

Trafford Borough Christmas Cracker – Level 3 Open Meet  
 (Affiliated to the North West Region, Lancashire County Water Polo and Swimming Association and  
 Cheshire County Water Polo and Swimming Association)  
[traffordboroughnetwork@gmail.com](mailto:traffordboroughnetwork@gmail.com)

## Information Pack and Entry Form

ASA Level 3 (Open to Category 2 ASA members).

Licence Number: **3NW192010**

Date:	Sunday 15th December 2019
Venue:	Stretford Sports Village, Great Stone Road, Stretford, Manchester, M32 0ZS.
Facilities :	6 Lane, 25m Pool Colorado Dolphin Electronic Timing System
Entries Open	<b>30<sup>th</sup> October 2019 at 6.00pm</b>
Entries Close	<b>1<sup>st</sup> December 2019 - entries are taken on a first come, first served basis and the meet may fill up before the deadline</b>
Session Times :	Session One : Warm up – 8.00am; start 9.00am Session Two : TBC
Age Groups :	9 Years, 10 Years, 11 Years, 12 Years, 13 Years, 14 Years, 15 and over
Age on Day:	Age as on day of Competition (15/12/19)
Awards:	Medals for top 3 in each age group, awards for 4-6 <sup>th</sup> place
Entry Times:	Please check consideration times carefully. Please provide REALISTIC estimated times if previous ranking times are not available.
Entries:	Cost Per Individual Entry : £4 (Electronic Entry)/ £5 (Paper) Coaches Pass: £10 includes start sheets, programme and poolside entry. (Clubs who offer a licensed official for the meet will be given a free coach's pass)
All Entries to:	Tom Pope 41 Egerton Road North Chorlton Manchester M21 0SN Cheques payable to SASC

Please email the club Sportsystems entry file to the below address before the closing date. **Please note entries are taken on a first come, first served basis and the meet may fill up before the deadline.**

Email: [traffordboroughnetwork@gmail.com](mailto:traffordboroughnetwork@gmail.com)

# **Sunday 15th December 2019**

**(under ASA Laws and ASA Technical Rules)**

**Session One: Warm up – 8.00am      Start – 9.00am**

<b>Event No.</b>	<b>Age</b>	<b>Event</b>
101 Boys	9 & Over	100m Ind Medley
102 Girls	9 & Over	100m Butterfly
103 Boys	9 & Over	50m Butterfly
104 Girls	9 & Over	50m Breaststroke
105 Boys	9 & Over	50m Breaststroke
106 Girls	9 & Over	100m Backstroke
107 Boys	9 & Over	100m Backstroke
108 Girls	9 & Over	50m Freestyle
109 Boys	9 & Over	100m Freestyle

**Session Two: Times TBC when entries known**

<b>Event No.</b>	<b>Age</b>	<b>Event</b>
201 Girls	9 & Over	100m Ind Medley
202 Boys	9 & Over	100m Butterfly
203 Girls	9 & Over	50m Butterfly
204 Boys	9 & Over	100m Breaststroke
205 Girls	9 & Over	100m Breaststroke
206 Boys	9 & Over	50m Backstroke
207 Girls	9 & Over	50m Backstroke
208 Boys	9 & Over	50m Freestyle
209 Girls	9 & Over	100m Freestyle

## Consideration Times -

All entry times must be between the upper and lower times given below. Checks will be made against the current ASA rankings database.  
 (Estimated times accepted only for swimmers without a previous time in the event)

Boys Consideration Times						Short Course 25m			Girls Consideration Times							
9	10	11	12	13	14	15	QT	Events	QT	15	14	13	12	11	10	9
							Upp	50m Free	Upp							
58.00	55.00	50.00	43.00	40.00	39.00	38.00	Lwr		Lwr	39.00	40.00	41.00	44.00	51.00	55.00	58.00
1:04.00	1:02:50	1:01.47	59.93	57.85	55.70	53.31	Upp	100m Free	Upp	58.88	59.21	1:00.21	1:01.56	1:02.01	1:03.50	1:05.00
1:54.00	1:50.00	1:46.00	1:38.00	1:26.00	1:24.00	1:23.00	Lwr		Lwr	1:25.00	1:26.00	1:28.00	1:39.00	1:48.00	1:53.00	1:57.00
							Upp	50m Back	Upp							
1:03.00	59.00	55.00	51.00	47.00	45.00	44.00	Lwr		Lwr	47.00	48.00	50.00	53.00	56.00	59.00	1:03.00
1:11.00	1:09.50	1:08.00	1:06.20	1:04.93	1:01.53	58.87	Upp	100m Back	Upp	1:02.51	1:04.86	1:06.79	1:09.80	1:10.29	1:11.50	1:12.90
2:05.00	2:01.00	1:55.00	1:49.00	1:44.00	1:38.00	1:36.00	Lwr		Lwr	1:41.00	1:42.00	1:47.00	1:50.00	1:56.00	2:02.00	2:06.00
							Upp	50m Breast	Upp							
1:10.00	1:06.00	59.00	57.00	53.00	49.00	48.00	Lwr		Lwr	49.00	50.00	55.00	58.00	1:00.00	1:06.00	1:10.00
1:22.50	1:20.50	1:19.01	1:17.50	1:14.40	1:10.50	1:08.91	Upp	100m Breast	Upp	1:14.09	1:15.42	1:16.00	1:18.50	1:19.34	1:20.50	1:22.50
2:17.00	2:13.00	2:08.00	2:04.00	1:54.00	1:46.00	1:45.00	Lwr		Lwr	1:50.00	1:51.00	1:58.00	2:06.00	2:09.00	2:14.00	2:18.00
							Upp	50m Fly	Upp							
1:05.00	1:02.00	55.00	52.00	49.00	44.00	43.00	Lwr		Lwr	44.00	45.00	50.00	53.00	56.00	1:02.00	1:05.00
1:12.50	1:10.50	1:08.11	1:06.44	1:04.54	1:01.57	59.98	Upp	100m Fly	Upp	1:04.37	1:05.53	1:06.62	1:08.19	1:09.65	1:11.50	1:13.50
2:12.00	2:06.00	2:00.00	1:54.00	1:46.00	1:36.00	1:35.00	Lwr		Lwr	1:40.00	1:41.00	1:50.00	1:55.00	2:01.00	2:07.00	2:13.00
1:30.00	1:22.50	1:20.00	1:15.50	1:10.00	1:04.50	59.80	Upp	100m IM	Upp	1:00.90	1:05.60	1:11.00	1:16.50	1:21.00	1:23.50	1:31.00
2:20.00	2:10.00	2:00.00	1:55.00	1:48.00	1:45.00	1:44.00	Lwr		Lwr	1:51.00	1:52.00	1:55.00	2:02.00	2:06.00	2:11.00	2:21.00

**Venue:**

**Stretford Sports Village,  
Great Stone Rd,  
Stretford,  
Manchester,  
M32 0ZS.**

**6 Lane, 25 metre Pool**

**No swim down facilities available**

<b>Parking</b>	Limited parking is available at Stretford Sports Village, including disabled car parking and bicycle parking. There is further parking to the rear of the building and on the side car park.
<b>Metrolink</b>	Get off at Old Trafford stop, walk down Brian Statham Way (past Old Trafford Cricket Ground), turn left at the lights (next to Trafford Town Hall) onto Talbot Road, turn right at the lights (next to Trafford College) onto Great Stone Road. Car park entrance for Stretford Leisure Centre is on the right.
<b>Bus</b>	There is a Bus stop right outside Stretford Sports Village on Chester Road
<b>Bike</b>	We have bike racks at both Stretford and Talbot Centres across the road

**Warm up Procedure – will be published once all entries have been received and entry deadline has passed.**

**Please note: Coaches are responsible for their swimmers in the warm up period.**