

WYCOMBE SWIMMING

2023 WYCOMBE Level 3 LONG COURSE SPRINT MEET

Saturday 22nd April 2023

In aid of Wycombe District Swimming Club

Under Swim England Laws & Regulations and Swim England Technical Rules of Racing

LEVEL 3

License Number: 3SE230602

ANTI - WAVE LANE ROPES | 8 LANE 50M POOL | ALL EVENTS HDW
OMEGA TIMING WITH OBS11 WEDGE BLOCKS

Wycombe Leisure Centre
High Wycombe
Bucks
HP11 1UP



2023 Wycombe L3 Long Course Sprint Meet

KEY DETAILS

Entries: First Come / First Served

Entries Open: 12th March 2023 10am

Entries Close: 19th March 2023 11.59pm, or earlier if full.

Accepted Entries will be published no later than **1st April 2023**

Entry fee: £8.00 per event

Age Groups (ages at 22nd April 2023):

Girls: 9, 10, 11, 12, 13, 14, 15, 16, 17+over

Boys: 9, 10, 11, 12, 13, 14, 15, 16, 17+over

Events:

50m & 100m All Strokes

Awards:

1st, 2nd and 3rd in all age groups

Top Visiting Club Award

Top Boy and Girl Award

Registration: This is a SIGN-IN meet – swimmers must sign-in for each session

For further details: www.wycombe-swimming.org.uk (Look for 'LCSM')

Meet Promoter: Simon Shaw

Meet Secretary: Emma Lambourne

Contact details: Email: openmeets@swimwycombe.com

Phone: 01494 410 075

Postal address: Wycombe District Swimming Club, Wycombe Leisure Centre, Handy Cross, High Wycombe, HP11 1UP.



2023 Wycombe L3 Long Course Sprint Meet

SCHEDULE OF EVENTS

SATURDAY 22nd April 2023				
SESSION 1 - Warm up 8am Start 9am				
101	G	50	BACK	9, 10, 11, 12, 13, 14, 15, 16, 17+
102	B	50	FLY	9, 10, 11, 12, 13, 14, 15, 16, 17+
103	G	100	BREAST	9, 10, 11, 12, 13, 14, 15, 16, 17+
104	B	100	BACK	9, 10, 11, 12, 13, 14, 15, 16, 17+
105	G	100	FREE	9, 10, 11, 12, 13, 14, 15, 16, 17+

SESSION 2 – Warm up TBC Start TBC				
206	B	50	BREAST	9, 10, 11, 12, 13, 14, 15, 16, 17+
207	G	50	FLY	9, 10, 11, 12, 13, 14, 15, 16, 17+
208	B	50	FREE	9, 10, 11, 12, 13, 14, 15, 16, 17+
209	G	100	BACK	9, 10, 11, 12, 13, 14, 15, 16, 17+
210	B	100	FLY	9, 10, 11, 12, 13, 14, 15, 16, 17+

SESSION 3 – Warm up TBC Start TBC				
311	G	50	BREAST	9, 10, 11, 12, 13, 14, 15, 16, 17+
312	B	50	BACK	9, 10, 11, 12, 13, 14, 15, 16, 17+
313	G	50	FREE	9, 10, 11, 12, 13, 14, 15, 16, 17+
314	B	100	BREAST	9, 10, 11, 12, 13, 14, 15, 16, 17+
315	G	100	FLY	9, 10, 11, 12, 13, 14, 15, 16, 17+
316	B	100	FREE	9, 10, 11, 12, 13, 14, 15, 16, 17+

***Note: Session timings will be published closer to the meet after entries are finalised.
Refer to the Wycombe District Swimming Club website for latest updates.***



2023 Wycombe L3 Long Course Sprint Meet

QUALIFICATION TIMES (NOT-FASTER-THAN)

- Entry times should be either LONG COURSE TIMES or converted to LONG COURSE
- All Competitors must be registered swimmers
- Qualifying times are shown below as 'Not Faster Than' times.
- Where possible, entry times should be listed on rankings. Where this is not possible, coach approved estimates are acceptable. NT entries will not be accepted.
- Ages at 22nd April 2023

BOYS

Distance	Stroke	9 Yr	10 Yr	11Yr	12 Yr	13 yr	14 Yr	15 Yr	16 Yr	17+ Yr
50	FREE	00:33.9	00:31.7	00:30.20	00:28.40	00:27.10	00:26.00	00:25.24	00:24.00	00:23.00
100	FREE	01:06.00	01:05.00	01:02.52	01:00.80	00:57.75	00:55.97	00:54.31	00:53.53	00:52.66
50	BRST	00:42.2	00:41.7	00:39.20	00:36.80	00:34.40	00:33.10	00:32.00	00:30.90	00:28.50
100	BRST	01:29.00	01:23.00	01:19.64	01:18.47	01:13.70	01:11.36	01:08.80	01:07.67	01:04.67
50	FLY	00:35.6	00:34.6	00:33.40	00:31.70	00:29.90	00:28.70	00:27.60	00:26.70	00:24.00
100	FLY	01:19.00	01:15.00	01:09.91	01:09.11	01:04.73	01:02.16	00:59.95	00:58.98	00:55.45
50	BACK	00:36.8	00:35.6	00:34.80	00:33.00	00:31.00	00:30.00	00:28.90	00:27.90	00:25.00
100	BACK	01:15.00	01:10.00	01:07.32	01:06.23	01:05.34	01:02.93	01:00.85	00:59.95	00:56.00

GIRLS

Distance	Stroke	9 Yr	10 Yr	11Yr	12 Yr	13 yr	14 Yr	15 Yr	16 Yr	17+ Yr
50	FREE	00:33.90	00:32.10	00:30.60	00:29.30	00:28.50	00:28.09	00:27.85	00:27.57	00:26.00
100	FREE	01:09.00	01:04.74	01:03.85	01:02.87	01:01.11	00:59.95	00:59.31	00:58.90	00:56.00
50	BRST	00:42.90	00:41.90	00:39.30	00:37.20	00:35.90	00:35.20	00:34.60	00:34.30	00:32.00
100	BRST	01:26.00	01:20.32	01:19.20	01:18.04	01:17.51	01:15.77	01:15.06	01:14.29	01:10.23
50	FLY	00:35.40	00:34.50	00:33.70	00:32.70	00:31.70	00:30.50	00:29.90	00:29.80	00:27.00
100	FLY	01:15.00	01:10.82	01:09.73	01:09.00	01:08.21	01:06.39	01:05.85	01:05.07	01:03.00
50	BACK	00:36.80	00:35.60	00:34.70	00:33.10	00:32.20	00:31.50	00:31.20	00:30.90	00:28.00
100	BACK	01:12.00	01:08.21	01:07.00	01:06.28	01:05.98	01:05.62	01:05.04	01:04.40	01:00.00



2023 Wycombe L3 Long Course Sprint Meet

Competition Rules and Information

The competition will be held under Swim England Laws & Regulations and Swim England Technical Rules of Racing

POOL PARAMETERS

The pool is 50 metres long with eight lanes. Anti-turbulence lane ropes will be used. Electronic time keeping will be used.

ENTRY PROCEDURE

CLUB ENTRIES: Entry is via a consolidated club entry Hy-Tek file which must be submitted through the Online Entry form (the link is on the meet webpage at www.wycombe-swimming.org.uk).

The Club entry Hy-Tek file is uploaded when the *Entry Application Form* is completed. Payment instructions will be provided in the application form. Payment references should include club code and 'LCSM.'

INDIVIDUAL ENTRIES: Individual *manual* entries are not being accepted for this meet (i.e. via email or paper entry form). Please contact your own club officers to arrange the submission of a Hy-Tek file as described above.

Entries will not be processed until both the Hy-Tek entry file and the online *Entry Application Form* have been submitted and payment has been received. For all enquiries, please contact the Meet Secretary, preferably via email (details on page 2).

Wycombe swimmers must enter through the Team Unify system to ensure club approval.

Requests for poolside passes and registering as an official are via separate online forms and should be done as soon the accepted entries are published.

Please note that British Swimming Rankings may reject Meet results containing database errors. The errors are often in the accuracy of the entrant's name, the official club name and date of birth. As recommended by the Rankings Department, all entries will be validated using the online entry tools available at www.swimmingresults.org. It is therefore recommended that Clubs should use these tools to validate their entries prior to submission. Entries that are found to contain errors may be rejected.

SWIMMERS WITH ADDITIONAL NEEDS

Swimmers with classifications (S Categories) and those who require additional provisions to access the event are requested to notify the Meet Promoter in advance of the meet. They will be accepted at



2023 Wycombe L3 Long Course Sprint Meet

the Promoter's discretion and will be exempt from the Qualification Time requirements, but their times must show in the SE Rankings. A secondary strobe light will be available for deaf swimmers.

REFUNDS

Entries may be withdrawn (with refund) up to the meet entry closing.

Where a refund is due to withdrawal and not part of the Promoter's obligations (e.g. cancellation of meet, over subscription and scratches), refunds will be subject to a £15 administration charge. With the exception of withdrawals due to injury or illness, no refunds for withdrawals will be made after the meet entry closing, which may be prior to the published closing date if the meet fills sooner.

Withdrawals due to injury or illness incurred after event entry, may be made up to the day before the gala. Full refunds (no administration fee) will be provided on receipt of proof of injury or illness through a doctor's/medical certificate or similar.

SIGN-IN

The meet requires all swimmers to sign in on arrival for each session of swimming. A 'sign-in' meet allows more swimmers into the gala by avoiding empty lanes from withdrawals.

Swimmers must SIGN IN before EACH session.

Sign-in will close at the start of the first warm-up for the session (either boys or girls).

Swimmers who do not sign in will be scratched and will not be seeded in the heats.

RESERVE & TRIAL SWIMS

Reserve / trial swim entries may be accepted on the day at the discretion of the Meet Promoter and are used to fill spare lanes if available after seeding is completed. Reserve / trial swimmers must meet the entry time criteria as stated in the conditions. Successful Reserve swims will have 'EXH' (Exhibition) appended to their name in the results and the swim will not count in terms of points or awards. However, times will count for Rankings.

AWARDS

Individual Awards will be made on an HDW basis.

Medals will be given to the first three swimmers in each Age Group and are to be collected from the medal table after the results have been posted.

Swimmers must ensure that they are suitably clothed (t-shirt, shorts, footwear, etc.) when collecting awards.

The Top visiting club, Top Boy and Top Girl will also receive an award.



2023 Wycombe L3 Long Course Sprint Meet

OFFICIALS

To ensure the Meet can run effectively and efficiently, WDSC encourages all clubs to help where possible with officials.

Qualified and trainee officials can sign up to officiate at www.swim-meet.com/availability/

Any questions can be directed to the Officials' Co-ordinator at officials@swimwycombe.com

MEET RESULTS

Official Meet results will be posted on the Wycombe District Swimming Club website as soon as possible after the meet. Heat Sheets and (unofficial) Live Results will be available during the meet through the club website (free), and through the Meet Mobile smartphone app (charges may apply).

Results will also be passed to Swim England for their reference and inclusion in Rankings.

SPECTATORS

Entry is £12.00 per full day (no concessions) or £5.00 (£4.00 concession) per individual session.

CAR-PARKING

'Pay and Display' car parking is available at the Leisure Centre (cash only). At the time of publishing, parking at the 'Park and Ride' (2 minutes walk from the pool) is £3 for 10 hours. Please check on the Buckinghamshire Council website closer to the event for any updates.

REFRESHMENTS

The Leisure Centre has a small cafe that will be in operation throughout the meet. The adjacent Waitrose supermarket also has a large cafeteria. Food may not be taken onto poolside.

There will be refreshments and lunch provided for coaches who have purchased a Coach pass.

HEALTH AND SAFETY

No outdoors shoes to be worn on the poolside. No large bags are allowed poolside.

Swimmers are asked to ensure they wear appropriate footwear and clothing when on the balcony or reception area.

The pool depth is 2m and the blocks are 75cm above the edge. 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 Swim England 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.

Further event information including any health and safety guidance resultant from our risk assessments will be made available to participants closer to the event. Please ensure you read the information and utilise for your club planning and risk assessment.



2023 Wycombe L3 Long Course Sprint Meet

POOLSIDE ACCESS PASSES

Passes are required for all non-swimmers accessing poolside or changing rooms and may be picked up from the sign-in desk before entering the pool. This includes all coaches, team managers and chaperones. Passes are required for each individual in a session. Where different team members are attending different sessions, passes may be transferred to other users with permission of the meet organisers, but all users must have valid Disclosure and Barring Service (DBS) checks with their club. Each pass includes one lunch, a meet programme and poolside refreshments.

Passes are to be applied for via the online application form (follow the link on the meet webpage). Passes must be ordered at least 10 days before the start of the meet.

Heat Sheets will only be provided to officials, coaches and team managers displaying passes.

For the safety and welfare of all swimmers, spectators and parents are NOT allowed poolside or in the changing rooms during the Meet. It is a requirement that all teams must have a coach/chaperone with them to access the poolside seating. Any non-team entries under the age of 16 shall have a responsible adult in the facility at all times when they are present.

DATA PROTECTION

Entries and results for this Meet will be held on computer. As required by the General Data Protection Regulations, 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.

The data you provide will be processed for the purposes of running the Meet, including seeding, programme (online and printed), results, management of officials and management of child protection poolside. You agree that we may publish your (or your club members) personal information as part of the programme and results of the Meet and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include name, club affiliation, race times and DQ codes, gender, disability classification and age category. To submit the data to us you must have obtained permission from the individuals for the uses specified.

FILMING AND PHOTOGRAPHY

Anyone who wishes to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

The use of cameras or mobile phones for taking photographs in the changing area is strictly forbidden. Only coaches and team managers may take photos or film races on poolside and these



2023 Wycombe L3 Long Course Sprint Meet

must comply with Swim England guidance and the focus of the filming should be of their swimmers only. Any swimmer or coach found to be breaking these rules 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.

The safety of children and young people for this event is of paramount importance. If you have any child safeguarding concerns at the event, please contact the meet coordinator.

SWIM SHOP

A Mailsports Swim Shop will be in operation throughout the Meet.

APPEALS

Any appeals must be submitted in accordance with Swim England procedures and will be handled by the Meet Promoter and Referees.

GENERAL

Any point not covered by these rules will be at the discretion of the Meet Promoter. Depending upon the situation, the Meet Promoter or Referees decision, respectively, will be final.