



Wycombe District Swimming Club

B/C AGE GROUP LONG COURSE MEET

(Under ASA laws and FINA Technical Rules)

AT

Handy Cross Sports Centre,
High Wycombe

ON

Saturday 16th and Sunday 17th October 2010

Licensed Level 3 Applied for

50m, 100m and 200m events

6 lane 50m pool

Electronic timing

Anti-turbulence ropes

Medals to 1st, 2nd and 3rd in all age groups for both B and C level swimmers

Top Visiting Club Award

Entry fees: £4.50 per Individual Event

Closing date for entries: Saturday 2nd **October 2010** (midnight)

Electronic entries (HYTEK) also accepted, email for file

Entry forms should be returned to

Mr S Vine 61 Georges Hill, Widmer End, High Wycombe, HP156BH

Tel 01494-714558

Entry forms also available from website:

www.wycombe-swimming.org.uk



Competition Rules and Information

1. The competition will be held under ASA Laws and FINA Technical Rules of Swimming. Competitors must be registered swimmers.

2. 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.

3. AGE GROUPS (Age on day)

**Girls 9yrs 10yrs 11yrs 12yrs 13yrs 14yrs 15yrs 16yrs 17+over
Boys 9yrs 10yrs 11yrs 12yrs 13yrs 14yrs 15yrs 16yrs 17+over**

4. ENTRY TIMES

**SHOULD BE LONG COURSE TIMES please
Poolside entries will not be accepted.
All events will be seeded on submitted times.
The promoter reserves the right to refuse entry**

5. AWARDS

**Awards will be given to the first three swimmers in each Age Group and in each grade. Awards are to be collected from the medal table on the balcony after the results have been posted. B/C grades will be swum together. 'B' grade swimmer will not qualify for 'C' grade awards, however 'C' grade swimmers may qualify for 'B' grade awards. Speeding tickets will be issued for swimmers going faster than the 'B' grade times
Swimmers must ensure that they are suitably clothed (tee shirt, shorts, foot-ware etc) when collecting awards
There will also be an award for the Top Visiting Club**

6. ENTRY PROCEDURE

**Entry should be made on Consolidated Entry Forms attached
Entry Fee is £4.50 per event (entries will be accepted on a first come first served basis). Remittances should be made payable to Wycombe District Swimming Club and crossed. (It would help considerably if clubs submitting a large entry could make payment by one cheque.)
Electronic entries are welcome using Hytek Team manager or Team manager lite available to download at <http://www.hy-tek ltd.com/downloads.html>**

The Event will be swum as a CARDLESS event therefore swimmers are asked to SIGN in on the day of competition

MEET RESULTS

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.

CAR-PARKING

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

SPECTATORS

Entry (£3.00 per session) Programme will be available to purchase on the day

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 are wear appropriate foot ware 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 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.

We are pleased to announce that DE Photo have been appointed as the Professional Sports Photographers for this event. This event, by its very nature, is in the public arena and when entering for the event the participant and their parents acknowledges this fact, which may result in the recording and publication of his/her image. All DE Photo photographers and staff have been CRB checked and the company operates a strict Child Protection Policy and Code of Ethics which can be viewed on their website at www.dephoto.co.uk/cpp.html.

GENERAL

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.

APPEALS

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

ENTRY FORMS

**(photocopies will be accepted) are available from and should be returned to:
Mr S Vine 61 Georges Hill, Widmer End, High Wycombe, HP156BH Tel 01494-714558
Entry forms are also available from website: [www. Wycombe-swimming.org.uk](http://www.Wycombe-swimming.org.uk)**

After closing date for entries, accepted swim details will be emailed back to the club on email address supplied on entry form. The confirmed swims will also be posted on the WDSC website on Tuesday 5th October

Note:- No entries will be accepted without the appropriate entry fee, or a submitted time.



SCHEDULE OF EVENTS

Session 1 (Saturday)

**Warm up 8.00 am
Start 9.00 am**

- 1. Boys 200m IM**
- 2. Girls 200m Butterfly**
- 3. Boys 50m Breaststroke**
- 4. Girls 200m Backstroke**
- 5. Boys 50m Butterfly**
- 6. Girls 100m Freestyle**

Session 2 (Saturday)

**Warm up 12.30 pm
Start 1.15 pm**

- 7. Boys 100m Backstroke**
- 8. Girls 200m Breaststroke**
- 9. Boys 100m Breaststroke**
- 10. Girls 50m Backstroke**
- 11. Boys 100m Butterfly**
- 12. Girls 200 IM**

Session 3 (Saturday)

**Warm up 4.15 pm
Start 5.00 pm**

- 18. Boys 200m Butterfly**
- 19. Girls 50 Breaststroke**
- 20. Boys 200m Backstroke**
- 21. Girls 50m Butterfly**
- 22. Boys 100m Freestyle**

Session 4 (Sunday)

**Warm up 8.00 am
Start 8.45 am**

- 13. Girls 100 Backstroke**
- 14. Boys 200m Breaststroke**
- 15. Girls 100m Butterfly**
- 16. Boys 50m Backstroke**
- 17. Girls 100m Breaststroke**

Session 5 (Sunday)

**Warm up 12.45 pm
Start 1.30 pm**

- 23. Boys 200m Freestyle**
- 24. Girls 200m Freestyle**
- 25. Boys 50m Freestyle**
- 26. Girls 50m Freestyle**



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 :

**Mr S Vine
61 Georges Hill
Widmer End
High Wycombe
Bucks
HP156BH**

ASAP and no later than 2nd October 2010 2010

BOYS	B Grade	NOT FASTER THAN								
		Long Course Pool								
EVENT		9	10	11	12	13	14	15	16	17+
50m Freestyle		42.6	39	37	34.9	33	31.3	29.7	28.7	28.4
100m Freestyle		1:38.2	1:24.8	1:18.8	1:13.7	1:09.8	1:06.9	1:04.4	1:02.6	1:01.5
200m Freestyle		3:23.4	3:03.6	2:51.3	2:40.8	2:32.6	2:25.6	2:20.7	2:16.3	2:13.7
50m Breaststroke		56.8	51.6	48.2	44.6	41.8	39.7	37.8	36.8	35.8
100m Breaststroke		2:07.7	1:50.7	1:41.5	1:34.7	1:28.8	1:24.6	1:21.4	1:18.9	1:17.0
200m Breaststroke		4:20.5	3:57.2	3:39.1	3:25.2	3:12.5	3:02.5	2:55.4	2:51.6	2:47.0
50m Butterfly		48.8	43.5	40.8	38.1	35.9	34	32.2	31.4	30.6
100m Butterfly		1:49.4	1:35.8	1:27.7	1:21.5	1:16.8	1:12.8	1:09.8	1:07.8	1:06.5
200m Butterfly		4:03.7	3:32.3	3:12.5	2:59.9	2:49.9	2:40.9	2:34.4	2:30.4	2:27.6
50m Backstroke		50.3	46	43.2	40.5	38.2	36.1	34.5	33.5	32.7
100m Backstroke		1:49.8	1:36.9	1:29.8	1:24.1	1:19.2	1:15.0	1:12.2	1:10.3	1:09.3
200m Backstroke		3:46.7	3:25.8	3:12.0	3:00.7	2:50.3	2:42.3	2:36.0	2:31.4	2:28.6
200m IM		3:52.0	3:29.6	3:14.3	3:02.8	2:52.7	2:44.8	2:38.4	2:33.9	2:31.0

EVENT	GIRLS B Grade NOT FASTER THAN			Long Course Pool						
	9	10	11	12	13	14	15	16	17+	
50m Freestyle	42.8	39.8	37.3	35.4	34	32.9	32.2	31.9	31.8	
100m Freestyle	1:38.3	1:26.2	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.8	1:08.1	
200m Freestyle	3:29.1	3:04.4	2:51.3	2:42.5	2:36.2	2:32.1	2:29.1	2:27.5	2:25.8	
50m Breaststroke	57	51.2	47.8	45	43.1	41.5	40.6	40.1	39.8	
100m Breaststroke	2:08.7	1:50.3	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5	1:26.1	1:25.2	
200m Breaststroke	4:27.3	3:55.5	3:36.6	3:24.9	3:15.5	3:09.5	3:06.7	3:05.8	3:04.0	
50m Butterfly	48.2	44	40.7	38.6	36.7	35.7	34.8	34.2	34.2	
100m Butterfly	1:47.7	1:37.1	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.8	1:14.0	
200m Butterfly	3:56.6	3:34.6	3:12.6	3:01.7	2:53.5	2:48.0	2:45.7	2:43.3	2:41.3	
50m Backstroke	50.2	46	43.1	40.9	39.4	38	37	36.6	36.3	
100m Backstroke	1:52.0	1:37.5	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9	1:17.1	1:16.3	
200m Backstroke	3:52.7	3:26.3	3:11.0	3:00.6	2:54.3	2:49.8	2:45.8	2:43.9	2:42.8	
200m IM	3:55.2	3:29.6	3:14.3	3:03.3	2:56.8	2:52.3	2:48.9	2:46.9	2:45.5	

BOYS	C GRADE NOT FASTER THAN		Long Course Pool						
	9	10	11	12	13	14	15	16	17+
EVENT									
50m Freestyle	45.7	42.1	39.8	37.3	35.1	33.1	31.2	30	29.6
100m Freestyle	1:45.0	1:31.5	1:25.2	1:19.2	1:14.5	1:10.9	1:07.7	1:05.5	1:04.2
200m Freestyle	3:38.1	3:18.5	3:05.1	2:52.9	2:43.2	2:34.4	2:27.9	2:22.6	2:19.4
50m Breaststroke	1:00.5	55.5	51.8	47.8	44.6	42	39.6	38.5	37.3
100m Breaststroke	2:16.1	1:58.9	1:49.4	1:41.5	1:34.9	1:29.5	1:25.5	1:22.5	1:20.2
200m Breaststroke	4:39.2	4:15.4	3:56.1	3:40.2	3:25.5	3:13.2	3:04.3	2:59.4	2:54.1
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200m Butterfly	4:19.8	3:48.5	3:27.5	3:13.3	3:01.3	2:50.3	2:42.2	2:37.2	2:33.8
50m Backstroke	53.7	49.4	46.5	43.4	40.7	38.2	36.3	35	34
100m Backstroke	1:57.1	1:44.3	1:36.7	1:30.3	1:24.5	1:19.3	1:15.8	1:13.5	1:12.2
200m Backstroke	4:03.0	3:41.8	3:27.3	3:14.1	3:01.8	2:52.0	2:44.0	2:38.2	2:34.9
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50m Butterfly		51.1	47.1	43.5	41	38.8	37.5	36.4	35.7	35.6
100m Butterfly		1:54.2	1:43.8	1:34.2	1:27.9	1:23.7	1:21.1	1:19.1	1:18.1	1:17.2
200m Butterfly		4:10.7	3:49.5	3:26.3	3:13.4	3:03.4	2:56.7	2:53.5	2:50.7	2:48.4
50m Backstroke		53.4	49.3	46.1	43.5	41.6	40	38.8	38.2	37.9
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200m Backstroke		4:06.7	3:41.2	3:24.9	3:12.4	3:04.4	2:58.6	2:53.7	2:51.2	2:50.0
200m IM		4:10.1	3:44.9	3:28.4	3:15.3	3:07.2	3:01.4	2:57.0	2:54.4	2:52.8



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 £25 each and include entry to poolside, refreshments, Lunch and results service

All completed forms to be returned to

**Mr Steve Vine
61 Georges Hill
Widmer End
High Wycombe
Bucks
HP156BH**

Closing date 2nd October 2010