



## WYCOMBE 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 16th & Sunday 17th February 2019**

ANTI - WAVE LANE ROPES | 8 LANE 50M POOL | ALL EVENTS HDW  
OMEGA TIMING WITH OBS11 WEDGE BLOCKS

**Entries: First Come / First Served**

**Closing Date: 20th January 2019**

**Entry fee: £7.00 per event**

**Age Groups (ages at 17<sup>th</sup> February 2019):**

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

**Events:**

**50m, 100m, 200m & 400m**

**Awards:**

**1st, 2nd and 3rd in all age groups within each Award category**  
**Top Visiting Club Award**  
**Top Boy and Girl Award**

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

Meet Promoter: Simon Shaw

Meet Secretary: Jeremy Butler

Contact details: Email: [openmeets@swimwycombe.com](mailto:openmeets@swimwycombe.com)

Phone: 01494 410 075

Postal address: Wycombe District Swimming Club, Wycombe Leisure Centre, Handy Cross,  
High Wycombe, HP11 1UP.



WDSC

## WYCOMBE DUAL AWARD LONG COURSE MEET

### SCHEDULE OF EVENTS

#### Saturday 16<sup>th</sup> February

Session 1* - Warm up 8.00 Start 9.00				
1	B	400	IM	9,10,11,12,13,14,15,16,17+
2	G	400	Free	9,10,11,12,13,14,15,16,17+
3	B	100	Breast	9,10,11,12,13,14,15,16,17+
4	G	200	IM	9,10,11,12,13,14,15,16,17+
5	B	200	Back	9,10,11,12,13,14,15,16,17+
6	G	50	Fly	9,10,11,12,13,14,15,16,17+
7	B	50	Back	9,10,11,12,13,14,15,16,17+

#### Sunday 17<sup>th</sup> February

Session 3* - Warm up 8.00 Start 9.00				
16	G	400	IM	9,10,11,12,13,14,15,16,17+
17	B	400	Free	9,10,11,12,13,14,15,16,17+
18	G	100	Breast	9,10,11,12,13,14,15,16,17+
19	B	200	IM	9,10,11,12,13,14,15,16,17+
20	G	200	Back	9,10,11,12,13,14,15,16,17+
21	B	50	Fly	9,10,11,12,13,14,15,16,17+
22	G	50	Back	9,10,11,12,13,14,15,16,17+

#### LUNCH APPROX 13.00-14.00

Session 2* - Warm up 14.00 Start 15.00				
8	G	200	Free	9,10,11,12,13,14,15,16,17+
9	B	100	Fly	9,10,11,12,13,14,15,16,17+
10	G	200	Breast	9,10,11,12,13,14,15,16,17+
11	B	100	Free	9,10,11,12,13,14,15,16,17+
12	G	200	Fly	9,10,11,12,13,14,15,16,17+
13	B	100	Back	9,10,11,12,13,14,15,16,17+
14	G	50	Free	9,10,11,12,13,14,15,16,17+
15	B	50	Breast	9,10,11,12,13,14,15,16,17+

Session 4* - Warm up 14.00 Start 15.00				
23	B	200	Free	9,10,11,12,13,14,15,16,17+
24	G	100	Fly	9,10,11,12,13,14,15,16,17+
25	B	200	Breast	9,10,11,12,13,14,15,16,17+
26	G	100	Free	9,10,11,12,13,14,15,16,17+
27	B	200	Fly	9,10,11,12,13,14,15,16,17+
28	G	100	Back	9,10,11,12,13,14,15,16,17+
29	B	50	Free	9,10,11,12,13,14,15,16,17+
30	G	50	Breast	9,10,11,12,13,14,15,16,17+

#### FINISH APPROX 18.30

(\*Short mid-session breaks TBA if required)

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



WYCOMBE DUAL AWARDS

## WYCOMBE DUAL AWARD LONG COURSE MEET

### QUALIFICATION TIMES - Boys

- Entry times should be either LONG COURSE TIMES or converted to LONG COURSE.
- Qualifying times are shown as 'Not Faster Than' times for each Award category. NT is the minimum for the Lower Award.
- Ages at 17 February 2019.

Distance		9 Yr	10 Yr	11 Yr	12 Yr	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr +
<b>50 FREE</b>	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
<b>100 FREE</b>	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
<b>200 FREE</b>	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
<b>400 FREE</b>	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
<b>50 BRST</b>	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
<b>100 BRST</b>	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
<b>200 BRST</b>	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
<b>50 FLY</b>	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
<b>100 FLY</b>	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
<b>200 FLY</b>	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
<b>50 BACK</b>	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
<b>100 BACK</b>	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
<b>200 BACK</b>	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
<b>200 IM</b>	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
<b>400 IM</b>	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



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## WYCOMBE DUAL AWARD LONG COURSE MEET

### QUALIFICATION TIMES - Girls

- Entry times should be either LONG COURSE TIMES or converted to LONG COURSE.
- Qualifying times are shown as 'Not Faster Than' times for each Award category. NT is the minimum for the Lower Award.
- Ages at 17 February 2019.

Distance		9 Yr	10 Yr	11 Yr	12 Yr	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr +
<b>50 FREE</b>	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
<b>100 FREE</b>	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
<b>200 FREE</b>	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
<b>400 FREE</b>	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
<b>50 BRST</b>	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
<b>100 BRST</b>	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
<b>200 BRST</b>	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
<b>50 FLY</b>	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
<b>100 FLY</b>	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
<b>200 FLY</b>	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
<b>50 BACK</b>	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
<b>100 BACK</b>	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
<b>200 BACK</b>	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
<b>200 IM</b>	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
<b>400 IM</b>	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



WDSW

WYCOMBE DUAL AWARD LONG COURSE MEET

## 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 with 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> ).

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 – **DAL3** 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.

British Rankings may reject Meet results containing database errors. The errors are often in the accuracy of the entrant's name, the official club name and date of birth. As recommended by the Rankings Department, all entries will be validated using the online entry tools available at [www.swimmingresults.org](http://www.swimmingresults.org) It is therefore recommended that Clubs should also use these tools to validate their entries prior to submission.

Entries that are found to contain errors may be rejected.

### ENTRIES

Entries are open from **8 December 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@swimwycombe.com](mailto:openmeets@swimwycombe.com)

No entries (including manual 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, preferably via email (details on front page).



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## WYCOMBE DUAL AWARD LONG COURSE MEET

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.

**Swimmers must SIGN IN before EACH session and before warm up starts.**  
**Competitors must be registered swimmers.**

### CLOSING DATE FOR ENTRIES

Entries will close at **midnight on 20 January 2019** or earlier if the meet is full.  
Accepted Entries will be published no later than **27 January 2019**.

### ENTRY TIMES

Entry times should be either LONG COURSE TIMES or converted to LONG COURSE.  
All events will be seeded on submitted times, which may be checked against the British Rankings database. Entry times will determine in which category the swimmer competes (Upper or Lower).

Poolside/Reserve entries may be accepted on the day at the discretion of the Meet Promoter and are used to fill spare lanes if available after seeding is completed. Successful reserve swims will have 'EXH' (Exhibition) appended to their name in the results and the swim will not count in terms of points or awards. However, times will count for Rankings.

### AWARDS

The award category (Upper or Lower) for each swimmer is determined by their entry time.  
Both award categories will be swum together on a HDW basis.

Medals will be awarded to the first three swimmers in each Age Group, within each of the two Award Categories. Upper Award category swimmers are not eligible for a medal if they don't swim faster than the Upper Award qualification time, i.e. Upper Award swimmers will not qualify for Lower Award medals or points. In this case, they will be categorised as 'Non Award' in the results, though their times still count for Rankings.

If a Lower Award category swimmer swims faster than the upper limit for the Lower Award category, they are not penalised for a fast swim and will remain in the Lower Award category and are eligible for awards and points in this category.

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.



**WDSC**

## **WYCOMBE DUAL AWARD LONG COURSE MEET**

The Top visiting club and Top Boy / Top Girl 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**

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. Programs will be available to purchase on the day of 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 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



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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.

***For the safety and welfare of all swimmers, spectators and parents are NOT allowed poolside or in the changing rooms during the Meet. It is a requirement that all children under 16 years of age must have a coach/chaperone with them when poolside.***

### 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.

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. A secondary strobe light is available for deaf swimmers.





WJSC

## WYCOMBE DUAL AWARD LONG COURSE 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.