



**Date: 30<sup>th</sup> June & 1<sup>st</sup> July 2012**

**Venue: Broughton Baths, Salford**

**Under ASA Laws and ASA Technical Rules.  
Licensed meet level 3 (3NW2170)**

Entry fee £4.00 per event, to include the 15p license fee  
 All events H.D.W basis  
 Ages: Girls Individual 9, 10,11,12,13 +14/Over  
 Boys 9, 10, 11,12,13,14 +15/Over Age on last day of the meet  
 Closing date for entries: Saturday 2<sup>nd</sup> June 2012  
 Entries to Mark Crouch; Castleton Baths, Manchester road, Castleton,  
 Rochdale OL11 3AF. Please note this will be a cardless meet  
 Entries will be restricted as per the upper & Lower Qualifying times  
 listed and will be on a first come first serve basis.  
 For Disk entries contact: or Telephone Mark Crouch on 07852352128  
 or, e-mail [aquabearschiefcoach@yahoo.co.uk](mailto:aquabearschiefcoach@yahoo.co.uk)



**PROGRAMME OF EVENTS FOR 2012**

**SESSION 1: Saturday 30th June**

**Warm up 8.15am Start: 9.15am**

1	Boys	400m Individual Medley
2	Girls	400m Freestyle
3	Boys	100m Butterfly
4	Girls	100m Breaststroke
5	Boys	50m Breaststroke
6	Girls	50m Backstroke
7	Boys	200m Freestyle

**SESSION 3: Sunday 1st July**

**Warm up 8.15am Start: 9.15am**

16	Girls	400m Individual Medley
17	Boys	400m Freestyle
18	Girls	100m Butterfly
19	Boys	100m Breaststroke
20	Girls	50m Breaststroke
21	Boys	50m Backstroke
22	Girls	200m Freestyle

**SESSION 2: Saturday 30th June**

**Warm up: 1.15pm Start: 2.15pm**

8	Girls	200m Individual Medley
9	Boys	200m Backstroke
10	Girls	200m Breaststroke
11	Boys	50m Butterfly
12	Girls	50m Freestyle
13	Boys	100m Freestyle
14	Girls	100m Backstroke
15	Boys	200m Butterfly

**SESSION 4: Sunday 1st July**

**Warm up: 1.15pm Start: 2.15pm**

23	Boys	200m Individual Medley
24	Girls	200m Backstroke
25	Boys	200m Breaststroke
26	Girls	50m Butterfly
27	Boys	50m Freestyle
28	Girls	100m Freestyle
29	Boys	100m Backstroke
30	Girls	200m Butterfly



## AQUABEARS OPEN SUMMER MEET 2012

To be held at Broughton Baths, Salford on Sat 30<sup>th</sup> June and Sun 1<sup>st</sup> July 2012 under license (3NW2170)  
**COMPETITION RULES AND MEET INFORMATION**

- FACILITIES:** Six lane, 25 metre pool  
Colorado electronic timing with display
- PROMOTER:** Aquabears of Rochdale S.C.
- RULES:** The meet will be held under ASA Laws and ASA Technical rules.  
The ONE-START RULE will be in operation throughout the meet.  
This meet is licensed by the A.S.A. at level 3 and is for swimmers intending to achieve County & Regional qualifying times. Swimmers must have achieved the lower qualifying times for each event and must not exceed the upper times as listed.
- INFORMATION:** Mark Crouch: Castleton baths, Manchester road, Rochdale, OL11 3AF  
Tel: 07852352128. E-Mail [aquabearschiefcoach@yahoo.co.uk](mailto:aquabearschiefcoach@yahoo.co.uk)
- AGE GROUPS:** Girls 9yrs,10yrs, 11yrs, 12yrs, 13yrs + 14yrs/Over  
Boys 9yrs,10yrs, 11yrs, 12yrs, 13yrs, 14yrs + 15yrs/Over  
Age as at 1<sup>st</sup> July 2012
- ENTRIES:** Closing date for entries is Saturday 2<sup>nd</sup> June 2012.  
All submitted times must be converted to 25 metres.  
All entries must show the swimmers full date of birth and ASA registration number.  
Entries will be restricted to first come first serve basis. Any club wishing to submit entries on disk should contact Mark Crouch. Completed entry forms to be returned to meet information address as above. Please also enclose an s.a.e. for the return of entry sheets and or cheques.
- ENTRY FEES:** £4.00 to include the 15pence license fee.  
Cheques to be made payable to '**Friends of Aquabears**'.
- AWARDS:** Awards will be given to the first three placed swimmers in each individual age group.  
Presentation to be made to all medallists. There will also be a top club trophy awarded.  
Points scoring in events will be 6,5,4,3,2,1 for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> places respectively.
- COACHES**  
**PASSES:** £13.00 , to include admittance to poolside, programme, result sheets and lunch. Coaches without passes will be refused entry to the poolside.
- ENTRY CARDS:** **Please note that this meet will be run as a cardless meet.** Any swimmer not competing in an event should notify the meet desk 45mins prior to the start of the session.
- SEEDING:** All events are Heat Declared Winner (HDW), heats being seeded, slowest to fastest, based on the submitted entry times.
- ELECTRONIC SCOREBOARD:** Times and places shown on the electronic scoreboard are for information only, and are not necessarily the official result. The Referee's decision is final.

**Any points not covered to be at the discretion of the Meet Director**

# Aquabears Summer Meet 2012 Entry Times

EVENT	9	10	11	12	13	14	15/Over
50m Freestyle	50.4	46.9	43.6	40.7	37.8	35.0	32.9
100m Freestyle	01:53.0	01:42.5	01:34.6	01:28.1	01:21.5	01:15.5	01:11.2
200m Freestyle	04:02.5	03:42.8	03:25.8	03:11.9	02:58.1	02:44.7	02:35.3
400m Freestyle	08:44.8	07:50.8	07:12.0	06:43.9	06:15.5	05:48.6	05:28.7
50m Breaststroke	01:05.2	01:00.9	56.1	52.1	47.9	44.3	41.5
100m Breaststroke	02:25.9	02:12.6	02:00.9	01:52.3	01:43.1	01:35.3	01:29.3
200m Breaststroke	05:05.8	04:44.8	04:20.4	04:02.7	03:43.4	03:25.9	03:13.7
50m Butterfly	56.3	52.0	47.9	44.9	41.5	38.3	35.8
100m Butterfly	02:13.4	01:57.3	01:45.8	01:38.1	01:30.3	01:23.2	01:17.9
200m Butterfly	04:51.8	04:17.3	03:52.4	03:36.4	03:19.7	03:04.2	02:51.4
50m Backstroke	57.6	53.6	49.6	46.5	42.9	39.9	37.3
100m Backstroke	02:06.6	01:56.1	01:45.8	01:38.7	01:31.0	01:24.0	01:18.8
200m Backstroke	04:26.7	04:06.4	03:47.0	03:32.0	03:15.8	03:00.7	02:49.9
200m Individual Medley	04:34.3	04:13.8	03:52.4	03:37.1	03:21.5	03:05.5	02:54.6
400m Individual Medley	09:50.6	09:03.1	08:13.4	07:38.8	07:06.7	06:32.9	06:09.5
<b>GIRLS</b>							
EVENT	9	10	11	12	13	14/Over	
50m Freestyle	49.9	46.8	43.6	40.7	38.4	36.8	
100m Freestyle	01:52.3	01:42.9	01:34.3	01:27.5	01:22.7	01:19.1	
200m Freestyle	03:59.8	03:40.3	03:23.3	03:08.8	02:57.8	02:50.5	
400m Freestyle	08:39.9	07:46.1	07:03.9	06:33.9	06:11.4	05:56.3	
50m Breaststroke	01:05.2	01:00.5	55.6	51.6	48.4	46.3	
100m Breaststroke	02:24.3	02:11.6	01:59.4	01:50.9	01:43.6	01:38.3	
200m Breaststroke	05:03.3	04:40.3	04:16.1	03:58.0	03:42.3	03:32.1	
50m Butterfly	55.9	51.3	47.6	44.4	41.8	39.9	
100m Butterfly	02:12.4	01:55.7	01:44.8	01:36.7	01:31.0	01:26.6	
200m Butterfly	04:49.0	04:16.4	03:50.5	03:32.3	03:18.9	03:09.4	
50m Backstroke	57.1	53.2	49.3	46.0	43.4	41.4	
100m Backstroke	02:06.5	01:55.3	01:45.0	01:37.3	01:31.4	01:27.6	
200m Backstroke	04:24.1	04:05.1	03:43.0	03:27.7	03:15.7	03:07.6	
200m Individual Medley	04:30.9	04:10.6	03:49.5	03:33.3	03:21.1	03:12.2	
400m Individual Medley	09:34.8	08:54.6	08:03.1	07:28.1	07:01.1	06:42.9	

**Your entry time can't be slower than those shown**