



# BWFSC

## Meet Rules and Information

Borough of Waltham Forest Swimming Club  
(Affiliated to Swim England London Region)

### BWFSC Level 3 Summer Meet 2018

(Under ASA laws and ASA Technical Rules of Swimming)

**LONDON AQUATIC CENTRE  
THE QUEEN ELIZABETH OLYMPIC PARK**

**LONDON**

**E20 2ZQ**

**Sunday 8<sup>th</sup> July 2018**

**Licence 3LR181256**

### **ENTRY CONDITIONS**

#### Meet Conditions:

1. The competition will be held under ASA law and ASA Technical Rules of Swimming and licensed at level 3 and these promoter's conditions. Entrants must be Swim England registered category 2, belong to an affiliated club and enter in the name of one club only.
2. The pool length is 50 metres, 10 lanes with full display electronic timing.
3. During warm-ups lanes 1, 3, 5, 7 & 9 shall swim clockwise and lanes 0, 2, 4, 6 & 8 shall swim anti-clockwise. Coaches are asked to ensure swimmers comply with this requirement.
4. Events will be seeded slowest to fastest on entered times. All heats will be swum on the spearhead principle.
5. All events will be swum on a heat declared winner basis.
6. The meet will be cardless. The list of accepted and rejected entries will be published on the clubs website prior to the competition. It is the competing club/ swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required.
7. **There will be no signing in for this event.**
8. **If a coach wishes to withdraw a swimmer from an event they must e-mail to [galas@bwfsc-gators.org.uk](mailto:galas@bwfsc-gators.org.uk) by 8pm, Friday 6th July 2018.**
9. **No withdrawals on day to ensure we start on time. Please help us to avoid empty lanes.**
10. There will be no refund for withdrawals unless due to exceptional circumstances. This will be at the promoter's discretion.
11. Swimmers must report to the marshalling area when called upon to do so by the Announcer. Heat start lists for each event will be posted. It is the swimmer's responsibility to ensure his/her name appears on the list.
12. A photographer may be present taking live shots throughout the day, displaying pictures on the screens during the break. If a swimmer does not wish to have their photo taken, they must inform the Meet Promoter.
13. Due to circumstances out of our control with the Pool Operator, there is no swim down facility.
14. Consent is deemed to have been given, as required by the data protection act, to the holding and distribution as necessary, of personal information on computer, to run the meet.
15. Any situation not covered by these meet notes will be at the discretion of the promoter.
16. The promoters reserve the right in the interest of time, to operate over the top starts.



### Individual Entry Information:

1. **Competitor's ages shall be as at 8<sup>th</sup> July 2018.**
2. There are no qualifying times, but there are upper limit times.
3. **Swimmers with no times (NT) will not be accepted at this meet.**
4. Entries will be processed on a first come, first served basis except in event of condition 5.
5. The promoter reserves the right to limit entries in order to meet licence time guidelines and reserves the right to prioritise complete club entries where a Club has a significant distance to travel and group transport/accommodation to organise.
6. Time trials will only be permitted on day of event where space in heats is available *due to any withdrawals*. Time Trials will be submitted in time order and will not receive an award however their times will be included on the ASA rankings. Ask at signing in desk or go to announcers desk prior to warm up for time trial to be requested.
7. **The entry fee is £6 per event. Time trials will be £8 on day.**
8. All times submitted should be 50m long course or converted 25m short course times using the ASA approved conversion tables (*Swim England equivalent performance tables*).
9. All entries of four or more swimmers per club must be entered electronically. Electronic entries plus entry summary sheet should be sent to the following e-mail [galas@bwfsc-gators.org.uk](mailto:galas@bwfsc-gators.org.uk)
10. Entry files and gala information are available by contacting our Gala Organiser at the e-mail above or can be found on the BWFSC web-site [www.bwfsc-gators.org.uk](http://www.bwfsc-gators.org.uk)
11. BACS payments only and payment details are on the entry form.
12. Confirmation of accepted entries will be e-mailed and a copy made available on the BWFSC web-site.
13. The closing date for entry forms and payment is **midnight on Friday 8<sup>th</sup> June 2017**. BWFSC reserves the right to refuse or close entries before this time to facilitate the smooth running of the competition.
14. Accepted entries must be checked and verified by clubs by **Friday 22<sup>nd</sup> June 2017**.

### Relay Entry Information:

1. There will be two age groups for relay events: 13 and under and 14 and over (age as of 8<sup>th</sup> July 2018).
2. There will be a 13 and under girls and boys 4x50m medley relay and 4x50m freestyle relay and a 14 and over girls and boys 4 x 100m medley and 400 x 100m freestyle relay.
3. Clubs can enter up to two relay teams per event (each team must be labelled A and B).
4. Times should be submitted based on the recorded times of the four relay swimmers.
5. Relay team entry fee is £12 per team per entry.
6. Relay events will be limited to the fastest 20 teams per event, equivalent of 2 heats maximum. The promoter reserves the right to run only one heat if not full.

### Awards:

1. Medals will be awarded to the top three in each age group in each individual event based on heat performance. Age groups will be as follows: 9, 10, 11, 12,13,14,15 and 16+.
2. Medals will be awarded to the top three teams in each each relay event. Age groups will be as follows: 13 and under and 14 and over.
3. Trophy and a cash prize of £10 will be awarded to the top overall male and female swimmer in each category (9,10,11,12,13,14,15 and 16+). Top overall male and female swimmer will be calculated using overall point scores for top ten in each age group based on heat performance. (1<sup>st</sup> place 12 points, 2<sup>nd</sup> 10, 3<sup>rd</sup> 8, 4<sup>th</sup> 7, 5<sup>th</sup> 6, 6<sup>th</sup> 5, 7<sup>th</sup> 4, 8<sup>th</sup> 3, 9<sup>th</sup> 2, 10<sup>th</sup> 1)
4. Top visiting club will receive a trophy calculated by Meet Manager 6.0 Medal Count Report (including individual and relay events).
5. The Top Visiting Club trophy must be engraved and returned before our next home gala. Home Galas are to be held in January, July and October each year.



### Coaches and Officials:

1. Coach's passes are available in advance for £20.00 for the day, excluding food, and £30 including food. *Food may only be provided by the LAC in-house catering service.* This entitles the holder to a programme; poolside drinks and result sheets posted or sent electronically. Heat sheets may be available on the day however the officials are priority and due to limited photocopier resources at the LAC and the acceptance of time trials the gala may have started before these are available.
2. Please may we request that clubs entering 6 or more competitors provide at least one qualified official to cover the relevant sessions during the gala. We welcome all volunteers including J1s in training, qualified timekeepers and marshals.
3. Officials will be provided with lunch and refreshments throughout the gala.
4. Coaches and officials are expected to wear their passes at all times.



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### PROGRAMME OF EVENTS

Session 1		Session 2	
Warm up 8:00am Start 8:45am		Warm up TBC Start TBC	
Event Number	Event	Event Number	Event
1	Boys 100m back	13	13and under Girls 4x50m Freestyle Relay
2	Girls 100m back	14	13 and under Boys 4x50m Freestyle Relay
3	Boys 50m breast	15	14 and over Girls 4x100m Medley Relay
4	Girls 50m breast	16	14 and over Boys 4x100m Medley Relay
5	Boys 100m Fly	17	Girls 100m Breast
6	Girls 100m Fly	18	Boys 100m Breast
7	Boys 50m Freestyle	19	Girls 50m back
8	Girls 50m Freestyle	20	Boys 50m back
9	13 and under Boys 4x50m Medley Relay	21	Girls 100m Freestyle
10	13 and under Girls 4x50m Medley relay	22	Boys 100m Freestyle
11	14 and over Boys 4x100m Freestyle Relay	23	Girls 50m Fly
12	14 and over Girls 4x100m Freestyle Relay	24	Boys 50m Fly



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### UPPER LIMIT TIMES (50m Long Course, Age on Day)

Age Groups	9	10	11	12	13	14	15	16+
<b>100m BACKSTROKE</b>								
<b>Boys</b>	1.21.59	1.15.89	1.13.81	01.09.95	01.03.10	01.02.26	01.00.13	55.39
<b>Girls</b>	01.26.00	01.14.48	01.11.61	01.09.86	01.06.16	01.04.62	01.02.86	1.00.50
<b>50m BREASTSTROKE</b>								
<b>Boys</b>	45.88	40.31	37.04	34.52	32.58	30.36	29.87	28.82
<b>Girls</b>	45.07	39.30	37.07	35.78	34.23	32.63	32.24	31.66
<b>100m BUTTERFLY</b>								
<b>Boys</b>	01.32.10	01.16.59	01.10.92	01.05.19	01.01.72	01.00.44	56.36	53.73
<b>Girls</b>	01.24.67	01.16.65	01.07.20	01.06.71	01.03.46	01.02.37	01.01.65	58.18
<b>50m FREESTLYE</b>								
<b>Boys</b>	34.69	30.05	28.67	27.44	25.63	24.77	24.17	23.61
<b>Girls</b>	34.05	30.25	28.75	28.19	27.35	26.80	26.48	25.44
<b>100m BREASTSTROKE</b>								
<b>Boys</b>	1.36.86	01.29.59	01.22.76	01.17.57	01.08.91	01.08.47	01.07.73	1.03.21
<b>Girls</b>	01.38.11	01.27.70	01.21.93	01.17.32	01.16.76	01.11.63	01.10.70	1.08.02
<b>50m BACKSTROKE</b>								
<b>Boys</b>	38.38	35.35	33.37	32.24	29.39	28.67	27.46	25.39
<b>Girls</b>	39.24	36.06	33.35	32.96	30.90	30.00	29.62	28.65
<b>100m FREESTLYE</b>								
<b>Boys</b>	01.17.11	01.06.52	01.03.82	59.42	57.32	55.54	52.26	51.27
<b>Girls</b>	01.15.29	1.07.63	1.04.05	01.01.48	59.78	58.44	57.23	55.11
<b>50m BUTTERFLY</b>								
<b>Boys</b>	38.42	33.28	31.36	29.33	27.78	26.22	25.68	24.21
<b>Girls</b>	36.79	33.81	29.44	29.22	28.60	28.21	28.00	26.90



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### ENTRY SUMMARY FORM

<b>Club</b>		
<b>Club Code e.g. BWFL</b>		
<b>Contact Name</b>		
<b>Address</b>		
<b>Telephone</b>		
<b>E-mail address</b>		
<b>Number of individual entries @ £6 per event</b>		<b>Total Cost £</b>
<b>Number of relay entries @ £12 per event</b>		<b>Total Cost £</b>
<b>Number of coach passes @ £20</b>		<b>Total Cost £</b>
<b>Number of coach passes @ £30</b>		<b>Total Cost £</b>
<b>Total Remittance</b>		<b>£</b>

#### BACS PAYMENTS:

<b>Name of Bank</b>	Lloyds TSB
<b>Name of Account</b>	Borough of Waltham Forest Swimming Club
<b>Account Number</b>	01027171
<b>Sort Code</b>	30 - 91 - 59

**CLOSING DATE FOR ENTRIES IS FRIDAY 8<sup>th</sup> JUNE 2018**  
**ACCEPTED ENTRIES WILL BE AVAILABLE BY 22<sup>nd</sup> JUNE**

Preferred entry is by e-mail and payment by BACS.

Electronic entry file and completed summary sheet should be sent to [galas@bwfsc-gators.org.uk](mailto:galas@bwfsc-gators.org.uk)



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### RELAY ENTRY FORM

Club	Code
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Event	A TEAM ENTRY TIME	B TEAM ENTRY TIME
13 and under Boys 4x50m Medley Relay		
13 and under Girls 4x50m Medley Relay		
14 and over Boys 4x100m Freestyle Relay		
14 and over Girls 4x100m Freestyle Relay		
13 and under Boys 4x50m Freestyle Relay		
13 and under Girls 4x50m Freestyle Relay		
14 and over Boys 4x100m Medley Relay		
14 and over Girls 4x100m Medley Relay		

Total relay entries @ £12 per event=

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Please contact BWFSC at [officials@bwfsc-gators.org.uk](mailto:officials@bwfsc-gators.org.uk) if you are able to officiate on the day as we need and appreciate your support on the day.

Many thanks BWFSC





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### INDIVIDUAL ENTRY FORM (NOT for Club entries)

First Name		Surname	
Address			
Date of Birth		Age as of 8 <sup>th</sup> July 2018	
ASA number		Male / Female	<i>(delete as appropriate)</i>
Club			

DISTANCE	EVENT	ENTRY TIME
100	Backstroke	
50	Breaststroke	
100	Butterfly	
50	Freestyle	
100	Breaststroke	
50	Backstroke	
100	Freestyle	
50	Butterfly	
Total individual entries @ £6 per event =		£

**CLOSING DATE FOR ENTRIES IS 8<sup>th</sup> JUNE 2018**  
**ACCEPTED ENTRIES WILL BE AVAILABLE BY 22<sup>nd</sup> JUNE**

Please contact BWFSC at [officials@bwfsc-gators.org.uk](mailto:officials@bwfsc-gators.org.uk) if you are able to officiate on the day. We need your support on the day. Many thanks BWFSC.