



# **Wycombe District Swimming Club**

## **7<sup>th</sup> Annual LONG COURSE Sprint Meet**

**(Under ASA laws and Technical Rules)**

**AT**

**Handy Cross Sports Centre,  
High Wycombe**

**ON**

**Saturday 11<sup>th</sup> May 2013**

**Licensed Level 3 Applied for**

**50m and 100m Events**

**6 lane 50m pool**

**Electronic timing**

**Anti-turbulence ropes**

**Medals to 1st, 2nd and 3rd in all age groups**

**Top Visiting Club Award**

**Top Boy and Girl Awards**

**Closing day for entries 22nd April 2013**



## **Competition Rules and Information**

- 1. The competition will be held under ASA Laws and FINA Technical Rules of Swimming.**
  - a. Competitors must be registered swimmers.**
- 2. LENGTH OF POOL**
  - a. The Pool is 50 metres long and six lanes, anti- turbulence wave lane ropes will be used.**
  - b. Electronic time keeping will be in operation.**
- 3. AGE GROUPS (Age on day)**
  - a. Girls 9yrs 10yrs 11yrs 12yrs 13yrs 14yrs 15yrs 16yrs 17+over**
  - b. Boys 9yrs 10yrs 11yrs 12yrs 13yrs 14yrs 15yrs 16yrs 17+over**
- 4. ENTRY TIMES**
  - a. SHOULD BE LONG COURSE TIMES please**
  - b. Poolside entries will not be accepted.**
  - c. All events will be seeded on submitted times.**
  - d. The promoter reserves the right to refuse entry**
- 5. Fees are £5.00 per entry**
- 6. AWARDS**
  - a. Top Visiting Club**
  - b. Top Boy and Girl**
  - c. Individual Awards will be made on an HDW basis**
  - d. First three places in each age group in each event**
  - e. Swimmers must ensure that they are suitably clothed (tee shirt, shorts, foot-ware etc) when collecting awards***
- 7. MEET RESULTS**
  - a. Will be posted on the Wycombe District Swimming Club website within 24 hours of the Meet closing. Results will also be passed to the ASA for their reference and inclusion in rankings. For club's using Hy-Tek, a complete electronic copy of the Meet results can be**

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

#### **8. CAR-PARKING**

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

#### **9. SPECTATORS**

- a. Entry £9.00 per day (£3.00 per session) Programme will on sale on the day

#### **10. REFRESHMENTS**

- a. 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

#### **11. HEALTH AND SAFETY**

- a. No outdoors shoes to be worn on the poolside. Swimmers are asked to ensure that they wear appropriate foot ware and clothing when on the balcony or reception area.
- b. 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.

#### **12. DATA PROTECTION**

- a. 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.

#### **13. SWIM SHOP**

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

#### **14. CAMERA USE**

- a. 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.
- b. 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.

#### **15. GENERAL**

- a. Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Meet Director or Referees decision, respectively, will be final.

#### **16. APPEALS**

- a. Any appeals must be submitted in accordance with FINA procedures and will be handled by the Meet Director and Referees.

#### **17. ENTRY PROCEDURE**

- a. Entries should be made by submitting the Hy-Tek file available on [www.wycombe-swimming.org.uk](http://www.wycombe-swimming.org.uk) (Team manager lite available to download at: <http://www.hy-tekltd.com/downloads.html> )
- b. Manual Entry forms are available from website: [www.wycombe-swimming.org.uk](http://www.wycombe-swimming.org.uk) and should be returned to: Open Meets Coordinator; 1 Green Road; High Wycombe; Bucks; HP13 5BD
- c. £3:00 surcharge charge per swimmer for manual entries
- d. Entry Fee is £5.00 per event
- e. The confirmed swims will also be posted on the WDSC website on 7<sup>th</sup> October 2013
- f. Entry fees can be paid by:
  - Cheque: Made payable to Wycombe District Swimming Club and crossed and sent to: Open Meets Coordinator; 1 Green Road; High Wycombe; Bucks; HP13 5BD
  - BACs payments to: RBS; Sort code: 162129; Account number: 10104974
- g. The Event will be swum as a **CARDLESS** event therefore swimmers are asked to SIGN in before each session
- h. No entries will be accepted without the appropriate entry fee; submitted time; ASA registration
- i. Enquiries please contact Richard Lundie-Sadd either on email: [Openmeets@wycombe-swimming.org.uk](mailto:Openmeets@wycombe-swimming.org.uk) or tel 07800 876986



## **SCHEDULE OF EVENTS**

### **Session 1**

**Warm up 8.00 am**

**Start 9.00 am**

- 1. Girls 50m Backstroke**
- 2. Boys 50m Butterfly**
- 3. Girls 100m Breaststroke**
- 4. Boys 100m Backstroke**
- 5. Girls 100m Freestyle**

### **Session 2**

**Warm up & Start to be confirmed**

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

### **Session 3**

**Warm up & Start to be confirmed**

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

**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	1:05.82	1:03.68	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	1:21:22	1:20.54	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	1:11.45	1:10.54	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	1:09.54	1:08.43	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	1:05.85	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	1:21.43	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	1:11.91	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	1:09.32	1:08.21	1:07.00	1:06.28	1:05.98	1:05.62	1:05.04	1:04.40	1:00.00

**WYCOMBE DISTRICT SWIMMING CLUB**  
**ANNUAL B/C LONG COURSE OPEN MEET**

(Under ASA Laws and Technical Rules)

**11<sup>th</sup> May 2013**  
**MALE ENTRY FORM**  
**Long Course Times**

<b>Surname</b>							
<b>First Name</b>							
<b>DOB</b>							
<b>ASA Reg No</b>							
<b>50m Fly</b>							
<b>100m Back</b>							
<b>50m Breast</b>							
<b>50m Free</b>							
<b>100m Fly</b>							
<b>50m Breast</b>							
<b>100m Breast</b>							
<b>100m Free</b>							

**Entry fees £5.00 per entry**

**Number of Coach's passes @ £30.00. ....**

**Signature of Club Official.....**

**Club.....**

**Contact Tel No.....**

**Contact email .....**

**Closing Date 22<sup>nd</sup> April 2013**

**AGES AS AT 22<sup>nd</sup> April 2013**

**Entry Fee.....**

**Passes Fee.....**

**Total Fees.....**

**WYCOMBE DISTRICT SWIMMING CLUB**

# **ANNUAL B/C LONG COURSE OPEN MEET**

(Under ASA Laws and Technical Rules)

**11<sup>th</sup> May 2013**

## **FEMALE ENTRY FORM**

**Long Course Times**

<b>Surname</b>							
<b>First Name</b>							
<b>DOB</b>							
<b>ASA Reg No</b>							
<b>50m Back</b>							
<b>100m Breast</b>							
<b>100m Free</b>							
<b>50m Fly</b>							
<b>100m Back</b>							
<b>50m Breast</b>							
<b>50m Free</b>							
<b>100m Fly</b>							

**Entry fees £5.00 per entry**

**Number of Coach's passes @ £30.00. ....**

**Signature of Club Official.....**

**Club.....**

**Contact Tel No.....**

**Contact email .....**

**Closing Date 22<sup>nd</sup> April 2013**

**AGES AS AT 22<sup>nd</sup> April 2013**

**Entry Fee.....**

**Passes Fee.....**

**Total Fees.....**





## **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**

**Richard Lundie-Sadd**

**1 Green Road**

**High Wycombe**

**Bucks**

**HP13 5BD**

**Closing date 22<sup>nd</sup> April 2013**



## **OFFICIALS**

**Any club that supplies an Official to help support the meet will be allowed to enter one swimmer free of charge into the events being held during the session in which that official helps.**

**Please complete details:**

**Name**\_\_\_\_\_

**Qualification (TK, Judge, Ref, Starter)**\_\_\_\_\_

**Sessions available**\_\_\_\_\_

**Tel No**\_\_\_\_\_ **email**\_\_\_\_\_

**Club**\_\_\_\_\_

**Name of nominated swimmer (for free entry)**\_\_\_\_\_

**Clubs or individuals should complete entry forms as normal and forward the correct entry fees. Refunds will be issued to officials for the free swims if they are used.**

**Please return this form to:**

**Richard Lundie-Sadd  
1 Green Road  
High Wycombe  
Bucks  
HP13 5BD**

**ASAP and no later than 22<sup>nd</sup> April 2013**