



WOLVERHAMPTON SC SPRING OPEN MEET

(Affiliated to SE West Midlands Region and Staffordshire ASA)

Saturday 16th and Sunday 17th March 2024

License Number 3WM240184

This is a Level 3 Licensed Meet
For entry into County and Regional Competitions.

ENTRY TO THIS MEET WILL BE ON A FIRST COME FIRST SERVED BASIS

VENUE	Central Baths, Wolverhampton, WV1 4EG
POOL	8 Lane - 25m pool - electronic timing - anti turbulence lane ropes
AGE GROUPS	9yrs; 10yrs; 11yrs; 12yrs; 13yrs; 14yrs; 15yrs; 16+
AGE	Age as at 17th March 2024
CLOSING DATE	20 th February 2024
EVENTS	50m, 100m, 200m all strokes 100m, 200m, 400m IM 400m free

All events will be heat declared winners

Meet Promotor: Mrs Louise Barnes treasurer@wolverhamptonsc.co.uk

Meet administrator: Mr Gary Barnes headcoach@wolverhamptonsc.co.uk



WOLVERHAMPTON SC SPRING OPEN MEET

(Affiliated to SE West Midlands Region and Staffordshire ASA)

Saturday 16th and Sunday 17th March 2024

License Number 3WM240184

PROMOTERS CONDITIONS

PROMOTER

The promoter of the Wolverhampton SC Winter Open Meet is Louise Barnes on behalf of Wolverhampton Swimming Club. (WSC)

AWARDS

Awards will be given to the top 3 in each event/age category. There will be additional awards for overall Top Male/Open and Top Female in each age category. Points will be awarded: - 1st (8pts); 2nd (7pts); 3rd (6pts); 4th (5pts); 5th (4pts); 6th (3pts); 7th (2pts); 8th (1pt). All awards must be collected on the day as we are unable to forward them after the event. In the event of a tie for Top Male/Open or Top Female we will count back the number of first places in each event, followed by 2nd and 3rd places to determine the winner.

ENTRIES

WSC wants this open meet to be as inclusive as possible to as many swimmers as possible. There are upper cut off times for all events/age groups and all entry times must not be faster than these. We are allowing entry times that do not come from Rankings but we would ask coaches to verify that swimmers times, even if they are taken from rankings, are realistic times. Any entry without a time will be rejected. WSC may exclude entries where they feel that the spirit of competition has not been adhered to. Entry times should be from 01/01/2023.

All swimmers must be registered with Swim England as a "Club Compete" member and will be either Female or Male/Open. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the "Female" category, a swimmer confirms that their birth sex is female.

Swimmers with a disability are welcome to enter and will be included within the able bodied programme. A secondary strobe will be provided where it is requested at the time of entry.

Entry fee will be £7.00 per event, or £7.50 per event for paper entries.

Entries to this meet are first come first served. The date that entries are classed as received is the date that the meet administrator has the completed entry file, summary sheet and payment.

Closing date for entries will be 20th February 2024. We reserve the right to bring the closing date forward should the meet become oversubscribed. This will be publicised on our website.

Entries should be made electronically using Sportsystems software, the entry packs/files can be obtained by emailing headcoach@wolverhamptonsc.co.uk it will also be available on our website www.wolverhamptonsc.co.uk

We request that all payments are made by bank transfer to WSC account number 70883107 sort code 40-47-11 using your club name as payment reference. Summary sheets and coach pass applications, should be emailed to the meet administrator at the above email address.

A list of all accepted swims will be posted to the Wolverhampton SC website shortly after the closing date has passed. Rejected swims before the closing date will receive full refunds. Once entries have been accepted, no refunds will be given unless supported by medical evidence.

STRICTLY NO entries will be accepted on the day of the meet.

Entering this meet means full acceptance of the Promoters Conditions.



WOLVERHAMPTON SC SPRING OPEN MEET

(Affiliated to SE West Midlands Region and Staffordshire ASA)

Saturday 16th and Sunday 17th March 2024

License Number 3WM240184

WITHDRAWALS

Clubs should withdraw any swimmers who are not competing as soon as possible by email to withdrawals@wolverhamptonsc.co.uk by 12 noon the day before the event at the latest. i.e. by Friday 15th March 2024.

STARTS/EQUIPMENT

Over the top starts may be used. Backstroke ledges may be used at this Open Meet. A secondary strobe light is available at this meet.

RESULTS

Results will appear on Wolverhampton Swimming Club's website live, or as soon as possible.

CAR PARKING

Free car parking is available at Central Baths, but spaces are limited and available on a first come first served basis.

SPECTATORS

Entry £4.00 per session. Entry will be by pre purchased tickets only – no ticket no entry. Tickets will be sold on a first come first served basis and entry managers will be advised when they will be available to purchase. We respectfully ask that spectators be limited where possible to one per swimmer so that there is room for everyone. We reserve the right to limit spectator numbers if necessary.

REFRESHMENTS

Refreshments can be purchased from the coffee bar located in the main reception area of the swimming baths, subject to availability.

SWIMMER SUPERVISION

All swimmers **MUST** be under the supervision of their coach or team manager at all times. Coach/team manager ratios should be in accordance with Swim England Team Manager, Coach and Chaperone Policy (SE1048). It is the responsibility of each visiting club to ensure that this policy is adhered to.

POOLSIDE PASSES

Poolside passes may be purchased per club to include start sheets, buffet lunch and refreshments. Cost per pass will be £12.00 per day or £20 for a full weekend pass. All coaches/team managers **must** have an up to date DBS certificate. Passes must be worn at all times, and must be purchased in advance. **NO** poolside passes will be available for purchase on the day of the meet. There will be no access to the poolside for anyone who does not have a poolside pass.

OFFICIALS

It is requested that all clubs try to provide at least one licensed official for each day and session please. Lunch and refreshments will be provided. A link to our online sign up service will be provided nearer the time.

SWIM SHOP

A swim shop will be in operation throughout the meet.

PHOTOGRAPHY

Photography is strictly prohibited on poolside at any time in accordance with the WV Active centre policy.

QUERIES

Please address any queries with these conditions to the Meet Promoter.

GENERAL

Any point not covered in the above will be at the discretion of the Promoter.



WOLVERHAMPTON SC SPRING OPEN MEET

(Affiliated to SE West Midlands Region and Staffordshire ASA)

Saturday 16th and Sunday 17th March 2024

License Number 3WM240184

Schedule of Events

Session One (Saturday morning)		Session Two (Saturday afternoon)	
Warm up	TBA	Warm up	TBA
Start:	TBA	Start:	TBA
Event		Event	
101	Male/Open 400 Freestyle	201	Female 400 IM
102	Female 200 IM	202	Male/Open 200m Freestyle
103	Male/Open 100m Breaststroke	203	Female 100m Butterfly
104	Female 50m Butterfly	204	Male/Open 50m Backstroke
105	Male/Open 100m Freestyle	205	Female 100m Backstroke
106	Female 200m Backstroke	206	Male/Open 200m Breaststroke
107	Male/Open 200m Butterfly	207	Female 50m Freestyle
108	Female 50m Breaststroke	208	Male/Open 100 IM

Session Three (Sunday morning)		Session Four (Sunday afternoon)	
Warm up	TBA	Warm up	TBA
Start:	TBA	Start:	TBA
Event		Event	
301	Female 400 Freestyle	401	Male/Open 400 IM
302	Male/Open 200 IM	402	Female 200m Freestyle
303	Female 100m Breaststroke	403	Male/Open 100m Butterfly
304	Male/Open 50m Butterfly	404	Female 50m Backstroke
305	Female 100m Freestyle	405	Male/Open 100m Backstroke
306	Male/Open 200m Backstroke	406	Female 200m Breaststroke
307	Female 200m Butterfly	407	Male/Open 50m Freestyle
308	Male/Open 50m Breaststroke	408	Female 100 IM



WOLVERHAMPTON SC SPRING OPEN MEET

(Affiliated to SE West Midlands Region and Staffordshire ASA)

Saturday 16th and Sunday 17th March 2024

License Number 3WM240184

Upper Cut-Off Times (short course) – Times from 01/01/2023

Male/Open								
Event	9	10	11	12	13	14	15	16/OV
50m Freestyle	32.3	32.3	31.0	28.3	26.2	25.3	24.3	24.0
100m Freestyle	1.11.9	1.11.9	1.06.4	1.02.4	59.3	55.6	54.2	53.0
200m Freestyle	2.39.5	2.39.5	2.19.4	2.13.5	2.07.0	2.00.1	1.59.3	1.59.0
400m Freestyle	6.05.4	5.25.1	5.00.4	4.45.8	4.35.2	4.22.9	4.15.6	4.12.0
50m Breaststroke	43.6	43.6	39.4	36.4	32.7	32.2	31.1	30.5
100m Breaststroke	1.34.8	1.34.8	1.28.3	1.18.6	1.11.7	1.10.3	1.09.1	1.08.0
200m Breaststroke	3.15.0	3.15.0	3.07.2	2.50.5	2.35.5	2.34.1	2.29.1	2.28.5
50m Butterfly	34.7	34.7	33.6	31.4	29.0	26.7	25.1	24.1
100m Butterfly	1.18.8	1.18.8	1.14.3	1.11.0	1.01.7	58.8	56.5	54.9
200m Butterfly	2.59.4	2.59.4	2.40.8	2.34.1	2.19.1	2.07.4	2.06.0	2.02.1
50m Backstroke	37.0	37.0	36.2	31.8	31.2	28.7	28.5	28.0
100m Backstroke	1.19.0	1.19.0	1.14.8	1.10.5	1.06.2	1.02.4	1.01.0	1.00.0
200m Backstroke	2.51.7	2.51.7	2.38.7	2.32.8	2.20.0	2.11.8	2.11.5	2.11.0
100m Ind. Medley	1.19.0	1.18.0	1.15.5	1.12.5	1.10.5	1.05.2	1.02.0	1.01.8
200m Ind. Medley	2.53.4	2.53.4	2.40.9	2.35.6	2.19.3	2.17.0	2.12.4	2.08.2
400m Ind. Medley	6.50.2	6.12.4	5.45.1	5.32.6	5.10.3	4.56.4	4.45.8	4.32.1

Female								
Event	9	10	11	12	13	14	15	16/OV
50m Freestyle	33.0	33.0	29.7	28.9	28.0	27.9	27.6	27.5
100m Freestyle	1.14.4	1.14.4	1.05.1	1.02.4	59.8	59.7	59.5	59.0
200m Freestyle	2.41.9	2.41.9	2.18.2	2.13.9	2.11.1	2.10.5	2.09.1	2.08.6
400m Freestyle	6.00.1	5.22.8	5.00.2	4.44.5	4.42.6	4.40.1	4.37.5	4.35.8
50m Breaststroke	42.2	42.2	37.1	36.5	35.0	33.8	31.6	30.5
100m Breaststroke	1.34.7	1.34.7	1.21.0	1.18.5	1.16.5	1.16.3	1.16.2	1.15.3
200m Breaststroke	3.22.0	3.22.0	2.54.8	2.47.3	2.44.5	2.43.7	2.43.3	2.43.0
50m Butterfly	37.0	37.0	33.4	31.2	30.2	29.3	29.2	29.0
100m Butterfly	1.26.2	1.26.2	1.16.9	1.08.9	1.07.5	1.06.0	1.05.5	1.05.3
200m Butterfly	3.23.1	3.23.1	2.58.9	2.29.9	2.25.9	2.25.8	2.25.6	2.25.5
50m Backstroke	38.9	38.9	35.8	32.9	32.0	31.7	31.5	31.0
100m Backstroke	1.23.3	1.23.3	1.15.6	1.08.5	1.07.9	1.07.5	1.07.2	1.07.0
200m Backstroke	2.51.8	2.51.8	2.38.8	2.29.7	2.25.6	2.24.0	2.23.7	2.23.0
100m Ind. Medley	1.20.0	1.19.0	1.17.0	1.15.5	1.10.5	1.10.4	1.08.5	1.07.5
200m Ind. Medley	3.04.0	3.04.0	2.41.2	2.33.2	2.28.4	2.25.9	2.25.6	2.25.4
400m Ind. Medley	6.45.3	6.10.2	5.45.9	5.33.4	5.20.8	5.17.3	5.16.1	5.14.9

Entry times should be NO faster than those stated above.



WOLVERHAMPTON SC SPRING OPEN MEET

(Affiliated to SE West Midlands Region and Staffordshire ASA)

Saturday 16th and Sunday 17th March 2024

License Number 3WM240184

INDIVIDUAL ENTRY FORM

WOLVERHAMPTON SC LEVEL 3 OPEN MEET

(UNDER SE LAW and SE TECHNICAL RULES)

ENTRY TO THIS MEET WILL BE ON A FIRST COME FIRST SERVED BASIS

(Please complete in block capitals)

Club.....

Forename..... Surname.....

SE Reg No..... Male/Open - Female

Date of Birth..... Age as at 17.03.2024.....

Address

Post Code..... Tel Number:

Email address.....

Event	Entry Time	Event	Entry Time
50m Freestyle		100m Breaststroke	
100m Freestyle		200m Breaststroke	
200m Freestyle		50m Butterfly	
400m Freestyle		100m Butterfly	
50m Backstroke		200m Butterfly	
100m Backstroke		100m IM	
200m Backstroke		200m IM	
50m Breaststroke		400m IM	

Number of electronic entries @ £7.00 per event

No of paper entries @ £7.50 per event

Total Amount

Signature of Competitor..... Date

I hereby confirm the above particulars are correct SIGNED..... (Club Official)



WOLVERHAMPTON SC SPRING OPEN MEET

(Affiliated to SE West Midlands Region and Staffordshire ASA)

Saturday 16th and Sunday 17th March 2024

License Number 3WM240184

LEVEL 3 OPEN MEET

(UNDER SE LAW and SE TECHNICAL RULES)

ENTRY TO THIS MEET WILL BE ON A FIRST COME FIRST SERVED BASIS

SUMMARY OF ENTRIES

This form should be used as a summary of entries and coaches passes (separate application form required).
Entry to poolside will not be permitted without a coaches' pass.

Club:

Total Entries	@ £7.00 per event	£_____
Poolside Pass (Sat/Sun 1-day only)	@ £12.00 each	£_____
Poolside Pass (Full Weekend)	@ £20.00 each	£_____
	Total	£_____

Payment by BACS transfer as per terms and conditions please

Account Number 70883107 Sort Code 40-47-11

Please use Club name as payment reference

POOLSIDE PASS DETAILS

Person's Name	DBS Number

DBS Number must be supplied in advance of the meet,
Poolside passes **will not** be issued unless a valid DBS number has been provided.

I certify that all the above details are correct and that I will abide with the promoter's conditions:

Signed (Club Official): Date:

All entries accepted on a first come first served basis, the date that entries are received is the date the Meet Administrator has the completed Sportsystems entry file, summary sheet and payment.



WOLVERHAMPTON SC SPRING OPEN MEET

(Affiliated to SE West Midlands Region and Staffordshire ASA)

Saturday 16th and Sunday 17th March 2024

License Number 3WM240184

OFFICIALS - WE WOULD APPRECIATE YOUR HELP

Wolverhampton SC need many officials to run a successful open meet.

It is requested that all Clubs provide at least one licensed official per session.

If you are licensed and are willing to officiate at our open meet, could you complete the link to our officials sign up page when available. Entry Managers will be notified when the link is available. Lunch, refreshments and a gift will be provided.

To those officials in training, we are happy to offer mentoring and assessments subject to sufficient officials being available.

Any help you can offer will be very much appreciated.