

Berkshire & South Buckinghamshire Amateur Swimming Association
Founded 1911
(A Sub-region of ASA South East Region)



11th 'NO FRILLS' NQT OPEN MEET 2009
(Licensed Level 2 Meet – 2SE9139)
to be held at the Aldershot Garrison Pool, ALDERSHOT
on SATURDAY, 9 May 2009
(Under ASA Laws & ASA Technical Rules of Swimming)
Designated by the ASA for entry into National Championships and Competitions

The 'No Frills' NQT Open Meet is being held for the eleventh time on 9 May 2009. The aim is to cover all the National Youth & National Age group events (with the exception of the 50m events) in two three-hour sessions and one single hour session on this date. It is described as 'No Frills' as all placings will be made on a heat time classification - there will be no finals and no presentations. BAGCAT points will be made to the appropriate age groups. The prime objective is to give as many swimmers as possible the opportunity to attain their NQT in National BAGCAT or YOUTH events, in a 50m pool and/or to establish entry QTs for the regional BAGCAT championships. (If the times are for the South East Region BAGCAT Championships, these can be posted at this event). **It is important to note that entry times made for this meet must be those achieved in a 25m pool or from 50m times converted to 25m times.** Times must have been achieved in an ASA Licensed event.

The Aldershot Garrison pool, the venue for the meet, is in the North Camp area of Aldershot, easily reached from the motorway network, 3 miles from J4 of the M3. The pool is a 50m, 8 lane deck level pool equipped with anti-wave lane ropes and electronic timing. **There is restricted spectator seating for 200 people at the pool.** Free Car parking is available both at the venue and at a short walk away.

Competitors from all competitive clubs are invited to enter. Swimmers must be registered with the ASA at the time of the closing date of the meet. It is envisaged that entries will not be made until after the majority of County Championships and Age Group Competitions have been completed.

Entries will be handled on a club basis only and notification of non-acceptance of entries and refund cheques will be made to the clubs' Representatives.

In all events swimmers will be entered in graduated time order irrespective of age, slowest first..

The Promoter reserves the right to restrict entries, on the basis of submitted times, principally to ensure completion of sessions within planned times. In the event of the meet being over subscribed, the fastest swimmers in each age group will be accepted until the event is full.

NQT - National & National Age Group Qualifying times

PROMOTER'S CONDITIONS

The event is designated by the ASA for entry into National Championships and Competitions.

1. Ages for swimmers entering the meet is at 9/05/2009.
2. All competing swimmers must be currently registered with the ASA, and their ASA registration number, their name and affiliated club must be entered on the official entry form.
3. Competing swimmers are eligible to enter for events if to date they have not achieved their NQT in that event and stroke in a 50m pool. All competitors must be eligible by age to compete at the 2009 National events if they attain the required NQT.
4. The entry fee for events 1 and 2 (800m and 1500m events) will be £6.00 and all other events will be £5.00 (inclusive of the ASA levy).
5. All individual entries must be sent to a Club Representative to be ratified as being a true record of the current best time(s) achieved by the competitor, and then entered onto the Sportsystem disk.
6. **The Sportsystem file must be sent electronically** by the Club Representative and received by the Meet Administrators by **11 April 2009**. The Sportsystem file is available from the Berks & South Bucks website – www.bsbasa.org. Cheques should be made payable to “Berks. And South Bucks ASA” and sent to Liz and Peter Wuestner at the address below. **One combined cheque per club please.**
7. Each swimming event will be swum in graduated time order irrespective of age (slowest first)
8. All heats will be spearheaded.
9. Competitors must report to the competitors' stewards, as instructed by the announcer.
10. Results will be posted as soon as they are available. Result sheets will be posted on the day and full results will be published on the Berks & South Bucks website – www.bsbasa.org
11. Poolside passes will be priced at £8 each for the day (numbers may be limited). Health & Safety regulations at the complex will limit the total number available. The pool pass price will include admission and programme.
12. To comply with the pool hire conditions, all persons on poolside (whether coaches, swimmers or officials) are required to wear appropriate soft shoes and not under any circumstances wear outside shoes.
13. Acceptance of an entry implies agreement for the results to be published; i.e. names, times etc.
14. Acceptance of entries will be at the sole discretion of the promoter

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BERKSHIRE AND SOUTH BUCKINGHAMSHIRE AMATEUR SWIMMING ASSOCIATION
 (Sub-Region of ASA South East Region)
'NO FRILLS' NQT OPEN MEET - 9 May 2009
 (Under ASA Laws & ASA Technical Rules of Swimming)

PROGRAMME OF EVENTS

SESSION 1 Warm-up 10.30am for 11.15am start Sign in to be completed by 10.30am
Event 1 Boys/Girls 1500m FREESTYLE
Event 2 Boys/Girls 800m FREESTYLE

SESSION 2 Warm-up 12.30pm for 1.15pm start Sign in to be completed by 12.30pm			SESSION 3 Warm-up 4.30pm for 5.15pm start Sign in to be completed by 4.30pm		
3	Girls	400m IND MEDLEY	14	Boys	400m IND MEDLEY
4	Boys	400m FREESTYLE	15	Girls	400m FREESTYLE
5	Girls	100m BACKSTROKE	16	Boys	100m BACKSTROKE
6	Boys	200m BREASTSTROKE	17	Girls	200m BREASTSTROKE
7	Girls	200m BUTTERFLY	18	Boys	200m BUTTERFLY
8	Boys	100m BUTTERFLY	19	Girls	100m BUTTERFLY
9	Girls	100m FREESTYLE	20	Boys	100m FREESTYLE
10	Boys	200m IND MEDLEY	21	Girls	200m IND MEDLEY
11	Girls	100m BREASTSTROKE	22	Boys	100m BREASTSTROKE
12	Boys	200m FREESTYLE	23	Girls	200m FREESTYLE
13	Girls	200m BACKSTROKE	24	Boys	200m BACKSTROKE

The programme is intended to incorporate swimmers who will be at the correct age to compete at the National BAGCAT competitions in 2009.

Berkshire & South Buckinghamshire ASA 'No Frills' NQT Meet 2009

As the meet is primarily designed for swimmers who have not yet achieved the required qualifying time for entry into the National BAGCAT and YOUTH Championships, the Upper QT times below are set very close to the National entry times. The Lower QT times are set to accommodate those swimmers wishing to gain automatic and base level acceptance times for the BAGCAT Regional Championships in June.

BOYS QT'S - Entry by 25m times

Boys Events	10/uyears*	11years	12years	13years	14years	15years	16years	17+years	QT's
100m Freestyle	From200m	From200m	1.00.72	59.86	58.12	56.63	55.44	54.46	Upper QT
	From200m	From200m	1.15.00	1.10.00	1.07.00	1.05.00	1.04.50	1.02.00	Lower QT
200m Freestyle	2.19.41	2.19.41	2.12.20	2.06.69	2.03.07	2.00.63	1.57.96	1.57.01	Upper QT
	3.00.00	2.48.00	2.37.00	2.27.00	2.20.00	2.16.00	2.14.00	2.12.00	Lower QT
400m Freestyle	4.48.55	4.48.55	4.36.52	4.26.55	4.18.90	4.14.86	4.10.13	4.07.40	Upper QT
	6.12.00	5.46.00	5.24.00	5.05.00	4.51.00	4.42.00	4.37.00	4.34.00	Lower QT
800m Freestyle**	09.40.00	09.40.00	09.40.00	09.16.00	09.00.00	08.50.00	08.40.00	08.36.00	Upper QT
	12.18.00	12.18.00	11.33.00	11.00.00	10.32.00	10.13.00	10.00.00	09.50.00	Lower QT
1500m Freestyle**	18.25.00	18.25.00	18.25.00	17.40.00	17.07.00	16.46.00	16.30.00	16.30.00	Upper QT
	23.05.00	23.05.00	21.20.00	20.18.00	18.31.00	18.56.00	18.28.00	18.13.00	Lower QT
100m Breaststroke	From200m	From200m	1.14.47	1.14.17	1.11.69	1.09.79	1.08.16	1.07.39	Upper QT
	From200m	From200m	1.32.00	1.26.00	1.22.00	1.20.00	1.19.50	1.18.00	Lower QT
200m Breaststroke	3.00.94	3.00.94	2.49.44	2.40.85	2.34.42	2.31.21	2.29.09	2.26.42	Upper QT
	3.49.00	3.34.00	3.18.00	3.06.00	2.55.00	2.50.00	2.47.00	2.45.00	Lower QT
100m Butterfly	From200m	From200m	1.07.75	1.04.31	1.01.61	1.00.12	59.01	58.27	Upper QT
	From200m	From200m	1.26.00	1.19.50	1.16.50	1.12.50	1.11.50	1.09.00	Lower QT
200m Butterfly	2.39.11	2.39.11	2.29.59	2.22.03	2.16.36	2.12.90	2.10.53	2.09.03	Upper QT
	3.34.00	3.14.00	3.00.00	2.46.00	2.38.00	2.31.00	2.30.00	2.26.00	Lower QT
100m Backstroke	From200m	From200m	1.09.56	1.06.20	1.03.48	1.01.71	1.00.60	59.57	Upper QT
	From200m	From200m	1.25.00	1.20.00	1.16.00	1.15.00	1.13.00	1.11.00	Lower QT
200m Backstroke	2.37.71	2.37.71	2.28.85	2.22.06	2.17.28	2.12.72	2.10.68	2.08.92	Upper QT
	3.22.00	3.06.00	2.54.00	2.43.00	2.34.00	2.28.00	2.26.00	2.25.00	Lower QT
200m Ind Medley	2.38.90	2.38.90	2.30.61	2.23.73	2.19.09	2.15.76	2.13.38	2.11.78	Upper QT
	3.30.00	3.15.00	3.02.00	2.52.00	2.43.00	2.37.00	2.35.00	2.33.00	Lower QT
400m Ind Medley	5.35.33	5.35.33	5.18.24	5.04.70	4.54.89	4.48.15	4.42.70	4.40.00	Upper QT
	7.21.00	6.39.00	6.09.00	5.46.00	5.29.00	5.18.00	5.13.00	5.10.00	Lower QT

GIRLS QT's - Entry by 25m times

Girls Events	10/uyears*	11years	12years	13years	14years	15years	16years	17+years	QT's
100m Freestyle	From 200m	1.05.10	1.02.84	1.01.51	1.00.56	1.00.13	59.66	59.66	Upper QT
	From 200m	1.18.00	1.14.00	1.11.00	1.10.00	1.09.00	1.08.00	1.08.00	Lower QT
200m Freestyle	2.20.67	2.20.67	2.15.62	2.12.16	2.10.22	2.08.80	2.08.10	2.07.36	Upper QT
	2.58.00	2.46.00	2.36.00	2.31.00	2.27.00	2.25.00	2.24.00	2.23.00	Lower QT
400m Freestyle	4.52.09	4.52.09	4.41.72	4.35.61	4.32.14	4.29.19	4.28.25	4.27.03	Upper QT
	6.11.00	5.40.00	5.20.00	5.08.00	5.04.00	4.58.00	4.57.00	4.55.00	Lower QT
800m Freestyle**	10.10.00	10.10.00	09.41.00	09.24.00	09.17.00	09.12.00	09.07.00	09.07.00	Upper QT
	12.00.00	12.00.00	11.24.00	10.57.00	10.43.00	10.35.00	10.29.00	10.27.00	Lower QT
1500m Freestyle**	20.02.00	20.02.00	19.01.00	18.12.00	17.59.00	17.52.00	17.39.00	17.39.00	Upper QT
	22.43.00	22.43.00	21.32.00	20.40.00	20.27.00	20.03.00	19.46.00	19.43.00	Lower QT
100m Breaststroke	From 200m	1.24.10	1.19.59	1.17.02	1.15.65	1.15.00	1.14.77	1.14.30	Upper QT
	From 200m	1.38.00	1.32.00	1.28.10	1.26.00	1.25.00	1.24.50	1.24.00	Lower QT
200m Breaststroke	2.59.84	2.59.84	2.51.43	2.45.77	2.42.65	2.41.96	2.41.01	2.40.84	Upper QT
	3.47.00	3.28.00	3.15.00	3.06.00	3.02.00	2.59.00	2.57.00	2.57.00	Lower QT
100m Butterfly	From 200m	1.12.79	1.09.37	1.07.22	1.06.46	1.05.62	1.05.18	1.04.81	Upper QT
	From 200m	1.28.00	1.23.00	1.18.50	1.16.50	1.15.50	1.14.50	1.14.00	Lower QT
200m Butterfly	2.40.28	2.40.28	2.32.71	2.27.24	2.24.66	2.23.83	2.22.35	2.21.26	Upper QT
	3.30.00	3.10.00	2.57.00	2.49.00	2.43.00	2.41.00	2.39.00	2.38.00	Lower QT
100m Backstroke	From 200m	1.14.32	1.10.81	1.08.98	1.07.77	1.06.41	1.06.17	1.05.82	Upper QT
	From 200m	1.28.00	1.22.00	1.19.00	1.16.00	1.15.00	1.14.00	1.14.00	Lower QT
200m Backstroke	2.37.81	2.37.81	2.31.06	2.27.88	2.24.54	2.21.95	2.20.92	2.20.48	Upper QT
	3.17.00	3.01.00	2.51.00	2.44.00	2.41.00	2.38.00	2.37.00	2.36.00	Lower QT
200m Ind Medley	2.39.83	2.39.83	2.32.94	2.29.71	2.27.55	2.25.71	2.24.89	2.24.60	Upper QT
	3.21.00	3.06.00	2.58.00	2.50.00	2.45.00	2.43.00	2.42.00	2.38.00	Lower QT
400m Ind Medley	5.35.81	5.35.81	5.21.83	5.14.17	5.10.27	5.05.55	5.04.50	5.02.59	Upper QT
	7.05.00	6.30.00	6.04.00	5.49.00	5.41.00	5.36.00	5.35.00	5.34.00	Lower QT

*NOTE 10/under years age group – only swimmers who are 10 by the 14/06/09.

** NOTE 10/under years age group – only swimmers who are 11 by the 14/06/09 can swim the 1500m and 800m events