



BWFSC



Meet Rules and Information

Borough of Waltham Forest Swimming Club
(Affiliated to ASA London Region)
Under ASA laws and FINA Technical Rules of Swimming
POOL & TRACK 170 CHINGFORD RD
WALTHAMSTOW
E17 5AA

ENTRY CONDITIONS

1. **This meet is licensed (3LR2178)** by the A.S.A. for entry into County and Regional Championships. The qualifying times are set at 5% of National Level and Upper Limit times at 80% of the National Level. The 400mIM, and 800, and 1500 m Freestyle events will incorporate the Waltham Forest Club Championships. These are open to all BWFSC swimmers age 10 and above. Any BWFSC swimmer who is not within the entry times for this meet will not be eligible for awards.
2. The pool length is 25 metres, 6 lanes with full display Colorado electronic timing. The entry fees are **£4.50** for 100s and 200s, and **£6.00** for 400, 800 and 1500.. 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 metre, 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, and 15 years and over. Ages as at 9th December 2012. All events will be swum on a heat declared winner basis. The fastest three in each event will receive awards. This meet is based around on the A.S.A Long Term Athlete Development (LTAD) Plan where girls and boys aged 9 do not swim 100s other than Individual Medley.
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 45 minutes before the start of each session
8. Coach's passes are available in advance for £10.00 for the day. This entitles the holder to a programme; food between sessions, poolside drinks and result sheets posted or sent electronically.
9. All clubs entering 10 or more swimmers will be expected to provide at least 1 licensed official to cover all weekend – **THIS IS A CONDITION OF ENTRY**
10. Any situation not covered by the above meet notes will be at the discretion of the promoters.
11. 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. **However,**

swimmers from BWFSC will have priority in the events on Friday 7th. All entries of six or more swimmers per club must be entered electronically. Please e mail bwfsc_gala@yahoo.co.uk 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: Nikki Watson 40 Shevon Way, Brentwood CM14 4 PL. 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 **9th November 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.



BWFSC



Programme of Events

Friday 7th December (see condition 1 above)
Session 1
Warm up 6.00pm Start 6.20pm (TBC)
Girls 800 Free
Boys 1500 Free
Girls 400 I.M.
Boys 400 I.M.

Sunday 9th December
Session 2
Warm up 8am Start 8.50am (TBC)
Girls 200 Free
Boys 200 Free
Girls 100 Breast 10 years and over
Boys 100 Breast 10 years and over
Girls 100 Back 10 years and over
Boys 100 Back 10 years and over
Girls 100IM
Session 3
Warm up TBC Start TBC
Boys 200 Breast
Girls 200 Breast
Boys 100 Fly 10 years and over
Girls 100 Fly 10 years and over
Boys 200 IM

Girls 200 IM

Session 4
Warm up TBC Start TBC

Boys 200 Fly

Girls 200 Fly

Boys 100 Free 10 years and over

Girls 100 Free 10 years and over

Boys 200 Back

Girls 200 Back

Boys 100 IM

GIRLS QUALIFYING TIMES (QT) AND UPPER LIMIT TIMES (ULT)									
									25 metre times
		9 years	10year	11 years	12 years	13years	14years	15years	16years/over
100M Free	QT		1:40.0	1:27.9	1:20.8	1:16.2	1:14.0	1:13.1	1:12.6
	ULT		1:15.0	1:10.1	1:06.5	1:04.5	1:03.1	1:02.3	1:01.9
200m Free	QT	4:08.6	3:30.8	3:10.0	2:54.7	2:43.6	2:39.7	2:37.4	2:36.4
	ULT	3:00.4	2:41.4	2:31.2	2:23.4	2:18.2	2:16.0	2:13.8	2:12.9
100m Breaststroke	QT		2:20.0	1:51.9	1:42.3	1:35.4	1:31.9	1:31.1	1:30.8
	ULT		1:35.0	1:29.8	1:24.6	1:21.0	1:18.4	1:17.7	1:17.5
200m Breaststroke	QT	5:13.8	4:29.0	3:59.6	3:39.2	3:24.7	3:18.2	3:16.6	3:15.4
	ULT	3:50.9	3:28.8	3:12.3	3:01.2	2:53.6	2:49.3	2:47.8	2:46.8
100m Butterfly	QT		2:10.0	1:38.2	1:29.7	1:24.0	1:21.1	1:20.5	1:19.8
	ULT		1:23.0	1:18.9	1:14.2	1:11.4	1:09.3	1:08.8	1:08.5
200m Butterfly	QT	5:01.1	4:06.9	3:37.3	3:17.4	3:04.2	2:57.3	2:54.7	2:52.9
	ULT	3:47.2	3:13.1	2:54.9	2:43.4	2:36.4	2:31.5	2:29.1	2:29.2
100m Backstroke	QT		2:00.0	1:38.8	1:30.0	1:24.4	1:22.2	1:20.8	1:20.5
	ULT		1:24.0	1:19.1	1:14.3	1:11.5	1:10.2	1:08.9	1:08.6
200m Backstroke	QT	4:33.1	3:54.3	3:28.8	3:12.4	3:01.1	2:55.6	2:52.7	2:51.4
	ULT	3:19.9	3:00.8	2:46.5	2:38.5	2:33.5	2:29.8	2:27.2	2:26.1
100 Individual Medley	QT	2:11.3	1:53.3	1:41.8	1:34.0	1:28.2	1:25.8	1:24.6	1:23.8
	ULT	1:35.7	1:27.5	1:21.4	1:17.7	1:14.9	1:13.4	1:12.3	1:11.5
200m Individual Medley	QT	4:40.0	3:59.2	3:33.8	3:16.5	3:05.5	2:59.8	2:57.5	2:56.8
	ULT	3:23.5	3:03.8	2:50.2	2:41.6	2:37.0	2:33.2	2:31.0	2:30.6

400m Individual Medley	QT	9:57.1	8:31.8	7:33.0	6:54.0	6:29.1	6:18.4	6:12.4	6:11.3
	ULT	7:16.6	6:35.1	6:01.6	5:40.5	5:29.2	5:22.3	5:17.0	5:15.9

800m Free	QT			13:02.4	12:15.5	11:38.1	11:16.2	11:03.4	10:53.6
	ULT			11:08.3	10:35.4	10:07.0	9:57.5	9:51.7	9:48.4

BOYS QUALIFYING TIMES (QT) AND UPPER LIMIT TIMES (ULT)									25 metre times
		9 years	10year	11 years	12 years	13years	14years	15years	16years/over
100M Free	QT		1:40.0	1:35.0	1:22.9	1:15.2	1:10.5	1:07.5	1:06.6
	ULT		1:14.0	1:09.7	1:05.7	1:01.8	59.2	57.6	56.5
200m Free	QT	4:20.6	3:47.3	3:22.7	3:00.7	2:44.4	2:33.1	2:26.9	2:25.2
	ULT	2:59.9	2:41.7	2:32.2	2:22.7	2:14.6	2:08.4	2:05.1	2:03.0
100m Breaststroke	QT		2:20.0	2:10.0	1:45.3	1:35.0	1:28.8	1:24.6	1:23.2
	ULT		1:36.0	1:30.0	1:24.0	1:18.3	1:14.9	1:12.3	1:10.7
200m Breaststroke	QT	5:28.5	4:50.5	4:16.5	3:48.1	3:26.1	3:12.1	3:03.3	3:01.7
	ULT	3:50.3	3:29.3	3:15.1	3:01.8	2:49.7	2:41.9	2:36.7	2:34.5
100m Butterfly	QT		2:10.0	2:00.0	1:32.9	1:23.8	1:17.7	1:13.9	1:13.0
	ULT		1:25.0	1:19.0	1:14.3	1:09.2	1:05.6	1:03.2	1:02.1
200m Butterfly	QT	5:17.6	4:26.1	3:50.6	3:25.1	3:05.1	2:52.1	2:42.8	2:40.9
	ULT	3:48.4	3:13.8	2:55.8	2:43.7	2:32.8	2:25.1	2:19.0	2:16.8
100m Backstroke	QT		2:00.0	1:55.0	1:33.0	1:24.3	1:18.3	1:14.7	1:13.8
	ULT		1:25.0	1:19.0	1:14.3	1:09.2	1:05.6	1:03.2	1:02.1
200m Backstroke	QT	4:47.5	4:14.7	3:43.9	3:19.5	3:01.3	2:49.2	2:41.3	2:39.5
	ULT	3:20.4	3:03.0	2:49.2	2:38.5	2:29.0	2:22.3	2:17.6	2:15.5
100 Individual Medley	QT	2:16.9	2:01.3	1:48.8	1:37.4	1:28.0	1:21.7	1:18.0	1:16.5
	ULT	1:35.2	1:27.0	1:22.7	1:17.8	1:12.6	1:09.0	1:06.7	1:05.1
200m Individual Medley	QT	4:54.1	4:18.6	3:48.5	3:24.5	3:06.0	2:52.8	2:45.1	2:43.2
	ULT	3:24.5	3:05.2	2:52.2	2:42.1	2:32.8	2:25.3	2:20.7	2:18.6

400m Individual Medley	QT	10:32.8	9:21.2	8:07.5	7:11.9	6:32.6	6:06.9	5:50.5	5:45.7
	ULT	7:21.6	6:44.8	6:07.9	5:41.9	5:22.2	5:08.5	4:58.6	4:53.2

1500m Free	QT			25:38.8	23:40.5	22:19.8	21:07.8	20:14.0	19:34.5
	ULT			21:20.0	20:14.0	19:11.4	18:28.3	17:54.4	17:40.3