



## 12th 'NO FRILLS' NQT OPEN MEET 2010

*(Under ASA Laws & Technical Rules of Swimming)*

*License Level 1 (1SE0252) by the ASA for entry into National Championships and Competitions*

### Aldershot Garrison Pool

**Saturday, 8<sup>th</sup> May 2010**

The prime objective of the No-Frills Open Meet is to give as many swimmers as possible the opportunity to attain their National Qualifying Time (NQT) for National BAGCAT or YOUTH events in a 50m pool and/or to establish entry QTs for the regional BAGCAT championships.

The aim is to cover all the events (with the exception of the 50m events) one short and two main sessions.

The meet is described as 'No Frills': there will be no finals and no presentations (South East Region BAGCAT Championships entries gained can be posted at this event).

**Entry times made for this meet must be those achieved in a 25m pool or from 50m times converted to 25m times.**

The Aldershot Garrison pool, the venue for the meet, is in the North Camp area of Aldershot (postcode GU11 2LQ) and 3 miles from J4 of the M3. The pool is a 50m, 8 lane deck level pool equipped with anti-turbulence 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. No swim-down facilities are available.

**Swimmers 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.

**Promoter:** Jonathan Mills, Church Lane House, Church Lane, Heckfield, Hants, RG27 0LG  
**Email:** [nofrills@bsbasa.org](mailto:nofrills@bsbasa.org) **Telephone:** 07802 175797  
**Website:** [www.bsbasa.org/nofrills](http://www.bsbasa.org/nofrills) **Officials:** sue.green@hotmail.com

## PROMOTER'S CONDITIONS

The event is licensed (Level 1) by for entry into National Championships and Competitions.

### Eligibility

1. Ages for swimmers entering the meet is as at midnight, 8/05/2010.
2. All competing swimmers must be currently registered with the ASA, and their ASA registration number, name and affiliated club must be entered on the official entry form.
3. Competing swimmers are eligible to enter for events if, when entries are processed (after the closing date) they have not achieved their NQT in that distance and stroke in a 50m pool. All competitors must be of an age which is eligible to compete at the 2010 National events for that swim.
4. The **Entry times for this meet must be those achieved in a 25m pool or from 50m times converted to 25m times** (using ASA Performance Equivalent tables or similar. for example there is a conversion program available from <http://www.sportsys.co.uk/>. Times must have been achieved in an ASA Licensed event.

### Entry Procedure

5. The entry fee is £5.00 per event entered.
6. *There is no paper entry for this meet.* All entries must be electronic at [bsbasa.org/nofrills](http://bsbasa.org/nofrills).
7. Individual entries (i.e. not part of a bigger club group) may only be made on-line.
8. Club Entries must be sent electronically using the Sportsystem file available from the Berks & South Bucks website – [bsbasa.org/nofrills](http://bsbasa.org/nofrills).
9. Individual entries must be paid for on-line. *All on-line payments will incur a non-refundable £1 admin charge to cover payment costs.* Club payments only, may be made electronically, or by a single combined cheque for each club, made payable to “Berks and South Bucks ASA” and sent to the address below.
10. Entry times may be validated against the ASA database of swims.
11. Entries, *including the payment*, must have been received by the meet administrators by midnight, Monday, 12<sup>th</sup> April 2010.
12. 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 situation of the event being over subscribed, the fastest swimmers in each age group will be accepted (provided they have not yet achieved a long course NQT in that event at the time the entries are processed) until the event is full.
13. A reserve list will be operated, but can not be guaranteed. Drop-out on the day, especially for the earlier events in a session, is typically low.
14. 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.

### Meet Organisation

15. Each swimming event will be swum in graduated time order irrespective of age (slowest first). All heats will be spearheaded.
16. The promoters reserve the right to swim the 800m and 1500m events as mixed gender to ensure the smooth running of the gala.
17. Competitors must report to the competitors' stewards, as instructed by the announcer.
18. 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 – [bsbasa.org](http://bsbasa.org)
19. 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.
20. Acceptance of an entry implies agreement for the results (names, times) to be published.
21. This is a cardless meet: Sign-in on arrival. Please withdraw from the event if you are not swimming or have already gained your LC NQT to allow someone else to swim.