



WYCOMBE DISTRICT SWIMMING CLUB  
LONG COURSE PREMIER MEET



swim21

WDSC

the asa  
affiliated club

## OPEN MEET ENTRY PACK

Held under ASA Laws and Technical Rules of Swimming

(LEVEL 1 - 1SE180159)

Friday 9th, Saturday 10th & Sunday 11th March 2018

[www.wycombe-swimming.org.uk](http://www.wycombe-swimming.org.uk)



WYCOMBE DISTRICT SWIMMING CLUB

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





# LCPM

WASC

## WDSC Long Course Premier Open Meet

# SCHEDULE OF EVENTS

### Wycombe Premier Long Course Meet 9th to 11th March 2018

#### Friday 9th March

##### Session 1 Warm up 18.00 start 18.30

1	F	800 Free	Open
2	M	1500 Free	Open

#### Saturday 10th March

##### Session 2 Warm up 7.30 start 8.30

3	M	400 IM	10 to 14,15,16,17,18, 19+
4	F	200 IM	10 to 13, 14,15,16,17,18+
5	M	100 Fly	10 to 14,15,16,17,18, 19+
6	F	200 Back	10 to 13, 14,15,16,17,18+
7	M	100 Breast	10 to 14,15,16,17,18, 19+

##### Session 3 Warm up TBA

8	F	400 Free	10 to 13, 14,15,16,17,18+
9	M	200 Free	10 to 14,15,16,17,18, 19+
10	F	200 Breast	10 to 13, 14,15,16,17,18+
11	M	50 Fly	Open
12	F	50 Back	Open

##### Session 4 Warm up TBA

13	M	50 Breast	Open
14	F	50 Free	10 to 13, 14,15,16,17,18+
15	M	100 Back	10 to 14,15,16,17,18, 19+
16	F	200 Fly	10 to 13, 14,15,16,17,18+
17	M	100 Free	10 to 14,15,16,17,18, 19+

#### Sunday 11th March

##### Session 5 Warm up 7.30 start 8.30

18	F	400 IM	10 to 13, 14,15,16,17,18+
19	M	200 IM	10 to 14,15,16,17,18, 19+
20	F	100 Fly	10 to 13, 14,15,16,17,18+
21	M	200 Back	10 to 14,15,16,17,18, 19+
22	F	100 Breast	10 to 13, 14,15,16,17,18+

##### Session 6 Warm up TBA

23	M	400 Free	10 to 14,15,16,17,18, 19+
24	F	200 Free	10 to 13, 14,15,16,17,18+
25	M	200 Breast	10 to 14,15,16,17,18, 19+
26	F	50 Fly	Open
27	M	50 Back	Open

##### Session 7 Warm up TBA

28	F	50 Breast	Open
29	M	50 Free	10 to 14,15,16,17,18, 19+
30	F	100 Back	10 to 13, 14,15,16,17,18+
31	M	200 Fly	10 to 14,15,16,17,18, 19+
32	F	100 Free	10 to 13, 14,15,16,17,18+



## MINIMUM QUALIFICATION TIMES

Entry times SHOULD BE either LONG COURSE TIMES or converted to LONG COURSE. Entry times to be achieved within last 12 months

<b>BOYS</b>							
Distance	Stroke	14 & Under	15Yr	16 Yr	17 Yr	18 Yr	19YR+/OPEN
50	FREE	00:33.00	00:29.70	00:28.70	00:28.40	00:27.40	00:26.99
100	FREE	01:09.80	01:04.40	01:02.60	01:01.50	01:00.50	00:59.50
200	FREE	02:32.60	02:20.70	02:16.30	02:13.70	02:11.50	02:09.50
400	FREE	05:21.80	04:57.60	04:49.10	04:44.60	04:43.40	04:42.50
1500	FREE						18:20.00
50	BRST						00:41.80
100	BRST	01:28.80	01:21.40	01:18.90	01:17.00	01:15.80	01:14.80
200	BRST	03:12.50	02:55.40	02:51.60	02:47.00	02:43.90	02:42.80
50	FLY						00:35.90
100	FLY	01:16.80	01:09.80	01:07.80	01:06.50	01:05.90	01:05.00
200	FLY	02:49.90	02:34.40	02:30.40	02:27.60	02:26.50	02:24.70
50	BACK						00:38.20
100	BACK	01:19.20	01:12.20	01:10.30	01:09.30	01:08.40	01:07.50
200	BACK	02:50.30	02:36.00	02:31.40	02:28.60	02:27.50	02:26.70
200	IM	02:52.70	02:38.40	02:33.90	02:31.00	02:29.20	02:28.00
400	IM	06:06.40	05:36.20	05:27.60	05:22.60	05:17.20	05:15.00

<b>GIRLS</b>							
Distance	Stroke	13 & Under	14 yr	15Yr	16 Yr	17 Yr	OPEN
50	FREE	00:34.00	00:32.90	00:32.20	00:31.90	00:31.80	00:30.50
100	FREE	01:12.70	01:10.70	01:09.60	01:08.80	01:08.10	01:07.30
200	FREE	02:36.20	02:32.10	02:29.10	02:27.50	02:25.80	02:25.80
400	FREE	05:26.30	05:18.00	05:12.80	05:09.20	05:06.30	05:06.30
800	FREE						10:48.00
50	BRST						00:43.10
100	BRST	01:30.80	01:28.50	01:27.50	01:26.10	01:25.20	01:23.60
200	BRST	03:15.50	03:09.50	03:06.70	03:05.80	03:04.00	02:59.80
50	FLY						00:36.70
100	FLY	01:19.10	01:17.20	01:15.50	01:14.80	01:14.00	01:12.10
200	FLY	02:53.50	02:48.00	02:45.70	02:43.30	02:41.30	02:38.30
50	BACK						00:39.40
100	BACK	01:21.70	01:19.60	01:17.90	01:17.10	01:16.30	01:14.60
200	BACK	02:54.30	02:49.80	02:45.80	02:43.90	02:42.80	02:39.90
200	IM	02:56.80	02:52.30	02:48.90	02:46.90	02:45.50	02:43.70
400	IM	06:10.60	06:02.00	05:55.20	05:50.80	05:48.70	05:43.90



## COMPETITION RULES AND INFORMATION

The competition will be held under ASA Laws and FINA Technical Rules of Swimming.

### LENGTH OF POOL

The Pool is 50 meters 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 on: <http://www.wycombe-swimming.org.uk> (Team manager lite available to download at: <http://www.hy-tek ltd.com/downloads.html> )

In the event of the Meet being oversubscribed entries will be accepted on a fastest to slowest basis with age consideration.

Ages at 31<sup>st</sup> December 2018

Entry forms are available within this pack and should be returned to: Meet Secretary; 46 Hill Farm Road; Marlow Bottom; Bucks; SL7 3LU

#### ENTRY FEE:

800 & 1500 Events                    £16.00 per event

All other Events                        £8.50

An additional £5:00 administration charge per swimmer for manual entries

### CLOSING DATE FOR ENTRIES - MIDNIGHT 28<sup>th</sup> January 2018

After closing date for entries, confirmed entries will also be posted on the WDCS website ([www.wycombe-swimming.org.uk](http://www.wycombe-swimming.org.uk)) no later than 25<sup>th</sup> February 2018.

Entry fees should be paid by BACs payments: RBS; Sort code: 162129; Account number: 10104974 - **PLEASE USE REFERENCE WDCS1MEET**

Cheques can be accepted: Made payable to Wycombe District Swimming Club and crossed and sent to: Meet Organiser; 46 Hill Farm Road; Marlow Bottom; Bucks; SL7 3LU. (Please do not send mail recorded delivery)

The Event will be swum as a CARDLESS event therefore swimmers are asked to SIGN IN before the warm up starts for each session.

Competitors must be registered swimmers.

No entries will be accepted without the appropriate entry fee; submitted time; ASA registration

Enquiries please contact Meet Secretary - Tony Shepherd either on email: [Openmeets@wycombe-swimming.org.uk](mailto:Openmeets@wycombe-swimming.org.uk) or tel 01628 484477.

### 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, unless the swimmer had previously been scratched due to the event being oversubscribed.

All events will be seeded on submitted times.

### 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 is able to run effectively and efficiently please complete the officials form and return ASAPs to WDSC

## **COACH / POOLSIDE APPLICATION**

Coach / Poolside passes cost £30.00 for the weekend per individual and include poolside access, lunch each day and poolside refreshments.

Please note only swimmers and persons with a poolside pass will be allowed on poolside. If clubs wish to have team managers on poolside they will be required to have a poolside pass. Please note there will be no exceptions

## **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.

For clubs using Hy-Tek, a complete electronic copy of the Meet results will be posted on the website along with a PDF copy.

## **CAR-PARKING**

Car Parking is available at the Sports Centre and is chargeable. At the time of publishing parking at the Park and Ride (2 minutes walk from the pool) is free. Please check on the Wycombe Swimming website closer to the event.

## **SPECTATORS**

Entry £12.00 per full day or £5.00 per individual session.

Or £10.00 per full day or £4.00 per individual session for OAP (evidence required).

There will be no spectator charge for Friday evening.

Programs will be available to purchase on day of the Meet

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

## **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.

## **SWIM SHOP**

A Mailsports Swim Shop will be in operation throughout the Meet.

## **CAMERA USE**

The use of mobile phones for taking photographs in the changing area or on poolside is strictly forbidden. Any swimmer or coach found to be taking photos in these areas 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.

## **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.

## **APPEALS**

Any appeals must be submitted in accordance with ASA procedures and will be handled by the Meet Promoter and Referees.



## OFFICIALS APPLICATION FORM

REMINDER : CLUB ENTRIES – Clubs are expected to provide officials to help with the smooth running of the gala.

Please complete details:

CLUB NAME							
Name							
Qualification (J1, J2 etc..)							
Licence Number							
Email							
Availability (please tick)							
SESSION	1	2	3	4	5	6	7
Name							
Qualification (J1, J2 etc..)							
Licence Number							
Email							
Availability (please tick)							
SESSION	1	2	3	4	5	6	7
Name							
Qualification (J1, J2 etc..)							
Licence Number							
Email							
Availability (please tick)							
SESSION	1	2	3	4	5	6	7

PLEASE RETURN THIS FORM TO:

Meet Organiser, 46 Hill farm Road, Marlow Bottom, Bucks, SL7 3LU  
or via email

[openmeets@wycombe-swimming.org.uk](mailto:openmeets@wycombe-swimming.org.uk)

**PLEASE ENSURE THIS FORM IS SUBMITTED WITH YOUR CLUB ENTRY**



## COACH / POOLSIDE APPLICATION

Coach / Poolside passes cost £30.00 for the weekend per individual and include poolside access, lunch each day and poolside refreshments. Please note only swimmers and persons with a poolside pass will be allowed on poolside. If clubs wish to have team managers on poolside they will be required to have a poolside pass. There will be no exceptions 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			

If you require additional passes, please copy this page.

PLEASE RETURN THIS FORM TO:

Meet Organiser | 46 Hill farm Road | Marlow Bottom | Bucks | SL7 3LU

or via email: [openmeets@wycombe-swimming.org.uk](mailto:openmeets@wycombe-swimming.org.uk)

**FORM SHOULD BE RETURNED WITH CLUB ENTRY**

## FEMALE ENTRY

		SURNAME		
		FIRSTNAME		
		DATE OF BIRTH		
		ASA NUMBER		
EVENT #	DISTANCE	STROKE		
1	800	FREE		
4	200	IM		
6	200	BACK		
8	400	FREE		
10	200	BREAST		
12	50	BACK		
14	50	FREE		
16	200	FLY		
18	400	IM		
20	100	FLY		
22	100	BREAST		
24	200	FREE		
26	50	FLY		
28	50	BREAST		
30	100	BACK		
32	100	FREE		

## MALE ENTRY

		SURNAME		
		FIRSTNAME		
		DATE OF BIRTH		
		ASA NUMBER		
EVENT #	DISTANCE	STROKE		
2	1500	FREE		
3	400	IM		
5	100	FLY		
7	100	BREAST		
9	200	FREE		
11	50	FLY		
13	50	BREAST		
15	100	BACK		
17	100	FREE		
19	200	IM		
21	200	BACK		
23	400	FREE		
25	200	BREAST		
27	50	BACK		
29	50	FREE		
31	200	FLY		

CLUB NAME	
CONTACT NAME	
ADDRESS	
TELEPHONE (DAY)	
TELEPHONE (EVENING)	
MOBILE PHONE	
EMAIL	

REMEMBER TO USE REFERENCE WDSCL1MEET FOR ANY BACS PAYMENTS

Entries To: Tony Shepherd, 46 Hill farm Road, Marlow Bottom, Bucks, SL7 3LU  
 Enquiries can be emailed to [openmeets@wycombe-swimming.org.uk](mailto:openmeets@wycombe-swimming.org.uk), T: 01628 484477  
 Cheques to 'Wycombe District Swimming Club'  
 Electronic entries can be e-mailed but please email a scanned copy of this form

TOTAL ENTRIES (50's to 400's)		@ £8.50 EACH	= £
TOTAL ENTRIES (800 & 1500)		@ £16.00 EACH	= £
COACH PACKS / POOLSIDE PASES		@ £30 EACH	= £
MANUAL ENTRY FEE		@ £5 / swimmer	= £
TOTAL			£

PAYMENT MADE BY	(delete as appropriate)	BACS	CHEQUE ENCLOSED
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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:

SIGNATURE .....

PLEASE ENSURE YOU COMPLETE YOUR CHAPERONE / COACH PASS FORM & OFFICIALS FORM AND SUBMIT WITH YOUR ENTRY