



WREXHAM SWIMMING CLUB



16th SPRING MEET

Licence No: 2WL191324

Level 2 Event

Under FINA Technical Rules & Swim Wales Laws

Saturday 4th & Sunday 5th May 2019

wrexham

At Waterworld Leisure & Activity Centre

LL13 8DH



16th SPRING MEET

Under FINA Technical Rules and Swim Wales Laws

Saturday 4th & Sunday 5th May 2019

(Please note that three sessions will be held on both Saturday and Sunday)

This is a Level 2 Licenced Meet

VENUE: Waterworld Leisure & Activity Centre, Holt Street, LL13 8DH.

POOL: 25m, 6 lane deck level pool with anti-turbulence lane ropes and starting blocks with adjustable footrests and backstroke start wedges.

TIMING: Electronic timing with manual back up in the event of breakdown.

AGE GROUPS: 9, 10, 11, 12, 13, 14, 15 yrs/over

(Age on second day of Meet i.e. Sunday 5th May 2019 – Minimum age on second day of swim 9 years)

EVENTS:

- Girls/Boys 9yrs 50m, 100m and 200m all strokes plus 400m freestyle and 100 I.M.
- Girls/Boys 10yrs 50m, 100m and 200m all strokes plus 400m freestyle, 200 I.M. and 400 I.M.
- Girls/Boys 11yrs 50m, 100m and 200m all strokes plus 400m freestyle, 200 I.M. and 400 I.M.



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- Girls/Boys 12yrs 50m, 100m and 200m all strokes plus 400m, *800m and *1500m freestyle and 200 I.M. and 400 I.M.
- Girls/Boys 13yrs 50m, 100m and 200m all strokes plus 400m, *800m and *1500m freestyle and 200 I.M. and 400 I.M.
- Girls/Boys 14yrs 50m, 100m and 200m all strokes plus 400m, *800m and *1500m freestyle and 200 I.M. and 400 I.M.
- Girls/Boys 15yrs/over 50m, 100m and 200m all strokes plus 400m, *800m and *1500m freestyle and 200 I.M. and 400 I.M.

* These events will be restricted to 2 heats per event and entries for these events will only be confirmed once the closing date for the Meet has passed.





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MEET CONDITIONS

ENTRIES

All competitors must be members of an affiliated club, amateurs as defined by Swim Wales or the ASA Laws and hold a valid Swim Wales/ASA membership number.

There are qualification and consideration times, which comply with meet licensing; see page 9.

Where possible entries should be submitted electronically using the Hy-tek Team Manager software. The event file for input into Team Manager is available on request from Louise Wilson (Email: loubyrw71@gmail.com). Entries are also to be submitted to the above email address.

Alternatively, entries can be made manually using the attached proforma on page 14, however please note that the entry fees are less if entered electronically.

No refunds will be made for withdrawals after the closing date other than on medical grounds. A medical note must be provided following the closing date up to the point of the Meet start date.

ENTRY FEES

Entry Fees for each event is £5.00 for an electronic entry or £5.50 for a manual entry per event, apart from the 800m and 1500m freestyle events, where the entry fee is £7.50 for an electronic entry and £8.00 for a manual entry.

Electronic Payment is preferred:
Wrexham Swimming Club
Sort Code: 40-47-26
Account Number: 32109107
Reference: SPR followed by your Club's code

CLOSING DATE

Closing date for entries is 31st March 2019. Entries will be accepted in line with the qualification and consideration times outlined on pages 10-11 and will be subject to the conditions as outlined on page 9 of this Meet pack. Clubs will be notified of their confirmed entries following the closing date for the Meet.

Entries received after this date cannot be guaranteed for consideration, unless it is a mistake on our part.



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- MEDAL/AWARDS** Medals are awarded to the first six finalists in each individual age group.
- Awards for top Girl and Boy in each individual age group.
- SESSION TIMES** Session Times and Warm-Up Schedule will be confirmed once all entries have been processed.
- Participating Clubs will receive notification of final meet details and session times prior to the event.
- Whilst we will make every effort to adhere to the published programme of events, Wrexham Swimming Club reserve the right to make any changes found necessary during the Meet.
- SEEDING** All events will be swum in heats, slowest to fastest, with every heat being spearheaded. All events are Heat Declared Winner.
- STARTS** Over the top starts, where necessary or appropriate, will be used during this Meet.
- Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; this is the responsibility of the club coach.
- Swimmers who have not attained the standard of the Competitive Start Award must lower themselves over the side into the water, on the long whistle of the Referee before starting at an appropriate place.
- COACH PASSES** Coaches passes are £6, to include programmes and results sheets. Coach passes must be ordered in advance using the form on page 10. Passes must always be worn when poolside or in the changing areas.
- Poolside access will be restricted to competitors, officials and coaches with passes.
- OFFICIALS** Visiting Clubs are requested to provide a minimum of 2 qualified officials
- We will provide parking refunds, a donation towards lunch and a small gift at the end of the day for any officials helping with 2 or more sessions.
- MARSHALLING** Swimmers must make themselves available to marshalling at least 2 events prior to their event. Please do not rely on the public address system for announcements.
- SPECTATORS** £5.00 entry for all or part of the day, including programme.



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CAR PARKING

There is ample car parking spaces around the Centre, with long stay parking, within easy walking distance.

REFRESHMENTS

There is a café on site. There are also vending machines in the Centre and local shops/supermarkets in close vicinity of the Centre available for food and refreshments.

JEWELLERY

For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings (except wedding bands).

Wrexham Swimming Club will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged. All Valuables/clothing etc left in the changing areas will be entirely at the owner's risk.

UNACCEPTABLE BEHAVIOUR

Behaviour becomes "unacceptable" when it is considered "Offensive" to others; this includes, but is not limited to, the following:

Theft, wilful damage to property and / or equipment, acts of vandalism, abuse of alcohol and / or drugs, bullying, offensive language, aggressive / violent acts, threatening behaviour, all breaches of safety practices, failure to comply with instructions / directions, actions that bring the sport of swimming into disrepute.

Please note that changing on Poolside is considered inappropriate and therefore not permitted. Any swimmer seen to be changing on Poolside will be asked to move immediately to the designated changing areas at the Centre.

MOBILE PHONES

Mobile phones must not be used in the changing areas at the Centre. Any swimmer using phones in this area or having them on display will be reported to their coaches and removed from the Meet.

PHOTOGRAPHY

This competition involves children under the age of 18 years of age it is a mandatory meet license requirement that all persons (including competitors / officials / volunteers / spectators), wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device / equipment used for taking /



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recording such images must register their details with the event management in advance of taking any images.

People wishing to register their details may be asked to provide proof of identity.

HEALTH & SAFETY

The health, safety and wellbeing of all swimmers, officials, volunteers, spectators and visitors is paramount – all Health and Safety rules / regulations/ requirements must always be complied with.

A full risk assessment will be carried out in accordance with the Swim Wales Meet License Report Pack.

A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the Centre has been obtained in advance and will be available throughout the duration of Meet.

All swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Centre's Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan.



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PROGRAMME OF EVENTS

Saturday 4th May 2019	Sunday 5th May 2019
Session 1 (am)	Session 4 (am)
Boys 100m Freestyle	Girls 100m Freestyle
Girls 400m IM	Boys 400m IM
Boys 9yrs 100m IM	Girls 9yrs 100m IM
Female 200m Butterfly	Boys 200m Butterfly
Boys 50m Backstroke	Girls 50m Backstroke
Female 200m Breaststroke	Boys 200m Breaststroke
Session 2 (pm)	Session 5 (pm)
Boys 800m Freestyle	Girls 800m Freestyle
Girls 1500m Freestyle	Boys 1500m Freestyle
Boys 100m Butterfly	Girls 100m Butterfly
Girls 50m Freestyle	Boys 50m Freestyle
Boys 100m Breaststroke	Girls 100m Breaststroke
Girls 200m Backstroke	Boys 200m Backstroke
Boys 50m Breaststroke	Girls 50m Breaststroke
Session 3 (Evening)	Sessions 6 (Evening)
Boys 400m Freestyle	Girls 400m Freestyle
Girls 200m IM	Boys 200m IM
Boys 100m Backstroke	Girls 100m Backstroke
Girls 200m Freestyle	Boys 200m Freestyle
Boys 50m Butterfly	Girls 50m Butterfly



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QUALIFICATION TIMES/CONSIDERATION TIMES

1. Swimmers who have achieved the qualification times as outlined below (on pages 10 & 11) are automatically eligible to compete in the relevant event, subject to the following conditions:
 - a. The number of competitors for the event does not exceed the maximum number of heats allocated to that event.
 - b. Acceptance does not extend the duration of the session beyond the session time limit imposed by the Swim Wales Meet Licence.
2. Swimmers who have achieved the consideration times as outlined below (on pages 10 & 11) may be accepted subject to the conditions as listed above.
3. Should any of the entry conditions be breached, as above, for example the number of competitors for the events exceeds the maximum number of heats allocated to that event, then Wrexham Swimming Club reserve the right to reject entries, based on the entry time i.e. those will slower entry times may not be accepted for an event.
4. Clubs will be notified of their confirmed entries following the closing date for the Meet.



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Event	QTs & CTs	GIRLS						
		9	10	11	12	13	14	15 & Over
50m Free	QT	00:48.5	00:45.5	00:42.5	00:39.9	00:37.7	00:36.2	00:35.2
	CT	00:53.3	00:50.0	00:46.8	00:43.9	00:41.5	00:39.8	00:38.7
100m Free	QT	01:49.1	01:40.1	01:31.8	01:25.7	01:21.1	01:17.8	01:15.9
	CT	02:00.0	01:50.1	01:41.0	01:34.3	01:29.2	01:25.6	01:23.5
200m Free	QT	03:52.8	03:34.0	03:18.2	03:04.7	02:54.3	02:47.6	02:43.2
	CT	04:16.1	03:55.4	03:38.0	03:23.2	03:11.7	03:04.4	02:59.5
400m Free	QT	08:25.6	07:33.2	06:52.9	06:25.1	06:04.3	05:50.4	05:40.9
	CT	09:16.2	08:18.5	07:34.2	07:03.6	06:40.7	06:25.4	06:15.0
800m Free (12 & over)	QT				13:16.2	12:27.9	11:58.7	11:42.1
	CT				14:35.8	13:42.7	13:10.6	12:52.3
1500m Free (12 & over)	QT				25:36.3	24:03.0	23:21.4	22:40.3
	CT				28:09.9	26:27.3	25:41.5	24:56.3
50m Breast	QT	01:03.4	00:58.8	00:54.3	00:50.6	00:47.6	00:45.4	00:44.2
	CT	01:09.7	01:04.7	00:59.7	00:55.7	00:52.4	00:49.9	00:48.6
100m Breast	QT	02:20.3	02:08.0	01:56.4	01:48.5	01:41.6	01:36.7	01:34.5
	CT	02:34.3	02:20.8	02:08.0	01:59.4	01:51.8	01:46.4	01:43.9
200m Breast	QT	04:54.9	04:32.7	04:09.8	03:52.9	03:38.2	03:28.8	03:23.7
	CT	05:24.4	05:00.0	04:34.8	04:16.2	04:00.0	03:49.7	03:44.1
50m Fly	QT	00:54.3	00:49.9	00:46.5	00:43.5	00:41.0	00:39.3	00:38.1
	CT	00:59.7	00:54.9	00:51.2	00:47.8	00:45.1	00:43.2	00:41.9
100m Fly	QT	02:08.8	01:52.6	01:42.1	01:34.6	01:29.3	01:25.2	01:23.3
	CT	02:21.7	02:03.9	01:52.3	01:44.1	01:38.2	01:33.7	01:31.6
200m Fly	QT	04:41.5	04:09.3	03:45.0	03:27.8	03:15.1	03:06.4	03:01.0
	CT	05:09.6	04:34.2	04:07.5	03:48.6	03:34.6	03:25.0	03:19.1
50m Back	QT	00:55.5	00:51.7	00:48.1	00:45.1	00:42.6	00:40.8	00:39.0
	CT	01:01.0	00:56.9	00:52.9	00:49.6	00:46.9	00:44.9	00:42.9
100m Back	QT	02:02.9	01:52.2	01:42.5	01:35.2	01:29.7	01:26.1	01:23.6
	CT	02:15.2	02:03.4	01:52.8	01:44.7	01:38.7	01:34.7	01:32.0
200m Back	QT	04:16.6	03:58.3	03:37.2	03:23.0	03:12.2	03:04.5	02:58.9
	CT	04:42.3	04:22.1	03:58.9	03:43.3	03:31.4	03:23.0	03:16.8
200m IM	QT	04:23.5	04:03.1	03:43.7	03:28.3	03:17.1	03:08.9	03:04.0
	CT	04:49.8	04:27.4	04:06.1	03:49.1	03:36.8	03:27.8	03:22.4
400m IM	QT	09:18.4	08:38.7	07:50.7	07:18.2	06:52.9	06:36.5	06:26.1
	CT	10:14.2	09:30.6	08:37.8	08:02.0	07:34.2	07:16.2	07:04.7
100m IM (9 - years)	QT	02:03.7						
	CT	02:16.1						



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Event	QTs & CTs	Boys						
		9	10	11	12	13	14	15 & Over
50m Free	QT	00:48.5	00:45.3	00:42.3	00:39.7	00:37.0	00:34.4	00:32.4
	CT	00:53.3	00:49.8	00:46.5	00:43.7	00:40.7	00:37.8	00:35.6
100m Free	QT	01:49.0	01:39.3	01:31.9	01:25.7	01:19.6	01:14.1	01:10.1
	CT	01:59.9	01:49.2	01:41.1	01:34.3	01:27.6	01:21.5	01:17.1
200m Free	QT	03:54.0	03:35.4	03:19.9	03:06.9	02:53.9	02:41.6	02:33.0
	CT	04:17.4	03:56.9	03:39.9	03:25.6	03:11.3	02:57.8	02:48.3
400m Free	QT	08:27.1	07:34.5	06:59.2	06:33.0	06:06.9	05:42.1	05:23.6
	CT	09:17.8	08:20.0	07:41.1	07:12.3	06:43.6	06:16.3	05:56.0
800m Free (12 & over)	QT				13:45.5	12:47.4	11:56.6	11:18.0
	CT				15:08.0	14:04.1	13:08.3	12:25.8
1500m Free (12 & over)	QT				25:57.2	24:13.0	22:37.3	21:26.8
	CT				28:32.9	26:38.3	24:53.0	23:35.5
50m Breast	QT	01:03.1	00:58.8	00:54.5	00:50.8	00:46.8	00:43.5	00:40.9
	CT	01:09.4	01:04.7	01:00.0	00:55.9	00:51.5	00:47.8	00:45.0
100m Breast	QT	02:21.3	02:08.5	01:57.5	01:49.4	01:40.7	01:33.5	01:28.0
	CT	02:35.4	02:21.4	02:09.2	02:00.3	01:50.8	01:42.9	01:36.8
200m Breast	QT	04:56.1	04:35.4	04:13.1	03:56.4	03:38.3	03:22.2	03:10.7
	CT	05:25.7	05:02.9	04:38.4	04:20.0	04:00.1	03:42.4	03:29.8
50m Fly	QT	00:54.4	00:50.3	00:46.5	00:43.8	00:40.6	00:37.6	00:35.2
	CT	00:59.8	00:55.3	00:51.2	00:48.2	00:44.7	00:41.4	00:38.7
100m Fly	QT	02:08.9	01:53.4	01:42.7	01:35.5	01:28.3	01:21.7	01:16.7
	CT	02:21.8	02:04.7	01:53.0	01:45.1	01:37.1	01:29.9	01:24.4
200m Fly	QT	04:42.6	04:09.1	03:45.8	03:30.8	03:15.1	03:01.0	02:48.8
	CT	05:10.9	04:34.0	04:08.4	03:51.9	03:34.6	03:19.1	03:05.7
50m Back	QT	00:55.8	00:51.8	00:48.2	00:45.4	00:41.9	00:39.2	00:36.7
	CT	01:01.4	00:57.0	00:53.0	00:49.9	00:46.1	00:43.1	00:40.4
100m Back	QT	02:02.2	01:52.5	01:42.8	01:36.2	01:28.9	01:22.4	01:17.6
	CT	02:14.4	02:03.7	01:53.1	01:45.8	01:37.8	01:30.6	01:25.4
200m Back	QT	04:17.5	03:58.1	03:40.4	03:26.4	03:11.4	02:57.5	02:47.5
	CT	04:43.3	04:21.9	04:02.4	03:47.0	03:30.5	03:15.3	03:04.2
200m IM	QT	04:24.0	04:04.7	03:45.8	03:31.4	03:16.8	03:02.0	02:51.9
	CT	04:50.4	04:29.2	04:08.4	03:52.5	03:36.5	03:20.2	03:09.1
400m IM	QT	09:29.9	08:44.8	07:58.6	07:27.2	06:56.4	06:25.7	06:03.7
	CT	10:26.9	09:37.3	08:46.5	08:11.9	07:38.0	07:04.3	06:40.1
100m IM (9-years)	QT	02:03.1						
	CT	02:15.4						



WREXHAM SWIMMING CLUB



OFFICIALS

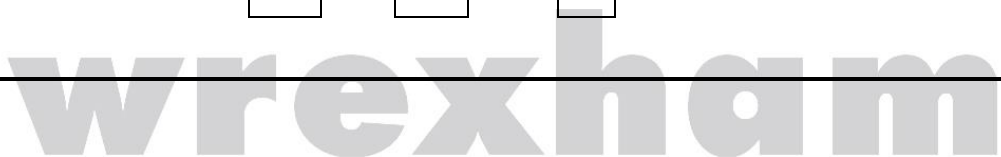
If there are any qualified officials within your club who are coming to the gala and are willing to offer their services on the day, we would be most grateful for their assistance.

We will provide parking refunds, a donation towards lunch and a small gift at the end of the day for any officials helping with 2 or more sessions.

If you can assist, then please complete the form below and send to loubyrw71@gmail.com

Club: _____

Full Name						
Qualification (please tick)	Timekeeper	Judge 1	Judge 2	Judge 2 (S)	Referee	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Address:						
				Post Code:		
Tel. No.						
Email address:						
Swim Wales/ASA affiliation number:						
DBS Number:			Date:			
Sessions which you are available for (please tick)						
	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>





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COACHES PASSES

Coaches passes are £6, to include programmes and results sheets.

Coach passes must be ordered in advance using this form and returned to loubyrw71@gmail.com

Passes must always be worn when poolside or in the changing areas. Poolside access will be restricted to competitors, officials and coaches with passes.

Club: _____

Full Name		Full Name	
Position (e.g. Coach, Parent etc.)		Position (e.g. Coach, Parent etc.)	
Address		Address	
Tel. No.		Tel. No.	
Email address		Email address	
WASA/ASA No.		WASA/ASA No.	
DBS Number		DBS Number	

Full Name		Full Name	
Position (e.g. Coach, Parent etc.)		Position (e.g. Coach, Parent etc.)	
Address		Address	
Tel. No.		Tel. No.	
Email address		Email address	
WASA/ASA No.		WASA/ASA No.	
DBS Number		DBS Number	



WREXHAM SWIMMING CLUB



16th Spring Meet: 4th & 5th May 2019 – Club Entry Form

No forms will be processed from individuals. Please use a separate entry form for Girls and Boys. Entry fees are £5.50 per event manual entry.

Please return proforma to Louise Wilson (Email: loubyrw71@gmail.com). Closing date for entries is 31st March 2019 (see Meet Conditions in Meet Pack)

Club: _____

Name	DOB	Age	WASA No.	Competitive Start Award Y/N	Freestyle						Backstroke			Breaststroke			Butterfly			I.M.				
					50 m	100 m	200 m	400 m	800 m	1500 m	50 m	100 m	200 m	50 m	100 m	200 m	50 m	100 m	200 m	100 m	200 m	400 m		



Total No of entries:X £5.50 =

Coaches Signature: