

LOCKS HEATH SWIM SQUAD

A GUIDE TO ENTERING OPEN MEETS

Here are a few points to help you enter and prepare for an Open Meet.

Open Meets, as the name suggests, are open to swimmers from any club. You swim under your club name, but as an individual competing in various events.

There are four different levels of Open Meets (level 1, 2, 3 & 4). The level indicates the standard of swimming (to have swimmers of similar ability competing together) and the standard of organisation by the hosting club. There are usually upper limit times and/or qualifying times or other conditions of entry.

If I hand you an "Open Meet Booking Form" visit the website indicated at the bottom of the form where you will find all the information about the Meet. Information is also displayed on the Notice Board at Locks Heath pool.

You will need to establish which events you qualify for using your PB's (personal best times) which are displayed on the LHSS website. You **cannot** enter if you have recorded (at a Licensed Meet) a time faster than the upper limit times. I may be willing enter you if you have not achieved the qualifying time as long as you have a reasonable chance of achieving it in the competition – for example, you may not have swam the event in competition previously or for a long time.

For Silver and Bronze/+ swimmers I will indicate on your Open Meet Booking Form which events you may enter and are capable of competing in. Gold Squad swimmers contact me if you need any advice.

Gold Squad swimmers are to insert their entry times, which should be your PB, on the Booking Form next to the events you wish to enter. I may adjust this time if necessary. If you have not swam an event before do not enter a time, just tick the event and I will create an entry time.

I suggest you look carefully at the programme and try and spread your swims out but ideally don't leave large gaps between races.

Return the **top half of the form and pay the entry fee (preferably) by bank transfer by the closing date** indicated on the form using the bank transfer reference stated on the form. Keep the **bottom** half of the form for your information.

You need to pay for each event PLUS an admin fee which is currently £4.00 per Meet.

If the meet is oversubscribed you will receive a refund for the relevant events after the meet (but not the admin fee).

LATE ENTRIES CAN NOT BE ACCEPTED

If you have any questions please contact me

Lynda