

WYCOMBE DISTRICT SWIMMING CLUB

(Affiliated to A.S.A South East)

(County of Berks & S.Bucks)



PRESENT

Annual Long Course Open Meet 2010

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

(LEVEL 1 1SE0091)

WYCOMBE SPORTS CENTRE HANDY CROSS

HIGH WYCOMBE BUCKS

(Close to Junction 4 on M40)

Saturday 13th and Sunday 14th February 2010

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

CLOSING DATE FOR ENTRIES - MIDNIGHT 30th January 2010 For further details please visit

www.wycombe-swimming.org

Hy-Tek file available for electronic entries

Or contact email: Stephen.vine@yahoo.co.uk Tel 01494 714558

Wycombe District Open LC Meet

13th and 14th February 2010

Ages at 14th Feb 2010
All events Age Group HDW.

SATURDAY

SESSION 1 - warm up 8.00 am 8.30 am start,

1	G	400	IM	9,10, 11, 12, 13,14, 15, 16, 17, OPEN	16	G	400	Free	9,10, 11, 12 13, 14 15,16,17, OPEN
2	B	400	Free	9,10, 11, 12 13, 14 15, 16, 17,OPEN	17	B	400	IM	9,10, 11, 12 13, 14 15,16,17, OPEN

ESTIMATED FINISH 10.00

SUNDAY

SESSION 4 - warm up 8.00am 8.30 am start,

ESTIMATED FINISH 10.00

SESSION 2 - warm up 10.15 am, 11.15 am start.

3	G	100	Brst	10,11,12, 13,14, 15, 16, 17, OPEN	18	G	100	Back	10, 11,12, 13,14, 15, 16, 17, OPEN
4	B	100	Back	11,12, 13,14, 15,16, 17, 17, OPEN	19	B	100	Brst	11,12, 13,14, 15,16, 17, OPEN
5	G	50	Fly	9, 10, 11, 12, 13,14, 15, 16, 17, OPEN	20	G	50	Brst	9, 10, 11, 12, 13,14,15,16,17, OPEN
6	B	50	Brst	9, 10, 11, 12, 13,14, 15, 16, 17, OPEN	21	B	50	Fly	9, 10, 11, 12, 13,14,15,16,17, OPEN
7	G	200	Back	9, 10, 11, 12, 13,14, 15, 16, 17, OPEN	22	G	200	Free	9, 10, 11, 12, 13,14,15,16,17, OPEN
8	B	200	Free	9, 10, 11, 12, 13,14, 15, 16, 17,OPEN	23	B	200	Back	9, 10, 11, 12, 13,14,15,16,17, OPEN

ESTIMATED FINISH 14.15

ESTIMATED FINISH 14.15

SESSION 3 -15.15 warm up, 16.00 pm start.

9	G	200	IM	9, 10, 11, 12, 13,14, 15,16,17, OPEN	24	B	200	IM	9, 10, 11, 12, 13,14,15,16,17, OPEN
10	B	100	Free	11, 12, 13, 14, 15, 16, 17, OPEN	25	G	100	Free	10, 11, 12, 13, 14, 15, 16, 17, OPEN
11	G	100	Fly	10, 11, 12, 13, 14, 15, 16, 17, OPEN	26	B	100	Fly	11, 12, 13, 14, 15, 16, 17, OPEN
12	B	50	Back	9, 10, 11, 12, 13,14, 15,16, 17, OPEN	27	G	50	Back	9, 10, 11, 12, 13,14,15,16,17, OPEN
13	G	50	Free	9, 10, 11, 12, 13,14, 15,16, 17, OPEN	28	B	50	Free	9, 10, 11, 12, 13,14,15,16,17, OPEN
14	B	200	Fly	9, 10, 11, 12, 13,14, 15,16,17,OPEN	29	G	200	Fly	9, 10, 11, 12, 13,14,15,16,17, OPEN
15	G	200	Brst	9, 10, 11, 12, 13,14, 15,16,17, OPEN	30	B	200	Brst	9, 10, 11, 12, 13,14,15,16,17, OPEN

ESTIMATED FINISH 19.00

ESTIMATED FINISH 19.00

Wycombe District Swimming Club
Open L/C Meet

13th and 14th February 2010

Competition Rules and Information

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

Competitors must be registered swimmers.

Entry fee: £5.00 per event

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.

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

AWARDS

Top Visiting Club

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

ENTRY PROCEDURE Entry should be made on Consolidated Entry Forms attached

Entry Fee is £5.00 per event

Remittances should be made payable to Wycombe District Swimming Club and crossed. (It would help if clubs submitting a large entry could make payment by one cheque

Electronic entries are welcome using Hytek Team manager

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 before each session

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

clubs 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 £9.00 per day. (£3.00 per session) Programme will be available to download free in the week prior to the event. Programme will be £1.00 on day of 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 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, Bucks, HP156BH

Tel 01494-714558

Entry forms are also available from website:

www.wycombe-swimming.org.uk

Closing date for entries is Midnight 30th January 2010

After closing date for entries, accepted swim details will be emailed back to the club on the email address supplied on entry form. The confirmed swims will also be posted on the WDSC website on Tuesday 2nd Feb 2010. The programme will be available on the WDSC website from Sunday 7th Feb 2010

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

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 30th January 2010

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 £30 (covers both days)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

Minimum Qualifying Standards for WDSC Level 1 Open meet

No Slower than										
BOYS										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	42.6	39	37	34.9	33	31.3	29.7	28.7	28.4	27.4
100m Freestyle			1:18.8	1:13.7	1:09.8	1:06.9	1:04.4	1:02.6	1:01.5	1:00.5
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	2:13.7
400m Freestyle	7:22.5	6:26.4	5:56.0	5:38.1	5:21.8	5:07.0	4:57.6	4:49.1	4:44.6	4:43.4
50m Breaststroke	56.8	51.6	48.2	44.6	41.8	39.7	37.8	36.8	35.8	34.9
100m Breaststroke			1:41.5	1:34.7	1:28.8	1:24.6	1:21.4	1:18.9	1:17.0	1:15.8
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	2:43.9
50m Butterfly	48.8	43.5	40.8	38.1	35.9	34	32.2	31.4	30.6	29.7
100m Butterfly			1:27.7	1:21.5	1:16.8	1:12.8	1:09.8	1:07.8	1:06.5	1:05.0
200m Butterfly	4:03.7	3:32.3	3:12.3	2:59.9	2:49.9	2:40.9	2:34.4	2:30.4	2:27.6	2:24.7
50m Backstroke	50.3	46	43.2	40.5	38.2	36.1	34.5	33.5	32.7	31.7
100m Backstroke			1:29.8	1:24.1	1:19.2	1:15.0	1:12.2	1:10.3	1:09.3	1:07.5
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	2:26.7
200m Individual Medley	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	2:29.2
400m Individual Medley	8:21.9	7:26.3	6:50.8	6:26.7	6:06.4	5:49.3	5:36.2	5:27.6	5:22.6	5:17.2
GIRLS										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	42.8	39.8	37.3	35.4	34	32.9	32.2	31.9	31.8	30.5
100m Freestyle		1:26.2	1:19.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.8	1:08.1	1:07.3
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	2:25.8
400m Freestyle	7:20.7	6:27.4	5:56.4	5:38.8	5:26.3	5:18.0	5:12.8	5:09.2	5:06.3	5:06.3
50m Breaststroke	57	51.2	47.8	45	43.1	41.5	40.6	40.1	39.8	38.6
100m Breaststroke		1:50.3	1:41.6	1:35.2	1:30.8	1:28.5	1:27.5	1:26.1	1:25.2	1:23.6
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	2:59.8
50m Butterfly	48.2	44	40.7	38.6	36.7	35.7	34.8	34.2	34.2	32.6
100m Butterfly		1:37.1	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.8	1:14.0	1:12.1
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	2:38.3
50m Backstroke	50.2	46	43.1	40.9	39.4	38	37	36.6	36.3	35.3
100m Backstroke		1:37.5	1:29.9	1:24.5	1:21.7	1:19.6	1:17.9	1:17.1	1:16.3	1:14.6
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	2:39.9
200m Individual Medley	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	2:43.7
400m Individual Medley	8:24.4	7:26.2	6:47.3	6:24.9	6:10.6	6:02.0	5:55.2	5:50.8	5:48.7	5:43.9

