



wirralmetro



5th

Summer
MEET 2024


**INCLUDING
RELAYS**

SPONSORED BY

RSK

22nd & 23rd June 2024

EUROPA POOLS, BIRKENHEAD

This competition is promoted by Craig Pickering on behalf of Wirral Metro Swimming Club, and will be held under Swim England Laws, Regulations, and FINA Technical Rules of Swimming.

This event is Licensed Level 3, by the ASA for entry into Regional, District and County Championships

MEET ENTRIES/ENQUIRIES TO:

Craig Pickering (Gala Secretary)
41 Neale Drive
Greasby
Wirral
CH49 1SL

Email: wirralmetro@hotmail.com

Please note that 800m freestyle and 1500m freestyle are £15.00 per HYTEK entry £17.00 all others
Entry to both the 800m and 1500m Freestyle may be restricted to 3 heats (800m) & 2 heats (1500m).

THIS MEET IS FIRST COME FIRST SERVED

THE 800m and 1500m FREESTYLE WILL CLOSE EARLY IF FULL WITH RESERVES.

Entries should be on Hy-tek Lite via zipped e-mail and will not be considered until full payment has been received. Hy-tek entries are £7.00 per event. 800m and 1500m £15.00, Relays £12.00 per Team.

Payment to be made on one combined cheque, made out to Wirral Metro S.C. or by BACS see below for Account details

Paper based entries are welcome for clubs @£8.00 per event, 800m and 1500m £17.00, Relays £15.00 the individual entry form is attached

All times submitted must be for a 25m short course pool, converting if necessary, using Swim England equivalent Performance Tables.

All submitted times must **NOT** be faster than the published entry times.

Successful entries will be confirmed via email.

The acceptance of competitors will be based on **quickest times submitted by age group basis**. As many heats as possible will be run in the time available for the Meet. The promoters reserve the right to amend the number of heats in each event depending on entry numbers. Heats will be swum with all age groups combined and swimmers seeded by entry times. **The external cut off date for entry receipt is Monday June 3rd, 2024.**

As soon as possible after the closing date, accepted entries will be emailed to all clubs and also posted on the Wirral Metro website, together with any information in respect of entries not accepted if any. All refunds will be made 'on block' to the club submitting the entries, these will be sent by BACS.

Please do not send entries via recorded/tracked/signed for delivery,

ENTRY FEES: Electronic (Hytek) entries are £7.00 and ALL OTHER PAPER ENTRIES which includes email are £8.00 per event (See above Re 800m and 1500m and Relay Events)

NO ENTRIES WILL BE ACCEPTED UNTIL PAYMENT FOR ENTRIES ARE RECEIVED DIRECTLY TO THE WIRRAL METRO BANK. **CHEQUES ARE NOW NOT ACCEPTED**

ACCOUNT NUMBER: 10944157

SORT CODE: 202950

WHEN PAYING ELECTRONICALLY PLEASE PLACE NAME OF SWIMMER OR CLUB UNDER THE REFERENCE **WMSUM24** AND ADVISE THE MEET PROMOTER BY EMAIL SEPARATELY

ALL withdrawals should be carried out using the form provided or by email to the above address at least 30 min's before the start of each warm up. It is the swimmer's responsibility to report to

the competitor's steward when their event is called. All events will be swum in 'integrated 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 whenever possible.

Times and places shown on the electronic score board if working are for information only and not necessarily the official result.

A Strobe Light is available during the running of this Gala.

Each event will be open to Female and Open/Male categories. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, or the club entering a swimmer in the 'Female' category, the swimmer/club confirms that their birth sex is female.

Teams

All teams shall consist of four members except for the Cannon relay which is eight.

Age Group for Relays: 9-10 years
11-12 years
13-14 years
15 and over

A swimmer entered in the name of one club in the individual events may not compete in the name of another club in the team events.

Swimmers are only eligible to compete in their age group relay.

Freestyle Cannon is 4 Open/Male & 4 Female competitors, 1 swimmer from each age group. The competitors can swim in any order.

All Team entries must include either an actual or realistic estimated entry time.

EVENTS

- 21 4 X 50m Medley Relay Girls (9-10 years)
- 22 4 X 50m Medley Relay Girls (11-12 years)
- 23 4 X 50m Medley Relay Girls (13-14 years)
- 24 4 X 50m Medley Relay Girls (15 and over)
- 25 4 X 50m Medley Relay Open/Boys (9-10 years)
- 26 4 X 50m Medley Relay Open/Boys (11-12 years)
- 27 4 X 50m Medley Relay Open/Boys (13-14 years)
- 28 4 X 50m Medley Relay Open/Boys (15 and over)

- 36 4 X 50m Freestyle Relay Open/Boys (9-10 years)
- 37 4 X 50m Freestyle Relay Open/Boys (11-12 years)
- 38 4 X 50m Freestyle Relay Open/Boys (13-14 years)
- 39 4 X 50m Freestyle Relay Open/Boys (15 and over)
- 40 4 X 50m Freestyle Relay Girls (9-10 years)
- 41 4 X 50m Freestyle Relay Girls (11-12 years)
- 42 4 X 50m Freestyle Relay Girls (13-14 years)
- 43 4 X 50m Freestyle Relay Girls (15 and over)

- 50 8 x 50m Mixed Cannon Freestyle Relay

THE REFEREE'S DECISION IS FINAL

Wirral Metro reserves the right to fill empty lanes with Wirral Metro Swimmers.

Withdrawals must be notified no later than midday on Friday 21st June 2024.

No refunds will be issued for withdrawals after the closing date (which may be sooner than the advertised deadline of 3rd June 2024 if the meet is full) other than for withdrawals on medical grounds supported by documentary evidence, e.g. doctor's note, In this case, the swimmer will be withdrawn from all events.

The meet promoter reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded, a BACS payment will be sent to each club in question.

POOLSIDE PASSES:

Coaches and team managers Weekend Passes @ **£15.00** to include entry to poolside programme and result sheets which will be emailed as soon as possible after the event. Passes are transferable within a club, but a list of all attending Coaches and Team Managers must be submitted before the meet, together with an indication which session they will be present for.

All team staff must be DBS checked and have undertaken a relevant safeguarding course (e.g., Swim England Safeguarding course) to gain a coaches / team managers pass, access to poolside and the swimmers seating area. Any parent of a swimmer attending without their club wishing to chaperone their child must also be DBS checked to purchase a pass. Coaches and team staff **MUST** wear badges provided. Wirral Metro Swimming Club will **NOT** be responsible for any unaccompanied swimmers on poolside, the responsibility falls on the club entering the swimmer.

THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOLSIDE PASS

Wirral Metro Swimming Club accepts no responsibility for loss or damage to competitors belongings, how so ever caused, unless such damage is caused by the negligence of Wirral Metro Swimming Club.

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/over Boys.

Relay Age Groups. 9-10, 11-12, 13-14, 15 and over

Age as at 23rd June 2024

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.

Anyone wishing to use any type of image recording device must register at the entrance and comply with the current Swim England Wave Power Guidelines on Photography (copies can be found at [WavePower](#)) and adhere to the rules and standard operating procedures of the venue.

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

WIRRAL METRO 5TH SUMMER DEVELOPMENT MEET 2024

SCHEDULE OF EVENTS

SATURDAY 22nd June 2024

Session 1

Warm Up TBA

Start TBA

Session 2

Warm Up TBA

Start TBA

EVENT			EVENT		
1	OPEN/BOYS 9-18yrs	400m Free	11	GIRLS -18yrs	400m Free
2	GIRLS 11-18yrs	400m IM	12	OPEN/MALE 11-18yrs	400m IM
3	OPEN/MALE 9-18yrs	50m Breast	13	GIRLS 9-18yrs	50m Breast
4	GIRLS 9-18yrs	50m Back	14	OPEN/MALE 9-18yrs	50m Back
5	OPEN/MALE 9-18yrs	200m Fly	15	GIRLS 9-18yrs	200m Fly
6	GIRLS 9-18yrs	200m Breast	16	OPEN/MALE 9-18yrs	200m Breast
7	OPEN/MALE 9-18yrs	100m Free	17	GIRLS 9-18yrs	100m Free
8	GIRLS 9-18yrs	100m Fly	18	OPEN/MALE 9-18yrs	100m Fly
9	OPEN/MALE 9-18yrs	200m Back	19	GIRLS 9-18yrs	200m Back
10	GIRLS 9-18yrs	200m Free	20	OPEN/MALE 9-18yrs	200m Free

SUNDAY 23rd June 2024

Session 3

Warm Up TBA

Start TBA

Session 4

Warm Up TBA

Start TBA

EVENT			EVENT		
21-24	GIRLS 9-18yrs	4x50m IM Relays	36-39	OPEN/MALE 9-18yrs	4x50m Free Relays
25-28	OPEN/MALE 9-18yrs	4x50m IM Relays	40-43	GIRLS 9-18yrs	4x50m Free Relays
29	GIRLS 9-18yrs	200m IM	44	OPEN/MALE 9-18yrs	200m IM
30	OPEN/MALE 9-18yrs	100m IM	45	GIRLS 9-18yrs	100m IM
31	GIRLS 9-18yrs	50m Free	46	OPEN/MALE 9-18yrs	50m Free
32	OPEN/MALE 9-18yrs	50m Fly	47	GIRLS 9-18yrs	50m Fly
33	GIRLS 9-18yrs	100m Back	48	OPEN/MALE 9-18yrs	100m Back
34	OPEN/MALE 9-18yrs	100m Breast	49	GIRLS 9-18yrs	100m Breast
35	MIXED 11-18yrs	1500 Free	50	Mixed	8x50m Cannon Relay
			51	Mixed 11-18yrs	800 Free

ANY POINTS NOT COVERED ARE AT THE DISCRETION OF THE PROMOTER

Wirral Metro 5th Summer Meet 2024

Club Electronic Entry Summary Sheet

PLEASE RETURN THIS SHEET WITH YOUR PAYMENT AND HYTEK

PRINTOUTS TO THE EMAIL ADDRESS BELOW

- Payments via BACS to Wirral Metro Swimming Club (Ref WMSUM24) Account No 10944157
Sort Code 20-29-50 Barclays Bank
- A draft programme will be published on the club website for corrections.
- Please enclose a computer-generated Hytek printout of swims with a record of your payment.

CLUB			
CLUB CONTACT			
E-mail address			
Entries	Quantity		Sub Total
Female Entries		@£7.00	£
Male Entries		@£7.00	£
Female Entries		@£15.00	£
Male Entries		@£15.00	£
Female Relays		@£12.00	£
Male Relays		@£12.00	£
Mixed Relay		@£12.00	£
Total No Entries		Total Entries	£
Coach/Team Manager Passes		@£15.00	£
		Total	£

Coaches / TM Pass DBS Information (passes will not be processed without this information)

Name	Position	Disclosure Number	Expiry Date

Please return to Craig Pickering at wirralmetro@hotmail.com

Open/Male UPPER TIME LIMIT										Girls UPPER TIME LIMIT					
Age 9	Age 10	Age 11	Age 12	Age 13	Age 14+		Age 9	Age 10	Age 11	Age 12	Age 13	Age 14+			
31.00	30.00	29.00	28.00	25.00	23.00	50 FREE	33.00	31.00	29.00	28.00	27.00	25.00			
1.05.00	1.03.00	1.02.00	1.00.00	56.00	51.00	100 FREE	1.07.00	1.05.00	1.04.00	1.03.00	59.00	56.00			
2.20.00	2.15.00	2.10.00	2.05.00	2.03.00	1.58.00	200 FREE	2.23.00	2.17.00	2.12.00	2.07.00	2.05.00	2.02.00			
5.15.00	5.10.00	4.55.00	4.40.00	4.30.00	4.10.00	400 FREE	5.15.00	5.10.00	5.00.00	4.55.00	4.40.00	4.25.00			
		9.40.00	9.40.00	9.20.00	9.00.00	800 FREE			9.40.00	9.40.00	9.30.00	9.20.00			
		18.45.00	18.45.00	18.15.00	17.45.00	1500 FREE			18.45.00	18.45.00	18.30.00	18.00.00			
37.00	35.00	33.00	32.00	30.00	27.00	50 BACK	38.00	37.00	35.00	33.00	31.00	29.00			
1.15.00	1.12.00	1.10.00	1.06.00	1.02.00	57.00	100 BACK	1.17.00	1.15.00	1.14.00	1.10.00	1.06.00	1.02.00			
2.40.00	2.30.00	2.25.00	2.22.00	2.19.00	2.07.00	200 BACK	2.50.00	2.45.00	2.38.00	2.30.00	2.22.00	2.18.00			
45.00	41.00	38.00	35.00	32.00	28.00	50 BRST	45.00	41.00	38.00	35.00	33.00	30.00			
1.35.00	1.32.00	1.28.00	1.21.00	1.13.00	1.06.00	100 BRST	1.35.00	1.32.00	1.28.00	1.21.00	1.15.00	1.10.00			
3.20.00	3.10.00	2.55.00	2.40.00	2.30.00	2.20.00	200 BRST	3.20.00	3.10.00	2.55.00	2.45.00	2.32.00	2.22.00			
40.00	36.00	34.00	32.00	28.00	25.00	50 FLY	40.00	36.00	34.00	32.00	29.00	27.00			
1.25.00	1.20.00	1.13.00	1.07.00	1.00.00	57.00	100 FLY	1.27.00	1.22.00	1.16.00	1.10.00	1.05.00	1.01.00			
3.10.00	3.00.00	2.40.00	2.30.00	2.18.00	2.05.00	200 FLY	3.10.00	3.00.00	2.45.00	2.40.00	2.25.00	2.15.00			
1.22.00	1.15.00	1.11.00	1.07.00	1.04.00	59.00	100IM	1.20.00	1.15.00	1.11.00	1.08.00	1.06.00	1.03.00			
3.00.00	2.50.00	2.40.00	2.30.00	2.15.00	2.05.00	200IM	3.00.00	2.50.00	2.40.00	2.33.00	2.20.00	2.12.00			
		5.25.00	5.10.00	4.50.00	4.40.00	400IM			5.40.00	5.30.00	5.10.00	4.50.00			

No swimmer should enter a time faster than those indicated above Upper age limit is 18 years of age as at the 23rd June 2024.

All times submitted must be 25m short course

Converting if necessary, using Swim England Equivalent Performance Tables