



2019 WYCOMBE 'END OF SEASON' LONG COURSE MEET

(Under Swim England Laws & Regulations and Swim England Technical Rules of Racing)
(LEVEL 3) License Number: **3SE191786**

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

Sat Nav: HP11 1TJ

(Close to Junction 4 on M40)

Saturday 20th & Sunday 21st July 2019

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

OMEGA TIMING WITH OBS11 WEDGE BLOCKS

Entries: First Come / First Served

Entry Closing Date: 16 June 2019

Entry fee: £7.00 per event

Age Groups: (ages at 21st July 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 Events

Junior 14 & U Finals in 50m & 100m

Senior 15+ Finals in 50m & 100m

Awards:

Awards to 1st, 2nd and 3rd in all age groups

Awards to 1st, 2nd and 3rd in Finals

Awards to Top Boy, Top Girl & Top Visiting Club



WDSC

2019 WYCOMBE 'END OF SEASON' LONG COURSE MEET

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

Meet Promoter: Simon Shaw

Meet Secretary: Jeremy Butler

Contact details: Email: openmeets@swimwycombe.com

Phone: 01494 410 075

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



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SCHEDULE OF EVENTS

Saturday 20 July 2019

*Session 1 - Warm up 8.00, Start 8.30

1	G	400	IM (HDW)	9,10,11,12,13,14,15,16,17+
2	B	400	Free (HDW)	9,10,11,12,13,14,15,16,17+

*Session 2 - TBA

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

*Session 2 Finals – TBA

201	B	100	Free	14 & Under Final
202	B	100	Free	15 + Final
203	G	100	Breast	14 & Under Final
204	G	100	Breast	15 + Final
205	B	50	Breast	14 & Under Final
206	B	50	Breast	15 + Final
207	G	50	Free	14 & Under Final
208	G	50	Free	15 + Final

*Session 3 - TBA

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

*Session 3 Finals – TBA

301	B	100	Back	14 & Under Final
302	B	100	Back	15 + Final
303	G	100	Fly	14 & Under Final
304	G	100	Fly	15 + Final
305	B	50	Fly	14 & Under Final
306	B	50	Fly	15 + Final
307	G	50	Back	14 & Under Final
308	G	50	Back	15 + Final

Sunday 21 July 2019

*Session 4 - Warm up 8.00, Start 8.30

16	B	400	IM (HDW)	9,10,11,12,13,14,15,16,17+
17	G	400	Free (HDW)	9,10,11,12,13,14,15,16,17+

*Session 5 - TBA

18	B	200	Fly (HDW)	9,10,11,12,13,14,15,16,17+
19	G	100	Free	9,10,11,12,13,14,15,16,17+
20	B	100	Breast	9,10,11,12,13,14,15,16,17+
21	G	50	Breast	9,10,11,12,13,14,15,16,17+
22	B	50	Free	9,10,11,12,13,14,15,16,17+
23	G	200	IM (HDW)	9,10,11,12,13,14,15,16,17+
24	B	200	Back (HDW)	9,10,11,12,13,14,15,16,17+

*Session 5 Finals – TBA

501	G	100	Free	14 & Under Final
502	G	100	Free	15 + Final
503	B	100	Breast	14 & Under Final
504	B	100	Breast	15 + Final
505	G	50	Breast	14 & Under Final
506	G	50	Breast	15 + Final
507	B	50	Free	14 & Under Final
508	B	50	Free	15 + Final

*Session 6 - TBA

25	G	100	Back	9,10,11,12,13,14,15,16,17+
26	B	100	Fly	9,10,11,12,13,14,15,16,17+
27	G	50	Fly	9,10,11,12,13,14,15,16,17+
28	B	50	Back	9,10,11,12,13,14,15,16,17+
29	G	200	Free (HDW)	9,10,11,12,13,14,15,16,17+
30	B	200	Breast (HDW)	9,10,11,12,13,14,15,16,17+

*Session 6 Finals - TBA

601	G	100	Back	14 & Under Final
602	G	100	Back	15 + Final
603	B	100	Fly	14 & Under Final
604	B	100	Fly	15 + Final
605	G	50	Fly	14 & Under Final
606	G	50	Fly	15 + Final
607	B	50	Back	14 & Under Final
608	B	50	Back	15 + Final

* Note: Timings are subject to change and may be updated. Refer to the Wycombe District Swimming Club website for latest updates.



WJSC

2019 WYCOMBE 'END OF SEASON' LONG COURSE MEET

QUALIFICATION TIMES

Entry times should be either LONG COURSE TIMES or converted to LONG COURSE.
Ages at 21 July 2019.

Boys

Distance	Stroke	9 Yr	10 Yr	11 Yr	12 Yr	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr +
50 FREE	= or Faster					00:48.72				
	Slower Than					00:25.16				
100 FREE	= or Faster	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
200 FREE	= or Faster	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
400 FREE	= or Faster	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
50 BRST	= or Faster					01:07.75				
	Slower Than					00:31.30				
100 BRST	= or Faster	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
200 BRST	= or Faster	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
50 FLY	= or Faster					00:58.18				
	Slower Than					00:27.30				
100 FLY	= or Faster	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
200 FLY	= or Faster	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
50 BACK	= or Faster					01:02.03				
	Slower Than					00:30.30				
100 BACK	= or Faster	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
200 BACK	= or Faster	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
200 IM	= or Faster	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
400 IM	= or Faster	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



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2019 WYCOMBE 'END OF SEASON' LONG COURSE MEET

Entry times should be either LONG COURSE TIMES or converted to LONG COURSE.
Ages at 21 July 2019.

Girls

Distance	Stroke	9 Yr	10 Yr	11 Yr	12 Yr	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr +
50 FREE	= or Faster	00:49.60								
	Slower Than	00:28.02								
100 FREE	= or Faster	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
200 FREE	= or Faster	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
400 FREE	= or Faster	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
50 BRST	= or Faster	01:07.59								
	Slower Than	00:36.00								
100 BRST	= or Faster	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
200 BRST	= or Faster	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
50 FLY	= or Faster	01:00.60								
	Slower Than	00:31.00								
100 FLY	= or Faster	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
200 FLY	= or Faster	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
50 BACK	= or Faster	01:01.59								
	Slower Than	00:32.00								
100 BACK	= or Faster	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
200 BACK	= or Faster	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
200 IM	= or Faster	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
400 IM	= or Faster	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



WDSO

2019 WYCOMBE 'END OF SEASON' LONG COURSE MEET

Competition Rules and Information

The competition will be held under Swim England Laws & Regulations and Swim England Technical Rules of Racing.

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>).

Send Entry files to: openmeets@swimwycombe.com

The preferred method of entry is via emailing a consolidated club entry Hy-Tek file, although individual manual entries will be processed with an administration charge of £5.

Concurrently with submission of the club entry file, an online *Entry Application Form* must be completed and payment made (follow the link on the meet webpage).

Payment instructions will be provided in the application form.

Entries will not be processed until both the Hy-Tek entry file (for Club entries) and the online *Entry Application Form* have been submitted.

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

It is therefore recommended that Clubs should 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 **5 May 2019** and will not be accepted prior to this date. In the event of the Meet being oversubscribed, entries will be accepted on a '**first come / first served**' basis.

No entries (including individual entries) will be accepted without the completed online *Entry Application Form*, appropriate entry fees paid, submitted times and Swim England registrations. For all enquiries, please contact the Meet Secretary, preferably via email (details on front page).



WDSW

2019 WYCOMBE 'END OF SEASON' LONG COURSE MEET

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. Entries with incorrect times may be rejected.

CLOSING DATE FOR ENTRIES

Entries will close at **midnight on 16 June 2019** or earlier if the meet is full.

Accepted Entries will be published no later than **30 June 2019**.

Entries may be withdrawn (with refund) up to the meet entry closing (which may be before the originally promulgated closing date in the case of over subscription). When the meet entry closes early, this will be advised on the Wycombe District Swimming Club website: www.wycombe-swimming.org.uk

REFUNDS

Where a refund is due to withdrawal and not part of the Promoter's obligations (e.g. cancellation of meet, over subscription and scratches), all refunds will be subject to a £15 administration charge. After the meet closing date and up to the day before the gala, refunds can only be provided on receipt of proof of injury or illness through a doctor's certificate or similar.

SIGN-IN

The meet requires all swimmers to sign in on arrival for each session of swimming. A 'sign-in' meet, allows more swimmers into the meet by avoiding empty lanes from withdrawals.

Swimmers must SIGN IN before EACH session. Sign-in will close 10 minutes prior to the commencement of the first warm-up for the session (either boys or girls).

Swimmers who do not sign in will be scratched and will not be seeded in the heats.

All competitors must be registered swimmers.

RESERVE / TRIAL SWIMS

Reserve / trial swim 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. Reserve / trial swimmers must meet the entry time criteria as stated in the conditions. Successful Reserve / trial 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.



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AWARDS

Medals will be given to the first three swimmers in each Age Group.

Individual Awards will be made on an HDW basis.

Awards will be given to 1st, 2nd and 3rd for each Junior & Senior Finals.

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

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 encourages all clubs to help where possible with officials.

Qualified and trainee officials can sign up to officiate at www.swim-meet.com/availability/

Any questions can be directed to the Officials' Co-ordinator at sam.dyson@swimwycombe.com

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 may also be available on Meet Mobile.

Official Meet results will be posted on the Wycombe District Swimming Club website as soon as possible after the meet.

An electronic copy (Hy-Tek file) of individual club results will be sent to clubs on request from a club official. Results will also be passed to Swim England 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.

Payments can be made in cash only.

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 Council website closer to the event for any updates.

REFRESHMENTS

The Wycombe Leisure Centre has a small cafe that may 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.



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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. Where different team members are attending different sessions, passes may be passed to other users with permission of the meet organisers, but all users must have valid DBS checks with their club. Each pass includes one lunch, meet programme and poolside refreshments.

Passes may be applied for via the online application form (follow the link on the meet webpage). Passes must be ordered at least 10 days before the start of the meet.

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 teams must have a coach/chaperone with them to access the poolside seating. Any non team entries under the age of 16 shall have a responsible adult in the facility at all times when they are present.

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.



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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 will be available for deaf swimmers.

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.