



WIRRAL METRO OPEN MEET.
ASA LICENSED LEVEL 2 SHORT COURSE
 Friday-Saturday-Sunday 1st - 3rd October 2010
 LICENCE No 2NW0122

Held Under A.S.A. Laws and A.S.A. Technical Rules.
 (WIMN is affiliated to A.S.A. Northwest.)



		Warm-up	Start
Session 1	Friday 01/10/10.	5.30pm.	6.30pm.

Session 2	Saturday 02/10/10.	8.00am.	9.00am
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Session 5	Sunday 03/10/10.	8.00am.	9.00am
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Events to be swum in 'integrated age groups' with seeding by submitted times

All Events are heat declared winner.

Entries will be accepted on a first come first Served Basis, until each session is full.

All events are age as last day of meet.

This is a Cardless meet ALL withdrawals should be carried out at least 30 min's
 before the start of session you wish to withdraw from.

By Form or Phone PLEASE.

Session 1. Friday 01/10/10	
EVENT No	EVENT
1	Mixed 10 / Over 800 Free
2	Mixed 10 / Over 1500 Free

Session 2. Saturday 02/10/10	
WARM-UP 8.00 a.m. START 9.00 a.m.	
EVENT No	EVENT
3	Boys 9 & Over 400 Free.
4	Girls 9 & Over 200 Back.
5	Boys 9 & Over 200 Fly.
6	Girls 10 & Over 100 Brst.

Session 5. Sunday 03/10/10	
WARM-UP 8.00 a.m. START 9.00 a.m.	
EVENT No	EVENT
15	Girls 9 & Over 400 Free.
16	Boys 9 & Over 200 Back.
17	Girls 9 & Over 200 Fly.
18	Boys 11 & Over 100 Brst.

Session 3. Saturday 02/10/10	
WARM-UP and Start Times To Be <u>Confirmed</u> .	
EVENT No	EVENT
7	Boys 9 & Over 200 Free.
8	Girls 10 & Over 400 I.M..
9	Boys 11 & Over 100 Back.
10	Girls 10 & Over 100 Free.

Session 6. Sunday 03/10/10	
WARM-UP and Start Times To Be <u>Confirmed</u> .	
EVENT No	EVENT
19	Girls 9 & Over 200 Free.
20	Boys 10 & Over 400 I.M..
21	Girls 10 & Over 100 Back.
22	Boys 11 & Over 100 Free.

Session 4. Saturday 02/10/10	
WARM-UP and Start Times To Be <u>Confirmed</u> .	
EVENT No	EVENT
11	Boys 9 & Over 200 Brst.
12	Girls 10 & Over 100 Fly.
13	Boys 9 & Over 50 Free.
14	Girls 9 & Over 200 I.M..

Session 7. Sunday 03/10/10	
WARM-UP and Start Times To Be <u>Confirmed</u> .	
EVENT No	EVENT
23	Girls 9 & Over 200 Brst.
24	Boys 11 & Over 100 Fly.
25	Girls 9 & Over 50 Free.
26	Boys 9 & Over 200 I.M..



WIRRAL METRO OPEN MEET

Friday 1st- Sunday 3rd October 2010

Europa Pools
Conway Street Birkenhead
CH41 6RN

Swim21
Accredited

A.S.A LICENSED LEVEL 2 SHORT COURSE

LICENCE No 2NW0122

Held under A.S.A. Laws and A.S.A. Technical Rules.

All times submitted must be **25m short course**.

MEET ENTRIES / ENQUIRIES TO :

Mr B.S.Coppack. 8 The Leightons, Neston CH64 6QD Tel. No. 0151 336 7421

wirralmetro@hotmail.com

Europa pool is a fast constant depth 6 lane deck level pool, using anti-wave lane ropes.

Plus Omega electronic timing with display.

WIRRAL METRO S.C.

Entries will be accepted on a first come first served basis.

PROMOTER

ENTRIES:

Entries should be on Hy-tec Lite via zipped e-mail and will not be considered until full payment had been received. Payment to be made on one combined cheque, made out to Wirral Metro S.C. with a clearly filled out summary sheet. Please include a SAE if email contacts are not available and post to the above address. Single swimmer entries by prior arrangement only - please email for details. All times submitted must be for a 25m short course pool, converting if necessary using A.S.A. Equivalent Performance Tables. All submitted times must be equal to or faster than the published standard individual entry times.

Successful entries will be confirmed by post and/or e-mail.

CHECKS against the current A.S.A. rankings WILL take place.

ENTRY FEES:

Mixed 800 & 1500 Freestyle £ 6.00

All other events £4.50.

THE COMPETITION:

This is a **CARD LESS** meet. ALL withdrawals should be carried out using the form provided or the phone in service at least 30 min's before the start of each warm up. It is the swimmers responsibility to report to the competitors steward when their event is called. All events will be swum in 'intergrated age groups' with seeding by submitted times. All events are **HEAT DECLARED WINNER.** (H.D.W.)
The meet will run under the **ONE START RULE**, using over the top starts when ever possible.
Times and places shown on the electronic score board are for information only, and not necessarily the official result.

THE REFEREE'S DECISION IS FINAL.

POOLSIDE PASSES:

Coaches Passes @ £ 20 To include entry to pool, side programme and result sheets. (max 2 per club)
There is an entry form provided for poolside passes and all applicants should have the correct A.S.A. Registration and clearances for child protection purposes (see your club secretary if in any doubt ?).
None pass holders will be refused entry on to the poolside. Passes to be worn at all times.

AWARDS:

Medals will be awarded to the three fastest swimmers in each event.
9,10,11,12,13,14/over Girls. 9,10,11,12,13,14,15/over Boys.
Plus the **WIRRAL METRO Top Boy and Top Girl Awards.**
Top visiting Club award.

HEALTH & SAFETY:

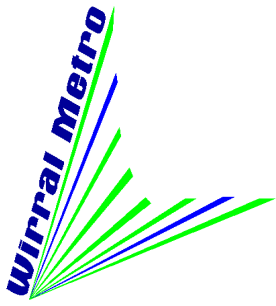
All swimmers and other personnel must abide by the Health & Safety rules laid down by the venue Management. Team-Managers and Parents shall be responsible for their swimmers conduct at all times. Any person contravening these rules may be excluded from taking part in our meet. Any person wishing to engage in photography or video use must register their details at the spectator entry desk. The photography pass is not transferable and must be worn at all times.

Swimmers must be supervised during warm-up's by their Club Coach/Poolside Official.

NO ENTRIES ON THE DAY

Any points not covered will be at the discretion of the meet director

 **WIRRAL**



WIRRAL METRO L2 OPEN SC MEET

1st-3rd October 2010



All times submitted must be 25m short course.
Converting if necessary using A.S.A. Equivalent Performance Tables.

Licence No 2NW0122

		CONSIDERATION TIMES (Equal to or faster than)										
<u>BOYS</u>		<u>GIRLS</u>										
9	10	11	12	13	14	15/O	9	10	11	12	13	14/O
42.10	39.30	37.20	35.10	33.10	31.3	29.9	50 FREE	42.60	39.90	37.70	35.70	34.30
		1:20.60	1:15.70	1:11.10	1:07.30	1:04.60	100 FREE		1:27.60	1:21.30	1:16.60	1:13.50
3:22.80	3:06.00	2:54.80	2:44.70	2:35.00	2:26.60	2:20.80	200 FREE	3:24.50	3:06.80	2:55.40	2:44.90	2:38.00
7:20.60	6:31.80	6:06.00	5:46.00	5:26.80	5:10.40	4:57.50	400 FREE	7:25.40	6:35.70	6:04.90	5:43.70	5:29.80
	13:54.60	12:55.20	12:06.40	11:23.50	10:49.40	10:23.80	800 FREE		14:05.00	12:34.30	11:50.80	11:17.30
	26:50.10	24:40.70	22:48.60	21:33.80	20:30.40	19:43.10	1500 FREE		27:10.40	24:15.50	22:51.60	21:46.80
		1:30.50	1:25.20	1:19.70	1:15.00	1:11.50	100 BACK		1:38.50	1:31.00	1:25.30	1:21.40
3:43.80	3:26.70	3:13.30	3:02.60	2:51.10	2:41.40	2:34.30	200 BACK	3:46.20	3:28.70	3:12.50	3:01.70	2:54.30
		1:43.40	1:36.90	1:30.10	1:25.10	1:21.00	100 BRST		1:52.50	1:43.50	1:37.30	1:32.30
4:17.80	3:59.00	3:42.40	3:29.20	3:15.30	3:03.90	2:55.80	200 BRST	4:20.00	3:59.50	3:42.10	3:28.80	3:18.20
		1:30.40	1:24.60	1:19.10	1:14.40	1:10.70	100 FLY		1:39.30	1:30.90	1:24.90	1:21.20
4:08.30	3:37.30	3:18.20	3:06.60	2:54.70	2:44.70	2:35.50	200 FLY	4:11.00	3:40.00	3:20.20	3:06.40	2:57.30
3:49.70	3:32.20	3:17.60	3:06.80	2:55.80	2:45.30	2:38.20	200 I.M.	3:51.60	3:32.70	3:17.90	3:06.30	2:58.80
	7:35.60	6:59.70	6:34.30	6:12.00	5:50.30	5:34.60	400 I.M.		7:35.30	6:57.30	6:32.00	6:14.40

