



Novice Meet

Level 4 Gala

ASA Licence 4 NW 2149

Europa Pools, Birkenhead

March 31st 2012

Meet Promoter: Simon Coppack

Email : wirralmetro@hotmail.com

8 The Leightons
Neston
CH64 6QD

Wirral Metro

Open L4 Novice Meet

March 31st 2012.

Entries

Entries can either be submitted electronically using Hytek or in Paper form. The cost per event is £4-50.

This meet is aimed at club swimmers aged between 9 to 14 year olds. There are only upper entry times which are based on the regional qualifying times for NW, there are no lower qualifying times. The objective of this meet is to give swimmers the opportunity to obtain ranking times in a range of strokes at various distances and for the younger swimmers to obtain race / meet experience.

"Swimmer's who have not obtained ranking times are eligible for this Meet".

Events will be as per the attached schedule, all will be heat declared winner. Electronic timing will be used and the official results submitted to the ASA rankings. All swimmers must be ASA registered category 2 and have achieved the competitive start award.

All entries must include a valid/recent time – entries with no time will be rejected. Times must be agreed by the Swimmer's Coach, if submitting an entry on paper then coaches must sign the form. Entries will be accepted on a "First Come First Served basis". The Cut off date for entries is **March 11th**.

Age will be as on 31st March 2012, the minimum age is 9, to comply with ASA rule 411.5.3

Spectator entry for each Session will be £3; programmes will be £2.

The Competition:

Times and places shown on the electronic scoreboard are for indication only and may not be the official result. All events will be swum in integrated groups with seeding by submitted times. Poolside entries may be allowed at the discretion of the promoter.

The Referees decision is final.

Awards:

No Medals will be awarded at this meet as it is intended primarily as a vehicle to obtain official ASA Ranking times and for younger swimmers to gain meet experience.

The one start rule will apply and over the top starts will be used wherever possible and at the referees discretion.

Poolside Passes:

Coaches Passes will be available at £10 which includes entry to the pool for all sessions, programme, heat and results sheets. Passes are to be worn at all times and coaches must be ASA CRB checked.

Health and Safety:

All attending the meet must abide by the rules of the venue management. Team managers and parents are responsible for their swimmers conduct at all times. Individuals contravening the rules may be excluded from the meet. Any person wishing to engage in photography or use a video recorder must register at the entry desk and wear a pass at all times.

Any points not covered here are at the discretion of the promoter.

WIRRAL METRO LEVEL 4 MEET 2012, Licence 4 NW 2149

Saturday March 31st – Europa Pools Birkenhead

AGE GROUPS:

50m events: 9 – 12 yrs
100 m Events : Boys 12-14 yrs, Girls 11 – 14 yrs
100m IM Boys and Girls: 9 – 11 yrs
200m IM events: 9 - 14 yrs
200m events: 9 - 14yrs

Programme

SESSION ONE:

Warm-up 08:00

Start 09:00

Event

| | | |
|----|--------------------|-------------|
| 1 | Boys 9 - 12 yrs | 200m IM |
| 2 | Girls 9 - 12 yrs | 200m IM |
| 3 | Boys 12 - 14 yrs | 100m Fly |
| 4 | Girls 11 - 14, yrs | 100m Fly |
| 5 | Boys 9, 10, yrs | 50m Free |
| 6 | Girls 9, 10, yrs | 50m Free |
| 7 | Boys 11, 12 yrs | 50m Back |
| 8 | Girls 11, 12 yrs | 50m Back |
| 9 | Boys 9-14 yrs | 200m Breast |
| 10 | Girls 9-14 yrs | 200m Breast |

Event

| | | |
|----|--------------------|------------|
| 11 | Boys 9, 10, yrs | 50m Fly |
| 12 | Girls 9, 10, yrs | 50m Fly |
| 13 | Boys 12 - 14 yrs | 100m Free |
| 14 | Girls 11 - 14, yrs | 100m Free |
| 15 | Boys 11, 12 yrs | 50m Breast |
| 16 | Girls 11, 12 yrs | 50m Breast |
| 17 | Boys 9 -14 yrs | 200m Back |
| 18 | Girls 9 -14 yrs | 200m Back |
| 19 | Boys 9 - 11 yrs | 100m IM |

SESSION TWO:

Warm-up 12:45

Start 13:45

Event

| | | |
|----|--------------------|-------------|
| 20 | Girls 9 - 11 yrs | 100m IM |
| 21 | Boys 13 - 14 yrs | 200m IM |
| 22 | Girls 13 - 14 yrs | 200m IM |
| 23 | Boys 11 - 12, yrs | 50m Fly |
| 24 | Girls 11 - 12, yrs | 50m Fly |
| 25 | Boys 9, 10, yrs | 50m Back |
| 26 | Girls 9, 10 yrs | 50m Back |
| 27 | Boys 11 - 14, yrs | 100m Breast |
| 28 | Girls 12 -14 yrs | 100m Breast |
| 29 | Boys 9-14 yrs | 200m Fly |

Event

| | | |
|----|-------------------|------------|
| 30 | Girls 9 -14 yrs | 200m Fly |
| 31 | Boys 11, 12, yrs | 50m Free |
| 32 | Girls 11, 12 yrs | 50m Free |
| 33 | Boys 11 - 14, yrs | 100m Back |
| 34 | Girls 12 -14 yrs | 100m Back |
| 35 | Boys 9, 10 yrs | 50m Breast |
| 36 | Girls 9 -10 yrs | 50m Breast |
| 37 | Boys 9 - 14 yrs | 200m Free |
| 38 | Girls 9 - 14 yrs | 200m Free |

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No Swimmer should enter a time faster than those indicated below.

Boys Upper Time limit

Girls Upper Time limit

| Boys Upper Time limit | | | | | | Girls Upper Time limit | | | | | | |
|-----------------------|----------|---------|---------|---------|---------|------------------------|----------|----------|---------|---------|---------|---------|
| 9 yrs | 10 yrs | 11 yrs | 12 yrs | 13 yrs | 14 yrs | 9 yrs | 10 yrs | 11 yrs | 12 yrs | 13 yrs | 14 yrs | |
| 35.1 | 32.4 | 30.8 | 29.1 | | | 50 FREE | 35.3 | 33.00 | 31.1 | 29.8 | | |
| | | | 01:02.7 | 59.2 | 56.93 | 100 FREE | | | 01:06.8 | 01:03.8 | 01:01.9 | 58.29 |
| 02:35.5 | 02:30.5 | 02:24.5 | 02:16.0 | 02:09.0 | 02:03.5 | 200 FREE | 02:35.5 | 02:30.5 | 02:24.4 | 02:18.0 | 02:12.8 | 02:07.0 |
| 41.2 | 37.50 | 35.50 | 33.60 | | | 50 BACK | 41 | 37.70 | 35.50 | 33.90 | | |
| | | | 01:10.8 | 01:06.9 | 01:03.6 | 100 BACK | | | 01:15.6 | 01:11.1 | 01:09.0 | 01:04.3 |
| 02:50.4 | 02:45.4 | 02:41.1 | 02:31.0 | 02:23.4 | 02:17.1 | 200 BACK | 02:50.4 | 02:45.4 | 02:40.4 | 02:32.2 | 02:27.8 | 02:17.9 |
| 46.30 | 42.50 | 39.90 | 37.40 | | | 50 BREAST | 46.7 | 42.80 | 40.10 | 38.00 | | |
| | | | 01:20.1 | 01:15.0 | 01:12.0 | 100 BRST | | | 01:25.7 | 01:21.1 | 01:17.9 | 01:12.2 |
| 03:10:00 | 03:10:00 | 03:05.7 | 02:53.3 | 02:42.7 | 02:35.4 | 200 BRST | 03:10:00 | 03:10:00 | 03:03.7 | 02:54.3 | 02:47.1 | 02:34.9 |
| 40.3 | 36.50 | 34.50 | 32.50 | | | 50 FLY | 40.4 | 36.50 | 34.50 | 32.90 | | |
| | | | 01:11.0 | 01:06.4 | 01:00.0 | 100 FLY | | | 01:15.3 | 01:11.5 | 01:08.7 | 01:03.1 |
| 02:50:00 | 02:50:00 | 02:48.1 | 02:36.6 | 02:27.3 | 02:19.8 | 200 FLY | 02:50:00 | 02:50:00 | 02:47.7 | 02:37.4 | 02:30.7 | 02:18.6 |
| 1.30.40 | 1.22.80 | 1.16.23 | 1.11.11 | | | 100 I.M. | 1.31.60 | 1.23.90 | 1.16.23 | 1.12.12 | | |
| 02:55.5 | 02:55.5 | 02:43.9 | 02:34.6 | 02:26.5 | 02:19.9 | 200 I.M. | 02:55.1 | 02:55.1 | 02:43.2 | 02:35.9 | 02:30.9 | 02:22.2 |