



# WREXHAM SWIMMING CLUB

AFFILIATED TO THE WELSH AMATUER SWIMMING ASSOCIATION

**11<sup>th</sup> Spring Meet 2014**

**Level 2**

**License No 014WL2-029**

**3<sup>rd</sup> & 4<sup>th</sup> May 2014**

UNDER FINA TECHNICAL RULES AND SWIM WALES LAWS

## MEET INFORMATION

# Wrexham Waterworld

LL13 8DH

The home of Wrexham Swimming Club



# 11th Spring Meet 2014 - 03/05/2014 to 04/05/2014

## Session Report

### Session: 1 Saturday Morning

Finals	1	Girls 10 & Over 200 IM
Finals	2	Boys 10 & Over 200 IM
Finals	3	Girls 10 & Over 100 Breaststroke
Finals	4	Boys 10 & Over 100 Breaststroke
Finals	5	Girls 10 & Over 50 Backstroke
Finals	6	Boys 10 & Over 50 Backstroke

### Session: 2 Saturday Afternoon

Finals	7	Girls 10 & Over 400 Freestyle
Finals	8	Boys 10 & Over 400 Freestyle
Finals	9	Girls 10 & Over 50 Butterfly
Finals	10	Boys 10 & Over 50 Butterfly
Finals	11	Girls 10 & Over 200 Butterfly
Finals	12	Boys 10 & Over 200 Butterfly

### Session: 3 Saturday Evening

Finals	13	Boys 10 & Over 200 Freestyle
Finals	14	Girls 10 & Over 200 Freestyle
Finals	15	Boys 10 & Over 100 Butterfly
Finals	16	Girls 10 & Over 100 Butterfly

### Session: 4 Sunday Morning

Finals	17	Girls 10 & Over 400 IM
Finals	18	Boys 10 & Over 400 IM
Finals	19	Girls 10 & Over 50 Freestyle
Finals	20	Boys 10 & Over 50 Freestyle
Finals	21	Girls 10 & Over 200 Backstroke
Finals	22	Boys 10 & Over 200 Backstroke

### Session: 5 Sunday Afternoon

Finals	23	Boys 10 & Over 100 Backstroke
Finals	24	Girls 10 & Over 100 Backstroke
Finals	25	Boys 10 & Over 50 Breaststroke
Finals	26	Girls 10 & Over 50 Breaststroke
Finals	27	Boys 10 & Over 100 IM
Finals	28	Girls 10 & Over 100 IM

### Session: 6 Sunday Evening

Finals	29	Girls 10 & Over 200 Breaststroke
Finals	30	Boys 10 & Over 200 Breaststroke
Finals	31	Girls 10 & Over 100 Freestyle
Finals	32	Boys 10 & Over 100 Freestyle

- ❖ *The meets will be run under FINA Technical Rules and Swim Wales Laws.*
- ❖ *25 metre, 6 lane deck level pool with anti-turbulence lane ropes.*
- ❖ *Electronic timing, with manual back up in the event of breakdown.*
- ❖ *Warm up & swim down facility, dependant on numbers.*
  
- ❖ *Cafeteria open all day.*
- ❖ *A Swim Shop may be provided.*
  
- ❖ *Age on last day of competition applies. (Minimum age on day of swim 10 years)*
- ❖ *Coach's signature on entry form confirms correct entry time and swimmers ability to dive i.e. attained a level of the Competitive Start Award. Swimmers unable to perform such a dive must start in the water*
- ❖ *It is the responsibility of visiting Clubs to inform us of any medical conditions of swimmers competing, that we need to be made aware of.*
  
- ❖ *This is a level two licensed meet and will be run on a first received first entered basis. If the meet fills up to the safe working limit of the pool the meet will be closed at an earlier date at the discretion of Wrexham SC. **We urge clubs not to arrange Hotel or B&B bookings until you have received confirmation of your entries as if the closing date is brought forward this could involve you in cancellation fees.** The 400m freestyle and 400m IM may have further restrictions put on them because of the time limits set for this meet. In previous years we have restricted it to one heat for each age group on fastest qualifying basis once entries have been accepted.*
  
- ❖ *Only swimmers with times equal to or faster than the consideration times (CT) listed later are eligible for this meet. We do not accept entries with No Times*
  
- ❖ *No card entry system*
- ❖ *Withdrawal forms and a telephone number will be made available for each meet. Withdrawals must be advised to the meet office ½ an hour before the start of each session.*
- ❖ *Entry fee £4 for electronic entries or £4-50 for manual entries. Wrexham SC will only take a single club cheque for entries and coaches passes, we will not accept entries with individual parent's cheques.*
- ❖ *We prefer clubs to transfer their entry fees by BACS Transfer to:-*

*Sort Code*

*40-47-26*

*Account Number*

**12109093**

*Reference*

**SPRING followed by your club's code**

- ❖ *Closing date for entries for Prescot SC Monday 17<sup>th</sup> March 2014*
- ❖ *Any refunds of entry fees against withdrawals prior to competition will be considered on an individual basis. No refunds will be considered during the week prior to competition.*
- ❖ *Medals for the top six swimmers in each age group of the event 10,11,12,13,14,15 and 16/over*
- ❖ *Whilst we will make every effort to adhere to the published programme of events, Wrexham SC reserve the right to make any changes found to be necessary*
  
- ❖ *£5-00 spectator/daily entry fee*
  
- ❖ *Coaches pass available at £10 for weekend without lunches £20 for weekend with lunch each day*
  
- ❖ *As this meet involves persons under the age of 18, the use of **ALL** photographic equipment is controlled. Such equipment shall not be used without first registering your name, address and telephone number at the entrance control. You will be asked to identify yourself and expected to display a pass which will be provided free of charge. Wrexham Swimming Club will retain the records of camera use.*
  
- ❖ *FOR ELECTRONIC ENTRIES PLEASE CONTACT MR BOB ROGERS 01978 291095*

## **HEALTH & SAFETY**

1. The health, safety and wellbeing of all swimmers, officials, volunteers, spectators and visitors is paramount – all Health and Safety rules / regulations/ requirements must be complied with at all times.
2. A full risk assessment must be carried out in accordance with the Swim Wales Meet License Report Pack.
3. A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet must be obtained in advance, and must 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 Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.

#### 4. Unacceptable Behavior

Behavior becomes “unacceptable” when it is considered “Offensive” to others; this includes, but is not limited to, the following:

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

#### 5. Competitive Start Award

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 into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.

#### 6. 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).

Swim Wales will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.”

#### 7. *Video and Photography.*

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

This includes; but is not limited to :

Still cameras

Cine Cameras

Video cameras

Camera / video enabled mobile phones

Camera enabled PDA's

Proof of identity is required to register any photographic / video equipment.

**Coaches / Team Manager Passes for Wrexham Meets**

Please list below details of persons wishing to have poolside passes at our meets. Only those people detailed below are allowed to be with the teams on poolside.

Name..... Name.....

Address..... Address.....

.....

.....

.....

ASA/WASA number..... ASA/WASA number.....

Name..... Name.....

Address..... Address.....

.....

.....

.....

ASA/WASA number..... ASA/WASA number.....

Club.....

The persons detailed above are all currently CRB checked by our club and are authorised by us to act as Coaches/Team Managers

Secretary or Chairman.....Please sign

Girls	Ages	10	11	12	13	14	15	16/o	
Event									
Event 1 Girls 200 IM		4:03.20	3:31.70	3:24.80	3:17.40	3:12.30	3:08.40	3:06.10	
Event 3 Girls 100 Brst		2:03.40	1:53.40	1:46.20	1:41.10	1:38.50	1:37.40	1:36.80	
Event 5 Girls 50 Back		51.56	48.09	45.68	44.00	42.42	41.27	40.74	
Event 7 Girls 400 Free		7:11.30	6:38.40	6:18.30	6:03.80	5:54.30	5:48.70	5:44.50	
Event 9 Girls 50 Fly		49.25	45.57	43.06	40.95	39.90	38.75	38.12	
Event 11 Girls 200 Fly		4:00.80	3:36.40	3:23.40	3:14.00	3:07.70	3:05.10	3:02.40	
Event 14 Girls 200 Free		3:25.70	3:17.70	3:01.30	2:54.10	2:49.50	2:46.00	2:44.10	
Event 16 Girls 100 Fly		1:48.90	1:38.40	1:32.30	1:28.30	1:25.40	1:24.30	1:23.50	
Event 17 Girls 400 IM		8:19.80	7:35.50	6:50.90	6:39.30	6:29.40	6:21.70	6:16.60	
Event 19 Girls 50 Free		43.58	41.58	39.48	37.80	36.54	35.70	35.39	
Event 21 Girls 200 Back		3:51.30	3:33.90	3:22.00	3:14.90	3:09.70	3:06.90	3:03.00	
Event 24 Girls 100 Back		1:49.00	1:40.60	1:34.30	1:31.20	1:28.90	1:27.70	1:26.70	
Event 26 Girls 50 Brst		57.12	53.34	50.09	47.78	46.10	45.05	44.52	
Event 28 Girls 100 IM		1:47.30	1:43.00	1:37.80	1:33.20	1:30.90	1:29.30	1:26.70	
Event 29 Girls 200 Brst		4:23.70	4:02.20	3:48.80	3:38.10	3:31.20	3:28.00	3:26.60	
Event 31 Girls 100 Free		1:36.40	1:27.70	1:23.80	1:20.10	1:18.60	1:17.40	1:16.50	

Boys	Ages	10	11	12	13	14	15	16/o	
Event									
Event 2 Boys 200 IM		3:49.60	3:33.60	3:21.60	3:10.00	2:58.90	2:51.70	2:47.10	
Event 4 Boys 100 Brst		2:03.80	1:53.30	1:45.60	1:38.90	1:34.10	1:30.40	1:27.50	
Event 6 Boys 50 Back		51.56	48.20	45.15	42.63	40.22	38.33	37.17	
Event 8 Boys 400 Free		7:11.60	6:33.80	6:17.60	5:58.90	5:42.00	5:31.30	5:21.40	
Event 10 Boys 50 Fly		48.72	45.68	42.53	40.01	37.91	35.81	34.86	
Event 12 Boys 200 Fly		3:58.10	3:35.70	3:21.40	3:09.90	2:59.80	2:52.30	2:47.70	
Event 13 Boys 200 Free		3:25.40	3:11.30	2:59.40	2:50.00	2:42.00	2:36.50	2:31.30	
Event 15 Boys 100 Fly		1:47.40	1:38.20	1:31.10	1:25.80	1:21.20	1:17.70	1:15.40	
Event 18 Boys 400 IM		8:13.00	7:33.40	7:03.40	6:41.90	6:19.40	6:03.20	5:53.60	
Event 20 Boys 50 Free		46.47	41.27	38.75	36.65	34.65	32.76	31.71	
Event 22 Boys 200 Back		3:40.20	3:35.00	3:22.20	3:10.40	3:01.20	2:54.00	2:48.70	
Event 23 Boys 100 Back		1:48.60	1:40.50	1:34.00	1:28.40	1:23.60	1:20.40	1:18.20	
Event 25 Boys 50 Brst		57.65	53.76	49.56	46.41	44.10	41.79	40.74	
Event 27 Boys 100 IM		1:48.60	1:42.60	1:37.10	1:31.10	1:25.80	1:22.30	1:19.40	
Event 30 Boys 200 Brst		4:25.50	4:04.90	3:46.00	3:34.50	3:23.20	3:15.10	3:10.70	
Event 32 Boys 100 Free		1:34.70	1:27.90	1:22.00	1:17.60	1:14.30	1:11.40	1:09.30	

**Swimmers must have times equal to or faster than the above times to enter that event.**





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## Level 2 Meets Qualifying Times (A grade)

Pool Length 25m

BOYS									GIRLS							
10	11	12	13	14	15	16	17	Event	10	11	12	13	14	15	16	17
38	35.9	33.9	32.1	30.4	29.1	28.3	27.8	<b>50m Free</b>	38.5	36.5	34.7	33.3	32.4	31.7	31.3	31.3
1:22.9	1:17.8	1:13.2	1:08.9	1:05.4	1:03.1	1:01.2	1:00.1	<b>100m Free</b>	1:24.6	1:18.7	1:14.3	1:11.5	1:09.5	1:08.3	1:07.1	1:06.9
2:59.3	2:48.8	2:39.1	2:30.1	2:22.5	2:17.2	2:13.2	2:11.1	<b>200m Free</b>	3:00.4	2:49.6	2:39.9	2:33.6	2:29.6	2:26.6	2:24.6	2:23.2
6:18.0	5:53.3	5:34.0	5:16.4	5:01.5	4:50.1	4:42.1	4:36.7	<b>400m Free</b>	6:22.2	5:52.9	5:33.0	5:20.5	5:12.5	5:06.2	5:03.1	5:00.5
13:26.1	12:28.4	11:41.1	11:01.8	10:31.3	10:08.4	9:51.2	9:40.2	<b>800m Free</b>	13:36.7	12:09.5	11:29.3	10:58.3	10:40.8	10:30.7	10:23.5	10:20.7
25:54.8	23:50.5	22:01.7	20:52.8	19:55.5	19:13.8	18:40.6	18:21.9	<b>1500m Free</b>	26:15.9	23:27.7	22:10.0	21:10.1	20:51.7	20:22.6	20:03.0	19:57.7
49.6	46.5	43.7	40.7	38.6	36.8	35.6	35	<b>50m Breast</b>	50	46.7	44	42.1	40.8	39.8	39.4	39.1
1:48.1	1:40.1	1:33.8	1:27.4	1:22.7	1:19.1	1:16.6	1:15.1	<b>100m Breast</b>	1:48.8	1:40.2	1:34.4	1:29.8	1:26.5	1:25.1	1:24.3	1:23.1
3:51.2	3:35.1	3:22.5	3:09.5	2:58.9	2:51.5	2:47.0	2:43.0	<b>200m Breast</b>	3:51.5	3:34.9	3:22.4	3:12.8	3:06.7	3:03.5	3:01.6	3:00.2
42.4	39.6	37.5	35.3	33.4	31.7	30.9	30.1	<b>50m Fly</b>	42.4	40.1	37.9	36.4	35.2	34.4	34	33.9
1:35.9	1:27.6	1:22.0	1:16.7	1:12.3	1:09.0	1:07.3	1:05.6	<b>100m Fly</b>	1:36.0	1:28.0	1:22.4	1:19.0	1:16.3	1:15.1	1:14.1	1:13.3
3:30.4	3:11.7	3:00.8	2:49.5	2:40.1	2:31.8	2:28.3	2:23.9	<b>200m Fly</b>	3:32.8	3:13.9	3:00.7	2:52.6	2:46.7	2:43.0	2:41.2	2:39.3
43.6	41.2	39	36.5	34.8	33.1	31.9	31.5	<b>50m Back</b>	43.8	41.4	39.3	37.7	36.5	35.9	35.3	35.1
1:34.7	1:27.6	1:22.5	1:17.3	1:13.0	1:09.8	1:07.8	1:06.3	<b>100m Back</b>	1:35.2	1:28.1	1:22.7	1:19.2	1:17.0	1:15.3	1:14.4	1:14.0
3:19.7	3:06.9	2:56.5	2:45.9	2:37.0	2:30.4	2:26.5	2:24.0	<b>200m Back</b>	3:21.8	3:06.3	2:56.3	2:49.6	2:44.8	2:41.1	2:38.7	2:37.2
3:25.1	3:11.0	3:00.5	2:50.4	2:40.7	2:34.3	2:30.3	2:27.3	<b>200m IM</b>	3:25.6	3:11.4	3:00.6	2:53.8	2:48.7	2:45.5	2:43.4	2:42.0
7:20.2	6:45.5	6:20.9	6:00.4	5:40.6	5:26.4	5:18.1	5:12.2	<b>400m IM</b>	7:19.7	6:43.6	6:19.9	6:03.9	5:53.8	5:47.3	5:42.6	5:40.6
1:36.2	1:30.9	1:26.0	1:20.7	1:16.0	1:12.9	1:10.3	1:09.0	<b>100m IM</b>	1:35.1	1:31.3	1:26.4	1:22.6	1:20.6	1:19.1	1:17.6	1:17.2

These times are listed as a requirement by Swim Wales to be included in the meet pack as part of our Licence.

These times will not be taken into account as in the information previously given the meet is on a first received first entered basis.

## 11<sup>th</sup> Spring Meet Club entry form

**Please use a separate entry form for Girls and Boys. Entry fee £4.50 per event manual entry, £4 per event electronic entry. Return forms To:- Bob Rogers 3, Celmar Grove Rhostyllen Wrexham LL14 4BD including stamped self addressed envelope for confirmation of entries or include your email address. Closing date Monday 17th March 2014**

**Club..... Address.....**

**Tel Number.....**

Name				D.O.B			Age			Reg.No					
Freestyle				Backstroke			Breaststroke			Butterfly			Ind. Medley		
50	100	200	400	50	100	200	50	100	200	50	100	200	100	200	400
Name				D.O.B			Age			Reg.No					
Freestyle				Backstroke			Breaststroke			Butterfly			Ind. Medley		
50	100	200	400	50	100	200	50	100	200	50	100	200	100	200	400
Name				D.O.B			Age			Reg.No					
Freestyle				Backstroke			Breaststroke			Butterfly			Ind. Medley		
50	100	200	400	50	100	200	50	100	200	50	100	200	100	200	400
Name				D.O.B			Age			Reg.No					
Freestyle				Backstroke			Breaststroke			Butterfly			Ind. Medley		
50	100	200	400	50	100	200	50	100	200	50	100	200	100	200	400
Name				D.O.B			Age			Reg.No					
Freestyle				Backstroke			Breaststroke			Butterfly			Ind. Medley		
50	100	200	400	50	100	200	50	100	200	50	100	200	100	200	400

**Total No of entries.....X £4.50 =.....**

**Confirm all swimmers are of the standard .....Coaches Signature.  
of the Competitive Start Award**