

Meet Rules and Information
Borough of Waltham Forest (Gators) SC
(Affiliated to ASA London Region)
(Under Fina laws and Technical Rules of Swimming)

1. **This meet is licensed (Level 3)** by the ASA. Qualifying upper limit times are the entry times to the 2012 Essex County Age Group Championships. This restricts a swimmer from entering an event that they have achieved the county qualifying time in, although this does not stop them from entering other events.
2. The pool length is 25 metres, 6 lanes with full display Colorado electronic timing. The entry fees are **£4.50** for 50s, 100s and 200s, and **£5.00** for 400s. Swimshop provided by **Gogglebox**. Good spectator seating. Large free car park.
3. All races will start from and finish at the shallow end. As the pool depth here is 1.1 metres, coaches must ensure that their swimmers have previously demonstrated ability to reach the standard of the ASA Competitive Start Award when executing a racing dive.
4. During warm-ups lanes 1, 3 & 5 shall swim clockwise and lanes 2, 4 & 6 shall swim anti-clockwise. Coaches are asked to ensure swimmers comply with this requirement.
5. Heats will be seeded slowest to fastest on entered times. All heats will be swum on the spearhead principle.
6. Male and female age groups will be 9, 10, 11, 12, 13, 14, 15 years and 16 years and over. Ages as at 8th April 2012. All events will be swum on a heat declared winner basis. The fastest three in each event will receive awards. In line with the events swum at the Essex County Championships, boys under 12 and girls under 11 do not swim the 100 metre events.
7. The meet will be cardless. Sign in sheets will be placed outside the changing rooms before each session. Swimmers must sign in for each event in which they are entered a minimum of 30 minutes before the start of each session.
8. Coach's passes are available in advance for £20.00 for the whole weekend. This entitles the holder to a programme; food between sessions, poolside drinks and result sheets posted or sent electronically.
9. Any situation not covered by the above meet notes will be at the discretion of the promoters.
10. All times submitted should be short course, and in the event of the meet being oversubscribed, the slowest swimmers in each age group will be rejected to enable each session to be of reasonable length. All entries of six or more swimmers per club must be entered electronically. Please e mail bwfscopenmeets@googlemail.com for files and instructions. Entries of five swimmers or fewer can be entered using the attached form. Cheques should be made payable to BWFSC and sent together with the entry summary sheet to. Duncan Hill, 37 Handsworth Avenue, London E4 9PD. Confirmation of accepted entries will be e mailed – a S.A.E. is only required if you require paper copies. The closing date for entries is **8th March 2012**. B.W.F.S.C. reserves the right to refuse or close entries before this time to facilitate the smooth running of the competition.

Programme of Events

Saturday 7 th April 2012	Sunday 8 th April 2012
Session 1 Warm up 8am Start 8.30am (TBC)	Session 4 Warm up 8am Start 8.30am (TBC)
Girls 400 Free	Boys 400 Free
Boys 400 IM	Girls 400 IM
Session 2 Warm up 10.30am Start 11.15am (TBC)	Session 5 Warm up 10.30am Start 11.15am (TBC)
Girls 200IM	Boys 200 Free
Boys 200 IM	Girls 200 Free
Girls 50Free	Boys 50 Back
Boys 50 Free	Girls 50 Back
Girls 100 Back 11 years and over	Boys 100 Breast 12 years and over
Boys 100 Back 12 years and over	Girls 100 Breast 11 Years and over
Girls 200 Fly	Boys 200 Fly
Session 3 Warm up 2.30pm Start 3.15pm (TBC)	Session 6 Warm up 2.30pm Start 3.15pm (TBC)
Girls 200 Breast	Boys 200 Back
Boys 200 Breast	Girls 200 Back
Girls 50 Fly	Boys 50 Breast
Boys 50 Fly	Girls 50Breast
Girls 100 Free 11 years and over	Boys 100 Fly 12 Years and over
Boys 100 free 12 years and over	Girls 100 Fly 11 Years and over
Girls 100 IM	Boys 100 IM

Girls Events	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17+ Years
50m Back	47.0	42.5	40.1	38.1	36.0	35.5	35.1	34.6	34.4
50m Breast	54.0	48.4	46.4	43.8	41.5	40.8	40.3	40.0	39.9
50m Fly	49.5	41.2	38.9	36.9	34.9	34.4	33.6	33.3	33.2
50m Free	40.5	37.3	35.4	33.7	31.8	31.3	31.0	30.7	30.6
100m Back			1.24.2	1.19.3	1.17.5	1.15.9	1.14.4	1.13.6	1.13.2
100m Breast			1.37.7	1.31.4	1.29.0	1.26.1	1.25.5	1.24.4	1.23.7
100m Fly			1.24.9	1.19.0	1.17.0	1.14.8	1.14.2	1.13.3	1.12.5
100m Free			1.13.2	1.10.2	1.07.9	1.06.2	1.05.3	1.04.3	1.04.2
200m Back	3:47.9	3:20.5	2:58.2	2:48.8	2:43.0	2:40.9	2:38.4	2:37.3	2:36.4
200m Breast	4:19.8	3:50.5	3:29.8	3:17.9	3:10.5	3:07.4	3:04.4	3:03.7	3:03.0
200m Fly	4:15.4	3:31.5	3:05.6	2:53.3	2:48.0	2:44.1	2:40.4	2:38.7	2:37.5
200m Free	3:26.7	2:59.1	2:42.0	2:31.0	2:25.0	2:23.0	2:21.6	2:19.9	2:18.7
400m Free		6:04.0	5:28.4	5:09.0	4:59.0	4:55.0	4:52.0	4:50.0	4:47.0
100m I/M	1:52.3	1:38.0	1:26.0	1:21.7	1:18.4	1:16.9	1:16.5	1:15.6	1:15.5
200m I/M	3:45.1	3:24.4	3:02.0	2:51.8	2:44.9	2:40.7	2:39.8	2:39.2	2:38.6
400m I/M		7:00.0	6:18.7	5:54.1	5:43.0	5:36.8	5:32.5	5:31.1	5:29.0

Boys Events	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17+ Years
50m Back	48.5	43.8	40.5	38.4	35.5	34.0	32.4	31.9	31.2
50m Breast	55.2	49.8	46.8	44.0	40.6	38.6	37.1	36.4	36.0
50m Fly	50.5	42.5	39.0	37.0	34.3	32.5	31.0	30.2	29.6
50m Free	42.0	37.7	34.9	32.9	31.2	29.7	28.5	27.8	27.3
100m Back				1.19.0	1.15.2	1.11.2	1.09.2	1.06.4	1.05.1
100m Breast				1.32.6	1.27.3	1.23.4	1.20.2	1.17.0	1.16.0
100m Fly				1.19.5	1.15.2	1.11.3	1.08.3	1.05.8	1.04.4
100m Free				1.09.9	1.05.5	1.02.6	1.00.9	59.9	58.5
200m Back	3:47.9	3:21.0	3:01.0	2:50.0	2:41.0	2:34.0	2:29.1	2:25.1	2:23.4
200m Breast	4:31.4	4:06.0	3:32.0	3:19.8	3:09.2	2:59.9	2:53.7	2:48.8	2:46.3
200m Fly	4:14.5	3:36.2	3:08.9	2:55.5	2:46.0	2:36.2	2:30.4	2:26.5	2:23.2
200m Free	3:26.6	2:59.0	2:43.0	2:30.0	2:23.8	2:16.5	2:12.5	2:10.3	2:08.0
400m Free		6:06.0	5:32.0	5:07.0	4:50.9	4:39.7	4:30.9	4:26.8	4:23.7
100m I/M	1.54.2	1.39.5	1.27.1	1.22.3	1.17.5	1.13.2	1.10.5	1.08.2	1.07.0
200m I/M	3:53.4	3:26.0	3:04.5	2:52.6	2:43.4	2:34.7	2:29.1	2:25.6	2:23.2
400m I/M		7:09.0	6:25.6	5:54.2	5:40.0	5:19.8	5:08.4	5:01.9	4:57.4

BOROUGH OF WALTHAM FOREST SWIMMING CLUB SECONDARY AGE GROUP MEET

Girls Entry Form

Waltham Forest Pool and Track 7th/8th April 2012

Name of Club:

ASA National Abbreviation.....

Name	ASA number	Date of birth	50 Free	100 Free	200 Free	400 Free	50 Br	100 Br	200 Br	50 Fly	100 Fly	200 Fly	50 Back	100 Back	200 Back	100 IM	200 IM	400 IM

CLOSING DATE FOR ENTRIES IS 8th March 2012

BOROUGH OF WALTHAM FOREST SWIMMING CLUB SECONDARY AGE GROUP MEET

Boys Entry Form

Waltham Forest Pool and Track 7th/8th April 2012

Name of Club:

ASA National Abbreviation.....

Name	ASA number	Date of birth	50 Free	100 Free	200 Free	400 Free	50 Br	100 Br	200 Br	50 Fly	100 Fly	200 Fly	50 Back	100 Back	200 Back	100 IM	200 IM	400 IM

CLOSING DATE FOR ENTRIES IS 8th March 2012

BOROUGH OF WALTHAM FOREST SWIMMING CLUB

(Affiliated to A.S.A. London Region)

2012 LICENSED LEVEL 3 MEET

(Under A.S.A. Laws and A.S.A. Technical Rules)

ENTRY SUMMARY FORM

Please use one of these forms for your entry

CLUB:

CONTACT NAME:

ADDRESS:

.....

POST CODE:

TELEPHONE:

EMAIL ADDRESS:

NUMBER ENTRIES @ £4.50 PER EVENT: = £.....

NUMBER ENTRIES @ £5.00 PER EVENT: = £.....

NUMBER OF COACHES PASSES @ £20.00 = £.....

TOTAL REMITTANCE: = £.....

CHEQUES SHOULD BE MADE PAYABLE TO BWFS

CLOSING DATE FOR ENTRIES IS 8th March 2012

Completed entry forms, entry fees and this summary sheet should be posted to arrive by the closing date as indicated to: -

Duncan Hill, 37 Handsworth Avenue, London E4 9PD

Tel. 07957 205 794 Email: bwfscopenmeets@googlemail.com