

**MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION**

SPRING DEVELOPMENT MEET

At Southbury Road, Enfield, 15<sup>th</sup>, 21<sup>st</sup> & 22<sup>nd</sup> April 2012

Licensed by the ASA at Level 4 under no: 4LR2233 & 4LR2234

**STAINES SWIMMING CLUB**

**MCASA SPRING DEVELOPMENT MEET 2012**

Licensed Level 4 - 4LR2233 & 4LR2234

To be held at  
**SOUTHBURY ROAD, ENFIELD**

**ON**

**15<sup>th</sup>, 21<sup>st</sup> & 22<sup>nd</sup> April 2012**

**Cost per event is £4.00**

The Age Groups are:- Boys & Girls 9yrs – 16 yrs, 17yrs/over

Note: not all events are available to all ages

Awards available for swimmers in A-Grade and B-Grade

*AGES TO BE TAKEN AS AT 22<sup>nd</sup> APRIL 2012*

Entry forms, together with payment, £4.00 per event must be returned to  
Tricia Taylor, at 19 Darby Crescent, Sunbury on Thames, TW16 5LB  
by 16<sup>th</sup> March 2012 (at the latest).

**NO LATE ENTRIES CAN BE ACCEPTED**

Please contact Tricia on 07973 628833 if you have any queries.

The full rules of the competition are published on the Middlesex ASA Website ([middlesexswimming.com](http://middlesexswimming.com))

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### ORDER OF EVENTS

(please note: warm up and start times are provisional and will be confirmed when all the entries have been received)

### SUNDAY 15th April 2012

Session 1			Session 2		
Warm up 8:15am Session start 9:15am			Warm up 13:15 Session start 14:00 (TBC)		
1	Girls 10/o	400IM	6	Boys 9/o	100 IM
2	Boys 9/o	200 Freestyle	7	Girls 11/o	100 Breaststroke
3	Girls 9/o	50 Butterfly	8	Boys 12/o	100 Butterfly
4	Boys 9/o	50 Backstroke	9	Girls 9/o	200 Breaststroke
			10	Boys 9/o	200 Butterfly
	Warm up	20 minutes (TBC)	11	Girls 9/o	200 Backstroke
5	Girls 11/o	800 Freestyle			

### SATURDAY 21<sup>st</sup> April 2012

Session 3			Session 4		
Warm up 8:15am Session start 9:15am			Warm up 13:15 Session start 14:00 (TBC)		
12	Boys 10/o	400IM	17	Girls 9/o	100 IM
13	Girls 9/o	200 Freestyle	18	Boys 9/o	200 Backstroke
14	Boys 12/o	100 Breaststroke	19	Girls 11/o	100 Butterfly
15	Girls 9/o	200 Butterfly	20	Boys 9/o	200 Breaststroke
			21	Girls 9/o	50 Backstroke
	Warm up	20 minutes (TBC)	22	Boys 9/o	50 Butterfly
16	Boys 12/o	1500 Freestyle			

### SUNDAY 22<sup>nd</sup> April 2012

Session 5			Session 6		
Warm up 8:15am Session start 9:15am			Warm up 13:15 Session start 14:00 (TBC)		
23	Boys 10/o	400 Freestyle	29	Girls 10/o	400 Freestyle
24	Girls 9/o	200 IM	30	Boys 9/o	200IM
25	Boys 12/o	100 Backstroke	31	Girls 11/o	100 Backstroke
26	Girls 9/o	50 Breaststroke	32	Boys 9/o	50 Breaststroke
27	Boys 9/o	50 Freestyle	33	Girls 9/o	50 freestyle
28	Girls 11/o	100 Freestyle	34	Boys 12/o	100 Freestyle

**PLEASE NOTE:** As you will all be aware we are always short of officials at Galas. All clubs must nominate at least 2 officials for each session This is a licensed gala at level 4 so there is an opportunity for new volunteers to 'have a go' at officiating or registered officials to try another role. However please note that all Officials on poolside must be members of the ASA. Please let Tricia know if you are interested.

**CLOSING DATE 16<sup>th</sup> March 2012**

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### ENTRY FORM

Squad \_\_\_\_\_

Competitors Full name \_\_\_\_\_

BOY/GIRL

Address \_\_\_\_\_

Post Code \_\_\_\_\_

Telephone no \_\_\_\_\_

Date of birth \_\_\_\_\_

ASA registration no \_\_\_\_\_

email \_\_\_\_\_

Please enter me in the following events at the entry time shown:

**Note: competitors should not have swum faster than the standard time shown**

Event	Entry time	Event	Entry time
50m Freestyle		50m Butterfly	
100m Freestyle		100m Butterfly	
200m Freestyle		200m Butterfly	
400m Freestyle		50m Backstroke	
800m Freestyle		100m Backstroke	
1500m Freestyle		200m Backstroke	
50m Breaststroke		100m Ind Medley	
100m Breaststroke		200m Ind Medley	
200m Breaststroke		400m Ind Medley	

No of events entered \_\_\_\_\_ fee enclosed at £4.00 per event \_\_\_\_\_

I declare that I am eligible to enter this competition and have **not** previously swum the events entered faster than the qualifying standard.

Signed \_\_\_\_\_ date \_\_\_\_\_  
(swimmer, parent or guardian)

Please make cheques payable to **Staines Swimming Club**

**PARENTS we usually need assistance both technical & non-technical. Please indicate if you are willing to assist and for which sessions:**

Name	Help e.g. Medals' table, marshalling, time keepers etc	SESSION 1 2 3 4 5 & 6

**CLOSING DATE 16<sup>th</sup> March 2012**

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Time Standards (25m) All times should have been achieved in the past 12 months and must be verifiable by the club if queried.																		
Boys	'A' grade not faster than									'B' grade not faster than								
	9	10	11	12	13	14	15	16	17/o	9	10	11	12	13	14	15	16	17/o
50m Free	44.00	39.90	36.90	34.00	31.80	30.30	29.10	28.60	28.40	57.5	50.0	44.20	39.0	35.4	33.1	31.60	31.0	30.8
100 Free	-	-	-	1.13.50	1.08.5	1.05.0	1.03.10	1.02.10	1.01.30	-	-	-	1.24.5	1.16.4	1.11.3	1.08.4	1.07.1	1.06.5
200m Free	3.35.4	3.11.4	2.54.3	2.39.0	2.28.9	2.21.4	2.17.3	2.15.9	2.13.2	4.43.3	3.59.4	3.29.2	3.04.0	2.46.5	2.35.6	2.28.5	2.26.7	2.25.3
400m Free	-	6.40.6	6.02.9	5.37.8	5.12.7	4.58.5	4.52.6	4.46.8	4.42.1	-	8.23.8	7.17.9	6.26.9	5.50.8	5.29.1	5.15.1	5.09.7	5.06.8
1500m Free	-	-	-	22.13.0	20.39.7	19.39.0	19.01.0	18.52.7	18.36.4	-	-	-	-	-	-	-	-	-
50m Breast	57.0	51.3	47.5	43.7	40.3	38.2	36.8	36.0	35.4	1.14.0	1.04.3	56.5	49.7	44.6	41.7	39.7	39.1	38.5
100m Breast	-	-	-	1.33.5	1.26.3	1.21.7	1.19.1	1.17.7	1.16.4	-	-	-	1.47.2	1.36.3	1.29.8	1.25.6	1.24.1	1.23.3
200m Breast	4.30.5	4.01.4	3.41.4	3.21.3	3.06.6	2.56.7	2.51.5	2.48.5	2.45.5	5.54.0	5.05.0	4.25.5	3.52.4	3.29.1	3.13.9	3.05.9	3.03.2	3.00.7
50m Fly	49.7	44.5	41.1	38.1	35.2	33.3	31.7	31.1	30.6	1.04.5	55.3	49.0	43.2	39.0	36.2	34.3	33.7	33.2
100m Fly	-	-	-	1.23.0	1.16.2	1.12.0	1.09.3	1.08.0	1.06.6	-	-	-	1.34.8	1.24.9	1.18.9	1.14.8	1.14.1	1.12.7
200m Fly	4.23.7	3.43.6	3.20.0	3.01.4	2.47.8	2.38.0	2.32.2	2.29.9	2.26.4	5.48.0	4.40.4	3.59.5	3.29.0	3.08.8	2.54.3	2.45.3	2.43.2	2.40.1
50m Back	50.8	45.7	42.1	39.0	36.4	34.6	33.1	32.4	31.7	1.05.5	57.0	50.4	44.5	40.3	37.7	36.5	35.6	34.7
100m Back	-	-	-	1.22.7	1.17.0	1.12.5	1.10.2	1.08.5	1.07.5	-	-	-	1.34.6	1.25.6	1.19.5	1.15.7	1.14.4	1.11.50
200m Back	4.01.2	3.33.2	3.12.9	2.54.0	2.45.0	2.35.6	2.31.4	2.28.1	2.26.6	5.10.9	4.26.8	3.51.3	3.23.4	3.04.3	2.51.9	2.43.2	2.41.1	2.39.6
100IM	1.52.7	1.41.2	1.33.6	1.26.2	1.19.8	1.15.5	1.12.6	1.11.2	1.09.9	2.26.4	2.06.8	1.52.0	1.39.2	1.29.3	1.22.5	1.18.9	1.17.0	1.16.6
200IM	4.02.6	3.37.0	3.17.0	3.01.1	2.48.7	2.40.3	2.35.3	2.32.3	2.29.7	5.17.5	4.31.4	3.56.6	3.28.7	3.08.8	2.56.0	2.47.6	2.45.1	2.43.5
400IM	-	7.35.6	6.57.3	6.23.7	5.57.9	5.39.2	5.27.5	5.23.7	5.16.2	-	8.40.0	7.40.0	7.22.1	6.40.3	6.13.1	5.54.9	5.49.7	5.46.6

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Girls	'A' grade not faster than									'B' grade not faster than								
	9	10	11	12	13	14	15	16	17/o	9	10	11	12	13	14	15	16	17/o
50m Free	44.4	39.7	36.4	34.4	33.0	32.3	31.8	31.5	31.0	53.9	46.1	41.4	38.1	36.0	35.0	34.5	34.2	34.1
100 Free	-	-	1.18.4	1.13.8	1.10.8	1.09.5	1.08.4	1.07.7	1.06.8	-	-	1.29.4	1.21.8	1.17.1	1.15.1	1.14.2	1.13.7	1.13.3
200m Free	3.34.0	3.05.1	2.50.6	2.39.5	2.31.7	2.30.0	2.27.3	2.25.8	2.25.5	4.21.8	3.37.0	3.14.0	2.57.3	2.45.7	2.41.8	2.39.7	2.38.4	2.37.0
400m Free	-	6.31.6	5.53.8	5.30.9	5.15.1	5.10.6	5.06.3	5.05.1	5.03.4	-	7.37.0	6.45.1	6.09.8	5.46.6	5.37.0	5.33.2	5.31.7	5.29.2
800m Free	-	-	12.16.6	11.24.4	10.49.7	10.34.4	10.29.6	10.25.6	10.23.3	-	-	-	-	-	-	-	-	-
50m Breast	57.7	51.2	46.8	43.6	41.5	40.3	39.5	39.3	38.6	1.09.9	59.1	53.0	48.3	45.3	43.8	43.2	42.9	41.20
100m Breast	-	-	1.39.9	1.33.4	1.28.7	1.25.6	1.27.38	1.24.6	1.24.0	-	-	1.53.6	1.43.6	1.36.7	1.33.3	1.32.4	1.32.1	1.31.6
200m Breast	4.34.2	3.55.0	3.35.7	3.21.2	3.10.0	3.03.7	3.02.5	3.01.3	3.00.2	5.34.1	4.34.7	4.04.6	3.42.5	3.27.8	3.20.8	3.19.4	3.17.9	3.17.6
50m Fly	49.7	43.8	40.2	37.7	36.0	34.9	34.4	34.2	33.9	59.9	50.2	45.4	41.6	39.1	37.8	37.3	37.1	36.8
100m Fly	-	-	1.28.0	1.22.1	1.18.2	1.16.0	1.15.5	1.14.8	1.14.2			1.39.9	1.31.2	1.25.1	1.22.6	1.21.8	1.21.4	1.20.4
200m Fly	4.27.1	3.39.9	3.14.9	3.01.1	2.51.7	2.46.1	2.44.2	2.41.9	2.40.3	5.26.2	4.13.5	3.42.2	3.20.8	3.06.7	3.00.1	2.57.8	2.56.8	2.55.1
50m Back	51.0	45.2	41.4	39.0	37.4	36.5	35.9	35.5	35.4	1.01.8	52.3	47.0	43.2	40.7	39.5	39.0	38.6	38.3
100m Back	-	-	1.28.1	1.22.0	1.18.5	1.17.8	1.16.2	1.15.8	1.15.0	-	-	1.40.3	1.31.2	1.25.9	1.23.3	1.22.0	1.21.5	1.20.8
200m Back	4.01.3	3.29.1	3.06.3	2.55.1	2.47.2	2.43.8	2.40.8	2.39.9	2.39.6	4.51.9	3.59.9	3.34.7	3.16.1	3.04.0	2.57.9	2.56.0	2.53.8	2.53.0
100IM	1.53.0	1.40.6	1.32.1	1.26.0	1.22.4	1.20.4	1.17.5	1.17.0	1.16.8	2.17.6	1.56.0	1.44.0	1.35.3	1.29.4	1.26.8	1.25.8	1.24.8	1.24.3
200IM	4.02.8	3.32.3	3.12.6	3.00.4	2.52.5	2.47.3	2.46.4	2.44.7	2.44.2	4.55.6	4.05.0	3.38.6	3.20.5	3.07.9	3.02.4	3.00.3	2.59.5	2.58.1
400m IM	-	7.35.3	6.57.3	6.21.1	6.01.7	5.52.3	5.46.8	5.45.0	5.44.1	-	8.15.0	7.35.5	7.02.5	6.35.9	6.22.6	6.18.7	6.16.9	6.12.6