



Affiliated to the Northumberland & Durham A.S.A.

Present Their
NOVEMBER
LEVEL 3 MEET 2022

(Under FINA Rules, ASA Guidance & ASA Law)

DATE 12th and 13th NOVEMBER 2022
Venue: - Woodhouse Close, Leisure Complex,
Bishop Auckland, Co. Durham

SATURDAY 12th November

Session 1 (a.m.)

Warm-up 8.00am (may be subject to change)

1. Boy's 9/Over 400m I.M.
2. Girl's 9/Over 200m Freestyle
3. Boy's 9/Over 50m Butterfly
4. Girl's 9/Over 50m Backstroke
5. Boy's 9/Over 100m Backstroke
6. Girl's 9/Over 100m Breaststroke
7. Boy's 9/Over 200m Butterfly
8. Girl's 9/Over 100m I.M.

Session 2 (p.m.)

Warm-up t.b.a

9. Girl's 9/Over 400m Freestyle
10. Boy's 9/Over 200m I.M.
11. Girl's 9/Over 200m Backstroke
12. Boy's 9/Over 50m Breaststroke
13. Girl's 9/Over 50m Freestyle
14. Boy's 9/Over 200m Breaststroke
15. Girl's 9/Over 100m Butterfly
16. Boy's 9/Over 100m Freestyle

SUNDAY 13th November

Session 3 (a.m.)

Warm-up 8.00am (may be subject to change)

17. Girl's 9/Over 400m I.M.
18. Boy's 9/Over 200m Freestyle
19. Girl's 9/Over 50m Butterfly
20. Boy's 9/Over 50m Backstroke
21. Girl's 9/Over 100m Backstroke
22. Boy's 9/Over 100m Breaststroke
23. Girl's 9/Over 200m Butterfly
24. Boy's 9/Over 100m I.M.

Session 4 (p.m.)

Warm-up t.b.a

25. Boy's 9/Over 400m Freestyle
26. Girl's 9/Over 200m I.M.
27. Boy's 9/Over 200m Backstroke
28. Girl's 9/Over 50m Breaststroke
29. Boy's 9/Over 50m Freestyle
30. Girl's 9/Over 200m Breaststroke
31. Boy's 9/Over 100m Butterfly
32. Girl's 9/Over 100m Freestyle

- Electronic Timing
- Computer Recording
- 25m 6 Lane Anti-Wave Pool
- **Entry Fee:** - Individual swims £6.50 per swim

All swims are HDW
AGE GROUPS 9, 10, 11,12, 13,14, 15, 16/over
Ages as at 13th November 2022

FURTHER INFORMATION FROM
Corinne Wilson, Tel: 07774 422851
E-mail GalaConvenorWVASC@outlook.com

CLOSING DATE : 12th OCTOBER 2022



NOVEMBER LEVEL 3 MEET 2022 MEET INFO

1. This meet is held under FINA Rules, Swim England Guidance & Swim England Law.
2. The pool is 25m in length having 6 lanes fitted with anti-wave lane ropes using the Colorado Electronic Timing System.
3. All warm-ups will be split, having the morning warm-up starting @ 8:00 (may be subject to change) with the afternoon warm-up to be advised. All will be confirmed upon receipt of accepted entries.
4. All withdrawals must be presented in the back room no later than 60 minutes before the commencement of each session.
5. Entries will not be accepted from swimmers who have swam faster than the enclosed cut off times.
6. All events are HDW with awards being made to the first 3 in each age group as stated on the program. Ages are as at 13th November 2022.
7. Heats will be seeded by submitted entry times. The organisers reserve the right to limit entries if necessary, to ensure completion within the scheduled timescale (maximum of 3 hours 15 minutes per session)
8. With regards to 400m freestyle and 400m IM events there will be a maximum of 4 heats only.
9. In the event of over subscription Wear Valley Amateur Swimming Club (WVASC) reserves the right to adjust the lower cut off times.
10. All heats except backstroke will use over the top starts.
11. All competitors must go through the marshalling process. If a competitor does not report to marshalling on time, the heat will proceed without the competitor concerned. **We will not call for individual swimmers.**
12. Poolside entries will be accepted at the discretion of WVASC in addition late entries will be charged at £7.00.
13. There will be no refunds on accepted entries
14. The order of events may be changed at the discretion of the meet organiser.
15. When swim down facilities are available, a lifeguard will be present for safety reasons. However, club coaches will be responsible for the behaviour of their own swimmers. Any swimmers found to be misbehaving or not utilising the swim down facility appropriately will be asked to leave the swim down pool.
16. Disability swimmers:
 - a) There are no qualifying times for disability however they should submit a time for the seeding of the heats.
 - c) Poolside passes will attract the advertised fee and chaperones and personal care assistants must conform to the Swim England Child Protection Procedures and hold a current DBS Certificate.
 - d) The competition format will be based on disability inclusion within the able-bodied programme – there will be no separate events or medals for disability swimmers.
 - e) Disability swimmers will be included in the results.
 - f) A secondary strobe will not be made available.

17. For health & safety reasons any swimmer wearing body paint will not be allowed to enter the water.
18. Swimmers & spectators are advised to ensure the safety of their belongings as neither the competition organizers nor pool management can accept any responsibility for loss or damage. Any property lost or found should be handed to the organizer.
19. Please be aware that we share the premises with other users. This especially applies to changing room facilities. Anyone causing a nuisance in shared areas will be required to leave the premises immediately without any refund of entries.
20. Any swimmer or spectator found vandalising Woodhouse Close Leisure Complex will be required to leave the premises without any refund of entries.
21. Spectator Entry will be £4.00 per session, £7.00 per day or £12.00 for the 2 days/weekend
22. Lead referee for this meet is Christine Golightly, contact details are:- Christine Golightly, christine.golightly@hotmail.co.uk



NOVEMBER 2022 LEVEL 3 MEET
WOODHOUSE CLOSE LEISURE COMPLEX
SATURDAY 12TH AND SUNDAY 13TH NOVEMBER 2022
Upper Limit Qualifying times

BOYS						EVENT	GIRLS					
10/under	11	12	13	14	15+		10/under	11	12	13	14	15+
32.8	31.1	29.4	27.9	26.8	25.3	50m Free	33.4	31.4	30.1	29.3	28.8	28.1
1.12.0	1.07.0	1.03.3	59.8	57.4	54.3	100m Free	1.13.4	1.07.5	1.04.3	1.02.5	1.01.7	1.00.1
2.35.7	2.25.9	2.17.2	2.10.2	2.05.2	1.58.5	200m Free	2.36.9	2.26.3	2.19.3	2.13.9	2.12.5	2.08.4
5.26.1	5.03.5	4.47.8	4.33.8	4.24.4	4.09.8	400m Free	5.31.2	5.05.3	4.50.1	4.40.1	4.35.6	4.29.3
43	40.4	37.7	35.3	33.9	31.6	50m Breast	43.3	40.5	38.3	36.9	36.0	35.3
1.33.3	1.26.3	1.20.7	1.15.8	1.12.6	1.08.1	100m Breast	1.33.8	1.26.4	1.21.8	1.18.7	1.16.6	1.15.3
3.21.7	3.07.6	2.55.2	2.44.5	2.36.6	2.27.6	200m Breast	3.21.4	3.06.4	2.56.2	2.49.1	2.45.1	2.42.2
36.9	34.9	32.9	30.9	29.5	27.3	50m Fly	36.9	34.8	33.2	32.1	31.3	30.4
1.23.2	1.16.3	1.11.7	1.07.0	1.03.9	59.4	100m Fly	1.23.3	1.16.3	1.12.2	1.09.4	1.08.0	1.06.2
3.08.8	2.50.2	2.38.3	2.29.1	2.21.2	2.11.0	200m Fly	3.08.1	2.50.3	2.39.4	2.32.3	2.28.2	2.23.9
38	35.9	33.9	32.1	30.8	28.6	50m Back	38.1	35.8	34.3	33.3	32.6	31.5
1.22.1	1.15.9	1.11.4	1.07.6	1.04.4	1.00.4	100m Back	1.22.8	1.16.2	1.12.0	1.09.8	1.08.5	1.06.3
2.55.7	2.42.6	2.32.5	2.24.9	2.18.8	2.10.3	200m Back	2.54.5	2.42.8	2.34.7	2.29.4	2.26.0	2.21.8
1.23.8	1.19.5	1.15.2	1.10.7	1.06.9	1.02.8	100m IM	1.24.7	1.19.3	1.15.5	1.12.9	1.11.5	1.09.4
2.57.7	2.45.9	2.36.2	2.28.0	2.21.9	2.13.4	200m IM	2.57.8	2.45.3	2.38.0	2.32.4	2.29.6	2.26.1
6.45.9	5.55.5	5.31.0	5.13.9	5.00.8	4.43.0	400m IM	6.35.5	5.54.2	5.33.2	5.21.4	5.14.0	5.05.4



NOVEMBER LEVEL 3 MEET 2022

Entry Form

Club _____ Tel. No _____
Competition Secretary _____ Email Address _____
Total No of Individual Disk Entries _____ @ £6.50 per swim
Total £ _____
Number of Coach Passes _____ @ £20.00 each (Inc food, start lists, results)

Please forward all entries and complete entry form to
GalaConvenorWVASC@outlook.com

with bank transfer as follows –

Sort code: 30-92-79

Account no: 03195383

Account name: Wear Valley Amateur Swimming Club

CLOSING DATE FOR ENTRIES
12th OCTOBER 2022