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| CITY OF LIVERPOOL SWIMMING CLUB(Affiliated to the Swim North West A.S.A.) |
| President Mr.N.Wilkinson | Ianduck.bmp |
| Life Vice President Mrs.D.Jameson | Life Vice President Mr.T.Tunstall |
| Chairman Mr.B.Langley | Vice Chairman Mr.C.Grayson |
| Chief Coach Mr.M.Roberts | Mr. P. Skeggs Secretary  |
| Website: [www.colsc.weebly.com](http://www.colsc.weebly.com) |

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| Swimmers Name |  |

Dear Swimmers/parents/guardians,

Please find attached some of the meet information, the programme of events and an entry form for the ASA NORTH Region Zonal Competition (50m) 2014, to be held at Ponds Forge, Sheffield on 25th/26th January 2014. The full meet conditions are available to read on our website [www.colsc.weebly.com](http://www.colsc.weebly.com) (please read these before submitting your entry). Once **FULLY COMPLETED**, Please return forms to me in person, via your squad coach, or post to:

Meg Langley (COLSC Gala Secretary), 31 Thornfield Road, Thornton, Liverpool L23 9XY by **23/12/2013**. Thanks, Meg

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| **Club** | **City of Liverpool Swimming Club** |
| **ASA No.** |  | **Gender** |  |
| **Date Of Birth** |  | **Age at 26/01/2014** |  |
| **Address** |  | **Tel no.** |  |
| **Email** |  |

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| **Event** | **Time****(50m or converted to 50m)** | **Where and When Achieved?** **(THESE WILL BE CHECKED AGAINST THE RANKINGS)** |
| **50m Freestyle** |  |  |
| **100m Freestyle** |  |  |
| **200m Freestyle** |  |  |
| **400m Freestyle** |  |  |
| **800m Freestyle (GIRLS)** |  |  |
| **1500m Freestyle (BOYS)** |  |  |
| **50m Backstroke** |  |  |
| **100m Backstroke**  |  |  |
| **200m Backstroke** |  |  |
| **50m Breaststroke** |  |  |
| **100m Breaststroke**  |  |  |
| **200m Breaststroke** |  |  |
| **50m Butterfly** |  |  |
| **100m Butterfly**  |  |  |
| **200m Butterfly** |  |  |
| **200m Individual Medley** |  |  |
| **400m Individual Medley** |  |  |

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| **Total Number of Entries** |  |
| **Total cost at £7.25 per event** |  |
| **Swimmer’s Signature** |  | **Date** |  |
| **Signed Parent/Guardian** **(If swimmer is under 18 years)** |  | **Date** |   |

\*\*Cash AND cheques acceptable - Please make cheques payable to ‘The City of Liverpool Swimming Club’\*\*

Heats and Finals shall be swum in all events except 800/1500m which will be Heat Declared- HDW [c] There will be a Senior and Junior Final for each event with a Final. The following ages will qualify for the respective final. Senior (Male 17yrs and over, Female 15yrs and over) and Junior (Male 16yrs and under, Female 14yrs and under)

[a] Age shall be determined as at midnight on 26th January 2014.[c] All competitors equalling or bettering the standard entry qualifying time in an event will be accepted. [d] Competitors whose times equal or better the consideration time as published for the respective zone may be accepted subject to space being available. Where a particular event is oversubscribed priority will be given to those swimmers with the faster submitted times.[e] All submitted times must be achieved after 1st January 2013 and recorded in GB rankings. [f] Conversion of a time achieved in 25m pool will be accepted. Such conversion to be made using the ASA Equivalent Performance tables. [g] In all events a Secondary Entry system will be in operation. Seeded Heat Start Lists will be produced 30 minutes prior to the start time of the Session.

No later than 7pm on Friday 24th January 2014 if the withdrawal is from session 1 or from the whole competition, by e-mailing the above e mail address.

1. No later than 1 hour prior to the relevant session start time of the withdrawal from an event (other than session 1). Should a swimmer who has not been withdrawn from an event fail to swim, the Club entering the swimmer shall incur an administration fee of £10.00

[h] Finals Qualified Swimmers including Reserves not wishing to take part in a final are required to inform the Recorders no later than 30 minutes after the heat result has been published. Exceptions may be made in special circumstances accepted by the chief recorder. In events with finals an individual who having qualified for a final fails to swim and has not previously given notice of withdrawal to the Recorders shall incur an administration fee of £30.00. The responsibility for payment of the fee shall rest on the Club under whose name the entry has been made.

Trophies & Medals - [a] Medals will be awarded to competitors placed first, second or third in each Final and to the Seniors and Juniors placed first, second and third in the 800m and 1500m freestyle events.

Doping Control - [a] Competitors taking part in the competition may be subject to random doping control.

MC Competitors - The general conditions for the Meet shall apply to the Multi-Disability Swimmers except where varied by any of the following conditions: [a] MC swimmers may enter the following events: 50m, 100m, 200m & 400m Freestyle; 100m Form Strokes and 200m Individual Medley. These swims will be included in the heats and be Heat Declared Winner. [b] All competitors must have an authorised British Swimming, IPC or INAS-FID classification, which is held on the British Swimming or IPC Swimming classification database at the time of entry. [c] All competitors must be registered as members of a swimming club affiliated to the Amateur Swimming Association (ASA) Scottish ASA (SASA) or Welsh ASA (WASA) at the time of entry and may compete in any ASA Regional Zonal Competition. [d] Qualifying times must have been achieved in the 12 months immediately preceeding the closing date and may be achieved in either a Long course or short-course pool. [e] Medals shall be awarded on a multi-class basis to 1st, 2nd & 3rd place in each event. Medals shall be awarded to the top three BDP scorers in each event. If there are less than four competitors in any one event then the minus one ruling shall apply.

**Accommodation – please return the slip below ASAP**

Hotel Rooms have been reserved for coaches, swimmers and their families at the Holiday Inn Express. If you require a room at the Holiday Inn Express, please return the form below to me. Rooms will be allocated on a first come first serve basis as only a limited number of rooms have been reserved. Double/twin rooms are £55 per night and family rooms £65 per night plus £10 per additional family member over the age of 12. This price includes bed and breakfast only; the hotel does have a restaurant for evening meals and lunch. More details: <http://www.hiexsheffield.co.uk/>

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| **Swimmer’s Name** |  |
| **Room Type (Double, Double-single occupancy, Twin or Family (of 3 or 4)**  |  |
| **Number of persons age 12+ to stay** |  |
| **Total Number of persons to stay** |  |
| **Date of Arrival** |  |
| **Number of nights required** |  |
| **Date of Departure** |  |

Please Note: You will be required to pay for your room in full on check-in.

\*Rooms booked will be non-refundable\*