

WDSC DUAL AWARD LONG COURSE MEET

(Under A.S.A Law & Technical Rules)

(LEVEL 3) License Number: <TBC>

WYCOMBE LEISURE CENTRE, HIGH WYCOMBE, BUCKS, HP11 1UP

Sat Nav HP11 1TJ

(Close to Junction 4 on M40)

**Saturday 17th & Sunday 18th
February 2018**

ANTI - WAVE LANE ROPES | 8 LANE 50M POOL | ALL EVENTS HDW
OMEGA TIMING

ENTRIES ARE FIRST COME FIRST SERVED

Closing Date: **31st January 2018**

Entry fee: **£7.00 per event**

Ages at 18th February 2018

Age Groups

Girls 9yrs 10yrs 11yrs 12yrs 13yrs 14yrs 15yrs 16yrs 17+over
Boys 9yrs 10yrs 11yrs 12yrs 13yrs 14yrs 15yrs 16yrs 17+over

**50m, 100m, 200m, 400m
Events**

Top Visiting Club Award

For further details please visit: www.wycombe-swimming.org.uk

Meet Promoter: Simon Shaw

Meet Secretary: Jeremy Butler

Contact details: E: openmeets@wycombe-swimming.org.uk

SCHEDULE OF EVENTS

Session 1 - Warm up 8.00 – 8.40 Start 8.45				
1	B	400	IM	9,10,11,12,13,14,15,16,17+
2	G	50	Fly	9,10,11,12,13,14,15,16,17+
3	B	50	Back	9,10,11,12,13,14,15,16,17+
4	G	400	Free	9,10,11,12,13,14,15,16,17+

Session 4 - Warm up 8.00 – 8.40 Start 8.45				
16	G	400	IM	9,10,11,12,13,14,15,16,17+
17	B	50	Fly	9,10,11,12,13,14,15,16,17+
18	G	50	Back	9,10,11,12,13,14,15,16,17+
19	B	400	Free	9,10,11,12,13,14,15,16,17+

Session 2 - Warm up 11.30-12.10 Start 12.15 (TBC)				
5	G	200	IM	9,10,11,12,13,14,15,16,17+
6	B	100	Breast	9,10,11,12,13,14,15,16,17+
7	G	200	Breast	9,10,11,12,13,14,15,16,17+
8	B	200	Free	9,10,11,12,13,14,15,16,17+
9	G	100	Fly	9,10,11,12,13,14,15,16,17+
10	B	200	Back	9,10,11,12,13,14,15,16,17+

Session 5 - Warm up 11.30-12.10 Start 12.15 (TBC)				
20	B	200	IM	9,10,11,12,13,14,15,16,17+
21	G	100	Breast	9,10,11,12,13,14,15,16,17+
22	B	200	Breast	9,10,11,12,13,14,15,16,17+
23	G	200	Free	9,10,11,12,13,14,15,16,17+
24	B	100	Fly	9,10,11,12,13,14,15,16,17+
25	G	200	Back	9,10,11,12,13,14,15,16,17+

Session 3 - Warm up 16.00 -16.40 Start 16.45 (TBC)				
11	G	100	Free	9,10,11,12,13,14,15,16,17+
12	B	200	Fly	9,10,11,12,13,14,15,16,17+
13	G	100	Back	9,10,11,12,13,14,15,16,17+
14	B	50	Free	9,10,11,12,13,14,15,16,17+
15	G	50	Breast	9,10,11,12,13,14,15,16,17+

Session 6 - Warm up 16.00 -16.40 Start 16.45 (TBC)				
26	B	100	Free	9,10,11,12,13,14,15,16,17+
27	G	200	Fly	9,10,11,12,13,14,15,16,17+
28	B	100	Back	9,10,11,12,13,14,15,16,17+
29	G	50	Free	9,10,11,12,13,14,15,16,17+
30	B	50	Breast	9,10,11,12,13,14,15,16,17+

*Note: Timings may be updated closer to the meet after entries are finalised.
Refer to the Wycombe Swimming website for latest updates.*

QUALIFICATION TIMES

- Qualifying times are shown as 'Not Faster Than' times for each Award category.
- NT is the minimum for the Lower Award category.

Boys

Distance		9 Yr	10 Yr	11 Yr	12 Yr	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr +
50 FREE	Lower Award NFT	42.60	39.00	37.00	34.90	33.00	31.30	29.70	28.70	28.40
	Upper Award NFT	30.00	29.40	29.00	28.40	27.50	26.10	25.40	24.50	24.00
100 FREE	Lower Award NFT	1:26.00	1:22.00	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60	1:01.50
	Upper Award NFT	1:08.00	1:05.00	1:01.99	1:01.99	58.61	56.61	54.47	54.47	53.56
200 FREE	Lower Award NFT	3:23.40	3:03.60	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30	2:13.70
	Upper Award NFT	2:19.00	2:17.00	2:14.32	2:07.57	2:03.22	1:58.63	1:57.63	1:56.63	1:56.00
400 FREE	Lower Award NFT	7:00.00	6:35.00	6:10.00	6:00.00	5:40.00	5:10.00	4:45.00	4:35.00	4:25.00
	Upper Award NFT	5:00.00	4:48.00	4:43.12	4:43.12	4:29.48	4:20.81	4:12.73	4:12.73	4:10.16
50 BRST	Lower Award NFT	56.80	51.60	48.20	44.60	41.80	39.70	37.80	36.80	35.80
	Upper Award NFT	39:00	36.00	34.40	33.60	33:00	32.40	32.00	31.50	31.00
100 BRST	Lower Award NFT	1:50.00	1:45.00	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:17.00
	Upper Award NFT	1:26.00	1:24.00	1:21.19	1:21.19	1:15.77	1:12.94	1:10.13	1:09.13	1:09.10
200 BRST	Lower Award NFT	3:35.00	3:24.00	3:15.00	3:12.00	3:05.00	3:00.00	2:56.00	2:55.00	2:50.00
	Upper Award NFT	3:05.00	3:02.00	2:55.32	2:55.32	2:44.22	2:38.76	2:33.36	2:32.36	2:31.61
50 FLY	Lower Award NFT	48.80	43.50	40.80	38.10	35.90	34.00	32.20	31.40	30.60
	Upper Award NFT	31.40	30.40	29.60	29.00	28.30	28.00	27.40	27.00	26.40
100 FLY	Lower Award NFT	1:35.00	1:31.00	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80	1:06.50
	Upper Award NFT	1:19.00	1:14.00	1:10.00	1:10.00	1:05.23	1:02.58	59.75	59.75	58.84
200 FLY	Lower Award NFT	3:20:00	3:00.00	2:55.00	2:50.00	2:45.00	2:41.00	2:37.00	2:36.00	2:30.00
	Upper Award NFT	2:50.21	2:48.00	2:36.61	2:36.61	2:25.70	2:19.60	2:13.84	2:13.84	2:12.23
50 BACK	Lower Award NFT	50.30	46.00	43.20	40.50	38.20	36.10	34.50	33.50	32.70
	Upper Award NFT	33.00	32.80	31.40	30.20	29.00	28.90	28.20	27:90	27.40
100 BACK	Lower Award NFT	1:36.00	1:33.00	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30	1:09.30
	Upper Award NFT	1:17.00	1:15.00	1:11.38	1:11.38	1:07.18	1:04.73	1:02.23	1:02.23	1:01.47
200 BACK	Lower Award NFT	3:08.00	2:58.00	2:52.00	2:50.00	2:45.00	2:40.00	2:32.00	2:31.80	2:30.00
	Upper Award NFT	2:52.00	2:38.00	2:32.52	2:32.52	2:24.54	2:19.15	2:15.40	2:14.45	2:13.68
200 IM	Lower Award NFT	3:52.00	3:29.60	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90	2:31.00
	Upper Award NFT	2:42.26	2:40.00	2:32.92	2:32.92	2:25.04	2:20.07	2:14.89	2:14.89	2:13.19
400 IM	Lower Award NFT	6:10.00	6:03.00	5:55.00	5:48.00	5:35.00	5:28.00	5:18.00	5:15.00	5:12.00
	Upper Award NFT	5:44.44	5:42.00	5:26.28	5:26.28	5:09.14	4:58.36	4:50.95	4:48.95	4:47.40

Girls

Distance		9 Yr	10 Yr	11 Yr	12 Yr	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr +
50 FREE	Lower Award NFT	42.80	39.80	37.30	35.40	34.00	32.90	32.20	31.90	31.80
	Upper Award NFT	34.80	32.80	31.40	30.20	29.20	29.00	28.40	28.00	27.20
100 FREE	Lower Award NFT	1:30.00	1:26.20	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80	1:08.10
	Upper Award NFT	1:07.00	1:05.00	1:03.64	1:02.64	1:01.81	1:00.94	59.90	59.82	59.69
200 FREE	Lower Award NFT	3:29.10	3:04.40	2:51.30	2:42.50	2:36.20	2:32.10	2:29.10	2:27.50	2:25.80
	Upper Award NFT	2:30.00	2:20.00	2:16.88	2:14.88	2:12.74	2:11.04	2:09.74	2:08.74	2:08.44
400 FREE	Lower Award NFT	5:55.00	5:21.00	5:12.00	5:10.00	5:04.00	4:58.00	4:52.20	4:51.80	4:50.00
	Upper Award NFT	5:30.00	5:00.00	4:47.20	4:47.20	4:42.80	4:35.06	4:31.36	4:31.36	4:31.02
50 BRST	Lower Award NFT	57.00	51.20	47.80	45.00	43.10	41.50	40.60	40.10	39.80
	Upper Award NFT	46.00	43.20	41.40	40.20	39.20	38.20	37.40	36.80	36.00
100 BRST	Lower Award NFT	1:55.00	1:50.30	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10	1:25.20
	Upper Award NFT	1:25.00	1:23.00	1:21.89	1:21.89	1:19.14	1:17.96	1:17.10	1:17.10	1:16.77
200 BRST	Lower Award NFT	3:22.00	3:14.00	3:08.00	3:06.00	3:02.00	3:00.00	2:58.00	2:56.00	2:53.00
	Upper Award NFT	3:10.00	3:04.00	2:56.67	2:56.67	2:49.80	2:48.13	2:46.17	2:46.17	2:45.72
50 FLY	Lower Award NFT	48.20	44.00	40.70	38.60	36.70	35.70	34.80	34.20	34.20
	Upper Award NFT	36.40	34.80	33.40	32.60	31.40	30.40	29.80	29.20	29.00
100 FLY	Lower Award NFT	1:42.00	1:37.10	1:27.90	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80	1:14.00
	Upper Award NFT	1:17.00	1:14.00	1:11.28	1:11.28	1:08.41	1:07.25	1:06.17	1:06.17	1:06.04
200 FLY	Lower Award NFT	3:05.00	2:58.00	2:53.00	2:52.00	2:45.00	2:42.00	2:40.00	2:38.00	2:36.00
	Upper Award NFT	2:55.00	2:50.00	2:37.79	2:37.79	2:30.07	2:28.06	2:26.18	2:26.18	2:25.64
50 BACK	Lower Award NFT	50.20	46.00	43.10	40.90	39.40	38.00	37.00	36.60	36.30
	Upper Award NFT	38.20	36.00	34.40	33.80	33.20	32.40	31.40	31.20	31.00
100 BACK	Lower Award NFT	1:42.00	1:37.50	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10	1:16.30
	Upper Award NFT	1:16.00	1:14.00	1:12.30	1:12.30	1:09.87	1:08.85	1:08.85	1:07.79	1:07.58
200 BACK	Lower Award NFT	3:08.00	3:02.00	2:56.00	2:54.00	2:48.00	2:44.00	2:41.00	2:40.20	2:39.00
	Upper Award NFT	2:50.01	2:40.01	2:34.32	2:34.32	2:29.09	2:26.87	2:25.45	2:25.45	2:24.94
200 IM	Lower Award NFT	3:55.20	3:29.60	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90	2:45.50
	Upper Award NFT	2:50.01	2:42.00	2:35.56	2:35.56	2:30.56	2:29.02	2:26.55	2:26.55	2:26.25
400 IM	Lower Award NFT	6:03.00	5:55.60	5:43.00	5:41.00	5:39.00	5:36.00	5:33.40	5:32.20	5:30.00
	Upper Award NFT	5:50.55	5:45.00	5:28.72	5:28.72	5:17.85	5:14.73	5:11.51	5:11.51	5:10.36

Competition Rules and Information

The competition will be held under A.S.A Law & Technical Rules.

LENGTH OF POOL

The Pool is 50 metres long and eight lanes, anti-turbulence lane ropes will be used. Electronic time keeping will be used.

ENTRY PROCEDURE

Entry should be made by submitting the Hy-Tek file available at:

<http://www.wycombe-swimming.org.uk>

(Team manager lite is available to download at: <http://www.hy-tek ltd.com/downloads.html>)

Manual Entry forms are also available with the pack.

<http://www.wycombe-swimming.org.uk> and should be returned to: Meet Secretary (there is a £5 supplement per swimmer for manual entries)

Entry fees should be paid by BACs payments: RBS; Sort code: 162129; Account number: 10104974, PLEASE USE REFERENCE - DALC followed by your club code

Cheques are accepted and need to be made payable to: Wycombe District Swimming Club and crossed and sent to the Meet Organiser

ENTRIES:

In the event of the Meet being oversubscribed entries will be accepted on a **first come first served** basis.

Send Entries (including coach passes and official forms) to: openmeets@wycombe-swimming.org.uk

Accepted Entries will be published no later than on **4th February 2018**

Hy-Tek file available for electronic entries: www.wycombe-swimming.org.uk

**The Event will be swum as a CARDLESS event therefore swimmers are asked to SIGN in before EACH session and before warm up starts.
Competitors must be registered swimmers.**

No entries will be accepted without the appropriate entry fee; submitted time; ASA registration

For all enquiries please contact Meet Secretary, contact details on page 2

Any swimmer withdrawing prior to the closing date will receive a full refund. After the closing date and up to the day before the gala refunds can only be provided on receipt of proof of injury through a doctor's certificate.

CLOSING DATE FOR ENTRIES

31st JANUARY 2018

ENTRY TIMES

Entry times SHOULD BE either LONG COURSE TIMES or converted to LONG COURSE.

Entry times to be achieved within last 12 months.

Poolside entries will only be accepted as time trials and are at discretion of Meet Promoter.

All events will be seeded on submitted times.

AWARDS

Both award categories will be swum together.

Medals will be given to the first three swimmers in each Age Group, within each of the two Award Categories.

(Note: Upper Award category swimmers will not be eligible for a medal if they don't swim faster than the Upper Award qualification time.)

Upper Award swimmers will not qualify for Lower Award medals

Awards are to be collected from the medal table after the results have been posted.

Individual Awards will be made on an HDW basis

Swimmers must ensure that they are suitably clothed (tee shirt, shorts, foot-ware, etc.) when collecting awards.

Top visiting club will receive an award.

OFFICIALS

To ensure the Meet can run effectively and efficiently WDSC encourage all clubs to help where possible with officials. Please send the officials form in with your entry.

MEET RESULTS

Meet results will be posted on the Wycombe District Swimming Club website within 48 hours of the Meet closing.

An electronic copy of the Meet clubs results will be sent to individual clubs on request from a club official.

Results will be passed to the ASA for their reference and inclusion in rankings.

SPECTATORS

Entry £10.00 per full day or £5.00 per individual session

Programs will be available to purchase on day of the Meet

For the safety and welfare of all swimmers, spectators and parents are NOT allowed poolside or in the changing rooms during the Meet.

CAR-PARKING

'Pay and Display' car parking is available at the Leisure Centre. At the time of publishing, parking at the 'Park and Ride' (2 minutes walk from the pool) is free. Please check on the Wycombe Swimming website closer to the event for any updates.

REFRESHMENTS

The Leisure Centre has a small cafe that will be in operation throughout the meet. The adjacent Waitrose supermarket also has a large cafeteria. Food may not be taken onto poolside. There will be refreshments and lunch provided for coaches who have purchased a Coach pass.

HEALTH AND SAFETY

No outdoors shoes to be worn on the poolside.

Swimmers are asked to ensure they wear appropriate footwear and clothing when on the balcony or reception area.

The pool depth is 2m and the blocks are 75cm above the edge. If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim Meet. A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive. No swimmer should topple into the water in the event of a false start - a proper shallow dive must be performed.

Further event information including any health and safety guidance resultant from our risk assessments will be made available to participants closer to the event. Please ensure you read the information and utilise for your club planning and risk assessment.

DATA PROTECTION

Entries and results for this Meet will be held on computer. As required by the Data Protection Act 1998, submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the Meet.

PARA- SWIMMERS

Swimmers with classifications (S Categories) and those who require additional provisions to access the event are requested to notify the meet promoter in advance of the meet.

FILMING AND PHOTOGRAPHY

Anyone who wishes to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

The use of cameras or mobile phones for taking photographs in the changing area is strictly forbidden. Only coaches and team managers may take photos or film races on poolside and these must comply with Swim England guidance and the focus of the filming should be of their swimmers only. Any swimmer or coach found to be breaking these rules will be asked to leave the building and will take no further part in the competition. The club also reserves the right to take further action against anybody breaking this rule.

The safety of children and young people for this event is of paramount importance. If you have any child safeguarding concerns at the event, please contact the meet coordinator.

SWIM SHOP

A Mailsports Swim Shop will be in operation throughout the Meet.

APPEALS

Any appeals must be submitted in accordance with ASA procedures and will be handled by the Meet Promoter and Referees.

GENERAL

Any point not covered by these rules will be at the discretion of the Meet Promoter. Depending upon the situation, the Meet Promoter or Referees decision, respectively, will be final.

OFFICIALS APPLICATION FORM

Please complete details:

CLUB NAME						
Name						
Qualification (J1, J2 etc.)						
License Number						
Email						
SESSION Availability (please tick)						
Session	1		2		3	
Session	4		5		6	
Name						
Qualification (J1, J2 etc.)						
License Number						
Email						
SESSION Availability (please tick)						
SESSION	1		2		3	
SESSION	4		5		6	
Name						
Qualification (J1, J2 etc.)						
License Number						
Email						
SESSION Availability (please tick)						
SESSION	1		2		3	
SESSION	4		5		6	

PLEASE RETURN THIS FORM TO: Meet Secretary
PLEASE ENSURE THIS FORM IS SUBMITTED WITH YOUR CLUB ENTRY

COACH / CHAPERONE APPLICATION

Coach / Chaperone passes cost £30.00 for the weekend per individual and include poolside access, lunch each day and poolside refreshments.

Please complete details for each pass application:

	APPLICATION #1	APPLICATION #2	APPLICATION #3
FULL NAME			
NAME OF CLUB			
POSITION AT CLUB			
e.g. Coach, Team Manager			
ADDRESS			
POSTCODE			
TELEPHONE			
EMAIL ADDRESS			
ASA NUMBER			
DBS CHECK NUMBER			

***PLEASE RETURN THIS FORM TO: Meet Organiser
PLEASE ENSURE THIS FORM IS SUBMITTED WITH YOUR CLUB ENTRY***

SWIMMER MANUAL ENTRY FORM - FEMALE

<u>FEMALE ENTRY</u>		SURNAME	
<i>Circle the event you want to enter</i>		FIRSTNAME	
		DATE of Birth	
		ASA Number	
		Club	
		EVENT #	DISTANCE
2	50	Fly	
4	400	Free	
5	200	IM	
7	200	Breast	
9	100	Fly	
11	100	Free	
13	100	Back	
15	50	Breast	
16	400	IM	
18	50	Back	
21	100	Breast	
23	200	Free	
25	200	Back	
27	200	Fly	
29	50	Free	
Please note there is a £5 supplement per swimmer for manual entries			

SWIMMER MANUAL ENTRY FORM – MALE

<u>MALE ENTRY</u>		SURNAME	
		FIRSTNAME	
<i>Circle the event you want to enter</i>		DATE of Birth	
		ASA Number	
		Club	
EVENT #	DISTANCE	STROKE	ENTRY TIME
1	400	IM	
3	50	Back	
6	100	Breast	
8	200	Free	
10	200	Back	
12	200	Fly	
14	50	Free	
17	50	Fly	
19	400	Free	
20	200	IM	
22	200	Breast	
24	100	Fly	
26	100	Free	
28	100	Back	
30	50	Breast	
Please note there is a £5 supplement per swimmer for manual entries			

CLUB ENTRY INFORMATION SUMMARY

CLUB NAME	
CONTACT NAME	
ADDRESS	
TELEPHONE (DAY)	
TELEPHONE (EVENING)	
MOBILE PHONE	
EMAIL	

PLEASE USE REFERENCE **DALC** followed by **your club code or name** FOR ANY BACS PAYMENTS

Manual Entries: Wycombe District Swimming Club, Wycombe Leisure Centre, Handy Cross, High Wycombe, HP11 1UP. (Please email a scanned copy)
Enquiries can be emailed to openmeets@wycombe-swimming.org.uk
Cheques made payable to 'Wycombe District Swimming Club'
Electronic entries can be e-mailed but please email a scanned copy of this form

TOTAL ENTRIES		@ £7.00 EACH = £
Manual entry supplement per swimmer £5		= £
Coaches / Poolside Packs		@£30 EACH = £
TOTAL		£
PAYMENT MADE BY (delete as appropriate)	BACS	CHEQUE ENCLOSED

I certify that all the above details are correct and that our Club understand and will abide by the meet conditions. Signed on behalf of all swimmers:

WDSC Bank Details

RBS; Sort code: 162129; Account number: 10104974

SIGNATURE.....