



City of Canterbury Swimming Club & Dover Life Guard Club

(Clubs affiliated to Kent ASA & SCASA)



present their

ICEBREAKER LICENSED OPEN MEET

(under ASA Laws & ASA Technical Rules) (License 2SE0052)

Friday, Saturday & Sunday - January 8th, 9th & 10th, 2010
(Age on last day of competition)

At Kingsmead Leisure Centre, Canterbury
6 Lane 25m Pool, Electronic Timing + Swim Down Pool

2 Sessions Each Day Plus Separate Finals Session

100, 200m All Strokes
50, 400, 800, 1500m F/style, 200, 400 I.M. + Skins events

Age groups 9, 10/11, 12/13, 14/15 and 16+
Awards to all finalists and 6 fastest HDW

**Level 2 License for entry into National and District Championships
has been applied for.**

Closing Date for Entries: MONDAY 23rd NOVEMBER 2009

Details From:

Scott Walker, 33 Crabble Lane, River, Dover. Kent CT17 OLS

e-mail scott@doverlifeguard.co.uk Tel: 0771 422 5282

or Download from the following websites:

www.dover.lifeguard.btinternet.co.uk

<http://www.marlins-canterbury.org>



PROGRAMME OF EVENTS



Event	Stroke	Distance	Sex	Ages	Type
SESSION 1: FRIDAY EVENING January 8th					
				Warm up 1830hrs	Start 1900hrs
101	Freestyle	800	Girls	10/11 12/13 14/15 16+	HDW
102	Freestyle	800	Boys	10/11 12/13 14/15 16+	HDW
103	Freestyle	1500	Girls	10/11 12/13 14/15 16+	HDW
104	Freestyle	1500	Boys	10/11 12/13 14/15 16+	HDW

Event	Stroke	Distance	Sex	Ages	Type
SESSION 2: SATURDAY MORNING January 9th					
				Warm up 0830hrs	Start 0930hrs
205	Butterfly	200	Boys	9 10/11 12/13 14/15 16+	HDW
206	Breaststroke	100	Girls	10/11 12/13 14/15 16+	Heats
207	Backstroke	100	Boys	10/11 12/13 14/15 16+	Heats
208	Backstroke	200	Girls	9 10/11 12/13 14/15 16+	HDW
209	Breaststroke	200	Boys	9 10/11 12/13 14/15 16+	HDW
210	Breaststroke	100	Girls	10/11	Final
211	Breaststroke	100	Girls	12/13	Final
212	Breaststroke	100	Girls	14/15	Final
213	Breaststroke	100	Girls	16+	Final
214	Backstroke	100	Boys	10/11	Final
215	Backstroke	100	Boys	12/13	Final
216	Backstroke	100	Boys	14/15	Final
217	Backstroke	100	Boys	16+	Final

Event	Stroke	Distance	Sex	Ages	Type
SESSION 3: SATURDAY MORNING January 9th					
				Warm up TBC	Start TBC
318	Freestyle	400	Girls	10/11 12/13 14/15 16+	HDW
319	Ind Medley	400	Boys	10/11 12/13 14/15 16+	HDW
320	Freestyle	50	Girls	9 10/11 12/13 14/15 16+	Heats
321	Freestyle	50	Girls	9	Final
322	Freestyle	50	Girls	10/11	Final
323	Freestyle	50	Girls	12/13	Final
324	Freestyle	50	Girls	14/15	Final
325	Freestyle	50	Girls	16 +	Final

Event	Stroke	Distance	Sex	Ages	Type
SESSION 4: SATURDAY AFTERNOON January 9th					
				Warm up TBC	Start TBC
426	Butterfly	100	Boys	10/11 12/13 14/15 16+	Heats
427	Ind Medley	200	Girls	9 10/11 12/13 14/15 16+	HDW
428	Freestyle	100	Boys	10/11 12/13 14/15 16+	Heat
429	Butterfly	200	Girls	9 10/11 12/13 14/15 16+	HDW
430	Butterfly	100	Boys	10/11	Final
431	Butterfly	100	Boys	12/13	Final
432	Butterfly	100	Boys	14/15	Final
433	Butterfly	100	Boys	16 +	Final
434	Freestyle	100	Boys	10/11	Final
435	Freestyle	100	Boys	12/13	Final
436	Freestyle	100	Boys	14/15	Final
437	Freestyle	100	Boys	16 +	Final
438	Stroke TBA	50	Girls	10-13	Skins
439	Stroke TBA	50	Girls	14+	Skins

Event	Stroke	Distance	Sex	Ages	Type
SESSION 5: SUNDAY MORNING January 10th					
				Warm up 0830hrs	Start 0930hrs
540	Breaststroke	200	Girls	9 10/11 12/13 14/15 16+	HDW
541	Breaststroke	100	Boys	10/11 12/13 14/15 16+	Heats
542	Butterfly	100	Girls	10/11 12/13 14/15 16+	Heats
543	Backstroke	200	Boys	9 10/11 12/13 14/15 16+	HDW
544	Freestyle	200	Girls	9 10/11 12/13 14/15 16+	HDW
545	Breaststroke	100	Boys	10/11	Final
546	Breaststroke	100	Boys	12/13	Final
547	Breaststroke	100	Boys	14/15	Final
548	Breaststroke	100	Boys	16+	Final
549	Butterfly	100	Girls	10/11	Final
550	Butterfly	100	Girls	12/13	Final
551	Butterfly	100	Girls	14/15	Final
552	Butterfly	100	Girls	16 +	Final

Event	Stroke	Distance	Sex	Ages	Type
SESSION 6: SUNDAY January 10th					
				TBC	Start TBC
653	Freestyle	400	Boys	10/11 12/13 14/15 16+	HDW
654	Ind Medley	400	Girls	10/11 12/13 14/15 16+	HDW
655	Freestyle	50	Boys	9 10/11 12/13 14/15 16+	Heats
656	Freestyle	50	Boys	9	Final
657	Freestyle	50	Boys	10/11	Final
658	Freestyle	50	Boys	12/13	Final
659	Freestyle	50	Boys	14/15	Final
660	Freestyle	50	Boys	16+	Final

Event	Stroke	Distance	Sex	Ages	Type
SESSION 7: SUNDAY AFTERNOON January 10th					
				Warm up TBC	Start TBC
761	Freestyle	100	Girls	10/11 12/13 14/15 16+	Heats
762	Ind Medley	200	Boys	9 10/11 12/13 14/15 16+	HDW
763	Backstroke	100	Girls	10/11 12/13 14/15 16+	Heats
764	Freestyle	200	Boys	9 10/11 12/13 14/15 16+	HDW
765	Freestyle	100	Girls	10/11	Final
766	Freestyle	100	Girls	12/13	Final
767	Freestyle	100	Girls	14/15	Final
768	Freestyle	100	Girls	16+	Final
769	Backstroke	100	Girls	10/11	Final
770	Backstroke	100	Girls	12/13	Final
771	Backstroke	100	Girls	14/15	Final
772	Backstroke	100	Girls	16+	Final
773	Stroke TBA	50	Boys	10-13	Skins
774	Stroke TBA	50	Boys	14+	Skins

CITY of CANTERBURY S.C. & DOVER LIFE GUARD CLUB

ICEBREAKER LICENSED 1 OPEN MEET 2010

ASA License no 2SE0052

(Affiliated to Kent ASA & ASA South East Region)

To be held at Kingsmead Leisure Centre, Canterbury

Friday 8th January to Sunday 10th January 2010

COMPETITION RULES AND MEET INFORMATION

General Information

- a) The meet will be held under ASA Laws and Technical Rules and is designated by the ASA for entry into National Competitions and Championships. Ages as on the last day of meet (10th January, 2010)
- b) The pool is 25 metres long with 6 lanes, anti-wave lane ropes and electronic timing in operation with continuous digital scoreboard display. Results sheets will be available via both clubs websites at the end of the meet.
- c) "Over the top" starts will be used in the heats at the discretion of the promoter.
- d) An adjacent Warm-up and Swim-down facility is available before and after sessions. This area must not be used during the "formal" warm up period. It will be the responsibility of the coaches/team managers to ensure that their swimmers use the facility for the purpose intended. Strictly no diving in or climbing over the pads in main pool.
- e) A cardless entry system will be operated at this gala. Swimmers must sign in at the relevant desk not later than 30mins prior to the start of each session for events in that session only.
- f) It is the decision of the promoter not to carry reserves. Time trials will only be considered from host club swimmers.
- g) Whilst every effort will be made to confirm that swimmers will take part in finals it is the swimmers responsibility to sign in at the recorders table within 30min of the finalists being announced, otherwise reserves may be substituted.
- h) All events will be swum as combined age groups and seeded slowest to fastest irrespective of age.
- i) Swimmers may enter the 800m or 1500m but not both. Events 101 and 102 will be swum together as mixed heats, as will 103 and 104, swimmers being seeded from slowest to fastest.
- j) Entries for all events must include a time achieved since July 1st. Times will not be amended in the event that swimmers achieve faster times after the closing date of the competition.
- k) The promoter may have to restrict entries in order to ensure the competition runs within the timetable guidelines set out by the ASA. In this event the slowest swimmers will be rejected. As far as practicable this will be in even proportions across all age groups.
- l) Entry Fee: £5 per event and £7.50 for the 800m and 1500m races. Clubs with more than 10 swimmers should enter electronically using the data file which will be sent by e-mail. A summary of all entries is required together with a cheque made payable to "DLGC & CCSC".
- m) Coaches' passes are available at a cost of £17 which includes entry to all three days, programmes, food and refreshments at all sessions.

Age Groups

The program will cover the following age bands

- 9yrs 10/11yrs 12/13yrs 14/15yrs 16yrs and Over

Events

The events covered for **all age groups** will be:

- 50m Freestyle
- 200m Butterfly, Backstroke, Breaststroke, Freestyle & IM

9 year olds may not enter the following events:

- 100m all strokes
- 400m/ 800m and 1500m Freestyle
- 400 IM

Finals / HDW

Finals will be held for all 50m and 100m races

The following events will be HDW

All 200m, 400m, 800m and 1500m races

There will be a 20 minute break between the last race of any session and the warm up of the following session. The start time for sessions 3,4,6 and 7 will be advertised once entries have been accepted.

Skins Events

There will be skins events for the following age groups in each of the finals sessions

- Girls ages 13 years and under and Girls 14 years and over (Saturday evening)
- Boys ages 13 years and under and Boys 14 years plus (Sunday evening)

Competitors will be those who have achieved the six fastest times in the 200 IM earlier that day. Strokes for the skins events will be chosen at random on the night. Detailed rules for the skins competition appear elsewhere.

Awards

Awards will be made to all finalists and fastest 6 in each age group in the HDW events. Special awards will be made for skins events. Awards for 50/100m events will be presented at the end of each finals session. Awards for other events will be collected individually as soon as the result is announced during each session.

Photography

Anyone wishing to conduct video, zoom or close range cameras must register their details at the entrance control before entering the spectator gallery. This includes the use of mobile telephones with a camera facility. **It is a condition of entry that swimmers consent to such photography taking place.**

Results

These will be posted on the wall in the corridor between the main reception area and the balcony. They will also be available on both club's web sites as soon as practicable after the event. A full set of results in Excel and PDF format will be sent via e-mail to all clubs who enter electronically. Swim meet entries and results will be managed on a computer. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer.

FOR LATEST MEET INFORMATION PLEASE SEE EITHER CLUB'S WEB SITE

General

By signing the entry form swimmers accept these conditions in full. The promoters reserve the right to refuse admission to any competitor or spectator to any session.

ICEBREAKER 2010 Qualifying Times

Swimmers must have achieved times since July 1st 2009 faster than those listed below in order to enter.

		9	10/11	12/13	14/15	16+
BOYS EVENTS		Lower	Lower	Lower	Lower	Lower
Freestyle	50	42.00	39.00	33.50	30.00	29.00
Freestyle	100		01:26:00	01:10:00	01:03:00	01:01:00
Freestyle	200	03:20:00	02:56:00	02:34:00	02:16:00	02:12:00
Freestyle	400		06:16:00	05:05:00	04:44:00	04:30:00
Backstroke	100		01:40:00	01:31:00	01:16:00	01:15:00
Backstroke	200	03:30:00	03:25:00	02:55:00	02:42:00	02:36:00
Breaststroke	100		01:50:00	01:35:00	01:24:00	01:20:00
Breaststroke	200	04:00:00	03:46:00	03:35:00	03:10:00	03:08:00
Butterfly	100		01:44:00	01:21:00	01:11:00	01:08:00
Butterfly	200	04:00:00	03:50:00	03:12:00	02:45:00	02:40:00
Ind Medley	200	03:35:00	03:20:00	02:51:00	02:40:00	02:32:00
Ind Medley	400		06:15:00	06:00:00	05:55:00	05:45:00
GIRLS EVENTS						
Freestyle	50	42.00	38.00	35.00	33.00	32.00
Freestyle	100		01:23:00	01:11:00	01:09:00	01:08:00
Freestyle	200	03:10:00	02:55:00	02:34:00	02:28:00	02:27:00
Freestyle	400		06:10:00	05:30:00	05:28:00	05:20:00
Backstroke	100		01:34:00	01:25:00	01:19:00	01:17:00
Backstroke	200	03:50:00	03:30:00	02:58:00	02:51:00	02:44:00
Breaststroke	100		01:49:00	01:34:00	01:28:00	01:30:00
Breaststroke	200	03:50:00	03:30:00	03:17:00	03:05:00	03:02:00
Butterfly	100		01:40:00	01:24:00	01:20:00	01:17:00
Butterfly	200	04:00:00	03:30:00	03:12:00	02:45:00	02:40:00
Ind Medley	200	00:03:35	03:21:00	02:56:00	03:07:00	02:50:00
Ind Medley	400		06:15:00	06:00:00	05:45:00	05:40:00

ICEBREAKER 2010 UPPER LIMIT TIMES

Swimmers may not enter if they have achieved times faster than those listed below since July 1st 2009.

		9	10/11	12/13	14/15	16+
BOYS EVENTS		Upper	Upper	Upper	Upper	Upper
Freestyle	50	29:50	29:50	27:50	25:00	24:00
Freestyle	100		1:04:00	58:00	54:00	52:00
Freestyle	200	2:20	2:20	2:06	1:58	1:56
Freestyle	400		4:55.00	4:25.00	4:12.00	4:05.00
Backstroke	100		1:14.00	1:06.00	1:01.00	0:58.00
Backstroke	200	2:36.00	2:36.00	2:20.00	2:14.00	2:08.00
Breaststroke	100		1:25.00	1:16.00	1:08.00	1:05.00
Breaststroke	200	3:05.00	3:05.00	2:45.00	2:27.00	2:25.00
Butterfly	100		1:14.00	1:06.00	0:58.50	0:57.00
Butterfly	200	2:40.00	2:40.00	2:25.00	2:10.00	2:06.00
Ind Medley	200	2:40.00	2:40.00	2:24.00	2:12.00	2:09.00
Ind Medley	400		5:35.00	5:15.00	4:51.00	4:40.00
GIRLS EVENTS						
Freestyle	50	30.00	30.00	28.50	27.50	27.00
Freestyle	100		1:05.00	1:01.00	0:59.00	0:58.00
Freestyle	200	2:20.00	2:20.00	2:12.00	2:08.00	2:05.00
Freestyle	400		4:50.00	4:30.00	4:25.00	4:20.00
Backstroke	100		1:12.00	1:07.50	1:05.00	1:04.00
Backstroke	200	2:40.00	2:40.00	2:24.00	2:20.00	2:16.00
Breaststroke	100		1:24.00	1:17.00	1:15.00	1:14.00
Breaststroke	200	3:00.00	3:00.00	2:50.00	2:42.00	2:38.00
Butterfly	100		1:15.00	1:08.00	1:06.00	1:04.50
Butterfly	200	2:40.00	2:40.00	2:28.00	2:22.00	2:20.00
Ind Medley	200	2:45.00	2:45.00	2:28.00	2:25.00	2:21.00
Ind Medley	400		5:40.00	5:17.00	5:10.00	5:00.00

For the 800m and 1500m freestyle there will be no set times. Entries will be accepted for 3 heats of 1500m and 6 heats of 800m, consideration will be given to to all age groups. 9 year olds are not elligible to enter. Swimmers may not enter both events.



CANTERBURY AND DOVER

ICEBREAKER LICENSED OPEN MEET 2010



CLUB ENTRY SUMMARY

Name of Club:

I confirm that all competitors listed on the enclosed electronic entry file, have been informed of the Meet Conditions, that they have agreed to abide by them, and are eligible to swim as defined by ASA Laws. All competitors are ASA registered and they agree to their names appearing on a database used in connection with the production of the meet programme, results and the National Age Group Rankings. They are all aware that zoom and video photography may take place at this meet, and understand they have given their consent to this as a condition of entering this competition.

Submitted times have been achieved since July 1st 2009, proof will be made available on the request of the Promoter.

Swimmers ages are as of the last day of the championships, January 10th 2010.

Signed..... Position in Club.....

Address.....

Tel. No..... e-mail address

Individual Entries. @ **£5.00** =

800m/1500m Entries..... @ **£7.50** =

Coaches Passes. @ **£17.00** =

Total Cheque Payable to DLGC and CCSC **£.....**

In the event that any session is oversubscribed the slowest entries will be rejected. This will be done proportionately across all age groups. Please note that 9 year olds may only enter 50m and 200m events.

Entries must be received by MONDAY 23rd NOVEMBER 2009

When you have completed your entries, the individual entry forms and the correct entry fees must be returned to the following address by the closing date. Please e-mail the electronic entry files.

Scott Walker,
33 Crabble Lane,
River,
Dover
CT17 0LS.

e-mail them to: scott@doverlifeguard.co.uk



webpage: <http://www.dover.lifeguard.btinternet.co.uk>



August 6th, 2009

33 Crabble Lane
River
Dover
CT17 0LS

e-mail - scott.walker21@ntlworld.com

Ice Breaker Level Two - Licensed Open Meet – Friday 8th - Sunday 10th January 2010

I am writing to you as ever hoping that you will agree to officiate at what will be Dover and Canterbury's eighth Icebreaker Meet in January 2010. The programme is slightly different this year but loosely follows the same format as previous years, with the 800 and 1500 on Friday night and three sessions each day on Saturday and Sunday. Our now famous skins competition will be as ever the last event on each day..

All officials will be provided with lunch and dinner during the two interval periods. If you are able to officiate at any of the galas I would be pleased if you would confirm to me as soon as possible either by letter or e-mail. In January what possible alternative activity could you have and of course it will be an excellent opportunity to show off that new sweater you got for Christmas! I have attached a copy of the programme and will write again to confirm your duties nearer the date of the gala.

Thank you in advance for your support and prompt reply.

Yours faithfully

Scott Walker

Name	Qualification

Session	Times	I am able to assist
1	Fri Jan 9 th 1830 - 2130	yes / no
2	Sat Jan 10 th 0900 – 1230	yes / no
3	Sat Jan 10 th 1330 – 1700	yes / no
4	Sat Jan 10 ^h 1700 – 1930	yes / no
5	Sun Jan 11 th 0900 – 1230	yes / no
6	Sun Jan 11 th 1330 – 1630	yes / no
7	Sun Jan 11 th 1700 - 1930	yes / no

Please return ASAP or send me an e-mail. Thank you in advance.



INDIVIDUAL ENTRY FORM

PLEASE PRINT USING CAPITALS

Age as at 10th January 2010

FULL NAME

MALE

FEMALE

CLUB

DATE OF BIRTH

AGE ON 10/01/2010

ASA REGISTRATION NO

Please submit your entry times for your chosen events below

Event No	Event	Entry Times
	50 Freestyle	
	100 Freestyle	
	200 Freestyle	
	400 Freestyle	
	800 Freestyle	
	1500 Freestyle	
	100 Backstroke	
	200 Backstroke	
	100 Breaststroke	
	200 Breaststroke	
	100 Butterfly	
	200 Butterfly	
	200 Individual Medley	
	400 Individual Medley	
No of Entries..... @ £5.00 = £.....		
No of Entries..... @ £7.50 = £.....		
Total value of cheque payable to DLGC & CCSC		£

Entries must be received by MONDAY 23rd NOVEMBER 2009

I confirm that the information entered is correct and that a cheque for the correct amount made payable to DLGC & CCSC is enclosed. I understand that zoom and video photography may take place at this meet, and understand that all competitors listed on our entry form have given their consent to this as a condition of entering this competition.

Signed.....Swimmer/Parent (if under 18)

Please return entries and cheque to:

Scott Walker, 33, Crabble Lane, River, Dover, CT17 OLS. Tel: 07714225282

e-mail: scott@doverlifeguard.co.uk