



**wirralmetro**

**SATURDAY 2nd & SUNDAY 3rd MARCH 2024**

SPRING HAS  
*sprung*



**REGIONAL QUALIFIER  
IN ASSOCIATION WITH**

**RSK**

# THIS MEET IS FIRST COME FIRST SERVED

Entries should be on Hy-tec Lite via zipped e-mail and will not be considered until full payment has been received.

Payment to be made by BACS see below for Account details

Paper based entries are welcome for clubs, the individual entry form is attached

All times submitted must be for a 25m short course pool, converting if necessary, using A.S.A. equivalent Performance Tables.

All submitted times must **NOT** be faster than the published entry times.

Successful entries will be confirmed via email.

As many heats as possible will be run in the time available for the Meet. The promoters reserve the right to amend the number of heats in each event depending on entry numbers. Heats will be swum with all age groups combined and swimmers seeded by entry times. **The external cut off date for entry receipt is FRIDAY February 23<sup>rd</sup>, 2024. Unless the gala is full earlier and closed, clubs will be notified by email and a post will appear on the Website and Social Media.**

As soon as possible after the closing date, accepted entries will be emailed to all clubs and also posted on the Wirral Metro website, together with any information in respect of entries not accepted if any. All refunds will be made 'on block' to the club submitting the entries, these will be sent by BACS.

Please do not send entries via recorded/tracked/signed for delivery

**ENTRY FEES:** Electronic (Hytek) entries are **£7.00** and **All other entries are £8.00** per event.

**NO ENTRIES WILL BE ACCEPTED UNTIL PAYMENT FOR ENTRIES ARE RECEIVED DIRECTLY TO THE WIRRAL METRO BANK.**

ACCOUNT NUMBER: 10944157

SORT CODE: 202950

**IF PAID ELECTRONICALLY PLEASE PLACE NAME OF SWIMMER OR CLUB UNDER THE REFERENCE AND ADVISE THE MEET PROMOTER BY EMAIL SEPARATELY**

ALL withdrawals should be carried out using the form provided or by email to the above address at least 30 min's before the start of each warm up. It is the swimmer's responsibility to report to the competitor's steward when their event is called. All events will be swum in 'integrated age groups' with seeding by submitted times. All events are HEAT DECLARED WINNER. (H.D.W.) The meet will run under the ONE START RULE, using over the top starts whenever possible. Times and places shown on the electronic score board are for information only and not necessarily the official result.

A Strobe Light is available during the running of this Gala.

Each event will be open to Female and Open/Male categories. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, or the club entering a swimmer in the 'Female' category, the swimmer/club confirms that their birth sex is female.

**THE REFEREE'S DECISION IS FINAL**

**Refunds will only be given:** Where a competitor has to withdraw on medical grounds subject to an appropriate medical certificate being received by the Meet Promoter

The meet promoter reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded, a BACS payment will be sent to each club in question.

#### POOLSIDE PASSES:

Coaches and team managers Weekend Passes @ **£15.00** to include entry to poolside programme and result sheets which will be emailed as soon as possible after the event. Passes are transferable within a club, but a list of all attending Coaches and Team Managers must be submitted before the meet, together with an indication which session they will be present for.

All Coaches and Team Managers must be in possession of a valid CRB check

None pass holders will be refused entry onto the poolside. Passes to be worn at all times.

**THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOLSIDE PASS**

Wirral Metro Swimming Club accepts no responsibility for loss or damage to competitors belongings, how so ever caused, unless such damage is caused by the negligence of Wirral Metro Swimming Club. Wirral Metro Swimming Club and the Meet Organisers are not responsible for individual swimmers on poolside and that responsibility should be taken by an appropriate individual. All swimmers on poolside should be accompanied by a person with a coach pass, who has had a CRB check and preferably attended good practice course

#### AWARDS:

Medals will be awarded to the three fastest swimmers in each event.

9, 10, 11, 12, 13, 14/over Girls.

9, 10, 11, 12, 13, 14/over Boys.

Age as at 3rd March 2024

#### HEALTH & SAFETY

All swimmers and other personnel must abide by the Health & Safety rules laid down by the venue Management.

Team-Managers and Parents shall be responsible for their swimmers conduct at all times. Any person contravening these rules may be excluded from taking part in our meet.

Any person wishing to engage in photography or video use must register their details at the spectator entry desk. The photography pass is not transferable and must be worn at all times.

Swimmers must be supervised during warm-up by their Club Coach/Poolside Official.

**NB. Rather than entering with No Time please get a Coaches Time it makes the running time of the event more accurate and may allow more entries into the Gala. For these times, please get your coach to initial them as confirmation.**

# WIRRAL METRO "SPRING IS HERE" LEVEL 3 SPRING MEET

SATURDAY 2nd MARCH 2024

Session 1

Warm Up TBA

Start TBA

Session 2

Warm Up TBA

Start TBA

EVENT			EVENT			
1	OPEN/BOYS 9-18yrs	400m Free		9	GIRLS 11-18yrs	400m IM
2	GIRLS 9-18yrs	200m IM		10	OPEN/BOYS 9-18yrs	200m Free
3	OPEN/BOYS 9-18yrs	100m Back		11	GIRLS 9-18yrs	100m Free
4	GIRLS 9-18yrs	100m Breast		12	OPEN/BOYS 9-18yrs	100m Fly
5	OPEN/BOYS 9-18yrs	50m Fly		13	GIRLS 9-18yrs	50m Breast
6	GIRLS 9-18yrs	50m Free		14	OPEN/BOYS 9-18yrs	50m Back
7	OPEN/BOYS 9-18yrs	200m Breast		15	GIRLS 9-18yrs	200m Fly
8	GIRLS 9-18yrs	200m Back				

SUNDAY 3rd MARCH 2024

Session 3

Warm Up TBA

Start TBA

Session 4

Warm Up TBA

Start TBA

EVENT			EVENT			
16	GIRLS 9-18yrs	400m Free		24	OPEN/BOYS 11-18yrs	400m IM
17	OPEN/BOYS 9-18yrs	200m IM		25	GIRLS 9-18yrs	200m Free
18	GIRLS 9-18yrs	100m Back		26	OPEN/BOYS 9-18yrs	100m Free
19	OPEN/BOYS 9-18yrs	100m Breast		27	GIRLS 9-18yrs	100m Fly
20	GIRLS 9-18yrs	50m Fly		28	OPEN/BOYS 9-18yrs	50m Breast
21	OPEN/BOYS 9-18yrs	50m Free		29	GIRLS 9-18yrs	50m Back
22	GIRLS 9-18yrs	200m Breast		30	OPEN/BOYS 9-18yrs	200m Fly
23	OPEN/BOYS 9-18yrs	200m Back				

**ANY POINTS NOT COVERED ARE AT THE DISCRETION OF  
THE PROMOTER**



Wirral Metro "Spring is Here" Gala Level 3  
Licence 3NW\*\*\*\*\* Saturday March 2nd and Sunday March 3rd 2024

No swimmer should enter a time faster than those indicated below

Age at the 3rd March 2024

BOYS UPPER TIME LIMIT							Girls UPPER TIME LIMIT					
Age 9	Age 10	Age 11	Age 12	Age 13	Age 14+		Age 9	Age 10	Age 11	Age 12	Age 13	Age 14+
31.00	30.00	29.00	28.00	25.00	23.00	50m Freestyle	33.00	31.00	29.00	28.00	27.00	25.00
1.05.00	1.03.00	1.02.00	1.00.00	56.00	51.00	100m Freestyle	1.07.00	1.05.00	1.04.00	1.03.00	59.00	56.00
2.20.00	2.15.00	2.10.00	2.05.00	2.03.00	1.58.00	200m Freestyle	2.23.00	2.17.00	2.12.00	2.07.00	2.05.00	2.02.00
5.15.00	5.10.00	4.55.00	4.40.00	4.30.00	4.10.00	400m Freestyle	5.15.00	5.10.00	5.00.00	4.55.00	4.40.00	4.25.00
37.00	35.00	33.00	32.00	30.00	27.00	50m Backstroke	38.00	37.00	35.00	33.00	31.00	29.00
1.15.00	1.12.00	1.10.00	1.06.00	1.02.00	58.00	100m Backstroke	1.17.00	1.15.00	1.14.00	1.10.00	1.06.00	1.02.00
2.40.00	2.30.00	2.25.00	2.22.00	2.19.00	2.07.00	200m Backstroke	2.50.00	2.45.00	2.38.00	2.30.00	2.22.00	2.18.00
45.00	41.00	38.00	35.00	32.00	28.00	50m Breaststroke	45.00	41.00	38.00	35.00	33.00	30.00
1.35.00	1.32.00	1.28.00	1.23.00	1.15.00	1.08.00	100m Breaststroke	1.35.00	1.32.00	1.28.00	1.23.00	1.17.00	1.10.00
3.20.00	3.10.00	2.55.00	2.40.00	2.30.00	2.20.00	200m Breaststroke	3.20.00	3.10.00	2.55.00	2.45.00	2.32.00	2.22.00
40.00	36.00	34.00	32.00	28.00	25.00	50m Butterfly	40.00	36.00	34.00	32.00	29.00	27.00
1.25.00	1.20.00	1.16.00	1.07.00	1.00.00	57.00	100m Butterfly	1.27.00	1.22.00	1.18.00	1.10.00	1.05.00	1.00.00
3.10.00	3.00.00	2.40.00	2.30.00	2.18.00	2.05.00	200m Butterfly	3.10.00	3.00.00	2.45.00	2.40.00	2.25.00	2.15.00
3.00.00	2.50.00	2.40.00	2.30.00	2.15.00	2.05.00	200m IM	3.00.00	2.50.00	2.40.00	2.33.00	2.20.00	2.10.00
		5.25.00	5.10.00	4.50.00	4.40.00	400m IM			5.40.00	5.30.00	5.10.00	4.50.00