



# Rugby Swimming Club

(Affiliated to Swim England West Midlands Region)

## Rugby Races Sprints Meet 2024

To be held under Swim England Laws and Technical rules

(Level 3 License: 3WM241509)

<b>Event</b>	<b>Rugby Swimming Club - Rugby Races Sprints Meet 2024</b>
<b>Venue</b>	The Queen's Diamond Jubilee Centre, Bruce Williams Way, Rugby, CV22 5LJ
<b>Date</b>	<b>Saturday 28 September 2024</b>
<b>Time</b>	Session 1: Warm up 13:00, start 14.00 Session 2: Warm up TBC, start TBC
<b>Pool</b>	Electronic timing, 8 lane, 25m pool
<b>Events</b>	100m Freestyle, 100m IM 50m All strokes
<b>Age groups</b>	9 Years, 10 Years, 11 Years, 12 years, 13 Years, 14 Years, 15/over. <b>Age as of 28<sup>th</sup> September 2024</b>
<b>Fees</b>	£7.00 per event
<b>Payment to</b>	Rugby Swimming Club Sort Code: 20-73-48 Account Number: 83410730, Ref: [swimmer's name]/RSCSprints23
<b>Entries to</b>	<a href="mailto:rugbyopen@rugbyswimmingclub.co.uk">rugbyopen@rugbyswimmingclub.co.uk</a>
<b>Closing date for entries</b>	<b>Midnight, Saturday 31<sup>st</sup> August 2024</b>



## Information, rules and conditions

**EVENT:** This event has been licensed at Level 3 (**3WWM241509**) by the ASA for Entry into County Competitions.

**VENUE:** The Queens Diamond Jubilee Centre, Bruce Williams Way, Rugby, Warwickshire, CV22 5LJ. There's a large car park at the Centre and a play area next to the car park.

**DATE:** It'll be a spectacular one day event on **Saturday 28<sup>th</sup> September 2024**.

**TIME:** Make sure you check the timings and arrive in plenty of time for warm up;

- Session 1: Saturday 28<sup>th</sup> September, warm up 13:00, start 14.00
- Session 2: Saturday 28<sup>th</sup> September, warm up TBC, start TBC

**POOL:** The length of the pool is 25m (eight lanes) with anti-turbulence lane ropes. We'll be using Swiss Timing Quantum Aquatics electronic timing and OMEGA timing pads. The depth of water at the shallow end is 1 metre and at the deep end is 2.5 metres. There's also a secondary strobe light available for those who need it.

We'll be using the studio pool for cool down, it's 17m x 8m, with a maximum depth of 1.8m.

Warm up will take place 1 hour before the start of each session.

Each club is responsible for the safety and behaviour of their swimmers during the warm up and cool down.

**AGE GROUPS:** 9 Years, 10 Years, 11 Years, 12 years, 13 Years, 14 Years, 15/over. **Age is at 28/09/2024.**

**SEEDING:** All events will be seeded in time classification – the slowest competitors will be in the first heats.

**AWARDS:** Individual awards will be made to the first three swimmers in each age category: 9 Years, 10 Years, 11 Years, 12 years, 13 Years, 14 Years, 15/over. Winners will be announced at the event and they'll be able to collect their medals poolside.

**POOLSIDE:** Only Swimmers, Coaches, Personal Attendants with a pass and Officials will be allowed on poolside during the Meet.

Camping chair will not be allowed poolside. Competitors will be asked to remove them if necessary

**COACH PASS:** Pre-booked coach's passes will be available at £15 for the day. This includes a programme, club result sheets and pass. Passes are to pre-ordered on the entry form contained within this information pack. One pass per person please.

It is the responsibility of the Club applying for Coach passes to make sure their Coaches and team manager is DBS checked and named on the application form. Passes will only be given to those named by their Club and there is no entry through the changing room for anyone not having a pass.

**OFFICIALS:** Visiting clubs with ten or more swimmers are kindly requested to provide at least two qualified officials to each session where possible. Please contact the Officials Coordinator on [officials@rugbyswimmingclub.co.uk](mailto:officials@rugbyswimmingclub.co.uk) with your volunteers and any questions. Professional catering and refreshments will be provided.

**SPECTATORS:** There's a large balcony at the Centre so you'll be able to watch your swimmer and cheer them on. We'll be charging £4.00 per session or £7.00 all day entry.

We accept cash and card payments.

Wet swimmers are not allowed in the spectator area.

**RSC Rugby Races Sprints Meet 2024**  
**Saturday 28 September**



**REFRESHMENTS:** There's a café at the Centre which serves hot and cold food and drink. Please note the centre is a cashless facility.

**PHOTOGRAPHY:** Sorry, you're not allowed to take any photos or videos inside The Queen's Diamond Jubilee Centre. You might be asked to leave if you do.

If filming is required by a swimmer to enable evidence to be provided for examination purposes, please get in touch with the [rugbyopen@rugbyswimmingclub.co.uk](mailto:rugbyopen@rugbyswimmingclub.co.uk), to seek permission.

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**Saturday 28 September**



**CONDITIONS:**

1. The Promoter of the RSC Rugby Races 2024 is Rugby Swimming Club (RSC). For any queries relating to this competition please contact Meet Manager - Amanda Moran on [rugbyopen@rugbyswimmingclub.co.uk](mailto:rugbyopen@rugbyswimmingclub.co.uk)
2. The competition will be held under A.S.A. Law and A.S.A. Technical Rules.
3. There are upper qualifying times for this Meet and they're included in this pack
4. All events will be heat declared winners.
5. Swimmers diving into the pool must have reached the standard of the A.S.A. Preliminary Competitive Start Award. Those who have not achieved this standard must start in the water. Coaches are to oversee their own swimmers during the warm up.
6. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female
7. Club entries to be submitted electronically using the Sportsystems Entry Manager, with one submission only per club. Email [rugbyopen@rugbyswimmingclub.co.uk](mailto:rugbyopen@rugbyswimmingclub.co.uk) for the entry file set. The entry fee must accompany the entry submission and will be non-returnable if the entry is accepted.
8. We will also accept entries from individual swimmers. Complete the entry form in the pack and email to the Meet Manager. Entries will not be accepted without the appropriate fee being paid.
9. The Promoter reserves the right to restrict the number of entries, based on a 'First Come, First Served' basis.
10. By entering the competition, you agree to the swimmer's name, age and entered events appearing on the Rugby Swimming Club and ASA/Swim England websites in line with confirmed or rejected entries and published results on Rankings.
11. All details of accepted/rejected entries will be posted on the club website, All details must be checked by swimmers (or their guardians) and any changes notified immediately by email to Meet Manager. Refunds for any rejected entries will be made by bank transfer.
12. There will be no refunds on entry fees once the meet has closed unless a swimmer has been selected for national, regional, and county events or training programmes on the day of the meet – in which case a refund will be provided
13. The start list will be created one hour before each session. If swimmers don't attend their heat then it will be swum with an empty lane. No changes can be made after the start list is created, and no filling of empty lanes will be allowed. Please make every effort to withdraw from events that you are not swimming in.
14. Over the top and side by side (for backstroke) starts may be used.
15. We will be using a secondary strobe light for starts subject to availability at the pool.
16. Start times are as stated in this information pack. If they need to change details will be published on the club website.
17. Sportsystems meet management system will be used to run the event.
18. Please email withdrawals to Meet Manager. Alternatively, complete a withdrawal slip on the day, at least one hour before the start of the session.
19. Any item not covered within these conditions will be at the sole discretion of the Promoter.
20. Results will be posted on the club website and results files will be provided to ASA Rankings.
21. Visiting clubs with ten or more swimmers are kindly requested to provide at least two qualified officials to each session. Please contact the Officials Coordinator with details.
22. For any questions or complaints about these terms, please email the Open Meet Manager
23. You can find a copy of this information pack at [www.rugbyswimmingclub.co.uk](http://www.rugbyswimmingclub.co.uk)

**Key Contacts:**

<b>Meet Manager</b>	<a href="mailto:rugbyopen@rugbyswimmingclub.co.uk">rugbyopen@rugbyswimmingclub.co.uk</a>
<b>Officials Coordinator</b>	<a href="mailto:officials@rugbyswimmingclub.co.uk">officials@rugbyswimmingclub.co.uk</a>
<b>Club Website</b>	<a href="http://www.rugbyswimmingclub.co.uk">www.rugbyswimmingclub.co.uk</a>



**Upper time limits (Short Course 25m)**

Upper Times (you must be slower than this to enter)

OPEN/BOYS							EVENT	GIRLS						
9	10	11	12	13	14	15+		9	10	11	12	13	14	15+
0:32.9	0:31.1	0:29.6	0:27.9	0:26.6	0:25.6	0:24.4	<b>50m Free</b>	0:32.9	0:31.4	0:30.0	0:28.6	0:27.9	0:27.5	0:27.1
0:42.9	0:41.0	0:38.5	0:36.1	0:33.8	0:32.5	0:31.4	<b>50m Breast</b>	0:42.5	0:41.0	0:38.5	0:36.4	0:35.2	0:34.5	0:33.0
0:35.6	0:34.9	0:32.8	0:31.1	0:29.3	0:28.1	0:27.1	<b>50m Fly</b>	0:35.7	0:34.8	0:33.1	0:31.4	0:30.5	0:29.9	0:28.4
0:37.9	0:36.0	0:34.1	0:32.3	0:30.4	0:29.4	0:27.4	<b>50m Back</b>	0:36.6	0:35.9	0:34.0	0:32.5	0:31.6	0:31.0	0:30.7
1:12.8	1:07.8	1:03.9	0:59.8	0:56.8	0:54.8	0:53.6	<b>100m Free</b>	1:11.9	1:09.0	1:04.3	1:01.0	0:59.6	0:58.6	0:58.0
1.22.5	1.18.5	1.12.4	1.08.0	1.06.0	1.04.0	1.01.0	<b>100M IM</b>	1.22.5	1.18.5	1.13.4	1.10.5	1.10.5	1.07.0	1.07.0

**Programme of Events**

SESSION 1: Warm-up: 13:00, Start 14.00 - Sat. 28 September 2024				
Event No.	EVENT			Age Group
1	100m	Girls	FREESTYLE	Open
2	100m	Open/Boys	FREESTYLE	Open
3	50m	Girls	BACKSTROKE	Open
4	50m	Open/Boys	BACKSTROKE	Open
5	50m	Girls	BUTTERFLY	Open
6	50m	Open/Boys	BUTTERFLY	Open

SESSION 2: Warm-up: TBC, Start TBC - Sat. 28 September 2024				
Event No.	EVENT			Age Group
7	100m	Open/Boys	INDIVIDUAL MEDLEY (IM)	Open
8	100m	Girls	INDIVIDUAL MEDLEY (IM)	Open
9	50m	Open/Boys	BREASTSTROKE	Open
10	50m	Girls	BREASTSTROKE	Open
11	50m	Open/Boys	FREESTYLE	Open
12	50m	Girls	FREESTYLE	Open

**RSC Rugby Races Sprints Meet 2024  
Saturday 28 September**



**Officials Coordinator**

Email: [officials@rugbyswimmingclub.co.uk](mailto:officials@rugbyswimmingclub.co.uk)

Dear Official,

It is with great pleasure that I invite you to officiate at our RSC Rugby Races 2024. This meet takes place at the Queens Diamond Jubilee Centre, Rugby on Saturday 28 September 2024.

**Session 1: Saturday 28 September 2024, warm up 13:00, start 14.00**

**Session 2: Saturday 28 September 2024, warm up TBC, start TBC**

Visiting clubs with ten or more swimmers are kindly requested to provide at least two qualified officials to each session where possible. Please contact me on [officials@rugbyswimmingclub.co.uk](mailto:officials@rugbyswimmingclub.co.uk) so that I can share the link with you to registering your officials.

Free professional catering (for those volunteering at both sessions) and refreshments will be provided for Officials. Please advise if you have any dietary requirements

Please provide all details on your Officials by Saturday 31 August

If you require any further information, please email me at the address above.

**Yours faithfully,**

**RSC Officials Coordinator**



Summary of Entries and Pool Side Passes

Total No of Entries: \_\_\_\_\_ @ £7.00 per event Total £ \_\_\_\_\_

No of Coach Passes: \_\_\_\_\_ @ £15.00 each Total £ \_\_\_\_\_

Total £ \_\_\_\_\_

Please provide the names and DBS of all Coaches / Team Managers using passes, and which session they will be attending;

Name of Coach / Team Manager	DBS Number	Session	
		1	2

Coach Passes can only be purchased in advance of the Meet.

For administration purposes, please fill in contact details below:

Contact Name: \_\_\_\_\_ Club: \_\_\_\_\_

Tel No: \_\_\_\_\_ Email address: \_\_\_\_\_

I certify that all the above details are correct and that I will abide by the Promoter's conditions

Signed on behalf of all swimmers entered \_\_\_\_\_ (Club official)

Return to:

Meet Manager, [rugbyopen@rugbyswimmingclub.co.uk](mailto:rugbyopen@rugbyswimmingclub.co.uk)



**INDIVIDUAL ENTRY FORM**

FORENAME(S): ..... SURNAME: .....

ADDRESS: .....

DATE OF BIRTH: ..... AGE AS AT 28/9/2024: .....

EMAIL ADDRESS: ..... SEX: Male / Female

TEL. No: ..... CLUB: .....

A.S.A REGISTRATION No: .....

EVENT	Entry time (Enter time for selected event)
50m FREESTYLE	
50m BACKSTROKE	
50m BREASTSTROKE	
50m BUTTERFLY	
100m FREESTYLE	
100m INDIVIDUAL MEDLEY	

No. of events entered @ £7.00 each: ..... Total Cost: .....

Payment by bank transfer to:

Rugby Swimming Club,  
Sort Code: 20-73-48,  
Account Number 83410730,  
Ref: [swimmer's name]/RSCSprints24

This is to be made at the same time as submitting this form.

I declare that I am eligible to compete in the Rugby Sprints 2024 accepting the Promoter's conditions of entry.

Signed .....

*This form to be returned to the Meet Manager at [rugbyopen@rugbyswimmingclub.co.uk](mailto:rugbyopen@rugbyswimmingclub.co.uk)*

**IMPORTANT**

***Please check on the club website ([www.rugbyswimmingclub.co.uk](http://www.rugbyswimmingclub.co.uk)) that the meet is not full before submitting entry.***

***Accepted entries will be posted on the club website after the closing date – it is the club's / swimmer's responsibility to check that these details are correct***