

# ASIAN ALL STARS QUALIFIER

## 2014

February 6<sup>th</sup> – 8<sup>th</sup> 2015



## Meet Information



北京顺义国际学校

INTERNATIONAL SCHOOL OF BEIJING

## **A Message from the head coach of swimming at the International School of Beijing.**

### **Why has ISB decided to launch this event?**

There is a wealth of swimming talent in Asian / South East Asian International School Swimming circuit, a scene that continues to strengthen.

Often swimmers that represent the International school scene are not able to compete in their respective age group nationals due to timing of those local competitions, long and expensive travel commitments and lack of affiliation to home nation clubs.

Furthermore local clubs in resident nations are sometimes inaccessible due to language and philosophy differences. This often leads International School Swim programs to help re-create the best swimming environment, by developing hybrid club / school structures and opportunities to meet their swimmers needs.

Asian All Star Qualifier is a fast qualification meet, creating a national age group standard equivalent opportunity to all International School Students across Asia / South East Asia.

### **What else makes this a worthwhile event to attend?**

- **Challenging longer events.**
- **Prizes are individual based.**
- **Swimmers that qualify may swim as many events as they wish.**
- **Selective shorter events and age groups may swim heats and finals,** giving swimmers some necessary experience if they were to later participate at their respective national age championships. Knowledge of how to swim heats and finals is an important skill to acquire for any budding age group swimmer.
- **Bring together the best International School Swimmers across Asia / South East Asia.**

All relevant information regarding the event are to follow in the booklet, but if you have any further questions please don't hesitate in contacting me.

We hope to see you at the International School of Beijing in February 2015 for this event.

Best Regards

Nic Wilson  
Head Swim Coach  
International School of Beijing

## EVENT LIST, QT's & SCHEDULE INFORMATION

### Day 1

Session 1: Evening Session  
 Warm-up: 3:30 – 4:30 pm  
 \*Lane allocation to be announced.  
 Coaches meeting: 4:30 – 4:45 pm  
 Session begins: 5:00 pm

Event no.	Gender	Age	Event Type	Heats / Finals	QT
1	Mixed	Open	1500m Free	Timed Finals	21:00.00
2	Mixed	Open	800m Free	Timed Finals	11:00.00
3	Mixed	Open	400m IM	Timed Finals	6:00.00

### Day 2

Session 2: Morning Session  
 Warm-up: 7:00 – 9:00am  
 \*Lane allocation to be announced.  
 Coaches Meeting: 9:00 – 9:15 am  
 AD Welcome & Anthem: 9:30 am  
 Session begins: 9:45 am

Event no.	Gender	Age	Event Type	Heats / Finals	QT
4	Women	Open	400m Free	Timed Finals	5:35.00
5	Men	Open	400m Free	Timed Finals	5:15.00
6	Girls	7/8	50m Free	Timed Finals	44.00
7	Boys	7/8	50m Free	Timed Finals	44.00
8	Girls	9/10	50m Free	Timed Finals	40.00
9	Boys	9/10	50m Free	Timed Finals	39.00
10	Girls	11/12	50m Free	Heats	35.00
11	Boys	11/12	50m Free	Heats	34.00
12	Girls	13/14	50m Free	Heats	34.00
13	Boys	13/14	50m Free	Heats	31.00
14	Girls	15 & 0	50m Free	Heats	33.00
15	Boys	15 & 0	50m Free	Heats	30.00
16	Girls	10 & U	100m Brst	Timed Finals	2:00.00
17	Boys	10 & U	100m Brst	Timed Finals	1:55.00
18	Girls	11/12	100m Brst	Heats	1:38.00
19	Boys	11/12	100m Brst	Heats	1:36.00
20	Girls	13/14	100m Brst	Heats	1:32.00
21	Boys	13/14	100m Brst	Heats	1:25.00
22	Girls	15 & 0	100m Brst	Heats	1:30.00
23	Boys	15 & 0	100m Brst	Heats	1:22.00
24	Girls	7/8	200 Free Relay	Timed Finals	NA
25	Boys	7/8	200 Free Relay	Timed Finals	NA
26	Girls	9/10	200 Free Relay	Timed Finals	NA
27	Boys	9/10	200 Free Relay	Timed Finals	NA
28	Girls	11/12	200 Free Relay	Timed Finals	NA
29	Boys	11/12	200 Free Relay	Timed Finals	NA
30	Girls	13/14	200 Free Relay	Timed Finals	NA
31	Boys	13/14	200 Free Relay	Timed Finals	NA
32	Girls	15 & 0	200 Free Relay	Timed Finals	NA
33	Boys	15 & 0	200 Free Relay	Timed Finals	NA

Day 2

Session 3: Afternoon Session

Warm-up: TBA

\*Lane allocation to be announced.

Session Begins: TBA

<b>Event no.</b>	<b>Gender</b>	<b>Age</b>	<b>Event Type</b>	<b>Heats / Finals</b>	<b>QT</b>
34	Women	Open	200m Back	Timed Finals	2:53.00
35	Men	Open	200m Back	Timed Finals	2:43.00
36	Girls	7/8	50m Fly	Timed Finals	55.00
37	Boys	7/8	50m Fly	Timed Finals	55.00
38	Girls	9/10	50m Fly	Timed Finals	47.00
39	Boys	9/10	50m Fly	Timed Finals	46.00
40	Girls	11/12	50m Fly	Heats	38.00
41	Boys	11/12	50m Fly	Heats	38.00
42	Girls	13/14	50m Fly	Heats	38.00
43	Boys	13/14	50m Fly	Heats	35.00
44	Girls	15 & 0	50m Fly	Heats	35.00
45	Boys	15 & 0	50m Fly	Heats	32.00
46	Girls	10 & U	100m Back	Timed Finals	1:43.00
47	Boys	10 & U	100m Back	Timed Finals	1:40.00
48	Girls	11/12	100m Back	Heats	1:28.00
49	Boys	11/12	100m Back	Heats	1:26.00
50	Girls	13/14	100m Back	Heats	1:21.00
51	Boys	13/14	100m Back	Heats	1:16.00
52	Girls	15 & 0	100m Back	Heats	1:18.00
53	Boys	15 & 0	100m Back	Heats	1:12.00
54	Women	Open	200m Brst	Timed Finals	3:20.00
55	Men	Open	200m Brst	Timed Finals	3:05.00

Day 2

Session 4: Evening Session

Warm-up: TBA

\*Lane allocation to be announced.

Finals Begin: +- 6:30pm

<b>Event no.</b>	<b>Gender</b>	<b>Age</b>	<b>Finals Top 6 from heats</b>
10	Girls	11/12	50m Freestyle Final
11	Boys	11/12	50m Freestyle Final
12	Girls	13/14	50m Freestyle Final
13	Boys	13/14	50m Freestyle Final
14	Girls	15 & 0	50m Freestyle Final
15	Boys	15 & 0	50m Freestyle Final
18	Girls	11/12	100m Breaststroke Final
19	Boys	11/12	100m Breaststroke Final
20	Girls	13/14	100m Breaststroke Final
21	Boys	13/14	100m Breaststroke Final
22	Girls	15 & 0	100m Breaststroke Final
23	Boys	15 & 0	100m Breaststroke Final
40	Girls	11/12	50m Butterfly Final
41	Boys	11/12	50m Butterfly Final
42	Girls	13/14	50m Butterfly Final
43	Boys	13/14	50m Butterfly Final
44	Girls	15 & 0	50m Butterfly Final
45	Boys	15 & 0	50m Butterfly Final
48	Girls	11/12	100m Backstroke Final
49	Boys	11/12	100m Backstroke Final
50	Girls	13/14	100m Backstroke Final
51	Boys	13/14	100m Backstroke Final
52	Girls	15 & 0	100m Backstroke Final
53	Boys	15 & 0	100m Backstroke Final

### Day 3

Session 5: Morning Session

Warm-up: 7:00 – 9:00 am

\*Lane allocation to be announced.

Coaches Meeting: 9:00 – 9:15 am

Session begins: 9:30am

<b>Event no.</b>	<b>Gender</b>	<b>Age</b>	<b>Event Type</b>	<b>Heats / Finals</b>	<b>QT</b>
56	Women	Open	200m IM	Timed Finals	2:58.00
57	Men	Open	200m IM	Timed Finals	2:46.00
58	Girls	7/8	50m Back	Timed Finals	55.00
59	Boys	7/8	50m Back	Timed Finals	55.00
60	Girls	9/10	50m Back	Timed Finals	48.00
61	Boys	9/10	50m Back	Timed Finals	48.00
62	Girls	11/12	50m Back	Heats	40.00
63	Boys	11/12	50m Back	Heats	40.00
64	Girls	13/14	50m Back	Heats	38.00
65	Boys	13/14	50m Back	Heats	36.00
66	Girls	15 & 0	50m Back	Heats	36.00
67	Boys	15 & 0	50m Back	Heats	33.00
68	Girls	10 & U	100m Fly	Timed Finals	1:51.00
69	Boys	10 & U	100m Fly	Timed Finals	1:50.00
70	Girls	11/12	100m Fly	Heats	1:28.00
71	Boys	11/12	100m Fly	Heats	1:26.00
72	Girls	13/14	100m Fly	Heats	1:20.00
73	Boys	13/14	100m Fly	Heats	1:15.00
74	Girls	15 & 0	100m Fly	Heats	1:18.00
75	Boys	15 & 0	100m Fly	Heats	1:11.00
76	Girls	7/8	200 IM Relay	Timed Finals	NA
77	Boys	7/8	200 IM Relay	Timed Finals	NA
78	Girls	9/10	200 IM Relay	Timed Finals	NA
79	Boys	9/10	200 IM Relay	Timed Finals	NA
80	Girls	11/12	200 IM Relay	Timed Finals	NA
81	Boys	11/12	200 IM Relay	Timed Finals	NA
82	Girls	13/14	200 IM Relay	Timed Finals	NA
83	Boys	13/14	200 IM Relay	Timed Finals	NA
84	Girls	15 & 0	200 IM Relay	Timed Finals	NA
85	Boys	15 & 0	200 IM Relay	Timed Finals	NA

Day 3

Session 6: Afternoon Session

Warm-up: TBA

\*Lane allocation to be announced.

Session Begins: TBA

<b>Event no.</b>	<b>Gender</b>	<b>Age</b>	<b>Event Type</b>	<b>Heats / Finals</b>	<b>QT</b>
86	Women	Open	200m Free	Timed Finals	2:38.00
87	Men	Open	200m Free	Timed Finals	2:28.00
88	Girls	7/8	50m Br	Timed Finals	58:00
89	Boys	7/8	50m Br	Timed Finals	58.00
90	Girls	9/10	50m Br	Timed Finals	53.00
92	Boys	9/10	50m Br	Timed Finals	53.00
92	Girls	11/12	50m Br	Heats	45.00
93	Boys	11/12	50m Br	Heats	45.00
94	Girls	13/14	50m Br	Heats	42.00
95	Boys	13/14	50m Br	Heats	40.00
96	Girls	15 & 0	50m Br	Heats	40.00
97	Boys	15 & 0	50m Br	Heats	38.00
98	Girls	10 & U	100m Free	Timed Finals	1:30.00
99	Boys	10 & U	100m Free	Timed Finals	1:28.00
100	Girls	11/12	100m Free	Heats	1:16.00
101	Boys	11/12	100m Free	Heats	1:14.00
102	Girls	13/14	100m Free	Heats	1:13.00
103	Boys	13/14	100m Free	Heats	1:08.00
104	Girls	15 & 0	100m Free	Heats	1:12.00
105	Boys	15 & 0	100m Free	Heats	1:05.00
106	Women	Open	200m Fly	Timed Finals	2:57.00
107	Men	Open	200m Fly	Timed Finals	2:45.00

Day 3

Session 7: Evening Session

Warm-up: TBA

\*Lane allocation to be announced closer to meet.

Finals Begin: 6:30pm

<b>Event no.</b>	<b>Gender</b>	<b>Age</b>	<b>Finals Top 6 from heats</b>
<b>62</b>	Girls	11/12	50m Backstroke Final
<b>63</b>	Boys	11/12	50m Backstroke Final
<b>64</b>	Girls	13/14	50m Backstroke Final
<b>65</b>	Boys	13/14	50m Backstroke Final
<b>66</b>	Girls	15 & 0	50m Backstroke Final
<b>67</b>	Boys	15 & 0	50m Backstroke Final
<b>70</b>	Girls	11/12	100m Butterfly Final
<b>71</b>	Boys	11/12	100m Butterfly Final
<b>72</b>	Girls	13/14	100m Butterfly Final
<b>73</b>	Boys	13/14	100m Butterfly Final
<b>74</b>	Girls	15 & 0	100m Butterfly Final
<b>75</b>	Boys	15 & 0	100m Butterfly Final
<b>92</b>	Girls	11/12	50m Breaststroke Final
<b>93</b>	Boys	11/12	50m Breaststroke Final
<b>94</b>	Girls	13/14	50m Breaststroke Final
<b>95</b>	Boys	13/14	50m Breaststroke Final
<b>96</b>	Girls	15 & 0	50m Breaststroke Final
<b>97</b>	Boys	15 & 0	50m Breaststroke Final
<b>100</b>	Girls	11/12	100m Freestyle Final
<b>101</b>	Boys	11/12	100m Freestyle Final
<b>102</b>	Girls	13/14	100m Freestyle Final
<b>103</b>	Boys	13/14	100m Freestyle Final
<b>104</b>	Girls	15 & 0	100m Freestyle Final
<b>105</b>	Boys	15 & 0	100m Freestyle Final



## General Information

### ***Important Contacts***

The event will take place at the International School of Beijing, Shunyi District on the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> of February 2015.

Activities Director	Jeff Johanson	<a href="mailto:jjohanson@isb.bj.edu.cn">jjohanson@isb.bj.edu.cn</a>
Aquatics Coordinator	Kerry Kertes	<a href="mailto:kkertes@isb.bj.edu.cn">kkertes@isb.bj.edu.cn</a>
Head Swimming Coach	Nic Wilson	<a href="mailto:nwilson@isb.bj.edu.cn">nwilson@isb.bj.edu.cn</a>
Transportation Service  * There are taxis readily available for smaller teams or individuals at the airport. If you are however planning to bring a larger team then please contact the person herein.	Bernice Mech	<a href="mailto:isb.busopsbm@isb.bj.edu.cn">isb.busopsbm@isb.bj.edu.cn</a>

### ***Facility Details:***

- 25m indoor heated swimming pool
- Surface run off
- AQI of facility: ISB prides itself in creating medical grade air quality in its facilities. The AQI sits somewhere between 0,001 – 0,009 inside.
- Chlorine treated
- 6 x Lanes
- Shallow end – 2m
- Deep end – 5m
- Colorado Timing system, 6 lane display score board with touch-pads.

## ENTRY INFORMATION

### *Entry Deadline:*

- Entries close at 6:30pm on Tuesday 20<sup>th</sup> January 2015. Late entries will not be accepted.

### *Event Entries and qualification:*

- **Swimmers may choose to swim as many events as they can qualify for.** Of course coaches and swimmers need to be sensitive to what swimmers can cope with.
- **Swimmers need to qualify for the chosen events.** If swimmers do not qualify and coaches custom make times, coaches need to be aware that this may effect invitation to the event in the future, providing of course swimmers don't meet the QT's within reason.
- **Swimmers may choose to swim – up** however they forfeit the event in their own age. Open divisions will award medals to the 3 fastest swimmers regardless of age.
- **200 meter events** and longer will be swum as timed finals
- **100 and 50 meters events** will be swum as heats during the morning and afternoon sessions. A minimum of 2 heats needs to take place for finals to come into effect, otherwise those events with 1 heat will be swum as timed finals. These events may be pushed to an evening final which is determined by the meet director.
- **Age as at the first day of competition**

### *Entry Submission:*

- Hy-tek Entries must be submitted through clubs and or school swimming programs using **Team Manager**.
- Entries must also be proved legitimate by submission of an **electronic individual entry report, which will display the proof of times swum** and meet swum.
- **Latest version of Team Manager must be used.**

### *Entry fee:*

- **Entry fee is 400 RMB**, which covers entry into the meet, individual event entries and competitor pack. Wire transfer will be sent out to relevant schools and coaches at a later date or cash on arrival can be accepted.
- **Competitor pack** will include a meet program, t-shirt and some other items.

### *Scratches:*

- **Any scratched events will exclude the swimmer for the remaining events for that day.**
- **Due to the above, Swimmers should choose events they can handle** and not decide on entering and then pulling out of events at the last minute.
- **A scratch should be related to illness or injury** and then of course it's for the swimmers best interest to be removed them for the rest of the day's events due to this.
- **If a swimmer scratches from an evening final**, coaches need to let the meet director know before the conclusion of the afternoon session, so as to notify 'next in line' swimmers.
- **Scratch forms will be included in the coach's pack and should be submitted before the start of each session if possible.**

### *Protests:*

- **Will be accepted 30 minutes** from when the event results are out.
- Protest forms will be available in the coach's pack.

### *Relays:*

- Teams need to comprise **of swimmers who have qualified for individual events.**
- **As many relay teams as possible** can enter.
- **Relay swimmers and orders can be changed at the discretion of team managers and coaches.** However no changes will be made to the program and results. Athletes entered originally will show in the results.
- **Swimmers can swim up an age group but lose their place in their normal age relay.**

### *Swim off in the event of a tie*

- Swimmers who have tied and competing for a final spot have the choice of **scratching the final or swimming against the swimmer who tied with them to decide who goes through to the final.** This swim off will take place immediately after the morning / afternoon session.

## **AWARDS & PRIZES**

### ***Awards and Prizes***

- PB incentive awards will be given to anyone who achieves a personal best.
- Gold, Silver and Bronze Medals will be awarded to the three fastest swimmers in each event.

### ***Why are there no individual point awards and or team awards?***

- We will run a tally of medals won similar to major championships events. Often strategies of swimmers choosing certain events in a quest for only high points awards interferes with their choices to swim different events. This event allows swimmers to hopefully choose different events and focus on their PB performances rather than be lured into choosing events based on striving to maximize individual point scores.

## SWIM MEET RULES

- **Fina** Rules will apply including the start procedure.
- **Fina Rules will apply to swim suit use.**
- **No over the top starts will be applied.**

## RACE DIVISIONS

### *50m race divisions*

- 7/8; 9/10; 11/12; 13/14; 15&0

### *100m race divisions*

- 10&U – 7-10 year olds can enter as long as they qualify with the correct QT's.
- 11/12; 13/14; 15&0

### *200m and longer race divisions*

- **Open** – All ages can enter as long as they qualify with the correct QT's.

## COACH INFORMATION

### ***Bus Transportation***

Please contact Bernice Mech. See e-mail contact under important contacts above.

### ***Entry form***

For swimmers to submit – Please find separate form attached. A suggestion would be to make your entry deadline at least one week before the deadline for submission to us. We hope this helps your administration.

### ***Recommended accommodation (+- 3km range from ISB, driving time next to )***

#### **Business Day's Inn – Shunyi (5min Drive)**

- Web: [www.daysinn.cn](http://www.daysinn.cn)
- Tel: (86-10) 80487799
- Pool facilities: 25m Indoor pool \*Make sure you enquire about whether use in included in your rate.

#### **Zhongjia Palace Hot Spring Hotel – Shunyi (5 -10 min drive)**

- Sales Dept Manager: Zhongmin Wang
- Mobile: 139-1052-0695
- Tel: (010) 8049 5555-21020
- Pool Facilities: 8 lane 50m Indoor pool

#### **Crowne Plaza – Shunyi (10 min drive)**

- Web: <http://www.ihg.com/crowneplaza/hotels/us/en/beijing/pegap/hoteldetail>
- Pool facilities: Please enquire.

#### **Yosemite Hotel (2min Walk)**

- Web: [www.yosemiteclub.com](http://www.yosemiteclub.com)
- Tel: 86-10-8041-7588
- Pool facilities: 6 lane 25m Indoor pool

### ***Recommended Eateries or Restaurants***

- Numerous eating options within walking distance or 5-10min drive.
- Options will also be available at the school during the course of the meet.

## ***Medical***

In the unlikely event of an emergency or injury we have:

- Ambulance on stand-by during competition days.
- AED station outside swimming pool entrance.
- Spinal board & appropriate first aid on site
- BJU Family hospital clinic at Pinnacle plaza for any minor illness or medication requirements. (+- 5min drive from school)