

# 2018 WDSC 'END OF SEASON' LONG COURSE OPEN MEET

(Under A.S.A Law & Technical Rules)  
(LEVEL 3) License Number: **TBA**  
WYCOMBE LEISURE CENTRE, HIGH WYCOMBE, BUCKS, HP11 1UP  
Sat Nav: HP11 1TJ  
(Close to Junction 4 on M40)

**Saturday 20<sup>th</sup> & Sunday 21<sup>st</sup> July 2018**

ANTI - WAVE LANE ROPES | 8 LANE 50M POOL | ALL EVENTS HDW  
OMEGA TIMING WITH OBS11 WEDGE BLOCKS

**ENTRIES ARE FIRST COME / FIRST SERVED**

**Closing Date:** 25th June 2018      **Entry fee:** £7.00 per event  
Ages at 21<sup>st</sup> July 2018

### Age Groups:

Girls 9yrs 10yrs 11yrs 12yrs 13yrs 14yrs 15yrs 16yrs 17+over  
Boys 9yrs 10yrs 11yrs 12yrs 13yrs 14yrs 15yrs 16yrs 17+over

**50m, 100m, 200m & 400m Events**  
**Junior 14 & U Finals in 50m & 100m**  
**Senior 15+ Finals in 50m & 100m**

Awards to 1st, 2nd and 3rd in all age groups  
Awards to 1st, 2nd and 3rd in Finals  
Top Visiting Club Award  
Top Boy and Girl Award

For further details please visit: [www.wycombe-swimming.org.uk](http://www.wycombe-swimming.org.uk)  
Meet Promoter: Simon Shaw

Meet Secretary: Jeremy Butler  
Contact details: E: [openmeets@wycombe-swimming.org.uk](mailto:openmeets@wycombe-swimming.org.uk)

## SCHEDULE OF EVENTS

<b>Session 1 - Warm up 8.00 Start 8.30</b>				
1	G	400	IM (HDW)	9,10,11,12,13,14,15,16,17+
2	B	400	Free (HDW)	9,10,11,12,13,14,15,16,17+
<b>Session 2 - Warm up TBC</b>				
3	G	200	Fly (HDW)	9,10,11,12,13,14,15,16,17+
4	B	100	Free	9,10,11,12,13,14,15,16,17+
5	G	100	Breast	9,10,11,12,13,14,15,16,17+
6	B	50	Breast	9,10,11,12,13,14,15,16,17+
7	G	50	Free	9,10,11,12,13,14,15,16,17+
8	B	200	IM (HDW)	9,10,11,12,13,14,15,16,17+
9	G	200	Back (HDW)	9,10,11,12,13,14,15,16,17+
<b>Session 2 - Finals</b>				
01	B	100	Free	14 & Under Final
02	B	100	Free	15 + Final
03	G	100	Breast	14 & Under Final
04	G	100	Breast	15 + Final
05	B	50	Breast	14 & Under Final
06	B	50	Breast	15 + Final
07	G	50	Free	14 & Under Final
08	G	50	Free	15 + Final
<b>Session 3 - Warm up TBC</b>				
10	B	100	Back	9,10,11,12,13,14,15,16,17+
11	G	100	Fly	9,10,11,12,13,14,15,16,17+
12	B	50	Fly	9,10,11,12,13,14,15,16,17+
13	G	50	Back	9,10,11,12,13,14,15,16,17+
14	B	200	Free (HDW)	9,10,11,12,13,14,15,16,17+
15	G	200	Breast (HDW)	9,10,11,12,13,14,15,16,17+
<b>Session 3 - Finals</b>				
01	B	100	Back	14 & Under Final
02	B	100	Back	15 + Final
03	G	100	Fly	14 & Under Final
04	G	100	Fly	15 + Final
05	B	50	Fly	14 & Under Final
06	B	50	Fly	15 + Final
07	G	50	Back	14 & Under Final
08	G	50	Back	15 + Final

<b>Session 4 - Warm up 8.00 Start 8.30</b>				
16	B	400	IM (HDW)	9,10,11,12,13,14,15,16,17+
17	G	400	Free (HDW)	9,10,11,12,13,14,15,16,17+
<b>Session 5 - Warm up TBC</b>				
18	B	200	Fly (HDW)	9,10,11,12,13,14,15,16,17+
19	G	100	Free	9,10,11,12,13,14,15,16,17+
20	B	100	Breast	9,10,11,12,13,14,15,16,17+
21	G	50	Breast	9,10,11,12,13,14,15,16,17+
22	B	50	Free	9,10,11,12,13,14,15,16,17+
23	G	200	IM (HDW)	9,10,11,12,13,14,15,16,17+
24	B	200	Back (HDW)	9,10,11,12,13,14,15,16,17+
<b>Session 5 - Finals</b>				
501	G	100	Free	14 & Under Final
502	G	100	Free	15 + Final
503	B	100	Breast	14 & Under Final
504	B	100	Breast	15 + Final
505	G	50	Breast	14 & Under Final
506	G	50	Breast	15 + Final
507	B	50	Free	14 & Under Final
508	B	50	Free	15 + Final
<b>Session 6 - Warm up TBC</b>				
25	G	100	Back	9,10,11,12,13,14,15,16,17+
26	B	100	Fly	9,10,11,12,13,14,15,16,17+
27	G	50	Fly	9,10,11,12,13,14,15,16,17+
28	B	50	Back	9,10,11,12,13,14,15,16,17+
29	G	200	Free (HDW)	9,10,11,12,13,14,15,16,17+
30	B	200	Breast (HDW)	9,10,11,12,13,14,15,16,17+
<b>Session 6 - Finals</b>				
601	G	100	Back	14 & Under Final
602	G	100	Back	15 + Final
603	B	100	Fly	14 & Under Final
604	B	100	Fly	15 + Final
605	G	50	Fly	14 & Under Final
606	G	50	Fly	15 + Final
607	B	50	Back	14 & Under Final
608	B	50	Back	15 + Final

*Note: Timings may be updated closer to the meet after entries are finalised.  
Refer to the Wycombe District Swimming Club website for latest updates.*

## QUALIFICATION TIMES - Boys

Entry times SHOULD BE either LONG COURSE TIMES or converted to LONG COURSE  
 Entry times to be achieved within last 12 months

### Boys

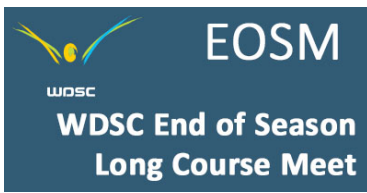
Distance	Stroke	9 Yr	10 Yr	11 Yr	12 Yr	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr +	
<b>50 FREE</b>	Faster Than						00:48.72				
	Slower Than						00:25.16				
<b>100 FREE</b>	Faster Than	01:55.00	01:48.00	01:41.70	01:31.62	01:28.15	01:24.69	01:20.95	01:20.12	01:19.30	
	Slower Than	01:08.00	01:05.00	01:01.99	01:01.99	00:58.61	00:56.61	00:54.47	00:54.47	00:53.56	
<b>200 FREE</b>	Faster Than	04:00.00	03:57.04	03:37.90	03:18.76	03:11.28	03:03.63	02:55.99	02:54.50	02:53.02	
	Slower Than	02:19.00	02:17.00	02:14.32	02:07.57	02:03.22	01:58.63	01:58.63	01:58.63	01:57.00	
<b>400 FREE</b>	Faster Than	08:30.00	08:24.34	07:42.10	06:59.86	06:28.62	06:20.53	06:12.45	06:10.47	06:08.49	
	Slower Than	05:00.00	04:48.00	04:43.12	04:43.12	04:29.48	04:20.81	04:12.73	04:12.73	04:10.16	
<b>50 BRST</b>	Faster Than						01:07.75				
	Slower Than						00:31.30				
<b>100 BRST</b>	Faster Than	02:17.00	02:15.00	02:12.53	02:00.11	01:44.38	01:43.33	01:42.29	01:41.46	01:40.64	
	Slower Than	01:26.00	01:24.00	01:21.19	01:21.19	01:15.77	01:12.94	01:10.13	01:10.13	01:09.10	
<b>200 BRST</b>	Faster Than	04:00.00	03:56.12	03:55.50	03:54.19	03:53.63	03:48.68	03:43.62	03:40.92	03:38.23	
	Slower Than	03:05.00	03:02.00	02:55.32	02:55.32	02:44.22	02:38.76	02:33.36	02:33.36	02:31.61	
<b>50 FLY</b>	Faster Than						00:58.18				
	Slower Than						00:27.30				
<b>100 FLY</b>	Faster Than	02:12.00	02:10.00	02:05.00	01:47.24	01:31.18	01:29.03	01:26.89	01:26.17	01:25.46	
	Slower Than	01:19.00	01:14.00	01:10.00	01:10.00	01:05.23	01:02.58	00:59.75	00:59.75	00:58.84	
<b>200 FLY</b>	Faster Than	03:55.23	03:52.00	03:49.12	03:36.41	03:23.71	03:18.48	03:13.26	03:10.73	03:08.20	
	Slower Than	02:50.21	02:48.00	02:36.61	02:36.61	02:25.70	02:19.60	02:13.84	02:13.84	02:12.23	
<b>50 BACK</b>	Faster Than						01:02.03				
	Slower Than						00:30.30				
<b>100 BACK</b>	Faster Than	02:05.00	02:03.00	01:59.50	01:49.11	01:35.58	01:33.10	01:30.63	01:29.69	01:28.76	
	Slower Than	01:17.00	01:15.00	01:11.38	01:11.38	01:07.18	01:04.73	01:02.23	01:02.23	01:01.47	
<b>200 BACK</b>	Faster Than	04:00.00	03:56.00	03:46.37	03:36.30	03:26.24	03:20.19	03:14.14	03:12.97	03:13.81	
	Slower Than	02:52.00	02:38.00	02:32.52	02:32.52	02:24.54	02:19.15	01:14.45	02:14.45	02:13.68	
<b>200 IM</b>	Faster Than	04:40.00	04:35.76	04:13.15	03:50.55	03:28.44	03:24.20	03:19.97	03:17.05	03:14.14	
	Slower Than	02:42.26	02:40.00	02:32.92	02:32.92	02:25.04	02:20.07	02:14.89	02:14.89	02:13.19	
<b>400 IM</b>	Faster Than	08:40.00	08:36.00	08:07.84	07:44.96	07:22.08	07:10.91	06:59.75	06:56.39	06:53.04	
	Slower Than	05:44.44	05:42.00	05:26.28	05:26.28	05:09.14	04:58.36	04:48.95	04:48.95	04:47.40	

## QUALIFICATION TIMES - Girls

Entry times SHOULD BE either LONG COURSE TIMES or converted to LONG COURSE  
Entry times to be achieved within last 12 months

### Girls

Distance	Stroke	9 Yr	10 Yr	11 Yr	12 Yr	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr +
<b>50 FREE</b>	Faster Than	00:49.60								
	Slower Than	00:28.02								
<b>100 FREE</b>	Faster Than	01:45.00	01:37.00	01:34.37	01:32.33	01:30.30	01:29.20	01:28.10	01:27.77	01:27.60
	Slower Than	01:07.00	01:05.00	01:03.64	01:03.64	01:01.81	01:00.94	00:59.82	00:59.82	00:59.69
<b>200 FREE</b>	Faster Than	04:30.00	04:11.45	03:22.28	03:18.54	03:14.80	03:11.88	03:08.97	03:08.20	03:07.81
	Slower Than	02:30.00	02:20.00	02:16.88	02:16.88	02:12.74	02:11.04	02:08.74	02:08.74	02:08.44
<b>400 FREE</b>	Faster Than	08:30.00	08:23.02	07:06.57	06:56.45	06:46.33	06:42.33	06:38.33	06:37.09	06:36.47
	Slower Than	05:30.00	05:00.00	04:47.20	04:47.20	04:42.80	04:35.06	04:31.36	04:31.36	04:31.02
<b>50 BRST</b>	Faster Than	01:07.59								
	Slower Than	00:36.00								
<b>100 BRST</b>	Faster Than	02:10.00	02:05.00	02:00.99	01:57.63	01:54.28	01:52.74	01:51.20	01:49.55	01:48.60
	Slower Than	01:25.00	01:23.00	01:21.89	01:21.89	01:19.14	01:17.96	01:17.10	01:17.10	01:16.77
<b>200 BRST</b>	Faster Than	04:30.00	04:28.83	04:21.35	04:13.87	04:06.39	04:02.32	03:58.25	03:57.81	03:56.60
	Slower Than	03:10.00	03:04.00	02:56.67	02:56.67	02:49.80	02:48.13	02:46.17	02:46.17	02:45.72
<b>50 FLY</b>	Faster Than	01:00.60								
	Slower Than	00:31.00								
<b>100 FLY</b>	Faster Than	01:57.00	01:53:00	01:48.56	01:43.33	01:38.11	01:36.68	01:35.25	01:34.15	01:33.70
	Slower Than	01:17.00	01:14.00	01:11.28	01:11.28	01:08.41	01:07.25	01:06.17	01:06.17	01:06.04
<b>200 FLY</b>	Faster Than	04:00.00	03:57.04	03:50.00	03:42.96	03:35.92	03:32.29	03:28.66	03:27.34	03:26.68
	Slower Than	02:55.00	02:50.00	02:37.79	02:37.79	02:30.07	02:28.06	02:26.18	02:26.18	02:25.64
<b>50 BACK</b>	Faster Than	01:01.59								
	Slower Than	00:32.00								
<b>100 BACK</b>	Faster Than	01:54.00	01:52.00	01:48.78	01:44.32	01:39.87	01:39.33	01:38.80	01:38.44	01:38.20
	Slower Than	01:16.00	01:14.00	01:12.30	01:12.30	01:09.87	01:08.85	01:08.85	01:07.79	01:07.58
<b>200 BACK</b>	Faster Than	04:01.00	03:59.57	03:51.32	03:43.07	03:34.82	03:32.84	03:30.86	03:29.10	03:28.50
	Slower Than	02:50.01	02:40.01	02:34.32	02:34.32	02:29.09	02:26.87	02:25.45	02:25.45	02:24.94
<b>200 IM</b>	Faster Than	04:40.00	04:38.29	03:50.66	03:45.32	03:39.99	03:37.35	03:34.71	03:32.84	03:31.90
	Slower Than	02:50.01	02:42.00	02:35.56	02:35.56	02:30.56	02:29.02	02:26.55	02:26.55	02:26.25
<b>400 IM</b>	Faster Than	08:30.00	08:27.36	08:12.68	07:57.99	07:43.31	07:38.40	07:33.50	07:31.76	07:30.89
	Slower Than	05:50.55	05:45.00	05:28.72	05:28.72	05:17.85	05:14.73	05:11.51	05:11.51	05:10.36



## Competition Rules and Information

The competition will be held under A.S.A Law & Technical Rules.

### LENGTH OF POOL

The pool is 50 metres long with eight lanes. Anti-turbulence lane ropes will be used. Electronic time keeping will be used.

A four lane swim-down pool will be available throughout the meet.

### ENTRY PROCEDURE

Entry should be made by submitting the Hy-Tek file available at:

<http://www.wycombe-swimming.org.uk>

(Team manager lite is available to download at: <http://www.hy-tek ltd.com/downloads.html> ).

The preferred method of entry is via emailing of the Hy-Tek file accompanied by the scanned Entry Summary Form and other applicable forms.

Manual Entry forms are also available within the entry pack and can be emailed or posted as per the details on the Entry Summary Form. There is a £5 supplement per swimmer for Manual entries.

Entry fees should be paid by BACs payments: RBS; Sort code: 162129; Account number: 10104974. PLEASE USE REFERENCE – **EOSM** followed by your club code.

Cheques are accepted and need to be made payable to: Wycombe District Swimming Club and crossed and sent to the Meet Organiser.

### ENTRIES

Entries are open from **1 May 2018**. In the event of the Meet being oversubscribed, entries will be accepted on a '**first come / first served**' basis.

Send Entries (including poolside passes and officials' forms) to:

[openmeets@wycombe-swimming.org.uk](mailto:openmeets@wycombe-swimming.org.uk)

No entries will be accepted without the completed Entry Summary Form, appropriate entry fees, submitted times and ASA registrations.

For all enquiries, please contact the Meet Secretary, details on page 1.

Any swimmer withdrawing prior to the closing date will receive a full refund. After the closing date and up to the day before the gala, refunds can only be provided on receipt of proof of injury through a doctor's certificate or similar.

**The Event will be swum as a CARDLESS event therefore swimmers are asked to SIGN in before EACH session and before warm up starts.  
Competitors must be registered swimmers.**

## CLOSING DATE FOR ENTRIES

**Midnight on 25 June 2018.**

Accepted Entries will be published no later than **30 June 2018.**

## ENTRY TIMES

Entry times SHOULD BE either LONG COURSE TIMES or converted to LONG COURSE.

Entry times to be achieved within last 12 months.

Poolside entries will only be accepted as time trials and are at the discretion of the Meet Promoter.

All events will be seeded on submitted times.

## AWARDS

Medals will be given to the first three swimmers in each Age Group.

Individual Awards will be made on an HDW basis.

Awards will be given to 1st, 2nd and 3rd for each Junior & Senior Finals.

Top visiting Club, Top Male and Top Female swimmer will receive an award.

Awards are to be collected from the medal table after the results have been posted.

Swimmers must ensure that they are suitably clothed (tee shirt, shorts, foot-ware, etc.) when collecting awards.

## OFFICIALS

To ensure the Meet can run effectively and efficiently, WDSC encourage all clubs to help where possible with officials. Please send the officials' form in with your entry.

## MEET RESULTS

Results will be posted on the wall above the spectator gallery and in the marshalling area as soon as is practicable after each event. Unofficial results will also be available on Meet Mobile.

Official Meet results will be posted on the Wycombe District Swimming Club website within 48 hours of the Meet closing.

An electronic copy of the Meet club's results will be sent to individual clubs on request from a club official.

Results will be passed to the ASA for their reference and inclusion in rankings.

## SPECTATORS

Entry cost is £5.00 per individual session (concessions available) or £12 for an all day pass (no concessions).

Programs will be available to purchase on the day of the Meet.

***For the safety and welfare of all swimmers, spectators and parents are NOT allowed poolside or in the changing rooms during the Meet.***

## CAR-PARKING

'Pay and Display' car parking is available at the Leisure Centre. At the time of publishing, parking at the 'Park and Ride' (2 minutes walk from the pool) is free for the first 12 hours. Please check on the Wycombe Swimming website closer to the event for any updates.

## **REFRESHMENTS**

The Leisure Centre has a small cafe that will be in operation throughout the meet. The adjacent Waitrose supermarket also has a large cafeteria. Food may not be taken onto poolside. There will be refreshments and lunch provided for coaches who have purchased a Coach pass.

## **HEALTH AND SAFETY**

No outdoors shoes to be worn on the poolside. No large bags are allowed poolside.

Swimmers are asked to ensure they wear appropriate footwear and clothing when on the balcony or reception area.

The pool depth is 2m and the blocks are 75cm above the edge. If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim Meet. A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive. No swimmer should topple into the water in the event of a false start - a proper shallow dive must be performed.

Further event information including any health and safety guidance resultant from our risk assessments will be made available to participants closer to the event. Please ensure you read the information and utilise for your club planning and risk assessment.

## **POOLSIDE ACCESS PASSES**

Passes are required for all non-swimmers accessing poolside or changing rooms and may be picked up from the sign-in desk before entering the pool. This includes all coaches, team managers and chaperones. Passes are required for each individual in a session; if different people are attending different sessions, then passes may be transferred, but the DBS details of each individual must have been supplied with the Coach/Chaperone Application in the entry pack. Each pass includes one lunch, meet programme and poolside refreshments.

Heat Sheets will only be provided to officials, coaches and team managers displaying passes.

## **DATA PROTECTION**

Entries and results for this Meet will be held on computer. As required by the General Data Protection Regulations, submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the Meet.

The data you provide will be processed for the purposes of running the Meet, including seeding, programme (online and printed), results, management of officials and management of child protection poolside. You agree that we may publish your (or your club members) personal information as part of the programme and results of the Meet, and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include name, club affiliation, race times and DQ codes, gender, disability classification and age category. To submit the data to us you must have obtained permission from the individuals for the uses specified.

## **PARA- SWIMMERS**

Swimmers with classifications (S Categories) and those who require additional provisions to access the event are requested to notify the meet promoter in advance of the meet.

## **FILMING AND PHOTOGRAPHY**

Anyone who wishes to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

The use of cameras or mobile phones for taking photographs in the changing area is strictly forbidden. Only coaches and team managers may take photos or film races on poolside and these must comply with Swim England guidance and the focus of the filming should be of their swimmers only. Any swimmer or coach found to be breaking these rules will be asked to leave the building and will take no further part in the competition. The club also reserves the right to take further action against anybody breaking this rule.

The safety of children and young people for this event is of paramount importance. If you have any child safeguarding concerns at the event, please contact the meet coordinator.

## **SWIM SHOP**

A Mailsports Swim Shop will be in operation throughout the Meet.

## **APPEALS**

Any appeals must be submitted in accordance with ASA procedures and will be handled by the Meet Promoter and Referees.

## **GENERAL**

Any point not covered by these rules will be at the discretion of the Meet Promoter. Depending upon the situation, the Meet Promoter or Referees decision, respectively, will be final.



## CLUB ENTRY INFORMATION SUMMARY

<b>CLUB NAME</b>	
<b>CONTACT NAME</b>	
<b>ADDRESS</b>	
<b>TELEPHONE (DAY)</b>	
<b>TELEPHONE (EVENING)</b>	
<b>MOBILE PHONE</b>	
<b>EMAIL</b>	

**Preferred method of entry is via Hy-Tek file accompanied by scanned copies of all forms. Entries and all enquiries should be emailed to: [openmeets@wycombe-swimming.org.uk](mailto:openmeets@wycombe-swimming.org.uk)**

Manual Entries should also be emailed with scanned copies of forms, or posted to:  
 Wycombe District Swimming Club, Wycombe Leisure Centre, Handy Cross,  
 High Wycombe, HP11 1UP.

Cheques are to be made payable to **'Wycombe District Swimming Club'**

<b>TOTAL ENTRIES</b>		<b>@ £7.00 EACH = £</b>
<b>Manual entry supplement per swimmer £5</b>		<b>= £</b>
<b>Coaches / Poolside Packs</b>		<b>@£30 EACH = £</b>
<b>TOTAL</b>		<b>£</b>

<b>PAYMENT MADE BY</b> (delete as appropriate)	BACS	CHEQUE ENCLOSED
---	------	-----------------

**WDSC Bank Details**

RBS; Sort code: 162129; Account number: 10104974

PLEASE USE REFERENCE **EOSM followed by your club code** FOR BACS PAYMENTS

***I certify that all the above details are correct and that our Club understands and will abide by the meet conditions. Signed on behalf of all swimmers:***

**SIGNATURE..... DATE.....**



**EOSM**

**WDSM End of Season  
Long Course Meet**

## OFFICIALS' APPLICATION FORM

Please complete details for each applicant.

### CLUB NAME

**Name**

**Qualification (J1, J2 etc..)**

**License Number**

**Email**

**Availability (please tick)**

**SESSION**

**1**

**2**

**3**

**SESSION**

**4**

**5**

**6**

**Name**

**Qualification (J1, J2 etc..)**

**License Number**

**Email**

**Availability (please tick)**

**SESSION**

**1**

**2**

**3**

**SESSION**

**4**

**5**

**6**

**Name**

**Qualification (J1, J2 etc..)**

**License Number**

**Email**

**Availability (please tick)**

**SESSION**

**1**

**2**

**3**

**SESSION**

**4**

**5**

**6**

**PLEASE ENSURE THIS FORM IS SUBMITTED WITH YOUR CLUB ENTRY**



**EOSM**

**WDSM End of Season  
Long Course Meet**

## **COACH / CHAPERONE APPLICATION FORM**

Coach / Chaperone poolside passes cost £30.00 for the weekend per individual and include poolside access, lunch each day and poolside refreshments.

Please complete details for each pass application. The form is to be signed by a Club representative to confirm that each applicant has a DBS check.

	<b>APPLICATION #1</b>	<b>APPLICATION #2</b>	<b>APPLICATION #3</b>
<b>FULL NAME</b>			
<b>NAME OF CLUB</b>			
<b>POSITION AT CLUB</b>			
<b>e.g. Coach, Team Manager</b>			
<b>DBS CHECK NUMBER</b>			

*I certify that all the above named persons are verified as having undergone a DBS check.*

**SIGNATURE:** ..... **DATE:** .....

**Position at Club:** .....

***PLEASE ENSURE THIS FORM IS SUBMITTED WITH YOUR CLUB ENTRY***

**SWIMMER MANUAL ENTRY FORM - MALE****MALE ENTRY**

Circle requested events

**SURNAME****FIRSTNAME****DATE of Birth****ASA Number****Club**

<b>EVENT #</b>	<b>DISTANCE</b>	<b>STROKE</b>	<b>ENTRY TIME</b>
2	400	FREE (HDW)	
4	100	FREE	
6	50	BRST	
8	200	IM (HDW)	
10	100	BACK	
12	50	FLY	
14	200	FREE (HDW)	
16	400	IM (HDW)	
18	200	FLY (HDW)	
20	100	BRST	
22	50	FREE	
24	200	BACK (HDW)	
26	100	FLY	
28	50	BACK	
30	200	BRST (HDW)	

***Please note there is a £5 supplement per swimmer for manual entries.***

**FEMALE ENTRY**

Circle requested events

**SURNAME****FIRSTNAME****DATE of Birth****ASA Number****Club****EVENT #****DISTANCE****STROKE****ENTRY TIME**

1

400

IM (HDW)

3

200

FLY (HDW)

5

100

BRST

7

50

FREE

9

200

BACK (HDW)

11

100

FLY

13

50

BACK

15

200

BRST (HDW)

17

400

FREE (HDW)

19

100

FREE

21

50

BRST

23

200

IM (HDW)

25

100

BACK

27

50

FLY

29

200

Free (HDW)

***Please note there is a £5 supplement per swimmer for manual entries.***