

WYCOMBE DISTRICT SWIMMING CLUB

(Affiliated to A.S.A South East)
(County of Berks & S.Bucks)



PRESENT

9th ANNUAL LONG COURSE SPRINT MEET

SATURDAY 7th February 2015

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

(LEVEL 3)

Applied for

**WYCOMBE SPORTS CENTRE HANDY CROSS
HIGH WYCOMBE BUCKS
(Close to Junction 4 on M40)**

* ANTI - WAVE LANE ROPES * 6 LANE 50M POOL * ELECTRONIC TIMING * ALL EVENTS HDW

CLOSING DATE FOR ENTRIES - MIDNIGHT 19th December 2014

Ages at 7th February 2015

Entries are on a 'First come first serve' basis

**For further details please visit: www.Wycombe-swimming.org.uk
Hy-Tek file available for electronic entries**

Meet Promoter: Richard Lundie-Sadd
Meet Secretary: Tony Shepherd
Contact details: E: openmeets@wycombe-swimming.org.uk
T: 01628 484477
M: 46 Hill Farm Road; Marlow Bottom; Bucks; SL7 3LU



9th February Wycombe District Swimming Club

Open Long Course Sprint Meet

(Under ASA Laws and Technical Rules)

7th February 2015

Competition Rules and Information

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

Rules and Information

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

1. LENGTH OF POOL

- The Pool is 50 metres long and six lanes, anti- turbulence wave lane ropes will be used. Electronic time keeping will be in operation.

2. ENTRY PROCEDURE

- Entry should be made by submitting the Hy-Tek file available on 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 first come first served basis.
- Ages at 7th February 2015
- Entry forms are available from website: www.wycombe-swimming.org.uk and should be returned to: Meet Secretary; 46 Hill Farm Road; Marlow Bottom; Bucks; SL7 3LU
- Entry fee is £5 per event with an additional £3:00 administration charge per swimmer for manual entries
- **CLOSING DATE FOR ENTRIES - MIDNIGHT 19th December 2014**
- After closing date for entries, confirmed entries will also be posted on the WDSC website (www.wycombe-swimmig.org.uk) no later than 18th January 2015.
- Entry fees can be paid by:
 - **Cheque:** Made payable to Wycombe District Swimming Club and crossed and sent to: Meet Organiser; 46 Hill Farm Road; Marlow Bottom; Bucks; SL7 3LU
 - **BACs payments:** RBS; Sort code: 162129; Account number: 10104974
- The Event will be swum as a CARDLESS event therefore swimmers are asked to SIGN in before 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:



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- Openmeets@wycombe-swimming.org.uk or tel 01628 484477.

3. **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.

4. **AWARDS**

- Top visiting club and male and female swimmer will receive an award
- Individual Awards will be made on an HDW basis
- Awards will be given to the first three swimmers in each Age Group.
- Awards are to be collected from the medal table on the balcony after the results have been posted.
- *Swimmers must ensure that they are suitably clothed (tee shirt, shorts, foot-ware etc) when collecting awards*

5. **OFFICIALS**

- To ensure the Meet is able to run effectively and efficiently WDSC require each club to provide a minimum of 2 officials with their club entry.

6. **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 can be requested following the Meet. For all other clubs a PDF copy of the Meet results can be requested following the Meet. Any Clubs wishing this service should provide their e-mail details to the Meet Organiser during or prior to the Meet.

7. **CAR-PARKING**

- Car parking Extension tickets are provided subject to the first 30p ticket being purchased.

8. **SPECTATORS**

- Entry £9.00 per day (£3.00 per session) and £6.00 per day for OAP (evidence required) (£2.00 per session). Programmes will be available on day of the Meet



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- For the safety and welfare of all swimmers spectators and parents are NOT allowed poolside or the changing rooms during the Meet which runs from 8:00am to 8:00pm each day.

9. 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

10. 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.

11. 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.

12. SWIM SHOP

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

13. CAMERA USE

- The use of all photographic equipment is controlled at this Meet and spectators / coaches and swimmers are reminded that such equipment should not be used without a pass. Passes can be obtained (free of charge) from the Meet entrance desk and must remain attached to the equipment whilst within the Spectator Area.
- Equipment being used without a pass will be removed. The records of camera use will be retained by Wycombe District Swimming Club.
- 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.

14. 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.



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15. **APPEALS**

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

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SCHEDULE OF EVENTS

Session 1

Warm up 8.00 am

Start 8.50 am

- 1. Girls 9 & over 50m Backstroke**
- 2. Boys 9 & over 50m Butterfly**
- 3. Girls 10 & over 100m Breaststroke**
- 4. Boys 11 & over 100m Backstroke**
- 5. Girls 10 & over 100m Freestyle**

Session 2

Warm up & Start to be confirmed

- 6. Boys 9 & over 50m Breaststroke**
- 7. Girls 9 & over 50m Butterfly**
- 8. Boys 9 & over 50m Freestyle**
- 9. Girls 10 & over 100m Backstroke**
- 10. Boys 11 & over 100m Butterfly**

Session 3

Warm up & Start to be confirmed

- 11. Girls 9 & over 50m Breaststroke**
- 12. Boys 9 & over 50m Backstroke**
- 13. Girls 9 & over 50m Freestyle**
- 14. Boys 11 & over 100m Breaststroke**
- 15. Girls 10 & over 100m Butterfly**
- 16. Boys 11 & over 100m Freestyle**



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| MALE | | Not Faster Than | | | | | | | |
|-------------------|----------|------------------------|-----------|-----------|-----------|-----------|-----------|-----------|------------|
| EVENT | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17+ |
| 50m Freestyle | 33.90 | 31.70 | 30.20 | 28.40 | 27.10 | 26.00 | 25.24 | 24.00 | 23.00 |
| 100m Freestyle | | | 1:02.52 | 1:00.80 | 57.75 | 55.97 | 54.31 | 53.53 | 52.66 |
| 50m Breaststroke | 42.20 | 41.70 | 39.20 | 36.80 | 34.40 | 33.10 | 32.00 | 30.90 | 28:50 |
| 100m Breaststroke | | | 1:19.64 | 1:18.47 | 1:13.70 | 1:11.36 | 1:08.80 | 1:07.67 | 1:04.67 |
| 50m Butterfly | 35.60 | 34.60 | 33.40 | 31.70 | 29.90 | 28.70 | 27.60 | 26.70 | 24.00 |
| 100m Butterfly | | | 1:09.91 | 1:09.11 | 1:04.73 | 1:02.16 | 59.95 | 58.98 | 55.45 |
| 50m Backstroke | 36.80 | 35.60 | 34.80 | 33.00 | 31.00 | 30.00 | 28.90 | 27.90 | 25.00 |
| 100m Backstroke | | | 1:07.32 | 1:06.23 | 1:05.34 | 1:02.93 | 1:00.85 | 59.95 | 56.00 |

| FEMALE | | Not Faster Than | | | | | | | |
|-------------------|----------|------------------------|-----------|-----------|-----------|-----------|-----------|-----------|------------|
| EVENT | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17+ |
| 50m Freestyle | 33.90 | 32.10 | 30.60 | 29.30 | 28.50 | 28.09 | 27.85 | 27.57 | 26.00 |
| 100m Freestyle | | 1:04.74 | 1:03.85 | 1:02.87 | 1:01.11 | 59.95 | 59.31 | 58.90 | 56.00 |
| 50m Breaststroke | 42.90 | 41.90 | 39.30 | 37.20 | 35.90 | 35.20 | 34.60 | 34.30 | 32.00 |
| 100m Breaststroke | | 1:20.32 | 1:19.20 | 1:18.04 | 1:17.51 | 1:15.77 | 1:15.06 | 1:14.29 | 1:10.23 |
| 50m Butterfly | 35.40 | 34.50 | 33.70 | 32.70 | 31.70 | 30.50 | 29.90 | 29.80 | 27.00 |
| 100m Butterfly | | 1:10.82 | 1:09.73 | 1:09.00 | 1:08.21 | 1:06.39 | 1:05.85 | 1:05.07 | 1:03.00 |
| 50m Backstroke | 36.80 | 35.60 | 34.70 | 33.10 | 32.20 | 31.50 | 31.20 | 30.90 | 28.00 |
| 100m Backstroke | | 1:08.21 | 1:07.00 | 1:06.28 | 1:05.98 | 1:05.62 | 1:05.04 | 1:04.40 | 1:00.00 |



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MALE ENTRY FORM
Long Course Times

| | | | | | | | | |
|-----------|--------------------|--|--|--|--|--|--|--|
| | Surname | | | | | | | |
| | First Name | | | | | | | |
| | DOB | | | | | | | |
| | ASA Reg No | | | | | | | |
| | | | | | | | | |
| 2 | 50m Fly | | | | | | | |
| 4 | 100m Back | | | | | | | |
| 6 | 50m Breast | | | | | | | |
| 8 | 50m Free | | | | | | | |
| 10 | 100m Fly | | | | | | | |
| 12 | 50m Back | | | | | | | |
| 14 | 100m Breast | | | | | | | |
| 16 | 100m Free | | | | | | | |

Entry fees £5.00 per entry

Number of Coach's passes @ £15.00.

Signature of Club Official.....

Club.....

Contact Tel No.....

Contact email

Closing Date 19th December 2014

AGES AS AT 7th February 2015

Entry Fee.....

Passes Fee.....

Total Fees.....

All entries, officials notifications and coaches pass applications to be submitted no later than 19th December 2014



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FEMALE ENTRY FORM
Long Course Times

| | | | | | | | | |
|-----------|--------------------|--|--|--|--|--|--|--|
| | Surname | | | | | | | |
| | First Name | | | | | | | |
| | DOB | | | | | | | |
| | ASA Reg No | | | | | | | |
| | | | | | | | | |
| 1 | 50m Back | | | | | | | |
| 3 | 100m Breast | | | | | | | |
| 5 | 100m Free | | | | | | | |
| 7 | 50m Fly | | | | | | | |
| 9 | 100m Back | | | | | | | |
| 11 | 50m Breast | | | | | | | |
| 13 | 50m Free | | | | | | | |
| 15 | 100m Fly | | | | | | | |

Entry fees £5.00 per entry

Number of Coach's passes @ £15.00.

Signature of Club Official.....

Club.....

Contact Tel No.....

Contact email

Closing Date 19th December 2014

AGES AS AT 7th February 2015

Entry Fee.....

Passes Fee.....

Total Fees.....

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Coaches / Chaperone Pass
Individual Application Form

Full Name _____

Name of Club _____

Position (e.g. Coach) _____

Address _____

_____ **Post Code** _____

Tel No _____ **Fax No** _____

Email Address _____

ASA affiliation number _____

CRB Number _____

The above named person is authorised to hold a pass for this club

Signed _____ **Club Secretary**

Coaches Passes will not be available on the day

There will be no access to poolside without a coach's pass

Passes will be restricted to a maximum of 3 per club

Passes are £15 each and include entry to poolside, refreshments, Lunch and results service

All completed forms to be returned to

Tony Shepherd
46 Hill Farm Road
Marlow Bottom
Bucks
SL7 3LU

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OFFICIALS

Please complete details:

Name _____

Qualification (TK, Judge, Ref, Starter) _____

Sessions available _____

Tel No _____ **email** _____

Club _____

Please return this form to:

Tony Shepherd
46 Hill Farm Road
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ASAP and no later than 19th December 2014