



**WREXHAM SWIMMING CLUB**



# **CATH ANKERS 2019**

**Licence No: 3WL191481**

**Level 3 Event**

Under FINA Technical Rules & Swim Wales Laws

**Sunday 9<sup>th</sup> June 2019**

**wrexham**

**At Waterworld Leisure & Activity Centre**

**LL13 8DH**



## CATH ANKERS 2019

Under FINA Technical Rules and Swim Wales Laws

Sunday 9<sup>th</sup> June 2019

This is a Level 3 Licenced Meet

**VENUE:** Waterworld Leisure & Activity Centre, Holt Street, LL13 8DH.

**POOL:** 25m, 6 lane deck level pool with anti-turbulence lane ropes and starting blocks with adjustable footrests and backstroke start wedges.

**TIMING:** Electronic timing with manual back up in the event of breakdown.

**AGE GROUPS:** 9, 10, 11, 12, 13, 14, 15 yrs/over

(Age on the day of the Meet – Minimum age on day of swim 9 years)

---

<b>EVENTS:</b>	Girls/Boys 9/10yrs	50m all strokes plus 100 I.M.
	Girls/Boys 11yrs	100m all strokes plus 100m I.M.
	Girls/Boys 12yrs	100m all strokes plus 100m I.M.
	Girls/Boys 13yrs	100m all strokes plus 200m I.M.
	Girls/Boys 14yrs	100m all strokes plus 200m I.M.
	Girls/Boys 15yrs/over	100m all strokes plus 200m I.M.



# WREXHAM SWIMMING CLUB



## MEET CONDITIONS

### ENTRIES

All competitors must be members of an affiliated club, amateurs as defined by Swim Wales or the ASA Laws and hold a valid Swim Wales/ASA membership number.

There are upper cut off times which apply for this Meet. Swimmers who are faster than the times outlined on page 8 are not able to enter that event.

Please note that we will be checking the top ten swimmers in each event against the rankings and any swimmer with a time faster than the upper cut off times will be removed from the event, if their time on rankings was after the club entry date. The athlete will be made an exhibition swimmer and will not then be included for a medal or speeding ticket. With this condition in force we will not accept any entries for swimmers who do not have their ASA, SASA or WASA numbers along with their entry

Where possible entries should be submitted electronically using the Hy-tek Team Manager software. The event file for input into Team Manager is available on request from Louise Wilson (Email: [loubyrw71@gmail.com](mailto:loubyrw71@gmail.com)). Entries are also to be submitted to the above email address.

Alternatively, entries can be made manually using the attached proforma on page 11, however please note that the entry fees are less if entered electronically.

No refunds will be made for withdrawals after the closing date other than on medical grounds. A medical note must be provided following the closing date up to the point of the Meet start date.

### ENTRY FEES

Entry Fees for each event is £5.00 for an electronic entry or £5.50 for a manual entry per event.

Electronic Payment is preferred:

Wrexham Swimming Club

Sort Code: 40-47-26

Account Number: 12109093

Reference: CAT followed by your Club's code

### CLOSING DATE

Closing date for entries is 5<sup>th</sup> May 2019. Entries are on a first received, first entered basis. Please note that Wrexham Swimming Club reserve the right to close entries earlier than the advertised closing date, if the total number of swimmers allowed poolside is reached.



# WREXHAM SWIMMING CLUB



Entries received after this date cannot be guaranteed for consideration, unless it is a mistake on our part.

**MEDAL/AWARDS** Medals are awarded to all six finalists in each individual age group.

Swimmers who break the upper cut off times at this meet will be given Speeding Tickets and not be in the medal positions.

Please note that medals will be presented throughout each session at the Medals Table.

**SESSION TIMES** Session Times and Warm-Up Schedule will be confirmed once all entries have been processed.

Participating Clubs will receive notification of final meet details and session times prior to the event.

Whilst we will make every effort to adhere to the published programme of events, Wrexham Swimming Club reserve the right to make any changes found necessary during the Meet.

**SEEDING** All events will be swum in heats, slowest to fastest, with every heat being spearheaded. All events are Heat Declared Winner.

**STARTS** Over the top starts, where necessary or appropriate, will be used during this Meet.

Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; this is the responsibility of the club coach.

Swimmers who have not attained the standard of the Competitive Start Award must lower themselves over the side into the water, on the long whistle of the Referee before starting at an appropriate place.

**COACH PASSES** Coaches passes are £6, to include programmes and results sheets. Coach passes must be ordered in advance using the form on page 10. Passes must always be worn when poolside or in the changing areas.

Poolside access will be restricted to competitors, officials and coaches with passes.

**OFFICIALS** Visiting Clubs are requested to provide a minimum of 2 qualified officials



# WREXHAM SWIMMING CLUB



We will provide parking refunds, a donation towards lunch and a small gift at the end of the day for any officials helping with 2 or more sessions.

**MARSHALLING** Swimmers must make themselves available to marshalling at least 2 events prior to their event. Please do not rely on the public address system for announcements.

**SPECTATORS** £5.00 entry for all or part of the day, including programme.

**CAR PARKING** There is ample car parking spaces around the Centre, with long stay parking, within easy walking distance

**REFRESHMENTS** There is a café on site. There are also vending machines in the Centre and local shops/supermarkets in close vicinity of the Centre available for food and refreshments.

**JEWELLERY** 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).

Wrexham Swimming Club will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged. All Valuables/clothing etc left in the changing areas will be entirely at the owner's risk.

## **UNACCEPTABLE BEHAVIOUR**

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.

Please note that changing on Poolside is considered inappropriate and therefore not permitted. Any swimmer seen to be changing on Poolside will be asked to move immediately to the designated changing areas at the Centre.

**MOBILE PHONES** Mobile phones must not be used in the changing areas at the Centre. Any swimmer using phones in this area or having them on display will be reported to their coaches and removed from the Meet.



# WREXHAM SWIMMING CLUB



## PHOTOGRAPHY

This competition involves children under the age of 18 years of age it is a mandatory meet license requirement that all persons (including competitors / officials / volunteers / spectators), wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device / equipment used for taking / recording such images must register their details with the event management in advance of taking any images.

People wishing to register their details may be asked to provide proof of identity.

## HEALTH & SAFETY

The health, safety and wellbeing of all swimmers, officials, volunteers, spectators and visitors is paramount – all Health and Safety rules / regulations/ requirements must always be complied with.

A full risk assessment will be carried out in accordance with the Swim Wales Meet License Report Pack.

A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the Centre has been obtained in advance and will be available throughout the duration of Meet.

All swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Centre's Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan.



wrexham



# WREXHAM SWIMMING CLUB



## PROGRAMME OF EVENTS

### Session: 1 Morning Session

Round	Event
Finals	1 Girls 9-10 100 IM
Finals	2 Boys 9-10 100 IM
Finals	3 Girls 11-12 100 IM
Finals	4 Boys 11-12 100 IM
Finals	5 Girls 13-14 100 Backstroke
Finals	6 Boys 13-14 100 Backstroke
Finals	7 Girls 15 & Over 100 Breaststroke
Finals	8 Boys 15 & Over 100 Breaststroke
Finals	9 Girls 9-10 50 Freestyle
Finals	10 Boys 9-10 50 Freestyle
Finals	11 Girls 11-12 100 Breaststroke
Finals	12 Boys 11-12 100 Breaststroke
Finals	13 Girls 13-14 100 Freestyle

### Session: 2 Afternoon Session

Round	Event
Finals	14 Boys 13-14 100 Freestyle
Finals	15 Girls 9-10 50 Backstroke
Finals	16 Boys 9-10 50 Backstroke
Finals	17 Girls 15 & Over 100 Butterfly
Finals	18 Boys 15 & Over 100 Butterfly
Finals	19 Girls 13-14 200 IM
Finals	20 Boys 13-14 200 IM
Finals	21 Girls 9-10 50 Butterfly
Finals	22 Boys 9-10 50 Butterfly
Finals	23 Girls 15 & Over 200 IM
Finals	24 Boys 15 & Over 200 IM
Finals	25 Girls 11-12 100 Backstroke
Finals	26 Boys 11-12 100 Backstroke
Finals	27 Girls 9-10 50 Breaststroke
Finals	28 Boys 9-10 50 Breaststroke

### Session: 3 Evening Session

Round	Event
Finals	29 Girls 11-12 100 Butterfly
Finals	30 Boys 11-12 100 Butterfly
Finals	31 Girls 13-14 100 Breaststroke
Finals	32 Boys 13-14 100 Breaststroke
Finals	33 Girls 15 & Over 100 Freestyle
Finals	34 Boys 15 & Over 100 Freestyle
Finals	35 Girls 11-12 100 Freestyle
Finals	36 Boys 11-12 100 Freestyle
Finals	37 Girls 13-14 100 Butterfly
Finals	38 Boys 13-14 100 Butterfly
Finals	39 Girls 15 & Over 100 Backstroke
Finals	40 Boys 15 & Over 100 Backstroke



# WREXHAM SWIMMING CLUB



## UPPER LIMIT/CUT OFF TIMES

Swimmers who are faster than the times below are not able to enter that event.

### Session 1

Event 1 Girls 9 100 IM	1:36.90
Event 1 Girls 10 100 IM	1:27.00
Event 2 Boys 9 100 IM	1:35.60
Event 2 Boys 10 100 IM	1:28.30
Event 3 Girls 11 100 IM	1:23.80
Event 3 Girls 12 100 IM	1:19.70
Event 4 Boys 11 100 IM	1:23.80
Event 4 Boys 12 100 IM	1:19.10
Event 5 Girls 13 100 Back	1:16.60
Event 5 Girls 14 100 Back	1:15.20
Event 6 Boys 13 100 Back	1:11.40
Event 6 Boys 14 100 Back	1:07.90
Event 7 Girls 15&O 100 Breast	1:16.70
Event 8 Boys 15&O 100 Breast	1:14.00
Event 9 Girls 9 50 Free	37.80
Event 9 Girls 10 50 Free	35.30
Event 10 Boys 9 50 Free	37.30
Event 10 Boys 10 50 Free	34.70
Event 11 Girls 11 100 Breast	1:32.10
Event 11 Girls 12 100 Breast	1:27.10
Event 12 Boys 11 100 Breast	1:32.10
Event 12 Boys 12 100 Breast	1:26.20
Event 13 Girls 13 100 Free	1:06.30
Event 13 Girls 14 100 Free	1:04.70

### Session 2

Event 14 Boys 13 100 Free	1:03.50
Event 14 Boys 14 100 Free	1:00.80
Event 15 Girls 9 50 Back	43.60
Event 15 Girls 10 50 Back	40.20
Event 16 Boys 9 50 Back	43.30
Event 16 Boys 10 50 Back	40.10
Event 17 Girls 15&O 100 Fly	1:10.30
Event 18 Boys 15&O 100 Fly	1:04.60
Event 19 Girls 13 200 IM	2:41.10
Event 19 Girls 14 200 IM	2:37.10
Event 20 Boys 13 200 IM	2:37.10
Event 20 Boys 14 200 IM	2:29.20

### Session 2 (continued)

Event 21 Girls 9 50 Fly	42.90
Event 21 Girls 10 50 Fly	39.00
Event 22 Boys 9 50 Fly	42.30
Event 22 Boys 10 50 Fly	38.90
Event 23 Girls 15&O 200 IM	2:34.70
Event 24 Boys 15&O 200 IM	2:24.30
Event 25 Girls 11 100 Back	1:20.90
Event 25 Girls 12 100 Back	1:16.30
Event 26 Boys 11 100 Back	1:20.60
Event 26 Boys 12 100 Back	1:15.90
Event 27 Girls 9 50 Breast	50.00
Event 27 Girls 10 50 Breast	45.90
Event 28 Boys 9 50 Breast	49.10
Event 28 Boys 10 50 Breast	45.50

### Session 3

Event 29 Girls 11 100 Fly	1:21.00
Event 29 Girls 12 100 Fly	1:16.10
Event 30 Boys 11 100 Fly	1:20.70
Event 30 Boys 12 100 Fly	1:15.40
Event 31 Girls 13 100 Breast	1:23.40
Event 31 Girls 14 100 Breast	1:20.60
Event 32 Boys 13 100 Breast	1:20.60
Event 32 Boys 14 100 Breast	1:16.90
Event 33 Girls 15&O 100 Free	1:03.90
Event 34 Boys 15&O 100 Free	59.00
Event 35 Girls 11 100 Free	1:12.20
Event 35 Girls 12 100 Free	1:08.30
Event 36 Boys 11 100 Free	1:11.50
Event 36 Boys 12 100 Free	1:07.10
Event 37 Girls 13 100 Fly	1:13.40
Event 37 Girls 14 100 Fly	1:11.20
Event 38 Boys 13 100 Fly	1:10.80
Event 38 Boys 14 100 Fly	1:07.30
Event 39 Girls 15&O 100 Back	1:10.40
Event 40 Boys 15&O 100 Back	1:05.40

**Speeding Tickets:** Swimmers who go over the above cut off times during the Meet will receive speeding tickets and not be in the medal positions.





# WREXHAM SWIMMING CLUB



## OFFICIALS

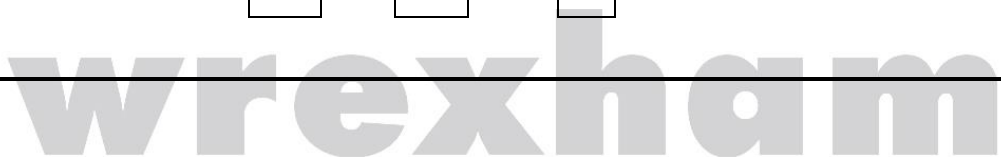
If there are any qualified officials within your club who are coming to the gala and are willing to offer their services on the day, we would be most grateful for their assistance.

We will provide parking refunds, a donation towards lunch and a small gift at the end of the day for any officials helping with 2 or more sessions.

If you can assist, then please complete the form below and send to [loubyrw71@gmail.com](mailto:loubyrw71@gmail.com)

Club: \_\_\_\_\_

<b>Full Name</b>						
<b>Qualification</b>	<b>Timekeeper</b>	<b>Judge 1</b>	<b>Judge 2</b>	<b>Judge 2 (S)</b>	<b>Referee</b>	
<b>(please tick)</b>						
<b>Address:</b>						
				<b>Post Code:</b>		
<b>Tel. No.</b>						
<b>Email address:</b>						
<b>Swim Wales/ASA affiliation number:</b>						
<b>DBS Number:</b>			<b>Date:</b>			
<b>Sessions which you are available for (please tick)</b>						
	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>





# WREXHAM SWIMMING CLUB



## COACHES PASSES

Coaches passes are £6, to include programmes and results sheets.

Coach passes must be ordered in advance using this form and returned to [loubyrw71@gmail.com](mailto:loubyrw71@gmail.com)

Passes must always be worn when poolside or in the changing areas. Poolside access will be restricted to competitors, officials and coaches with passes.

Club: \_\_\_\_\_

Full Name		Full Name	
Position (e.g. Coach, Parent etc.)		Position (e.g. Coach, Parent etc.)	
Address		Address	
Tel. No.		Tel. No.	
Email address		Email address	
WASA/ASA No.		WASA/ASA No.	
DBS Number		DBS Number	

Full Name		Full Name	
Position (e.g. Coach, Parent etc.)		Position (e.g. Coach, Parent etc.)	
Address		Address	
Tel. No.		Tel. No.	
Email address		Email address	
WASA/ASA No.		WASA/ASA No.	
DBS Number		DBS Number	



# WREXHAM SWIMMING CLUB



## Cath Ankers Meet: Sunday 9<sup>th</sup> June 2019 – Club Entry Form

No forms will be processed from individuals. **Please use a separate entry form for Girls and Boys.** Entry fees are £5.50 per event manual entry.

Please return proforma to Louise Wilson (Email: [loubyrw71@gmail.com](mailto:loubyrw71@gmail.com)). Closing date for entries is 5<sup>th</sup> May 2019 (see Meet Conditions in Meet Pack)

Club: \_\_\_\_\_

Name	DOB	Age	WASA No.	Competitive Start Award Y/N	Freestyle		Backstroke		Breaststroke		Butterfly		I.M	
					50m	100m	50m	100m	50m	100m	50m	100m	100m	200m

Total No of entries: .....X £5.50 = .....

Coaches Signature: .....