

**Wyre Forest Swimming Club**

Affiliated to West Midlands Region. Under Swim England Regulations and Technical Rules of Swimming

**WYRE FOREST SPRING OFF THE BLOCKS MEET 2022**

**Level 3 Open Meet**

**Licence No.**

**12<sup>TH</sup> AND 13<sup>TH</sup> March 2022**

**Programme**

The meet will take place at Wolverhampton Central Baths, 3 Bath Avenue, Wolverhampton, WV1 4EG on 12<sup>th</sup> and 13<sup>th</sup> March 2022. It will be run in accordance with SE laws and regulations and SE technical rules of swimming. Applicants must be category 2 members of SE.

The meet will be run over 4 sessions.

Warm ups will be confirmed via email the week before the meet.

**Session 1 12/3/22**

Warm up: 8.30am- 9am

Start: 9.30am

Finish 12.30am

**Session 2 12/3/22**

Warm up: 13.30pm-14.00pm

Start: 14.30pm

Finish 17.30pm

**Session 3 13/3/22**

Warm up: 8.30am- 9am

Start: 9.30am

Finish 12.30am

**Session 4 13/3/22**

Warm up: 13.30pm-14.00pm

Start: 14.30pm

Finish 17.30pm

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## **Events**

Freestyle      50m/100m/200m

Backstroke      50m/100m/200m

Breastroke      50m/100m/200m

Butterfly      50m/100m/200m

                    100m/200m

Ind Medley

## **Age groups**

Male & Female 9,10,11,12,13,14,15,16 & Over

All ages are "Age on Day" as at Midnight 13<sup>th</sup> March 2022

## **Entries**

Entries will be decided on a first come basis if events are over-subscribed.

Upper Qualifying times apply (see separate table for details). No faster than the upper qualifying times will be accepted.

Races will be seeded according to entry times.

Clubs with 5 or more entrants are requested to send the completed electronic entry file to [laura.colley@wfsc.org.uk](mailto:laura.colley@wfsc.org.uk). The entry file is available to download from [www.wfsc.org.uk](http://www.wfsc.org.uk).

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Electronic entries are only accepted once payment has been received in full.

All entrants are still bound by these Terms and Conditions of entry even though the entry form is not signed.

All other entries must be made on the forms provided and MUST include the entrants ASA ID number. All information must be legible (BLOCK CAPITALS PLEASE). Entries that are incomplete, illegible or sent without the correct entry fee will not be accepted.

Paper entries should be sent to Laura Colley 17 Reservoir Road Kidderminster DY11 7AP

All entries will be £7.00 per event.

Payments can be made via bank transfer to Account no: 50345776 Sort Code : 20-45-45 Ref : Your club name WFSS22. All cheques should be made payable to "WFSC".

**THE CLOSING DATE FOR ENTRIES IS 23<sup>rd</sup> February 2022**

This will be a cardless meet.

All clubs will be notified of accepted entries 1 week before event. Lists of accepted/rejected entries will be sent to the e-mail address listed on the paper entry form or the submitted electronic form. After entries have been processed/accepted refunds will only be made if the promoter has received **written confirmation** of a swimmer withdrawing due to a medical condition with a corresponding medical note, or if a swimmer has been rejected from any swims.

**Please note-there will be no additional entries on the day or after the closing date so please ensure swimmers have entered every race they wish to compete in on the initial entry form**

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It is the responsibility of each club to ensure the entries for all their swimmers are correct. Random checks may be carried out against current ASA ranking databases.

Where entries have to be restricted this will be done on first come basis.

Covid officer for the meet is Kelle Westwood. Email address  
[Kelle.Westwood@wfsc.org.uk](mailto:Kelle.Westwood@wfsc.org.uk)

Due to COVID, the conditions are subject to government guidance and therefore are subject to change due to the evolving nature of the pandemic.

### **Event Conditions**

All events will be swum on the HDW basis.

The competition pool is 25m in length with 8 lanes. Anti-turbulence ropes, electronic timing and placing will be used.

Secondary Strobe lights will not be used at this event.

At the promoter's discretion starts may be 'over the top' except for backstroke.

All events will be swum as combined age groups and seeded slowest to fastest irrespective of age.

All competitors must be members of an ASA affiliated club and category 2 members of SE.

It is the responsibility of the team managers and coaches to ensure that their swimmers report to marshalling stewards in time for the start of their race. Warm ups details will be emailed out a week before the event. The pool will be cleared at least 10 minutes before the start of each session. Coaches are responsible for overseeing their swimmers during warm up.

Supervision : It is the direct responsibility of each club to provide adequate supervision of their swimmers at all times. Coaches/Chaperones will be responsible for conduct of their swimmers whilst they are in the building and outside at all times

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### **Coach/Chaperone Passes**

The cost of a pass will be **£7.50 for each day** of the meet and must be purchased when submitting entries.

Upper Time Limits apply at this meet. No swimmers faster than listed times will be entered into this even.

### **Male upper time limits**

Event	Boys	9	10	11	12	13	14	15	16+
		Upper							
50m Free		31.8	30.8	29.8	28.8	27.8	26.3	25.3	24.8
100m Free		1.10.90	1.08.90	1.04.90	1.01.90	59.40	56.9	54.9	53.90
200m Free		2.33.10	2.28.10	2.22.10	2.14.10	2.08.10	2.04.10	2.00.10	1.58.10
50m Back		38.60	37.10	35.10	34.10	32.10	31.10	29.10	28.10
100m Back		1.22.00	1.18.00	1.15.00	1.11.00	1.07.00	1.04.00	1.01.00	1.00.00
200m Back		2.53.70	2.49.70	2.44.70	2.32.70	2.24.70	2.18.70	2.16.70	2.12.70
50m Breast		47.70	44.20	42.70	37.70	35.70	34.70	32.70	31.70
100m Breast		1.40.9	1.31.90	1.24.90	1.20.90	1.15.90	1.11.90	1.09.90	1.08.90
200m Breast		3.17.90	3.05.90	3.00.90	2.55.90	2.45.90	2.40.90	2.33.90	2.30.90
50m Fly		38.00	35.00	33.00	31.00	29.5	29.00	28.00	27.00
100m Fly		1.28.00	1.20.00	1.15.00	1.12.00	1.08.00	1.05.00	1.03.00	1.00.00
200m Fly		3.37.30	3.07.30	2.54.30	2.41.30	2.31.30	2.25.30	2.18.30	2.17.30
100m IM		1.18.00	1.17.00	1.13.00	1.10.00	1.08.50	1.06.00	1.05.00	1.03.00

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### **Female upper time limits**

Event	Girls	9		10		11		12		13		14		15		16+
		Upper	Upper	Upper	Upper	Upper	Upper	Upper	Upper							
50m Free		34.70	32.20	31.70	29.70	29.20	28.70	28.20	27.30							
100m Free		1.12.40	1.10.40	1.06.40	1.03.90	1.02.40	1.01.40	1.00.40	59.40							
200m Free		2.41.20	2.36.20	2.31.20	2.23.20	2.20.20	2.16.20	2.12.20	2.09.20							
50m Back		39.30	37.80	36.80	35.30	33.80	33.30	31.80	30.80							
100m Back		1.24.90	1.20.90	1.17.90	1.12.90	1.11.90	1.09.90	1.06.90	1.05.90							
200m Back		3.02.90	2.56.90	2.48.90	2.42.90	2.35.90	2.31.90	2.29.20	2.27.20							
50m Breast		46.80	43.30	41.30	38.30	37.30	36.80	35.30	34.80							
100m Breast		1.35.50	1.31.50	1.25.50	1.22.00	1.18.50	1.17.00	1.15.50	1.15.00							
200m Breast		3.20.70	3.08.70	2.58.70	2.54.70	2.48.20	2.44.70	2.42.70	2.41.70							
50m Fly		41.40	36.90	35.40	34.40	31.90	31.40	29.90	29.40							
100m Fly		1.30.70	1.20.70	1.15.70	1.13.20	1.10.70	1.08.70	1.06.70	1.05.70							
200m Fly		3.34.20	3.16.20	3.02.20	2.42.20	2.36.20	2.32.20	2.28.20	2.27.20							
100m IM		1.23.80	1.22.50	1.18.80	1.16.80	1.14.80	1.11.80	1.09.80	1.08.80							

### **Awards**

Awards will be made to the fastest 3 in each age group, male and female, in all events.

### **Results**

Results will be posted on the Wyre Forest Web site as soon as practicable after the event. Copies of results sheets can be sent out to all competing clubs on request.

### **Spectators**

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£6 per day or £3 per session. All valuables, clothing and items of importance left within the building will be at the owner's risk. The promoter reserves the right to remove anyone from the building or refuse entry to anyone due to current previous misconduct and to inform the Governing body.

Covid requirements will be sent out the week before the meet.

### **Data Protection**

Entries to the meet will be held on a computer and consent, as required by the Data Protection Act 2018, to the holding of personal information on computer will be deemed to have been given by the submission of entry. This information may be published following the Meet.

### **Video/Camera Use**

Where Wyre Forest Swimming Club are in sole charge of the facility photography and filming are to be allowed in accordance with the Swim England guidelines. WavePower Section 2.4 under photography. Phones should emit a noticeable sound if the camera is being used. Use of flash photography is prohibited at any time poolside. If devices are taken into the changing area, the facility to take photographs or videos must not be used.

The Promoter of this meet is Laura Colley for and on Behalf of Wyre Forest Swimming Club

Email [laura.colley@wfsc.org.uk](mailto:laura.colley@wfsc.org.uk) Tel:07843375783

Any matters concerning the meet not covered in these terms and conditions will be dealt with according to the laws of the sport and at the discretion of the promoter. All participants must comply with the safety regulations in operation at Central Baths, the promoters' terms and conditions and ASA safety regulations.

Updates regarding this meet can be found on [www.wfsc.org.uk](http://www.wfsc.org.uk)

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at Central Baths, the promoters' terms and conditions and SE safety regulations.

Updates regarding this meet can be found on [www.wfsc.org.uk](http://www.wfsc.org.uk)

### **Programme Event Order**

Gender	Event		
	Session 1		
M	200m Butterfly	HD W	Session 1 Warm Up 8.30am Start 9.30am
F	100m Breaststroke	HD W	
M	50m Backstroke	HD W	
F	100m Backstroke	HD W	
	Break		
M	200m Individual Medley	HD W	
F	200m Freestyle	HD W	
M	50m Breaststroke	HD W	
	Session 2		
F	100m Individual Medley	HD W	
M	100m Freestyle	HD W	

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	F	100m Butterfly	HD W	Session 2  Warm Up 1.00pm  Start 2.00pm
	M	200m Breaststroke	HD W	
		Break		
	F	200m Backstroke	HD W	
	M	50m Butterfly	HD W	
	F	50m Freestyle	HD W	
	Gender	Event		
		Session 3		Session 3  Warm Up 8.30am  Start 9.30am
	F	200m Butterfly	HD W	
	M	100m Breaststroke	HD W	
	F	50m Backstroke	HD W	
	M	100m Backstroke	HD W	
		Break		
	F	200m Individual Medley	HD W	
	M	200m Freestyle	HD W	
	F	50m Breaststroke	HD W	
		Session 4		
	M	100m Individual Medley	HD W	Session 4  Warm Up 1.00pm  Start 2.00pm
	F	100m Freestyle	HD W	
	M	100m Butterfly	HD W	
	F	200m Breaststroke	HD W	
		Break		
	M	200m Backstroke	HD	

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			W	
	F	50m Butterfly	HD W	
	M	50m Freestyle	HD W	

**Entry Form**

Surname :		First Name :
Date of Birth		Age on 13th March 2022
ASA no :		Swimming Club
Telephone no :		Email :
Address :		
Male		Female

M	F	Event	Entry Time
1	15	200m Fly	
16	2	100m Breast	
3	17	50m Back	
18	4	100m Back	
5	19	200m IM	
20	6	200m Free	
7	21	50m Breast	

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22	8	100m IM	
9	23	100m Free	
24	10	100m Fly	
11	25	200m Breast	
26	12	200m Back	
13	27	50m Fly	
28	14	50m Free	
Total payable - no of events @ £7.00			

I confirm that I accept the Promoters conditions and that the above details are correct.

I accept there will be no refunds for incorrectly submitted entries or withdrawals.

Signature of Competitor .....

Parent signature (if swimmer is under 18) .....

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