



AUTUMN LEVEL 2, SHORT COURSE OPEN MEET

Friday-Saturday-Sunday 5th 6th and 7th October 2012

LICENCE No 2 NW 2238

		Warm-up	Start
Session 1	Friday 5/10/12	17:30 mixed	6.05 pm

Session 2	Saturday 06/10/12	8.00am.	9.00am.
-----------	-------------------	---------	---------

Session 5	Sunday 07/10/12	8.00am.	9.00am.
-----------	-----------------	---------	---------

Session 1. Friday 05/10/12	
EVENT No	EVENT
1	Female 10 / Over 800 Free
2	Male 10 / Over 1500 Free

Session 2. Saturday 06/10/12 WARM-UP 8.00 a.m. START 09.00 a.m.	
EVENT No	EVENT
3	Boys 9 & Over 400 Free.
4	Girls 9 & Over 200 Back.
5	Boys 9 & Over 200 Fly.
6	Girls 10 & Over 100 Brst.

Session 5. Sunday 07/10/12 WARM-UP 8.00 a.m. START 09.00 a.m.	
EVENT No	EVENT
15	Girls 9 & Over 400 Free.
16	Boys 9 & Over 200 Back.
17	Girls 9 & Over 200Fly.
18	Boys 11 & Over 100 Brst.

Session 3. Saturday 06/10/12 WARM-UP 12.00 a.m. START 01.00 p.m.	
EVENT No	EVENT
7	Boys 9 & Over 200 Free.
8	Girls 10 & Over 400 IM.
9	Boys 11 & Over 100 Back.
10	Girls 10 & Over 100 Free.

Session 5. Sunday 07/10/12 WARM-UP 12.00 a.m. START 01.00 p.m.	
EVENT No	EVENT
19	Girls 9 & Over 200 Free.
20	Boys 10 & Over 400 IM.
21	Girls 10 & Over 100 Back.
22	Boys 11 & Over 100 Free.

Session 4. Saturday 06/10/12 WARM-UP 04.00 p.m. START 05.00 p.m.	
EVENT No	EVENT
11	Boys 9 & Over 200 Brst.
12	Girls 10 & Over 100 Fly.
13	Boys 9 & Over 50 Free.
14	Girls 9 & Over 200 IM.

Session 5. Sunday 07/10/12 WARM-UP 04.00 p.m. START 05.00 p.m.	
EVENT No	EVENT
23	Girls 9 & Over 200 Brst.
24	Boys 11 & Over 100 Fly.
25	Girls 9 & Over 50Free.
26	Boys 9 & Over 200 IM.





L2 OPEN MEET 2 NW 2238

5th 6th & 7th October 2012

Europa Pools, Conway Street, Birkenhead, CH41 6RN

MEET ENTRIES / ENQUIRIES TO :

Simon Coppack, Wirral Metro Competition Secretary, at wirralmetro@hotmail.com , 8 The Leightons, Neston, Ch646QD

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

Payment to be made on one combined cheque, made out to Wirral Metro S.C.

The cost for all events (except the 800 and 1500) is £5, the cost for the 800 and 1500 free events is £7.50.

Paper based entries are welcome for clubs entering 5 or less swimmers, the individual entry form is on the Wirral Metro Website.

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 be between the published upper and lower entry times.

The acceptance of competitors will be based on **quickest times submitted by age group basis**. 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 Cut off date for entry receipt is September 3rd, 2012.**

As soon as possible after the closing date, accepted entries will be posted on the Wirral Metro website, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or will be available for collection by Clubs on the day.

Entries should be submitted to the above contact, entries sent via post should include full payment.

Electronic Entries should be emailed to the above address and be backed up with the individual entry forms, any poolside pass applications and full payment.

For electronic entries emailed the sent date on the email will be classed as the date submitted likewise for postage entry the posted date will be classed as the entry date

The meet promoter reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded, a single cheque will be made payable to club in question.

Entries may be accepted on the day of the meet at the promoters discretion.





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

POOLSIDE PASSES

Coach passes are **£10.00** each for the weekend . 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.

Passes must be worn at all times whilst on poolside and will be required to gain access.

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

AWARDS:

No Medals will be awarded at this meet. £10 will be awarded to both the male and female swimmer in each age group who achieves the highest FINA points for a single swim over the whole meet.

The age Groups are :

Male:

9yrs, 10yrs, 11yrs , 12yrs, 13yrs, 14 yrs and 15 and over

Female

9yrs, 10yrs, 11yrs , 12yrs, 13yrs, and 14 yrs and over

Any points not covered above will be at the discretion of the Promoter



WIRRAL METRO L2 OPEN SC MEET

5th, 6th & 7th October 2012

All times submitted must be **25m short course**
 Converting if necessary using ASA Equivalent Performance Tables



Licence No 2 NW 2238

BOYS							GIRLS						
<u>CONSIDERATION TIMES</u> (Equal to or faster than)							<u>CONSIDERATION TIMES</u> (Equal to or faster than)						
9	10	11	12	13	14	15/O	9	10	11	12	13	14/O	
42.10	39.30	37.20	35.10	33.10	31.3	29.9	50 FREE	42.60	39.90	37.70	35.70	34.30	33.30
		1:20.60	1:15.70	1:11.10	1:07.30	1:04.60	100 FREE		1:27.60	1:21.30	1:16.60	1:13.50	1:11.30
3:22.80	3:06.00	2:54.80	2:44.70	2:35.00	2:26.60	2:20.80	200 FREE	3:24.50	3:06.80	2:55.40	2:44.90	2:38.00	2:33.50
7:20.60	6:31.80	6:06.00	5:46.00	5:26.80	5:10.40	4:57.50	400 FREE	7:25.40	6:35.70	6:04.90	5:43.70	5:29.80	5:20.80
							800 FREE		14:05.00	12:34.30	11:50.80	11:17.30	10:57.80
	26:50.10	24:40.70	22:48.60	21:33.80	20:30.40	19:43.10	1500 FREE						
		1:30.50	1:25.20	1:19.70	1:15.00	1:11.50	100 BACK		1:38.50	1:31.00	1:25.30	1:21.40	1:19.00
3:43.80	3:26.70	3:13.30	3:02.60	2:51.10	2:41.40	2:34.30	200 BACK	3:46.20	3:28.70	3:12.50	3:01.70	2:54.30	2:49.20
		1:43.40	1:36.90	1:30.10	1:25.10	1:21.00	100 BRST		1:52.50	1:43.50	1:37.30	1:32.30	1:28.70
4:17.80	3:59.00	3:42.40	3:29.20	3:15.30	3:03.90	2:55.80	200 BRST	4:20.00	3:59.50	3:42.10	3:28.80	3:18.20	3:11.50
		1:30.40	1:24.60	1:19.10	1:14.40	1:10.70	100 FLY		1:39.30	1:30.90	1:24.90	1:21.20	1:18.30
4:08.30	3:37.30	3:18.20	3:06.60	2:54.70	2:44.70	2:35.50	200 FLY	4:11.00	3:40.00	3:20.20	3:06.40	2:57.30	2:51.00
3:49.70	3:32.20	3:17.60	3:06.80	2:55.80	2:45.30	2:38.20	200 IM	3:51.60	3:32.70	3:17.90	3:06.30	2:58.80	2:53.10
	7:35.60	6:59.70	6:34.30	6:12.00	5:50.30	5:34.60	400 IM		7:35.30	6:57.30	6:32.00	6:14.40	6:03.10



MEET NAME.	Wirral Metro L2 Autumn Meet	£ 4.50 / 7.50 Per Event
-------------------	------------------------------------	-------------------------

A.S.A. Reg No		D.O.B.	/ /
----------------------	--	---------------	-----

Full Name. As it appears on the Rankings		Male / Female
--	--	---------------

CLUB REPRESENTING :

STROKE	TIME	WHEN & WHERE ACHIEVED
---------------	-------------	----------------------------------

50 Free		
100 Free		
200 Free		
400 Free		
800 Free Female		
1500 Free Male		

50 Back		
100 Back		
200 Back		

50 Brst		
100 Brst		
200 Brst		

50 Fly		
100 Fly		
200 Fly		

200 I.M.		
400 I.M.		

Total No of Entries	£ 4.50 Per Event	TOTAL £..... CHEQUE ONLY made payable to Prescott SC
	£7.50 per Event	

SIGNED		SWIMMER or PARENT
---------------	--	-------------------