



WYCOMBE DISTRICT SWIMMING CLUB
Short-Course County & Regional Qualifier
OPEN MEET 2017

swim21



the asa
affiliated club

WDSC

OPEN MEET ENTRY PACK

Held under ASA Laws and Technical Rules of Swimming

(LEVEL 3 - 3SE172283)

Friday 24th, Saturday 25th & Sunday 26th November 2017

www.wycombe-swimming.org.uk



WYCOMBE DISTRICT SWIMMING CLUB

(Affiliated to ASA South East Region and Berks & South Bucks ASA)

WDSC SC County & Regional Qualifier

November 2017

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

(LEVEL 3) License Number: <TBC>

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

(Close to Junction 4 on M40)

FRIDAY 24TH, SATURDAY 25TH & SUNDAY 26TH

NOVEMBER 2017

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

ENTRIES ARE FIRST COME FIRST SERVED

Closing Date: **31st October 2017**

Entry fee: **£7.00 per event**

Ages at 26th November 2017

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
800m girls 11+ only, 1500m Boys 11+ only

Top Visiting Club Award
Top Boy and Girl Award

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

Meet Promoter: Simon Shaw

Meet Secretary: Ashley Rutland

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

T: 07581340615

SCHEDULE OF EVENTS

Session 1 - Warm up 17.00 Start 17.45				
1	G	800	Free	12,13,14,15,16,17+
2	B	1500	Free	12,13,14,15,16,17+

Session 2 - Warm up 8.00 Start 8.45				
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 5 - Warm up 8.00 Start 8.45				
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 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 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 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+

Session 7 - Finals				
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+

QUALIFICATION TIMES - Boys

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

Entry times to be achieved within last 12 months

Boys

Distance	Stroke	9 Yr	10 Yr	11 Yr	12 Yr	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr +	
50 FREE	Faster Than						00:48.72				
	Slower Than						00:25.16				
100 FREE	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	
200 FREE	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	
400 FREE	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	
50 BRST	Faster Than						01:07.75				
	Slower Than						00:31.30				
100 BRST	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	
200 BRST	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	
50 FLY	Faster Than						00:58.18				
	Slower Than						00:27.30				
100 FLY	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	
200 FLY	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	
50 BACK	Faster Than						01:02.03				
	Slower Than						00:30.30				
100 BACK	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	
200 BACK	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	01:14.45	02:14.45	02:13.68	
200 IM	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	
400 IM	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	
1500 Free	Faster Than	N/A	N/A								
	Slower Than	N/A	N/A								

QUALIFICATION TIMES - Girls

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

Entry times to be achieved within last 12 months

Girls

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



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 wave 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 - ESM 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 **4thth November 2017**

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 October 2017

After closing date for entries, confirmed entries will also be posted on the WDSC website (www.wycombe-swimming.org.uk) no later than 4th November 2017

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.

The Meet Promoter reserves the right to refuse entry.

AWARDS

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

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

Top visiting club and Top Male and Top Female swimmer will receive an award

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

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.

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

SPECTATORS

Entry £12.00 per full day or £5.00 per individual session and £10.00 per full day for OAP (evidence required) or £4.00 per individual session.

Programs will be available to purchase on day of the Meet

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

CAR-PARKING

Car Parking is available at the Leisure Centre please see the Wycombe swimming website for the latest information.

REFRESHMENTS

The Cafe, which provides a catering facility serving refreshments for swimmers and spectators will operate throughout this Meet. Refreshments may not be taken onto the poolside.

There will be refreshments and lunch provided for coaches who have purchased a Coaches 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.

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. It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.

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.

FILMING AND PHOTOGRAPHY

Parents and carers of participants under the age of 18 who wish 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.

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.

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.

OFFICIALS APPLICATION FORM

Please complete details:

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

***PLEASE RETURN THIS FORM TO: Meet Organiser /
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			
TEL NUM.			
EMAIL ADDRESS			
ASA NUMBER			
DBS CHECK NUMBER			

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



EOSM

WASC

**WASC End of Season
Long Course Meet**

SWIMMER MANUAL ENTRY FORM - FEMALE

FEMALE ENTRY

SURNAME

FIRSTNAME

DATE of Birth

ASA Number

Club

EVENT #

DISTANCE

STROKE

1

400

IM (HDW)

3

200

FLY (HDW)

5

100

BRST

7

50

FREE

9

200

BACK (HDW)

11

100

FLY

13

50

BACK

15

200

BRST (HDW)

17

400

FREE (HDW)

19

100

FREE

21

50

BRST

23

200

IM (HDW)

25

100

BACK

27

50

FLY

29

200

Free (HDW)

Please note there is a £5 supplement per swimmer for manual entries



SWIMMER MANUAL ENTRY FORM – MALE

<u>MALE ENTRY</u>		SURNAME	
		FIRSTNAME	
		DATE of Birth	
		ASA Number	
		Club	
EVENT #	DISTANCE	STROKE	
2	400	FREE (HDW)	
4	100	FREE	
6	50	BRST	
8	200	IM (HDW)	
10	100	BACK	
12	50	FLY	
14	200	FREE (HDW)	
16	400	IM (HDW)	
18	200	FLY (HDW)	
20	100	BRST	
22	50	FREE	
24	200	BACK (HDW)	
26	100	FLY	
28	50	BACK	
30	200	BRST (HDW)	

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	

REMEMBER TO USE REFERENCE **ESM followed by your club code** FOR ANY BACS PAYMENTS

Entries To: Ashley Rutland, 9 West Drive, High Wycombe, Bucks, HP13 6JT.
Enquiries can be emailed to openmeets@wycombe-swimming.org.uk, T: 07581 340615
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.....