.45.90	2.31.30	2.25.80	2.18.20	2.14.00
400m Ind. Med.			6.08.80	6.07.50	5.48.50	5.23.40	5.04.70	4.46.80	4.46.00





# City of Plymouth ASA Annual Swim Meet 2016



Sunday 16 October 16 / Saturday 22 October 16 / Sunday 23 October 16

[www.plymouthswimming.co.uk](http://www.plymouthswimming.co.uk)

## FEMALE

Events	ENTRIES MAY NOT BE FASTER THAN								
	GIRLS								
	9	10	11	12	13	14	15	16	17/+
50m Freestyle	36.00	34.50	31.60	31.24	29.25	28.25	28.12	27.77	27.50
100m Freestyle		1.14.30	1.09.50	1.08.55	1.02.80	1.01.80	1:00.30	59.15	59.00
200m Freestyle	2.50.00	2.42.00	2.30.75	2.29.70	2.21.40	2.15.20	2.09.80	2.08.30	2.08.00
400m Freestyle		5.30.00	5.17.20	5.16.20	4.55.10	4.46.40	4.34.05	4.33.30	4.33.00
800m Freestyle			11:00.00	10:40.00	10:10.00	9:40.00	9:25.00	9:25.00	9:20.00
50m Backstroke	41.50	39.50	37.10	36.50	34.50	33.50	32.50	32.40	32.30
100m Backstroke		1.24.00	1.20.50	1.19.80	1.14.80	1.11.20	1.08.40	1.07.20	1.06.50
200m Backstroke	2.58.00	2.53.00	2.47.60	2.46.60	2.35.80	2.32.70	2.24.10	2.23.50	2.23.30
50m Breaststroke	46.00	44.00	42.70	42.30	39.70	37.45	37.10	36.30	36.10
100m Breaststroke		1.37.00	1.33.80	1.33.10	1.27.00	1.23.20	1.20.20	1.17.70	1.16.90
200m Breaststroke	3.40.00	3.20.00	3.17.60	3.17.10	3.05.70	2.54.60	2.50.00	2.45.30	2.45.00
50m Butterfly	40.00	38.00	35.00	34.50	33.50	32.20	31.15	29.90	29.70
100m Butterfly		1.29.90	1.22.65	1.22.00	1.17.60	1.13.20	1.09.70	1.08.30	1.07.90
200m Butterfly		3.18.00	3.00.00	2.59.00	2.52.80	2.46.50	2.33.40	2.32.00	2.27.70
100m Ind. Med.	1.42.00	1.37.00	1.33.80	1.33.10	1.27.00	1.23.20	1.20.20	1.17.70	1.16.90
200m Ind. Med.	3.10.00	2.58.80	2.47.25	2.46.30	2.42.40	2.36.50	2.30.50	2.27.30	2.27.20
400m Ind. Med.			6.00.00	5.59.00	5.38.60	5.30.90	5.16.00	5.13.10	5.13.00

ENTRY APPLICATION FORM



# City of Plymouth ASA Annual Swim Meet 2016



Sunday 16 October 16 / Saturday 22 October 16 / Sunday 23 October 16

[www.plymouthswimming.co.uk](http://www.plymouthswimming.co.uk)

**ALL ENTRIES WILL NEED TO BE PASSED TO YOUR CLUB FOR SUBMISSION BY THEM ELECTRONICALLY  
City of Plymouth ASA do not accept individual entries on paper**

**COMPLETE IN BLOCK CAPITALS**

<b>Club</b>							
<b>Surname</b>		<b>First Name</b>		<b>Initial</b>			
<b>Date of Birth</b>		<b>Age as at 23<sup>rd</sup> October 2016</b>		<b>M/F</b>			
<b>Address &amp; Postcode</b>							
<b>Telephone Number &amp; e-mail</b>							
<b>ASA Membership Ref. Number</b>							
<b>Disability Swimmer (Tick)</b>		<b>S Class:</b>					

EVENT	Female (Tick)	Male (Tick)	ENTRY TIME
50m Freestyle			
100m Freestyle			
200m Freestyle			
400m Freestyle			
800m Freestyle			
1500m Freestyle			
50m Butterfly			
100m Butterfly			
200m Butterfly			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
50m Backstroke			
100m Backstroke			
200m Backstroke			
100m IM			
200m IM			
400m IM			

Total No of Entries	Description	Cost per event	Total
	Individual Entries	£4.00 HyTek Entries	
		Amount Due    £	



# City of Plymouth ASA Annual Swim Meet 2016



Sunday 16 October 16 / Saturday 22 October 16 / Sunday 23 October 16

[www.plymouthswimming.co.uk](http://www.plymouthswimming.co.uk)

## Officials Nomination Form

Full Name: .....

Name of Club: .....

Qualification:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
J1	J2	Starter	Referee	Workbook

Telephone Number: .....

Email: .....

ASA Number: .....

Sessions Which  
Your available  
For  
(please tick):

SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

All completed forms to be returned to Mel Jaynes  
[officials@plymouthswimming.co.uk](mailto:officials@plymouthswimming.co.uk)



# City of Plymouth ASA Annual Swim Meet 2016



Sunday 16 October 16 / Saturday 22 October 16 / Sunday 23 October 16

[www.plymouthswimming.co.uk](http://www.plymouthswimming.co.uk)

### TEAM ENTRY SUMMARY SHEET

**FOR COMPETION BY NOMINATED CLUB REPRESENTATIVE TO SEND TO CITY OF PLYMOUTH ASA MEET SECRETARY**

Cheques should be made payable to 'City of Plymouth ASA'. It would be appreciated if Club entries were accompanied by one cheque for the requisite sum rather than a series of smaller cheques. The Hytek file for this meet will be available on [TBA](#)

PLEASE NOTE coaches passes cannot be purchased on the day of meet, you must buy them in advance

<b>Club</b>	
<b>Contact Name</b>	
<b>Address</b>	
<b>Telephone (Day)</b>	
<b>Telephone (Eve)</b>	
<b>Mobile</b>	
<b>E-Mail</b>	

<b>Total No. of Meet Entries</b>		@	£4.00 each HyTek Entry	=	
<b>Relay Entries</b>		@	£10.00 for up to 2 male teams & £10.00 for up to 2 female teams	=	
<b>Poolside Pass</b>		@	£20.00 Per Pass (Up to three per club)	=	
<b>Poolside Per Session Pass (where more than three required)</b>		@	£4.00 Per Pass per session (List sessions below)	=	
<b>Closing Date Tuesday 29<sup>th</sup> September 2016</b>		<b>Total Cheque Enclosed</b>			

Return to: Max Trebilcock, 62 Molesworth Road, Plympton, Plymouth, PL7 4NU  
Enquiries can be emailed to [events@plymouthswimming.co.uk](mailto:events@plymouthswimming.co.uk) or call 07557983947.

I certify that all the above details are correct and that I will abide by the meet conditions. <b>Signed on behalf of all swimmers :</b>	
(Team Manager) .....	
Date .....	

**Please do not use recorded delivery or special delivery. If you are concerned about your entry reaching the destination on time please e-mail or call the contact and obtain a certificate of posting.**