



WYCOMBE SWIMMING

2022 WYCOMBE LONG COURSE (Level1) PREMIER MEET

Friday 11th, Saturday 12th & Sunday 13th March 2022

In aid of Wycombe District Swimming Club

Under Swim England Laws & Regulations and Swim England Technical Rules of Racing

LEVEL 1

License Number: 1SE220336

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

Wycombe Leisure Centre,
High Wycombe,
Bucks,
HP11 1UP



2022 Wycombe Long Course (L1) Premier Meet

Entries Open: From 10.00am on 9th January 2022.

Any entries received prior to this time will not be processed.

Entries Close: Midnight on 6th February 2022

Entry Fees: £9 per event; £18.00 for 800m & 1500m events

In the event that the Meet is oversubscribed, entries will be accepted on a 'fastest to slowest time' basis with age consideration. Accepted Entries will be published on the club website no later than 20th February 2022.

Age Groups: (ages at 31st December 2022):

GIRLS: 10-13, 14, 15, 16, 17, 18+

BOYS: 10-14, 15, 16, 17, 18, 19+

OPEN CATEGORY ONLY: 50 Free, 50 Breast, 50 Fly, 50 Back
800m Free & 1500m Free

Events:

50m, 100m & 200m: all strokes

200 IM, 400 IM, 400m Free

800m Free & 1500m Free (Mixed)

Awards:

Awards to 1st, 2nd & 3rd in each age group (no age group medals in Open events)

Top Visiting Club Award

Top Male and Female Award

Registration: This is a SIGN-IN meet – swimmers must sign-in for each session

For further details: www.wycombe-swimming.org.uk (Look for 'LCPM')

Meet Promoter: Simon Shaw

Meet Secretary: Ben Poulton

Contact details: Email: openmeets@swimwycombe.com

Phone: 01494 410 075 option 3

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



2022 Wycombe Long Course (L1) Premier Meet

SCHEDULE OF EVENTS

Friday 11th March			
Session 1 Warm up 18.00, Start 18.30			
101	Men's	400 IM	10 to 14,15,16,17,18, 19+
102	Women's	400 IM	10 to 13, 14,15,16,17,18+
103	Men's	50 Back	Open
104	Women's	50 Back	Open
Saturday 12th March			
Session 2 Warm up 7.30, Start 8.30			
201	Women's	200 Back	10 to 13, 14,15,16,17,18+
202	Men's	100 Free	10 to 14,15,16,17,18, 19+
203	Women's	200 Breast	10 to 13, 14,15,16,17,18+
204	Men's	50 Fly	Open
205	Mixed	800 Free	Open
Session 3 Warm up TBA			
301	Women's	50 Breast	Open
302	Men's	200 Fly	10 to 14,15,16,17,18, 19+
303	Women's	400 Free	10 to 13, 14,15,16,17,18+
304	Men's	100 Breast	10 to 14,15,16,17,18, 19+
305	Women's	200 IM	10 to 13, 14,15,16,17,18+
Session 4 Warm up TBA			
401	Women's	50 Free	Open
402	Men's	100 Fly	10 to 14,15,16,17,18, 19+
403	Women's	200 Free	10 to 13, 14,15,16,17,18+
404	Men's	100 Back	10 to 14,15,16,17,18, 19+
Sunday 13th March			
Session 5 Warm up 7.30, Start 8.30			
501	Men's	200 Back	10 to 14,15,16,17,18, 19+
502	Women's	100 Free	10 to 13, 14,15,16,17,18+
503	Men's	200 Breast	10 to 14,15,16,17,18, 19+
504	Women's	50 Fly	Open
505	Mixed	1500 Free	Open
Session 6 Warm up TBA			
601	Men's	50 Breast	Open
602	Women's	200 Fly	10 to 13, 14,15,16,17,18+
603	Men's	400 Free	10 to 14,15,16,17,18, 19+
604	Women's	100 Breast	10 to 13, 14,15,16,17,18+
605	Men's	200 IM	10 to 14,15,16,17,18, 19+
Session 7 Warm up TBA			
701	Men's	50 Free	Open
702	Women's	100 Fly	10 to 13, 14,15,16,17,18+
703	Men's	200 Free	10 to 14,15,16,17,18, 19+
704	Women's	100 Back	10 to 13, 14,15,16,17,18+

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



2022 Wycombe Long Course (L1) Premier Meet

QUALIFICATION TIMES

- Entry times are to be either LONG COURSE or converted to LONG COURSE
- All competitors must be registered swimmers
- Qualifying times must be Level 4 or above, achieved since 12th March 2021, and listed in the British Rankings database
- Age at 31st December 2022

Men							
Distance	Stroke	10-14 yr	15 yr	16 yr	17 yr	18 yr	19 yr+
50m	FREE	32.00					
100m	FREE	1:07.70	1:02.50	1:01.30	1:00.30	1:00.20	0:59.20
200m	FREE	2:26.50	2:16.50	2:13.60	2:12.40	2:11.50	2:10.80
400m	FREE	5:12.10	4:48.70	4:43.30	4:43.20	4:42.00	4:41.10
800m	FREE	9:29.00					
1500m	FREE	18:09.00					
50m	BRST	40.50					
100m	BRST	1:21.70	1:19.00	1:17.30	1:16.50	1:15.80	1:14.80
200m	BRST	3:06.70	2:50.10	2:48.20	2:43.70	2:42.30	2:41.20
50m	FLY	34.50					
100m	FLY	1:14.50	1:07.70	1:06.40	1:05.80	1:05.60	1:05.00
200m	FLY	2:44.80	2:29.80	2:27.40	2:25.40	2:24.60	2:22.80
50m	BACK	37.10					
100m	BACK	1:17.20	1:10.40	1:09.60	1:09.00	1:08.10	1:07.20
200m	BACK	2:45.20	2:31.30	2:28.40	2:26.40	2:25.60	2:24.80
200m	IM	2:47.50	2:33.60	2:30.80	2:29.00	2:28.50	2:27.30
400m	IM	5:44.40	5:26.10	5:21.00	5:16.10	5:15.60	5:15.00

Women							
Distance	Stroke	10-13 yr	14 yr	15 yr	16 yr	17 yr	18 yr+
50m	FREE	32.80					
100m	FREE	1:11.20	1:09.30	1:08.90	1:08.50	1:07.80	1:07.00
200m	FREE	2:31.50	2:27.50	2:26.70	2:26.10	2:25.10	2:25.10
400m	FREE	5:14.90	5:06.90	5:01.90	4:59.90	4:58.60	4:58.60
800m	FREE	10:28.60					
1500m	FREE	19:35.00					
50m	BRST	41.40					
100m	BRST	1:29.00	1:26.70	1:26.20	1:25.20	1:24.80	1:23.20
200m	BRST	3:11.60	3:05.70	3:03.90	3:03.00	3:01.20	2:59.80
50m	FLY	35.60					
100m	FLY	1:16.70	1:14.90	1:14.00	1:13.70	1:13.30	1:11.70
200m	FLY	2:50.00	2:44.60	2:42.40	2:41.70	2:40.50	2:37.50
50m	BACK	38.30					
100m	BACK	1:19.70	1:17.60	1:17.10	1:16.70	1:15.90	1:14.20
200m	BACK	2:52.60	2:48.10	2:44.10	2:42.30	2:41.20	2:39.10
200m	IM	2:51.50	2:47.10	2:45.50	2:45.20	2:44.70	2:43.70
400m	IM	5:59.50	5:51.10	5:48.10	5:46.90	5:45.20	5:42.20



Competition Rules and Information

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

POOL PARAMETERS

The pool is 50 metres long with eight lanes. Anti-turbulence lane ropes and electronic timekeeping will be used. Backstroke ledges will be available. A swim-down pool may be available throughout the meet and is strictly to be used for this purpose only.

ENTRY PROCEDURE

CLUB ENTRIES: Entry is via a consolidated club entry Hy-Tek file submitted through the *Online Entry* form link at www.wycombe-swimming.org.uk

The Club entry Hy-Tek file is uploaded when the *Entry Application Form* is completed. Payment instructions will be provided in the application form. Payments should include club code and 'LCPM.'

INDIVIDUAL ENTRIES: Individual *manual* entries are not being accepted for this meet (i.e. via email). Please contact your own club officers to arrange the submission of a Hy-Tek file as described above.

Entry fees are £9 per event and £18.00 each for the 800m and 1500m events.

No 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 page 2).

Wycombe swimmers must enter through the Team Unify system to ensure club approval.

Requests for poolside passes and registering as an official are via separate online forms.

Please note that British Swimming 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.



2022 Wycombe Long Course (L1) Premier Meet

ENTRIES ACCEPTANCE

Entries will close at **midnight on 6th February 2022.**

A swimmer's entry time must be recorded in the British Rankings database (Level 4 or above) and may be verified. Entries with incorrect times will be rejected.

In the event that the Meet is oversubscribed, entries will be accepted on a '**fastest to slowest time**' basis with age consideration (i.e. an equivalent percentage of swimmers will be scratched from each age group within each event).

Accepted Entries will be published on the Club website not later than **20th February 2022.**

Entries may be withdrawn (with refund) up to the meet entry closing.

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), refunds will be subject to a £15 administration charge. With the exception of withdrawals due to injury or illness, no refunds for withdrawals will be made after the meet entry closing.

Withdrawals due to injury or illness incurred after event entry, may be made up to the day before the gala. Full refunds will be provided on receipt of proof of injury or illness through a doctor's/medical certificate or similar.



2022 Wycombe Long Course (L1) Premier Meet

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 gala by avoiding empty lanes from withdrawals.

Swimmers must SIGN IN before EACH session.

Sign-in will close 10 minutes before 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.

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 complete.

If the meet is oversubscribed, a reserve list will be produced which will list the next 10 qualifiers for each event. Swimmers on this list that wish to swim the event must sign-in on the reserve list prior to each session. Once sign-in is complete, names may be taken in order from the reserve list to fill any empty lanes.

Other swimmers wanting a trial swim may also append their name to the reserve list and in the event that there are still spare lanes after any reserve list names have been added, then these trial swimmers will be able to swim.

Trial swimmers must already be entered into the meet and satisfy the entry time criteria as stated in the conditions. 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. Successful reserve and trial swimmers will be announced towards the end of the warm-up session and payment must be made at the spectator entry desk or the swimmer will be withdrawn.

AWARDS

Medals will be awarded to the first three swimmers in each Age Group for all events except the Open events, which will have medals for only the first three places, irrespective of age.

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

Swimmers must ensure that they are suitably clothed (t-shirt, shorts, footwear, etc.) when collecting awards.



2022 Wycombe Long Course (L1) Premier Meet

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

Official Meet results will be posted on the Wycombe District Swimming Club website as soon as possible after the meet. Heat sheets and (unofficial) results will be available during the meet through the club website (free), and through the Meet Mobile smartphone app (charges may apply).

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

It is our intention to allow spectators, subject to confirmation nearer the time. Spectators may also be requested to follow certain precautions for the benefit of all swimmers, volunteers, officials and fellow spectators.

Entry is £25.00 per weekend (no concessions), £15.00 per day (no concessions) or £6.00 (£5.00 concession) per individual session.

Payments can be made by card only.

Due to the seating capacity within the Leisure Centre, for safety reasons it may be necessary to restrict spectator access during busy sessions.

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 £3 for 10 hours. Please check on the [Buckinghamshire 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 poolside pass.



2022 Wycombe Long Course (L1) Premier Meet

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 Swim England 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.

The meet will be run in accordance with the COVID19 guidelines current at the time.

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 transferred to other users with permission of the meet organisers, but all users must have valid Disclosure and Barring Service (DBS) checks with their club. Each pass costs £38.00 for the weekend and includes one lunch each day, meet programme and poolside refreshments.

*Passes are to 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.



2022 Wycombe Long Course (L1) Premier Meet

DATA PROTECTION

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 disqualification 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.

As required by the General Data Protection Regulations, consent to process and hold the data in line with these conditions will need to be given with the submission of entries.

SWIMMERS WITH ADDITIONAL NEEDS

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. Para swimmers will be accepted at the Promoter's discretion and will be exempt from the Qualification Time requirements, but their times must show in the SE Rankings. 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 Promoter.



2022 Wycombe Long Course (L1) Premier Meet

SWIM SHOP

A Mailsports swim shop will be in operation throughout the meet.

APPEALS

Any appeals must be submitted in accordance with Swim England 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 Referee's decision, respectively, will be final.