wycombe swimming

2023 WYCOMBE DUAL AWARD (Level 3) LONG COURSE MEET

Saturday 18th & Sunday 19th February 2023

In aid of Wycombe District Swimming Club

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

LEVEL 3

License Number: **3SE230268**

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

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

Entries: First Come/First Served, from 10.00am on 8th January 2023

Entry Closing Date: **Midnight 14th January 2023**

Entry fee: **£8.00 per event**

Age Groups (ages at 19th February 2023):

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: all strokes
200 IM, 400 IM & 400m Free

Awards:

Awards to 1st, 2nd & 3rd in each age group within each Award Category
Top Visiting Club Award
Top Boy and Girl Award

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

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.

SCHEDULE OF EVENTS

All events are open to all age groups: 9,10,11,12,13,14,15,16,17+

Saturday 18th February

Session 1* - Warm up 8.00 Start 9.00				
101	B	400	IM	All age groups
102	G	200	IM	All age groups
103	B	50	Free	All age groups
104	G	50	Breast	All age groups
105	B	100	Fly	All age groups
106	G	200	Back	All age groups

Session 2* - Warm up TBA Start TBA				
201	B	100	Breast	All age groups
202	G	400	Free	All age groups
203	B	50	Back	All age groups
204	G	50	Fly	All age groups
205	B	200	Fly	All age groups

Session 3* - Warm up TBA Start TBA				
301	G	200	Breast	All age groups
302	B	200	Free	All age groups
303	G	100	Free	All age groups
304	B	100	Back	All age groups

Sunday 19th February

Session 4* - Warm up 8.00 Start 9.00				
401	G	400	IM	All age groups
402	B	200	IM	All age groups
403	G	50	Free	All age groups
404	B	50	Breast	All age groups
405	G	100	Fly	All age groups
406	B	200	Back	All age groups

Session 5* - Warm up TBA Start TBA				
501	G	100	Breast	All age groups
502	B	400	Free	All age groups
503	G	50	Back	All age groups
504	B	50	Fly	All age groups
505	G	200	Fly	All age groups

Session 6* - Warm up TBA Start TBA				
601	B	200	Breast	All age groups
602	G	200	Free	All age groups
603	B	100	Free	All age groups
604	G	100	Back	All age groups

(*Short mid-session breaks TBA if required)

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

QUALIFICATION TIMES - Boys

Entry times SHOULD BE either LONG COURSE TIMES or converted to LONG COURSE. Times must be in the SE Rankings database.
Qualifying times are shown as 'Not Faster Than' for each category. NT is the minimum for the Lower Award.

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

QUALIFICATION TIMES - Girls

Entry times SHOULD BE either LONG COURSE TIMES or converted to LONG COURSE. Times must be in the SE Rankings database.
Qualifying times are shown as 'Not Faster Than' for each category. NT is the minimum for the Lower Award.

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

Competition Rules and Information

The Wycombe Dual Award (L3) Long Course Meet provides long course racing experience to inexperienced swimmers and those 'just' at regional level. It is run as two meets in one with awards based on the entry time category.

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 is via a consolidated club entry Hy-Tek file submitted through the online system.
Entry fees are £8.00 per event.

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 and the online *Entry Application Form* have been submitted and payment has been received.

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 **10.00am on 8th January 2023. Any entries received prior to this time will not be processed.** In the event of the Meet being oversubscribed, entries will be accepted on a **'first come/first served'** basis.

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 front page).

CLOSING DATE FOR ENTRIES

Entries will close at **midnight on 14th January 2023** or earlier if the meet is full.
Accepted Entries will be published no later than **29th January 2023.**

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), 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, which may be prior to the published closing date if the meet fills sooner.

Withdrawals due to injury or illness incurred after event entry, may be made up to the day before the gala. Full refunds (no administration fee) will be provided on receipt of proof of injury or illness through a doctor's/medical certificate or similar.

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. They 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.

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.

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 already be entered into the meet and must satisfy the entry time criteria as stated in the conditions.

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. Successful reserve

swimmers will be announced towards the end of the warm-up session and cash or card payment must be made at the announcer's desk or the reserve swimmer will be withdrawn.

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 given to the first three swimmers in each age group (male & female) 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.

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.

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 officials@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) Live Results will be available during the meet through the club website (free), and through the Meet Mobile smartphone app (charges may apply).

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 £20.00 per weekend (no concessions), £12 per day (no concessions) or £7.00 (£5.00 concession) per individual session. Under 16 years old are free entry.
Payments can be made by CARD 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 £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.

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.

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 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, in the changing rooms or in the marshalling areas during the Meet. It is a requirement that all teams must have a coach/chaperone with them.

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 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.
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.

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.

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 Referees decision, respectively, will be final.