



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

Present Their

MAY 2023

LEVEL 3 MEET

(Under Swim England Laws and Regulations and Swim England Technical Rules of Racing)

DATE: SATURDAY 20th MAY 2023
Venue: - Woodhouse Close, Leisure Complex,
Bishop Auckland, Co. Durham

SATURDAY 20th May

Session 1 (a.m.)

Warm-up 8am

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

SATURDAY 20th May

Session 2 (p.m)

Warm-up t.b.a

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

- 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

Age as at 20th May 2023

FURTHER INFORMATION FROM
Corinne Wilson, 36 Meadow Green, Spennymoor, Co Durham. DL16 6TW
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E-mail galaconvenorwvasc@outlook.com

CLOSING DATE : 20th APRIL 2023



MAY 2023

LEVEL 3

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 45 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 20th May 2023.
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. In the event of over subscription Wear Valley Amateur Swimming Club (WVASC) reserves the right to adjust the lower cut off times.
9. All heats except backstroke will use over the top starts.
10. 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.**
11. Poolside entries will be accepted at the discretion of WVASC in addition late entries will be charged at £9.00.
12. The order of events may be changed at the discretion of the meet organiser.
13. 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.
14. 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.
15. For health & safety reasons any swimmer wearing body paint will not be allowed to enter the water.

16. 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.
17. 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.
18. Any swimmer or spectator found vandalising Woodhouse Close Leisure Complex will be required to leave the premises without any refund of entries.
19. Lead referee for this meet is Christine Golightly, contact details christine.golightly@hotmail.co.uk

NOVEMBER 2022 LEVEL 3 MEET
WOODHOUSE CLOSE LEISURE COMPLEX
SATURDAY 20th MAY 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
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
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
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
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



MAY 2023 LEVEL 3 MEET

Entry Form

Club

Tel. No

Competition Secretary

Email Address

Total No of Individual Disk Entries

@ £6.50 per swim =

Number of Coach Passes

@ £20.00 each (Inc food, start lists, results) =

TOTAL £

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
20th APRIL 2023