



### To be held at Winsford Lifestyle Centre on:

Saturday 15th December 2018

Level 3 Licensed Meet 6 Lane Deck Level Pool with Anti-turbulence Ropes Electronic Timing System Café Available FREE Parking

> 50m & 100m all strokes plus 100m & 200m Individual Medley Upper Qualifying times apply

Closing date for entries 17<sup>th</sup> November 2018

**ASA Licence Number:** 



#### Session 1 – Warm-up 11:40am, start 12:30pm

Event 1:	Boys	200m IM
Event 2:	Girls	50m Breaststroke
Event 3:	Boys	50m Breaststroke
Event 4:	Girls	100m Backstroke
Event 5:	Boys	100m Backstroke
Event 6:	Girls	50m Butterfly
Event 7:	Boys	50m Butterfly
Event 8:	Girls	100m Freestyle
Event 9:	Boys	100m Freestyle
Event 10:	Girls	100m IM

#### Session 2 – Warm-up 4:30pm, start 5:15pm (TBC)

Event 11:	Girls	200 IM
Event 12:	Boys	50m Backstroke
Event 13:	Girls	50m Backstroke
Event 14:	Boys	100m Butterfly
Event 15:	Girls	100m Butterfly
Event 16:	Boys	50m Freestyle
Event 16: Event 17:	Boys <mark>Girls</mark>	50m Freestyle 50m Freestyle
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Event 17:	Girls	50m Freestyle



# **Qualifying Conditions**

This is a Development Meet.

There are no lower time limits.

Entrants with no times require a coach's estimate to help with seeding.

Boys					
Stroke	9/10	11 / 12	13	14	15+
50m Free	No upper times	29.5	29.2	27.2	27.1
100m Free	No upper times	1:04.4	1:03.4	59.6	59.5
50m Breast	No upper times	38.9	37.5	35.7	34.9
100m Breast	No upper times	1:25.7	1:22.2	1:18.0	1:16.7
50m Fly	No upper times	33.0	31.0	30.0	29.3
100m Fly	No upper times	1:13.9	1:11.0	1:05.3	1:05.3
50m Back	No upper times	34.9	33.8	32.3	31.0
100m Back	No upper times	1:15.0	1:13.0	1:08.1	1:07.6
100m IM	No upper times	1:18.00	1:14.35	1:10.75	1:08.00
200m IM	No upper times	2:39.5	2:35.0	2:34.4	2:28.3

Upper Time Limits as follows:

Girls					
Stroke	9/10	11 / 12	13	14	15+
50m Free	No upper times	30.6	30.1	29.8	29.5
100m Free	No upper times	1:06.3	1:05.5	1:04.4	1:04.4
50m Breast	No upper times	39.3	38.4	38.2	37.2
100m Breast	No upper times	1:25.3	1:24.6	1:24.1	1:23.3
50m Fly	No upper times	33.4	32.5	31.7	31.5
100m Fly	No upper times	1:15.4	1:12.5	1:12.3	1:11.8
50m Back	No upper times	35.5	34.8	33.8	33.7
100m Back	No upper times	1:16.7	1:16.4	1:15.2	1:13.4
100m IM	No upper times	1:18.00	1:15.70	1:12.15	1:10.75
200m IM	No upper times	2:43.0	2:41.1	2:40.9	2:39.6



# **Promoter's Conditions**

- The competition shall consist of the following age groups for each sex: 9, 10, 11, 12, 13, 14 and 15+ years.
- There are no lower qualifying times. If the swimmer does not have a time for the event please include a rounded coach's estimate to assist with seeding for NT swimmers.
- Upper qualifying times apply to all swimmers aged 11 and above.
- The promoters reserve the right to reject entries if the swimmers are found to have gained times faster than the upper qualifying times.
- Over the top starts will be in operation during this competition.
- The electronic entry fee is £5.00 per event. Paper entry fee is £6.50 per event.
- Spectator fee £3.00 per session (includes meet programme)
- Poolside pass £5.00.
- Age on the day will be as of December 15th 2018.
- The closing date for entries will be November 17th 2018.
- Entries will be accepted on a 1st come, 1st served basis and may close early if the meet is oversubscribed.
- Late, poolside, or improved entries will not be accepted.
- A withdrawal system will be in operation. This means that a swimmer will be assumed to be competing in the events in which they have entered unless they have informed the Competition Manager of their withdrawal from any/all events. The closing deadline for withdrawals will be 8.30am on the morning of competition. There will be no refund of entry fees.
- Any withdrawals after the closing deadline will result in heats being swum with empty lanes.
- As soon as possible after the closing date each club will be sent draft programmes that should be used to cross check the accuracy of the entries and to allow any necessary corrections to be made.
- Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.
- Heat Start Lists will be made available to clubs as they arrive at the gala.
- Swimmers must present themselves to the Competitors Stewards 5 races prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for the race.
- Awards for the top six places in each event for age group and a top visiting club award.
- Electronic entries preferred (and are not by club).
- Whilst we will make every effort to adhere to the published programme of events, we reserve the right to make any changes found to be necessary to operate the meet.
- Spectator area holds in the region of 140 people seated and standing. Please be courteous to fellow spectators and do not reserve seats if you are leaving the viewing area. Please allow others to watch their children if yours are not swimming. A wrist band system will be in operation. Wrist bands will be inter-changeable due to the limited amount of seating.

## Paper Entry Form Male



Event	Stroke	Entry Time	Comment
Number			
1	200m IM		
3	50m Breastroke		
5	100m Backstroke		
7	50m Butterfly		
9	100m Freestyle		
12	50m Backstroke		
14	100m Butterfly		
16	50m Freestyle		
18	100m Breastroke		
20	100m IM		
	Total No of		
	Swims:		

Name:

Date of Birth:

ASA Number:

Club:

Contact Details:

Please include a rounded coach's estimate for swims with NT to assist with seeding.

Entry fee for paper entries: £6.50 per event.

Cheques (one per club) payable to 'WASC' must be sent with this paper entry form to:

Winsford ASC, c/o 61 Weaverham Road, Sandiway, Northwich, Cheshire. CW8 2NF

To be received by the closing date: 17<sup>th</sup> November 2018. No late entries accepted.

Queries and advance withdrawals via email to: wingalateam@gmail.com

## Paper Entry Form Female



Event Number	Stroke	Entry Time	Comment
2	50m Breastroke		
4	100m Backstroke		
6	50m Butterfly		
8	100m Freestyle		
10	100m IM		
11	200m IM		
13	50m Backstroke		
15	100m Butterfly		
17	50m Freestyle		
19	100m Breastroke		
	Total No of		
	Swims:		

Name:

Date of Birth:

ASA Number:

Club:

Contact Details:

Please include a rounded coach's estimate for swims with NT to assist with seeding.

Entry fee for paper entries: £6.50 per event.

Cheques (one per club) payable to 'WASC' must be sent with this paper entry form to:

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## Winsford ASC 3<sup>rd</sup> Christmas Development Meet

Level 3 licensed open meet - licence number

## Saturday 15<sup>th</sup> December 2018

### **Summary of Entries**

Club		 	 
Contact Name		 	 
Tel No		 	 
E-mail address	S	 	 

	No of Paper Entries @ £6.50	Amount
Male	 	
Female	 	
Poolside Passes £5 per coach	 	

Total

Entries for this meet are to be made through the Swimming Events portal at <u>https://swimming.events</u>. Instructions on how to do this will be emailed to visiting clubs for clarification and can be viewed on the Swimming Events website. Paper entries are not advised but can be posted to the address below.

WASC c/o 61 Weaverham Road, Sandiway, Northwich, Cheshire. CW8 2NF

This is a cardless meet.

Closing date: 17<sup>th</sup> November 2018. No late entries accepted.

Queries and advance withdrawals via email to: wingalateam@gmail.com

# Where to find us



### **Winsford Lifestyle Centre**

Home of Winsford ASC

The Drumber Winsford Cheshire CW7 1AD Tel: 01606 550700



Winsford Amateur Swimming Club would like to thank you for attending our 3<sup>rd</sup> Christmas event, we wish you all a very...

Merry Christmas

