



[www.holywellswimmingclub.co.uk](http://www.holywellswimmingclub.co.uk)

# VALENTINE MEET 2019

## Level 2

**Saturday 12<sup>th</sup> and Sunday 13<sup>th</sup> January 2019**

Under FINA Technical Rules and Swim Wales Laws  
Meet Licence – tba



TO BE HELD AT HOLYWELL LEISURE CENTRE  
**GWENFFRWD ROAD**  
**HOLYWELL**  
**FLINTSHIRE**  
**CH8 7UZ**

### **2019/2020 Events at Holywell**

Sprint Meet **2019** – 6<sup>th</sup> July; **2020** – 4<sup>th</sup> July

Geoff Drew **2019** – 26<sup>th</sup> October

Valentine Meet **2020** -11/12<sup>th</sup> January

# MEET CONDITIONS

## General

1. This is a Level 2 meet
2. The meet shall be swum under FINA Technical Rules and Swim Wales Laws and any additional conditions are set out in this document "Meet Information".
3. All decisions made by the Meet Director shall be final and binding

## Events/Entries

1. Age as of 13<sup>th</sup> January 2019
2. If a swimmer has a British Ranking Time for an event, then this time must be used as the entry time
3. The Entry Fee is £5/Event. or £7.50 (800 & 1500m).
4. All fees should be paid directly into the HASC Bank Account  
BACS: Sort Code: 20-25-69. A/C no: 00462403. Please use Club Name/Valentine in reference
5. Closing Date for Clubs to submit entries to HASC is 20<sup>th</sup> December 2018. Individual clubs will have their own earlier closing date to allow compliance with the final Meet closing data
6. Electronic Entries only in Hy Tek Team Manager. Entry set up file available from [events@swimhollywell.org.uk](mailto:events@swimhollywell.org.uk) or can be downloaded from [www.hollywellswimmingclub.co.uk](http://www.hollywellswimmingclub.co.uk).
7. All communication will be done electronically.

## Heats

1. Competitors shall be seeded in time order, slowest to fastest.
2. All heats shall be swum slowest to fastest.
3. The last three heats shall be spearheaded
4. Age groups will be combined for all races

## Trophies and Medals

1. Medals shall be awarded, to first, second and third place in Age Groups 9, 10, 11, 12, 13, 14, 15 & Over
2. Winners in each age group shall also receive a medal/award
3. There will be no formal presentations. Medals and awards may be collected from the Help Desk by the Coaches/Chaperones only

## Withdrawals

1. All withdrawals must be notified BEFORE the start of all warm ups. Notification must be made at the Helpdesk using the relevant withdrawal form and only by the coach /chaperone
2. Failure to notify the Help desk of a withdrawal within the given time requirements may render the swimmer ineligible to compete in the remainder of the Meet.
3. Should you be unavoidably detained due to circumstances beyond your control and are unable to register a withdrawal – please call 07802813302 and leave a message.

## Pre-Meet Warm Up

1. Warm-up schedule and procedures will be issued on the day should be adhered to
2. Coaches should be actively supervising the warm up to ensure that proper procedures are followed.

## Disqualifications

1. Upon disqualification, the scoreboard will be shown as the disqualified lane not having a place. The other lane place positions are adjusted.
2. Reasons for disqualification can be obtained from the Help Desk by the coach only and not the swimmer or their parents.

## Medical Conditions

1. It is the responsibility of the swimmer and / or parent to declare to the referee any disability or medical condition that could present a safety risk. If such a disability or medical condition exists swimmers must produce a medical note confirming that their participation presents no health or safety problems.

## Poolside Management

1. Access to the poolside is restricted to competitors, officials and holders of coaches passes.
2. Please ensure that the minimum of bags are taken onto the poolside.

3. Please ensure that competitors have some form of footwear and clothing on poolside.
4. Please use the lockers in the changing area. Please get band from the Reception (£1). Refund is by the Reception. Please do not leave bags in the changing cubicles.
5. Please do not sit on top of the lockers along the poolside.
6. Swimmers must not access the spectator areas nor go outside of the immediate pool area without wearing a top and shorts/tracksuit bottoms and suitable footwear.
7. Swimmers and spectators MUST NOT use the splash pool stairs to gain access to the balcony
8. Swimmers are not allowed to use either of the small pools

### **Safety**

1. All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind.
2. Swimmers should have reached the standard of the ASA Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach).
3. Swimmers who have not attained the standard of the Competitive Start Award must lower themselves into over the side into the water, on the long whistle of the Referee before starting at an appropriate place
4. The spectator balcony is restricted to a maximum of 180 people.
5. Spectators are not allowed in the locker/changing area whilst the Meet is in progress.
6. It would help us seat disabled spectators if we were informed prior the event of numbers requiring seating

### **Jewellery**

1. For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings (except wedding bands).

### **Unacceptable Behaviour**

1. Behaviour becomes "unacceptable" when it is considered "Offensive" to others; this includes, but is not limited to, the following: Theft, wilful damage to property and / or equipment, acts of vandalism, abuse of alcohol and / or drugs, bullying, offensive language, aggressive / violent acts, threatening behaviour, all breaches of safety practices, failure to comply with instructions / directions, actions that bring the sport of swimming into disrepute.

### **Doping Control**

1. Random drug testing may take place during this competition. If any competitor is under 16 years of age on the first day of this competition either the parent, guardian or person with parental responsibility as defined by the Children Act 1989 must complete the relevant consent declaration. These shall be available at the help desk.

### **Help Desk**

1. The Help Desk will be at the Deep End outside of the Pool Area. Please address all requests for information to the Help Desk Stewards

### **TV, Video, Photography**

1. It is required that any person(s) wishing to engage in any video, zoom or close range photography must register their details with the Door Stewards at the entrance control BEFORE carrying out any such photography – this includes all cameras, video cameras, mobile phone cameras, and PDA's that are camera enabled. Proof of identity shall be required to register e.g. driving license. ID tags will be issued to all duly registered individuals; these will be available from the door stewards at the time of registration

### **Swim Shop/Photographer**

1. There will be a Swim Shop and a photographer (to be confirmed), located in the lobby.

### **Spectators**

1. Entry to the balcony for spectators will be £6.00 per day (inclusive of programme)
2. Children will be free
3. Due to Fire Restrictions, the balcony is limited to 180 spectators
4. The car parks around the pool are £1.50/day Saturday. They are free on Sunday.

5. Accommodation and eating out venues can be found on the Holywell Web site [www.holywell-town.co.uk](http://www.holywell-town.co.uk)

### **PERSONALISED MEDAL ENGRAVING**

We are pleased to announce that bespoke Medal Engraving will be available on Saturday 12<sup>th</sup> and we will see if we can arrange a postage service for medals won on 13<sup>th</sup> January. They either engrave on the medal or add a customised plate the medal with name, event, time and position. A great way of recording your achievement. They also have some great medal display boards that can be personalised.



## **Medal Engraving**

Preserve the memory of your success today!

### **Remember your achievement**

The Date : Your name : Your event : Your time : Your position

All machine engraved on your medal in minutes

Now in

**The entrance**

**£2.50 per medal or trophy plate**

Phone Phil on 07896 750527 to book this facility for your sporting event

## HOLYWELL ASC. – Valentine Meet 2019 12<sup>th</sup> and 13<sup>th</sup> January 2019

### Programme of Events

#### All Heats will be run as combined age groups

For these Events Consideration and Qualifying Times apply – only times faster than the Consideration Times (CT) are eligible for these races and Qualifying Times (QT) (Equivalent to ASA A Grade Qualifying times) will be used if the Meet is oversubscribed. Only CT times have been used for Boys 800m and Girls 1500m

Note that times submitted must be the fastest time as indicated in the overall British Rankings if available (regardless of year that the times were set) and set before the entry closing date of the Meet.

All races are HDW

**Age Groups:** 9, 10, 11, 12, 13, 14, 15/O, 50m all strokes, 100m all strokes, 200m all strokes, + 200m and 400m IM

Girls/Boys Mixed: 800m & 1500m (Max - three heats 800m and two 1500 heats)

**NB Start times subject to change dependant on numbers of entries and session times – they are currently based on last year's Valentine Meet**

**Saturday, 12<sup>th</sup> January 2019**

**Session: 1 Warm Up 08.30 AM Starts at 09:30 AM TBC**

- 1 Boys 9 & Over 100 Freestyle
- 2 Girls 9 & Over 100 Butterfly
- 3 Boys 9 & Over 50 Butterfly
- 4 Girls 9 & Over 50 Breaststroke
- 5 Boys 200 Backstroke
- 6 Girls 9 & Over 400 IM
- 7 Boys 200 Breaststroke

**Session: 2 Warm-up 12:15 PM Starts at 01:15 PM TBC**

- 8 Girls 9 & Over 100 Breaststroke
- 9 Boys 9 & Over 100 Backstroke
- 10 Girls 9 & Over 50 Butterfly
- 11 Boys 9 & Over 50 Freestyle
- 12 Girls 200 Freestyle
- 13 Boys 200 Butterfly
- 14 Girls 200 IM
- Break: 20 Minutes
- 15 Mixed 800 Freestyle

**Sunday, 13<sup>th</sup> January 2019**

**Session: 3 Warm Up 08.30 AM Starts at 09:30 AM TBC**

- 16 Girls 9 & Over 100 Freestyle
- 17 Boys 9 & Over 100 Butterfly
- 18 Girls 9 & Over 50 Backstroke
- 19 Boys 9 & Over 50 Breaststroke
- 20 Girls 200 Backstroke
- 21 Boys 9 & Over 400 IM
- 22 Girls 200 Breaststroke
- 23 Boys 9 & Over 100 Breaststroke

**Session: 4 Warm-up 12:45 PM Starts at 1:45 PM TBC**

- 24 Girls 9 & Over 100 Backstroke
- 25 Boys 9 & Over 50 Backstroke
- 26 Girls 9 & Over 50 Freestyle
- 27 Boys 200 Freestyle
- 28 Girls 200 Butterfly
- 29 Boys 200 IM
- Break: 20 Minutes
- 30 Mixed 1500 Freestyle



**Boys**

	9y		10y		11y		12y		13y		14y		15y/O	
	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT
50 Free	58.0	40.7	55.0	38.0	53.0	35.9	50.0	33.9	48.0	32.1	45.0	30.4	43.0	29.1
100 Free	02:09.0	01:31.5	01:50.3	01:22.9	01:35.9	01:17.8	01:24.5	01:13.2	01:16.4	01:08.9	01:11.0	01:05.4	01:08.4	01:03.1
200 Free	3:55.7	3:15.7	3:49.5	2:59.3	3:28.8	2:48.8	3:08.1	2:39.1	3:10.1	2:30.1	3:02.5	2:22.5	2:47.2	02:17.2
50 Breast	1:10.0	53.2	1:07.0	49.2	1:01.0	46.5	1:00.0	43.7	58.0	40.7	55.0	38.6	51.0	36.8
100 Breast	2:46.6	1:59.7	2:20.6	1:48.1	2:02.1	1:40.1	1:47.2	1:33.8	1:36.3	1:27.4	1:30.0	1:22.7	1:25.6	01:19.1
200 Brest	4:49.2	4:09.2	4:31.2	3:51.2	4:15.1	3:35.1	4:02.5	3:22.5	3:49.5	3:09.5	3:38.9	2:58.9	3:41.5	02:51.5
50 Fly	1:02.0	45.9	1:00.0	42.4	58.00	39.6	55.0	37.5	50.0	35.3	45.0	33.4	40.0	31.7
100 Fly	2:34.9	1:50.1	2:04.3	1:35.9	1:47.5	1:27.6	1:34.8	1:22.0	1:24.9	1:16.7	1:18.9	1:12.3	1:14.8	01:08.5
200 Fly	4:40.0	4:00.0	4:10.4	3:30.4	3:51.7	3:11.7	3:40.8	3:00.8	3:29.5	2:49.5	3:20.1	2:40.1	3:11.8	02:31.8
50 Back	1:02.0	46.9	1:00.0	43.6	58.00	41.2	55.0	39	50.0	36.5	45.0	34.8	40.0	33.1
100 Back	02:24.5	01:43.3	02:03.5	01:34.7	01:47.3	01:27.6	01:34.6	01:22.5	01:25.6	01:17.3	01:19.5	01:13.0	01:15.7	01:09.8
200 Back	04:06.70	03:36.70	03:59.70	03:19.70	03:46.9	03:06.9	03:36.5	02:56.5	03:25.9	02:45.9	03:17.0	02:37.0	03:10.4	02:30.4
200 IM	04:21.7	03:41.7	04:05.1	03:25.1	03:51.0	03:11.0	03:40.5	03:00.5	03:30.4	02:50.4	03:20.7	02:40.7	03:14.3	02:34.3
400 IM	11:19.8	07:58.6	10:05.9	07:20.2	08:25.7	06:45.5	07:22.1	06:20.9	06:40.3	06:00.4	06:13.0	05:40.6	05:49.4	05:26.4
800 Free	17:00.0		16:00.0		14:12.0		13:44.0		13:10.0		12:50.0		12:44.0	
1500 Free	29:00.0	28:00.0	27:00.0	26:00.0	25:30.0	23:50.5	25:30.0	22:01.7	23:30.0	20:52.8	23:00.0	19:55.5	22:30.0	18:40.6

Girls

	9y		10y		11y		12y		13y		14y		15y/O	
	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT
50 Free	01:00.0	41.1	58.0	38.5	55.0	36.5	53.0	34.7	48.0	33.3	45.0	32.4	43.0	31.7
100 Free	02:01.3	01:32.9	01:41.0	01:24.6	01:29.4	01:18.7	01:21.8	01:14.3	01:17.1	01:11.5	01:15.0	01:09.5	01:14.4	01:08.3
200 Free	03:57.6	03:17.6	03:40.4	03:00.4	03:29.6	02:49.6	03:19.9	02:39.9	03:13.6	02:33.6	03:09.6	02:29.6	03:06.6	02:26.6
50 Breast	01:07.0	54.2	01:03.0	50	01:01.0	46.7	58.0	44	55.0	42.1	50.0	40.8	48.0	39.8
100 Breast	02:35.6	02:00.2	02:08.0	01:48.8	01:53.6	01:40.2	01:43.6	01:34.4	01:36.7	01:29.8	01:33.0	01:26.5	01:32.4	01:25.1
200 Breast	04:31.5	03:51.5	04:51.7	04:11.7	04:14.9	03:34.9	04:02.4	03:22.4	03:52.8	03:12.8	03:46.7	03:06.7	03:43.5	03:03.5
50 Fly	01:07.0	46.5	01:03.0	42.4	01:00.0	40.1	58.0	37.9	55.0	36.4	50.0	35.2	48.0	34.4
100 Fly	02:24.3	01:51.4	01:53.2	01:36.0	01:39.9	01:28.0	01:31.2	01:22.4	01:25.2	01:19.0	01:23.0	01:16.3	01:21.8	01:15.1
200 Fly	04:43.5	04:03.6	04:02.8	03:32.8	03:53.9	03:13.9	03:40.7	03:00.7	03:32.6	02:52.6	03:26.7	02:46.7	03:23.0	02:43.0
50 Back	01:02.0	47.3	01:00.0	43.8	58.00	41.4	55.0	39.3	50.0	37.7	45.0	36.5	40.0	35.9
100 Back	02:15.7	01:45.2	01:53.2	01:35.2	01:40.3	01:28.1	01:31.2	01:22.7	01:25.9	01:19.2	01:23.0	01:17.0	01:22.0	01:15.3
200 Back	04:18.8	03:38.8	04:01.8	03:21.8	03:46.3	03:06.3	03:36.3	02:56.3	03:29.6	02:49.6	03:24.6	02:44.8	03:41.1	02:41.1
200 IM	04:24.0	03:44.0	04:05.6	03:25.6	03:51.4	03:11.4	03:40.6	03:00.6	03:33.8	03:33.8	03:28.7	02:48.7	03:25.5	02:45.5
400 IM	10:26.7	07:56.1	08:57.1	07:19.7	07:45.8	06:43.6	07:02.2	06:19.9	06:35.9	06:03.9	06:23.0	05:53.8	06:18.7	05:47.3
800 Free	17:30.0	14:48.2	15:30.0	13:36.7	14:12.0	12:09.5	13:44.0	11:29.3	13:10.0	10:58.3	12:50.0	10:40.8	12:44.0	10:28.5
1500 Free	29:00.0		27:00.0		25:30.0		24:30.0		23:30.0		22:30.0		22:00.0	



## COACHES PASSES

Coaches' passes are £20.00 for each, to include poolside access, programmes and result sheets, and morning coffee from 8:45 am, lunch on each day.

### **Passes are limited to 1 per 10 swimmers.**

They will be available for collection from 8.00 onwards on the day at the HELP DESK

Applications should be emailed to [events@holywellswimmingclub.co.uk](mailto:events@holywellswimmingclub.co.uk) and the fees transferred by BACS

All Coaches require and up to date DBS check and should have the original copy of their CRB documentation with them for examination if requested

## REQUEST FOR OFFICIALS

We really need enough officials to run this Meet, so we request that each club shall provide a minimum of one official per 10 swimmers of Judge 1 standard or above per session. These should be notified in advance of the meet to [events@holywellswimmingclub.co.uk](mailto:events@holywellswimmingclub.co.uk)

Failure to comply with this condition may result in the rejection of the club entries

Note that all Officials require an up to date DBS check and should have the original copy of their documentation with them for examination if requested



**Holywell Amateur Swimming Club**  
**VALENTINE MEET 12<sup>th</sup> /13<sup>th</sup> January 2019**

This form is for your club use only. We will **only** accept Electronic Entries using Hy Tek Team Manager. Entry set up file and help sheet can be downloaded from [www.holywellswimmingclub.co.uk](http://www.holywellswimmingclub.co.uk)  
 All communication will be done electronically to [events@holywellswimmingclub.co.uk](mailto:events@holywellswimmingclub.co.uk). Paper copies are not necessary.  
 All times **must** be converted to 25m pool. **Age as 13<sup>th</sup> January 2019**

**CLOSING DATE FOR ENTRIES**  
 .....

**ENTRY FEE £5.00 per Event/ £75.00 for 800M & 1500M**

All fees should be paid directly into the HASC Bank Account  
 BACS: Sort Code: 20-25-69. A/C no: 00462403. Please use Club Name/Valentine Entries in reference

NAME	Distance	Free	Back	Breast	Fly	IM
DOB	50m					
Reg. No	100m					
Age Group	200m					
	400M					
	800M					
	1500M					