



## 2018 WDSC SHORT COURSE (L3) COUNTY & REGIONAL QUALIFIER

(Under A.S.A Law & Technical Rules)  
(LEVEL 3) License Number: **3SE181875**  
WYCOMBE LEISURE CENTRE, HIGH WYCOMBE, BUCKS, HP11 1UP  
Sat Nav: HP11 1TJ  
(Close to Junction 4 on M40)

**Friday 23rd, Saturday 24th & Sunday 25th November 2018**

ANTI - WAVE LANE ROPES | 8 LANE 25M POOL | ALL EVENTS HDW  
OMEGA TIMING WITH OBS11 WEDGE BLOCKS

**ENTRIES ARE FIRST COME / FIRST SERVED**

**Closing Date:** 28th October 2018

**Entry fee:** £7.00 per event, £14.00 for 800m & 1500m

Ages at 25th November 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, 800m, 1500m  
Events**

Awards to 1st, 2nd and 3rd in all age groups  
Top Visiting Club Award  
Top Boy and Girl Award

For further details please visit: [www.wycombe-swimming.org.uk](http://www.wycombe-swimming.org.uk)

Meet Promoter: Simon Shaw

Meet Secretary: Jeremy Butler

Contact details: Email: [openmeets@wycombe-swimming.org.uk](mailto:openmeets@wycombe-swimming.org.uk) Phone: 01494 410 075



WDSC

## WDSC SHORT COURSE L3 COUNTY & REGIONAL QUALIFIER

### SCHEDULE OF EVENTS

#### *Friday 23<sup>rd</sup> November 2018*

##### **Session 1 - Warm up 17.45 Start 18:30**

1	G	800	Free	Open
2	B	1500	Free	Open

#### *Saturday 24<sup>th</sup> November 2018*

##### **Session 2 - Warm up 8.00 Start 8.30**

3	B	400	IM	9,10,11,12,13,14,15,16,17+
4	G	400	Free	9,10,11,12,13,14,15,16,17+

##### **Session 3 - Warm up TBC**

5	B	100	Fly	9,10,11,12,13,14,15,16,17+
6	G	200	Back	9,10,11,12,13,14,15,16,17+
7	B	100	Breast	9,10,11,12,13,14,15,16,17+
8	G	200	Breast	9,10,11,12,13,14,15,16,17+
9	B	200	Free	9,10,11,12,13,14,15,16,17+
10	G	50	Back	9,10,11,12,13,14,15,16,17+
11	B	50	Fly	9,10,11,12,13,14,15,16,17+

##### **Session 4 - Warm up TBC**

12	G	50	Free	9,10,11,12,13,14,15,16,17+
13	B	50	Breast	9,10,11,12,13,14,15,16,17+
14	G	200	IM	9,10,11,12,13,14,15,16,17+
15	B	100	Back	9,10,11,12,13,14,15,16,17+
16	G	200	Fly	9,10,11,12,13,14,15,16,17+
17	B	100	Free	9,10,11,12,13,14,15,16,17+

#### *Sunday 25<sup>th</sup> November 2018*

##### **Session 5 - Warm up 8.00 Start 8.30**

18	G	400	IM	9,10,11,12,13,14,15,16,17+
19	B	400	Free	9,10,11,12,13,14,15,16,17+

##### **Session 6 - Warm up TBC**

20	G	100	Fly	9,10,11,12,13,14,15,16,17+
21	B	200	Back	9,10,11,12,13,14,15,16,17+
22	G	100	Breast	9,10,11,12,13,14,15,16,17+
23	B	200	Breast	9,10,11,12,13,14,15,16,17+
24	G	200	Free	9,10,11,12,13,14,15,16,17+
25	B	50	Back	9,10,11,12,13,14,15,16,17+
26	G	50	Fly	9,10,11,12,13,14,15,16,17+

##### **Session 7 - Warm up TBC**

27	B	50	Free	9,10,11,12,13,14,15,16,17+
28	G	50	Breast	9,10,11,12,13,14,15,16,17+
29	B	200	IM	9,10,11,12,13,14,15,16,17+
30	G	100	Back	9,10,11,12,13,14,15,16,17+
31	B	200	Fly	9,10,11,12,13,14,15,16,17+
32	G	100	Free	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 District Swimming Club website for latest updates.*



## WDSC SHORT COURSE L3 COUNTY & REGIONAL QUALIFIER

### QUALIFICATION TIMES - Boys

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

Entry times to be achieved within last 12 months.

Ages at 25 November 2018.

#### Boys

Distance	Stroke	9 Yr	10 Yr	11 Yr	12 Yr	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr +
<b>50 FREE</b>	Faster Than					00:48.72				
	Slower Than					00:25.16				
<b>100 FREE</b>	Faster Than	01:55.00	01:48.00	01:41.70	01:31.62	01:28.15	01:24.69	01:20.95	01:20.12	01:19.30
	Slower Than	01:08.00	01:05.00	01:01.99	01:01.99	00:58.61	00:56.61	00:54.47	00:54.47	00:53.56
<b>200 FREE</b>	Faster Than	04:00.00	03:57.04	03:37.90	03:18.76	03:11.28	03:03.63	02:55.99	02:54.50	02:53.02
	Slower Than	02:19.00	02:17.00	02:14.32	02:07.57	02:03.22	01:58.63	01:58.63	01:58.63	01:57.00
<b>400 FREE</b>	Faster Than	08:30.00	08:24.34	07:42.10	06:59.86	06:28.62	06:20.53	06:12.45	06:10.47	06:08.49
	Slower Than	05:00.00	04:48.00	04:43.12	04:43.12	04:29.48	04:20.81	04:12.73	04:12.73	04:10.16
<b>50 BRST</b>	Faster Than					01:07.75				
	Slower Than					00:31.30				
<b>100 BRST</b>	Faster Than	02:17.00	02:15.00	02:12.53	02:00.11	01:44.38	01:43.33	01:42.29	01:41.46	01:40.64
	Slower Than	01:26.00	01:24.00	01:21.19	01:21.19	01:15.77	01:12.94	01:10.13	01:10.13	01:09.10
<b>200 BRST</b>	Faster Than	04:00.00	03:56.12	03:55.50	03:54.19	03:53.63	03:48.68	03:43.62	03:40.92	03:38.23
	Slower Than	03:05.00	03:02.00	02:55.32	02:55.32	02:44.22	02:38.76	02:33.36	02:33.36	02:31.61
<b>50 FLY</b>	Faster Than					00:58.18				
	Slower Than					00:27.30				
<b>100 FLY</b>	Faster Than	02:12.00	02:10.00	02:05.00	01:47.24	01:31.18	01:29.03	01:26.89	01:26.17	01:25.46
	Slower Than	01:19.00	01:14.00	01:10.00	01:10.00	01:05.23	01:02.58	00:59.75	00:59.75	00:58.84
<b>200 FLY</b>	Faster Than	03:55.23	03:52.00	03:49.12	03:36.41	03:23.71	03:18.48	03:13.26	03:10.73	03:08.20
	Slower Than	02:50.21	02:48.00	02:36.61	02:36.61	02:25.70	02:19.60	02:13.84	02:13.84	02:12.23
<b>50 BACK</b>	Faster Than					01:02.03				
	Slower Than					00:30.30				
<b>100 BACK</b>	Faster Than	02:05.00	02:03.00	01:59.50	01:49.11	01:35.58	01:33.10	01:30.63	01:29.69	01:28.76
	Slower Than	01:17.00	01:15.00	01:11.38	01:11.38	01:07.18	01:04.73	01:02.23	01:02.23	01:01.47
<b>200 BACK</b>	Faster Than	04:00.00	03:56.00	03:46.37	03:36.30	03:26.24	03:20.19	03:14.14	03:12.97	03:13.81
	Slower Than	02:52.00	02:38.00	02:32.52	02:32.52	02:24.54	02:19.15	02:14.45	02:14.45	02:13.68
<b>200 IM</b>	Faster Than	04:40.00	04:35.76	04:13.15	03:50.55	03:28.44	03:24.20	03:19.97	03:17.05	03:14.14
	Slower Than	02:42.26	02:40.00	02:32.92	02:32.92	02:25.04	02:20.07	02:14.89	02:14.89	02:13.19
<b>400 IM</b>	Faster Than	08:40.00	08:36.00	08:07.84	07:44.96	07:22.08	07:10.91	06:59.75	06:56.39	06:53.04
	Slower Than	05:44.44	05:42.00	05:26.28	05:26.28	05:09.14	04:58.36	04:48.95	04:48.95	04:47.40
<b>1500 Free</b>	Faster Than					20:00.00				
	Slower Than					16:40.00				



## WJSC SHORT COURSE L3 COUNTY & REGIONAL QUALIFIER

### QUALIFICATION TIMES - Girls

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

Entry times to be achieved within last 12 months.

Ages at 25 November 2018.

#### Girls

Distance	Stroke	9 Yr	10 Yr	11 Yr	12 Yr	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr +
<b>50 FREE</b>	Faster Than									00:49.60
	Slower Than									00:28.02
<b>100 FREE</b>	Faster Than	01:45.00	01:37.00	01:34.37	01:32.33	01:30.30	01:29.20	01:28.10	01:27.77	01:27.60
	Slower Than	01:07.00	01:05.00	01:03.64	01:03.64	01:01.81	01:00.94	00:59.82	00:59.82	00:59.69
<b>200 FREE</b>	Faster Than	04:30.00	04:11.45	03:22.28	03:18.54	03:14.80	03:11.88	03:08.97	03:08.20	03:07.81
	Slower Than	02:30.00	02:20.00	02:16.88	02:16.88	02:12.74	02:11.04	02:08.74	02:08.74	02:08.44
<b>400 FREE</b>	Faster Than	08:30.00	08:23.02	07:06.57	06:56.45	06:46.33	06:42.33	06:38.33	06:37.09	06:36.47
	Slower Than	05:30.00	05:00.00	04:47.20	04:47.20	04:42.80	04:35.06	04:31.36	04:31.36	04:31.02
<b>50 BRST</b>	Faster Than									01:07.59
	Slower Than									00:36.00
<b>100 BRST</b>	Faster Than	02:10.00	02:05.00	02:00.99	01:57.63	01:54.28	01:52.74	01:51.20	01:49.55	01:48.60
	Slower Than	01:25.00	01:23.00	01:21.89	01:21.89	01:19.14	01:17.96	01:17.10	01:17.10	01:16.77
<b>200 BRST</b>	Faster Than	04:30.00	04:28.83	04:21.35	04:13.87	04:06.39	04:02.32	03:58.25	03:57.81	03:56.60
	Slower Than	03:10.00	03:04.00	02:56.67	02:56.67	02:49.80	02:48.13	02:46.17	02:46.17	02:45.72
<b>50 FLY</b>	Faster Than									01:00.60
	Slower Than									00:31.00
<b>100 FLY</b>	Faster Than	01:57.00	01:53.00	01:48.56	01:43.33	01:38.11	01:36.68	01:35.25	01:34.15	01:33.70
	Slower Than	01:17.00	01:14.00	01:11.28	01:11.28	01:08.41	01:07.25	01:06.17	01:06.17	01:06.04
<b>200 FLY</b>	Faster Than	04:00.00	03:57.04	03:50.00	03:42.96	03:35.92	03:32.29	03:28.66	03:27.34	03:26.68
	Slower Than	02:55.00	02:50.00	02:37.79	02:37.79	02:30.07	02:28.06	02:26.18	02:26.18	02:25.64
<b>50 BACK</b>	Faster Than									01:01.59
	Slower Than									00:32.00
<b>100 BACK</b>	Faster Than	01:54.00	01:52.00	01:48.78	01:44.32	01:39.87	01:39.33	01:38.80	01:38.44	01:38.20
	Slower Than	01:16.00	01:14.00	01:12.30	01:12.30	01:09.87	01:08.85	01:08.85	01:07.79	01:07.58
<b>200 BACK</b>	Faster Than	04:01.00	03:59.57	03:51.32	03:43.07	03:34.82	03:32.84	03:30.86	03:29.10	03:28.50
	Slower Than	02:50.01	02:40.01	02:34.32	02:34.32	02:29.09	02:26.87	02:25.45	02:25.45	02:24.94
<b>200 IM</b>	Faster Than	04:40.00	04:38.29	03:50.66	03:45.32	03:39.99	03:37.35	03:34.71	03:32.84	03:31.90
	Slower Than	02:50.01	02:42.00	02:35.56	02:35.56	02:30.56	02:29.02	02:26.55	02:26.55	02:26.25
<b>400 IM</b>	Faster Than	08:30.00	08:27.36	08:12.68	07:57.99	07:43.31	07:38.40	07:33.50	07:31.76	07:30.89
	Slower Than	05:50.55	05:45.00	05:28.72	05:28.72	05:17.85	05:14.73	05:11.51	05:11.51	05:10.36
<b>800 Free</b>	Faster Than									12:30.00
	Slower Than									9:15.00



## Competition Rules and Information

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

### LENGTH OF POOL

The pool is 25 metres long with eight lanes. Anti-turbulence lane ropes will be used. Electronic time keeping will be used. A swim-down pool will be available throughout the meet.

### 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> ).

The preferred method of entry is via emailing of the Hy-Tek file accompanied by the scanned Entry Summary Form and other applicable forms.

Manual Entry forms are also available within the entry pack and can be emailed or posted as per the details on the Entry Summary Form. There is a £5 supplement per swimmer for Manual entries.

Entry fees should preferably be paid by BACS payments: RBS; Sort code: 162129; Account number: 10104974. PLEASE USE REFERENCE – **SCL3** 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 Secretary.

### ENTRIES

Entries are open from **2 September 2018**. ***A FULL VERSION OF THESE ENTRY CONDITIONS INCLUDING ENTRY FORMS AND HY-TEK ENTRY FILE WILL BE PUBLISHED ON 2<sup>nd</sup> SEPTEMBER 2018.*** In the event of the Meet being oversubscribed, entries will be accepted on a '**first come / first served**' basis.

Send Entries (including poolside passes and officials' forms) to:

[openmeets@wycombe-swimming.org.uk](mailto:openmeets@wycombe-swimming.org.uk)

No entries will be accepted without the completed Entry Summary Form, appropriate entry fees, submitted times and ASA registrations.

For all enquiries, please contact the Meet Secretary; details on page 1.

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

**The Meet will be swum as a CARDLESS meet, therefore swimmers are asked to SIGN IN before EACH session and before warm up starts.  
Competitors must be registered swimmers.**



## WDSC SHORT COURSE L3 COUNTY & REGIONAL QUALIFIER

### CLOSING DATE FOR ENTRIES

Entries will close at **midnight on 28 October 2018**, or earlier if the meet is full.

Accepted Entries will be published no later than **2 November 2018**.

### ENTRY TIMES

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

Entry times to be achieved within the last 12 months.

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

All events will be seeded on submitted times.

### AWARDS

Awards will be made on a HDW basis and will be given to 1st, 2nd and 3rd in each age group.

Top visiting Club, Top Male and Top Female swimmer will receive an award.

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

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

### 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

Results will be posted on the wall above the spectator gallery and in the marshalling area as soon as is practicable after each event. Unofficial results will also be available on Meet Mobile.

Official 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 club's results will be sent to individual clubs on request from a club official. Results will also be passed to the ASA for their reference and inclusion in rankings.

### SPECTATORS

Entry is £10.00 per full day (no concessions) or £5.00 (£4.00 concession) per individual session.

Entry on Friday will be free of charge

Programs will be available to purchase on the 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.***



## **WDSC SHORT COURSE L3 COUNTY & REGIONAL QUALIFIER**

### **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 for the first 12 hours. 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. No large bags are allowed 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.

### **POOLSIDE ACCESS PASSES**

Passes are required for all non-swimmers accessing poolside or changing rooms and may be picked up from the sign-in desk before entering the pool. This includes all coaches, team managers and chaperones. Passes are required for each individual in a session; if different people are attending different sessions, then passes may be transferred, but the DBS details of each individual must have been supplied with the Coach/Chaperone Poolside Pass Application in the entry pack. Each pass includes one lunch, meet programme and poolside refreshments.

Heat Sheets will only be provided to officials, coaches and team managers displaying passes.

### **DATA PROTECTION**

Entries and results for this Meet will be held on computer. As required by the General Data Protection Regulations, 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.



## **WDSC SHORT COURSE L3 COUNTY & REGIONAL QUALIFIER**

The data you provide will be processed for the purposes of running the Meet, including seeding, programme (online and printed), results, management of officials and management of child protection poolside. You agree that we may publish your (or your club members) personal information as part of the programme and results of the Meet, and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include name, club affiliation, race times and DQ codes, gender, disability classification and age category. To submit the data to us you must have obtained permission from the individuals for the uses specified.

### **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.