

# WYCOMBE DISTRICT SWIMMING CLUB

(Affiliated to A.S.A South East)

(County of Berks & S.Bucks)



**PRESENT**

## **B /C AGE GROUP LONG COURSE MEET**

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

(LEVEL 3 license applied for)

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

**ON SATURDAY 17th October 2009**

**THREE SESSIONS**

Session 1 :- Warm Up at 8:15am Start at 9:00am

Session 2 :- Warm Up at 1:30pm Start at 2.15pm

Session 3 :- Warm Up at 5:30pm Start at 6.15pm

**50's and 100's plus 200m IM**

**FOR AGES 9, 10, 11, 12, 13, 14, 15, 16, and 17+ YEARS AS AT 17.10.09**

\* ANTI - WAVE LANE ROPES

\*6 LANES 50M POOL

\* ELECTRONIC TIMING

\* ALL EVENTS HDW

**COSING DATE FOR ENTRIES - MIDNIGHT 3rd October 2009**

For further details please visit [www.wycombe-swimming.org](http://www.wycombe-swimming.org)

Hy-Tek file available for electronic entries

Or contact

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

**Tel:01494 714558**

**email: [steve@vine55.freemove.co.uk](mailto:steve@vine55.freemove.co.uk)**

# **Wycombe District Swimming Club**

## **B/C Sprint Meet**

**Saturday 17th October 2009**

### **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: £4.50 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.**

#### **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**

#### **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 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***

## **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**

**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 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 including programme. (£3.00 per session)  
Programme will be available to download in the week prior to the  
event**

## **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](http://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)**

**Closing date for entries is Midnight 3<sup>rd</sup> October 2009**

**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 6<sup>th</sup> Oct. The programme will be available on the WDSC website from Sunday 11<sup>th</sup> Oct**

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

**Session 1 (warm up 8.15am start 9.00am)**

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

**Session 2 (warm up 1.00pm 2.00pm start )**

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

**Session 3 (warm up 5.00pm 5.45pm start)**

- 13. Boys 100m Fly**
- 14. Girls 100m Fly**
- 15. Boys 50m Freestyle**
- 16. Girls 50m Freestyle**
- 17. Boys 100m Backstroke**
- 18. Girls 100m Backstroke**

## ENTRY TIMES FOR B/C MEET (NOT FASTER THAN)

### (Long Course Times)

The Wycombe pool is 50 metres long and all events will start at the deep end of the pool.

Times are NOT FASTER THAN

#### **BOYS B Grade**

EVENT	9	10	11	12	13	14	15	16	17+
50m Freestyle	46.2	41.8	38.7	35.7	33.2	31.3	29.9	29.3	29.1
100m Freestyle	1:49.1	1:31.1	1:22.9	1:15.8	1:10.4	1:07.1	1:04.9	1:04.0	1:03.1
50m Breaststroke	1:01.5	54.9	50.3	45.4	42	39.7	37.8	37.5	36.7
100m Breaststroke	2:20.6	1:58.1	1:46.6	1:36.9	1:29.4	1:24.6	1:21.9	1:20.7	1:19.2
50m Butterfly	53.4	46.3	42.7	39.1	36.1	34.1	32.4	32	31.3
100m Butterfly	2:01.4	1:42.2	1:32.6	1:24.3	1:17.5	1:13.0	1:10.3	1:09.3	1:08.2
50m Backstroke	54.6	49	45.1	41.5	38.5	36.2	34.7	34.3	33.7
100m Backstroke	2:01.9	1:44.4	1:34.3	1:26.4	1:19.8	1:15.4	1:12.7	1:12.1	1:11.1
200m Individual Medley	4:15.9	3:44.8	3:24.1	3:07.8	2:53.9	2:45.0	2:39.6	2:36.6	2:34.8

#### **GIRLS B Grade**

EVENT	9	10	11	12	13	14	15	16	17+
50m Freestyle	45.9	41.2	38	35.6	34	33	32.5	32.4	32.4
100m Freestyle	1:47.6	1:29.5	1:21.0	1:15.9	1:12.5	1:10.7	1:10.1	1:09.9	1:09.6
50m Breaststroke	1:01.0	53	48.6	45.1	42.9	41.4	40.8	40.7	40.5
100m Breaststroke	2:19.1	1:54.9	1:43.7	1:35.6	1:30.7	1:28.5	1:27.8	1:27.7	1:26.7
50m Butterfly	51.7	45.5	41.6	38.9	36.6	35.7	35	34.8	34.8
100m Butterfly	1:54.3	1:40.9	1:29.7	1:23.4	1:18.9	1:17.2	1:16.3	1:16.0	1:15.5
50m Backstroke	53.9	47.5	43.9	41.2	39.4	38.1	37.3	37.2	37
100m Backstroke	2:03.6	1:41.3	1:31.9	1:25.4	1:21.7	1:19.6	1:18.7	1:18.4	1:18.0
200m Individual Medley	4:15.9	3:37.1	3:17.9	3:04.6	2:56.4	2:52.2	2:50.1	2:49.4	2:48.6

#### **BOYS C Grade**

EVENT	9	10	11	12	13	14	15	16	17+
50m Freestyle	55.5	49.4	44.5	39.5	36	33.6	31.8	31.2	30.9
100m Freestyle	2:09.3	1:47.7	1:35.4	1:24.4	1:16.6	1:12.1	1:09.0	1:08.3	1:07.2
50m Breaststroke	1:13.1	1:04.6	57.4	50.3	45.5	42.5	40.2	39.9	39
100m Breaststroke	2:46.6	2:19.0	2:02.2	1:47.5	1:37.0	1:30.8	1:27.1	1:25.9	1:24.2
50m Butterfly	1:03.5	54.4	48.9	43.2	39.1	36.5	34.5	34	33.3
100m Butterfly	2:23.3	2:00.0	1:46.1	1:33.3	1:24.2	1:18.3	1:14.7	1:13.8	1:12.5
50m Backstroke	1:05.4	57.6	51.5	45.9	41.7	38.8	36.9	36.5	35.8
100m Backstroke	2:24.4	2:03.2	1:48.3	1:36.0	1:26.8	1:20.9	1:17.3	1:16.7	1:15.6
200m Individual Medley	5:07.0	4:25.6	3:55.0	3:28.9	3:09.0	2:57.2	2:49.8	2:46.9	2:44.7

#### **GIRLS C Grade**

EVENT	9	10	11	12	13	14	15	16	17
50m Freestyle	52.7	46.3	41.9	38.6	36.3	35	34.5	34.4	34.4
100m Freestyle	2:02.5	1:40.6	1:29.5	1:22.3	1:17.4	1:15.2	1:14.5	1:14.3	1:13.9
50m Breaststroke	1:09.5	59.3	53.6	48.8	45.7	43.9	43.3	43.1	43
100m Breaststroke	2:37.9	2:08.5	1:54.3	1:43.5	1:36.8	1:33.9	1:33.3	1:33.0	1:31.9
50m Butterfly	59.1	50.9	45.8	42	39	37.9	37.1	36.9	36.9
100m Butterfly	2:10.3	1:52.7	1:38.8	1:30.2	1:24.2	1:21.9	1:21.0	1:20.7	1:20.0
50m Backstroke	1:01.8	53.4	48.4	44.6	42	40.4	39.6	39.5	39.2
100m Backstroke	2:20.3	1:53.7	1:41.5	1:32.5	1:27.2	1:24.5	1:23.6	1:23.2	1:22.8
200m Individual Medley	4:52.0	4:04.1	3:38.7	3:20.0	3:08.3	3:02.9	3:00.8	3:00.0	2:58.8





## **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 3rd Oct 2009**

# 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 £20 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**

