



WOLVERHAMPTON SC SUMMER SPRINTS OPEN MEET

(Affiliated to SE West Midlands Region and Staffordshire ASA)

Saturday 9th and Sunday 10th July 2022

License Number 3WM221005

This is a Level 3 Licensed Meet
For entry into County and Regional Competitions.

Swum under SE regulations and technical rules

ENTRY TO THIS MEET WILL BE ON A FIRST COME FIRST SERVED BASIS

VENUE	Central Baths, Wolverhampton, WV1 4EG
POOL	8 Lane - 25m pool - electronic timing - anti turbulence lane ropes
AGE GROUPS	9yrs; 10yrs; 11yrs; 12yrs; 13yrs; 14yrs; 15yrs; 16+
AGE	Age as at 10th July 2022
CLOSING DATE	Wednesday 15th June 2022
EVENTS	50, 100 & 200m All strokes – all age groups 100 & 200m IM – all age groups All events will be heat declared winners Skins based on 200 IM results

Meet Promotor: Mrs Louise Barnes treasurer@wolverhamptonsc.co.uk

Meet Administrator: Mr Gary Barnes headcoach@wolverhamptonsc.co.uk

Covid Lead: Mr Lee Westwood covid@wolverhamptonsc.co.uk



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PROMOTERS CONDITIONS

- PROMOTER** The promoter of the Wolverhampton SC Winter Open Meet is Louise Barnes on behalf of Wolverhampton Swimming Club. (WSC)
- AWARDS** Awards will be given to the top 3 in each event/age category. There will be additional awards for overall Top Boy and Top Girl in each age category.
Points will be awarded: - 1st (8pts); 2nd (7pts); 3rd (6pts); 4th (5pts); 5th (4pts); 6th (3pts); 7th (2pts); 8th (1pt)
All awards must be collected on the day as we are unable to forward them after the event.
- ENTRIES** WSC wants this open meet to be as inclusive as possible to as many swimmers as possible. There are upper cut off times for all events/age groups and all entry times must not be faster than these. We are allowing entry times that do not come from Rankings but we would ask coaches to verify that swimmers times, even if they are taken from rankings, are realistic times. Any entry without a time will be rejected. WSC may also exclude entries where they feel that the spirit of the competition has not been adhered to. Entry times should be from 01/01/2021 to 15/06/2022.
- Swimmers with a disability are welcome to enter and will be included within the able bodied programme. A secondary strobe will be not be available at this meet.
- Entry fee will be £6.50 per event.
- Entries to this meet are fist come first served. The date that entries are received is the date that the meet administrator has the completed entry file, summary sheet and payment.
- Closing date for entries will be 15th June 2022.** We reserve the right to bring the closing date forward should the meet become oversubscribed.
- The meet pack/entry files for this meet will be available for download on our website www.wolverhamptonsc.co.uk
All entries files, made using Sportssystem software, should be sent electronically to headcoach@wolverhamptonsc.co.uk
- We request that payments are made by bank transfer to WSC account number 70883107 sort code 40-47-11 using your club name as payment reference. Summary sheets and coach pass applications, should be emailed to the meet administrator at the above email address.
- A list of all accepted entries will appear on the Online Entry Preview System on the Wolverhampton SC website shortly after the closing date has passed. Any rejected swims will receive full refunds. Once entries have been accepted, no refunds will be given unless supported by medical evidence.
- STRICTLY NO entries will be accepted on the day of the meet.**
- All swimmers **MUST** be under the supervision of their coach or team manager at all times.



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- WITHDRAWALS** Clubs should withdraw any swimmers who are not competing as soon as possible by using the Online Entry Preview System on the Wolverhampton SC website or by 12 noon on Friday 8th July.
- STARTS** Over the top starts may be used. Backstroke ledges may be used at this Open Meet.
- RESULTS** Results will appear on Wolverhampton Swimming Club's website live, or as soon as possible.
- CAR PARKING** Free car parking is available at Central Baths, but spaces are limited and available on a first come first served basis.
- SPECTATORS** Entry £6.00 per day (£4 half day). OAP concessions of £3.00 entry per day (£2 half day), by pre-purchased wristbands.
Children under 5 years free to all sessions, subject to space, and may be asked to sit on their parent's knee.
We reserve the right to limit spectator numbers if necessary due to Covid or other considerations.
- REFRESHMENTS** Refreshments can be purchased from the coffee bar located in the main reception area of the swimming baths, subject to availability.
- POOLSIDE PASSES** Poolside passes may be purchased per club to include start sheets, buffet lunch and refreshments.
Cost per pass will be £12.00 per day or £20 for a full weekend pass. All team managers/coaches **must** have an up to date DBS certificate.
Passes must be worn at all times, and must be purchased in advance.
NO poolside passes will be available for purchase on the day of the meet.
There will be no access to the poolside for anyone who does not have a poolside pass.
- OFFICIALS** It is requested that all clubs try to provide at least one licensed official for each day and session please. Lunch and refreshments will be provided. A link to our online sign up service will be provided nearer the time.
- SWIM SHOP** A swim shop will be in operation throughout the meet.
- PHOTOGRAPHY** **Photography is strictly prohibited on poolside at any time in accordance with the WV Active centre policy.**
- GENERAL** Any point not covered in the above will be at the discretion of the Promoter.



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SKINS EVENTS

A SKINS event is an exciting series of back-to-back races which operate on a knockout basis, with the two remaining swimmers racing each other in a head-to-head final race.

The top 8 girls and top 8 boys, based on their 200 IM time achieved at the meet, in events 101 for the boys and 301 for the girls, will be invited to compete.

Any swimmer not wishing to swim in the skins event must let the recording desk know within half an hour after the end of their 200m IM event.

There will be two age categories: 13/under and 14/over – for both boys and girls.

The boys event will take place on the Saturday and the girls event on the Sunday.

A stroke is drawn out of a bag and the eight 14/over swimmers race 50m of that stroke and the swimmer who finishes last is out. The eight 13/under swimmers now race and again the last swimmer is out.

In the event of a disqualification, the disqualified swimmer will be eliminated and the slowest swimmer will go through to the next round.

Then it goes back to the seven 14/over swimmers for another race and so it goes on.....until there is a 14/over and 13/under winner.

The swimmer who is eliminated picks the next stroke randomly out of a bag.

Races are run consecutively so there is little time to rest and what makes it interesting is you cannot call the outcome as it is rare for any one swimmer to be great at all 4 strokes.

A prize is given to the top 3 swimmers in each age group / gender - £25 for first place, £15 for second place and £5 for third place.



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Upper Cut-Off Times (short course) from 01/01/2021 to 15/06/2022

Male								
Event	9	10	11	12	13	14	15	16/OV
50m Freestyle	32.37	32.37	31.00	28.39	26.27	25.31	24.30	24.00
100m Freestyle	1.11.92	1.11.92	1.06.43	1.02.47	59.31	55.62	54.27	53.00
200m Freestyle	2.39.57	2.39.57	2.19.42	2.13.55	2.07.00	2.00.16	1.59.30	1.59.00
50m Backstroke	37.01	37.01	36.24	31.86	31.20	28.71	28.52	28.00
100m Backstroke	1.19.04	1.19.04	1.14.88	1.10.54	1.06.26	1.02.46	1.01.00	1.00.00
200m Backstroke	2.51.77	2.51.77	2.38.73	2.32.82	2.20.00	2.11.82	2.11.50	2.11.00
50m Breaststroke	43.66	43.66	39.43	36.46	32.77	32.21	31.17	30.50
100m Breaststroke	1.34.84	1.34.84	1.28.39	1.18.68	1.11.70	1.10.34	1.09.18	1.08.00
200m Breaststroke	3.15.05	3.15.05	3.07.24	2.50.52	2.35.50	2.34.14	2.29.12	2.28.50
50m Butterfly	34.71	34.71	33.60	31.42	29.00	26.73	25.13	24.14
100m Butterfly	1.18.85	1.18.85	1.14.35	1.11.05	1.01.72	58.80	56.54	54.90
200m Butterfly	2.59.44	2.59.44	2.40.86	2.34.16	2.19.17	2.07.48	2.06.00	2.02.10
100m Ind. Medley	1.19.00	1.18.00	1.15.50	1.12.50	1.10.50	1.05.20	1.02.00	1.01.80
200m Ind. Medley	2.53.40	2.53.40	2.40.97	2.35.65	2.19.33	2.17.00	2.12.40	2.08.20

Female								
Event	9	10	11	12	13	14	15	16/OV
50m Freestyle	33.08	33.08	29.74	28.91	28.05	27.95	27.62	27.50
100m Freestyle	1.14.40	1.14.40	1.05.10	1.02.44	59.81	59.75	59.50	59.00
200m Freestyle	2.41.97	2.41.97	2.18.22	2.13.91	2.11.12	2.10.58	2.09.14	2.08.60
50m Backstroke	38.90	38.90	35.81	32.98	32.00	31.75	31.5	31.00
100m Backstroke	1.23.32	1.23.32	1.15.63	1.08.57	1.07.95	1.07.50	1.07.20	1.07.00
200m Backstroke	2.51.86	2.51.86	2.38.81	2.29.79	2.25.64	2.24.00	2.23.78	2.23.00
50m Breaststroke	42.25	42.25	37.17	36.50	35.00	33.81	31.60	30.50
100m Breaststroke	1.34.74	1.34.74	1.21.06	1.18.56	1.16.50	1.16.30	1.16.20	1.16.10
200m Breaststroke	3.22.01	3.22.01	2.54.89	2.47.39	2.44.50	2.43.75	2.43.31	2.43.00
50m Butterfly	37.08	37.08	33.42	31.21	30.20	29.38	29.20	29.00
100m Butterfly	1.26.22	1.26.22	1.16.92	1.08.94	1.07.57	1.06.04	1.05.58	1.05.30
200m Butterfly	3.23.14	3.23.14	2.58.90	2.29.98	2.25.92	2.25.87	2.25.60	2.25.50
100m Ind. Medley	1.20.00	1.19.00	1.17.00	1.15.50	1.10.50	1.10.40	1.08.50	1.07.50
200m Ind. Medley	3.04.03	3.04.03	2.41.29	2.33.20	2.28.49	2.25.98	2.25.69	2.25.40

Entry times should be NO faster than those stated above.



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Schedule of Events

Session One (Saturday morning)		Session Two (Saturday afternoon)	
Warm up:	8:00am	Warm up:	TBA
Start:	9:00am	Start:	TBA
Event		Event	
101	Boys 200m IM	201	Girls 200m Freestyle
102	Girls 100m Freestyle	202	Boys 200m Backstroke
103	Boys 50m Butterfly	203	Girls 50m Breaststroke
104	Girls 50m Backstroke	204	Boys 50m Freestyle
105	Boys 200m Breaststroke	205	Girls 100m Backstroke
106	Girls 200m Butterfly	206	Boys 100m Butterfly
107	Boys IM skins	207	Girls 100m IM
		208	Boys 100m Breaststroke

Session Three (Sunday morning)		Session Four (Sunday afternoon)	
Warm up:	8:00am	Warm up:	TBA
Start:	9:00am	Start:	TBA
Event		Event	
301	Girls 200 IM	401	Boys 200m Freestyle
302	Boys 100 Freestyle	402	Girls 200m Backstroke
303	Girls 50m Butterfly	403	Boys 50m Breaststroke
304	Boys 50m Backstroke	404	Girls 50m Freestyle
305	Girls 200m Breaststroke	405	Boys 100m Backstroke
306	Boys 200 Butterfly	406	Girls 100m Butterfly
307	Girls IM skins	407	Boys 100m IM
		408	Girls 100m Breaststroke



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INDIVIDUAL ENTRY FORM

WOLVERHAMPTON SC LEVEL 3 OPEN MEET

(UNDER SE LAW and SE TECHNICAL RULES)

ENTRY TO THIS MEET WILL BE ON A FIRST COME FIRST SERVED BASIS

(Please complete in block capitals)

Club.....

Forename..... Surname.....

SE Reg No..... Male / Female

Date of Birth..... Age as at 10.07.2022.....

Address

Post Code..... Tel Number:

Email address.....

Event	Entry Time	Event	Entry Time
50m Freestyle		100m Breaststroke	
100m Freestyle		200m Breaststroke	
200m Freestyle		50m Butterfly	
50m Backstroke		100m Butterfly	
100m Backstroke		200m Butterfly	
200m Backstroke		100m IM	
50m Breaststroke		200m IM	

Number of entries @ £6.50 per event

Total entries Total Amount

Signature of Competitor..... Date

I hereby confirm the above particulars are correct SIGNED..... (Club Official)



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LEVEL 3 OPEN MEET

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SUMMARY OF ENTRIES

This form should be used as a summary of entries and coaches passes.

Entry to poolside will not be permitted without a coaches' pass.

Club:

Total Entries	@ £6.50 per event	£ _____
Poolside Pass (Sat/Sun1-day only)	@ £12.00 each	£ _____
Poolside Pass (Full Weekend)	@ £20.00 each	£ _____
	Total	£ _____

Payment by BACS transfer as per terms and conditions please

Account Number 70883107 Sort Code 40-47-11

Please use Club name as payment reference

POOLSIDE PASS DETAILS

Person's Name	DBS Number

DBS Number must be supplied in advance of the meet,
Poolside passes **will not** be issued unless a valid DBS number has been provided.

I certify that all the above details are correct and that I will abide with the promoter's conditions:

Signed (Club Official): Date:

All entries accepted on a first come first served basis, the date that entries are received is the date the Meet Administrator has the completed Sportsystems entry file, summary sheet and payment.



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LEVEL 3 OPEN MEET

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OFFICIALS - WE WOULD APPRECIATE YOUR HELP

Wolverhampton SC need many officials to run a successful open meet.

It is requested that all Clubs who enter more than 5 swimmers provide at least one licensed official per session.

If you are licensed and are willing to officiate at our open meet, could you complete the link to our officials sign up page when available. Entry Managers will be notified when the link is available. Lunch, refreshments and a gift will be provided.

To those officials in training, we are happy to offer mentoring and assessments subject to sufficient officials being available.

Any help you can offer will be very much appreciated.

treasurer@wolverhamptonsc.co.uk