



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

Present Their  
**NOVEMBER**  
**LEVEL 3 MEET 2023**  
(Under World Aquatic Rules, ASA Guidance & ASA Law)  
License Number 3NE231612

**DATE 11<sup>th</sup> and 12<sup>th</sup> NOVEMBER 2023**  
**Venue: - Woodhouse Close, Leisure Complex,**  
**Bishop Auckland, Co. Durham**

**SATURDAY 11<sup>th</sup> November**

**Session 1 (a.m.)**

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

1. Girls 9/Over 200m Freestyle
  2. Open/Boy 9/Over 50m Butterfly
  3. Girls 9/Over 50m Backstroke
  4. Open/Boy 9/Over 100m Backstroke
  5. Girls 9/Over 100m Breaststroke
  6. Open/Boy 9/Over 200m Butterfly
  7. Girls 9/Over 100m I.M.
- 10min break*
8. Open/Boy 12/under 100m Backstroke FINAL
  9. Open/Boy 13/over 100m Backstroke FINAL
  10. Girls 12/under 100m Breaststroke FINAL
  11. Girls 13/over 100m Breaststroke FINAL

**Session 2 (p.m.)**

**Warm-up t.b.a**

12. Open/Boy 9/Over 200m I.M.
  13. Girls 9/Over 200m Backstroke
  14. Open/Boy 9/Over 100m Freestyle
  15. Girls 9/Over 100m Butterfly
  16. Open/Boy 9/Over 200m Breaststroke
  17. Girls 9/Over 50m Freestyle
  18. Open/Boy 9/Over 50m Breaststroke
- 10 min break*
19. Girls 12/under 100m Butterfly FINAL
  20. Girls 13/over 100m Butterfly FINAL
  21. Open/Boy 12/under 100m Freestyle FINAL
  22. Open/Boy 13/over 100m Freestyle FINAL

**SUNDAY 12<sup>th</sup> November**

**Session 3 (a.m.)**

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

23. Open/Boy 9/Over 200m Freestyle
  24. Girls 9/Over 50m Butterfly
  25. Open/Boy 9/Over 50m Backstroke
  26. Girls 9/Over 100m Backstroke
  27. Open/Boy 9/Over 100m Breaststroke
  28. Girls 9/Over 200m Butterfly
  29. Open/Boy 9/Over 100m I.M.
- 10 min break*
30. Girls 12/under 100m Backstroke FINAL
  31. Girls 13/over 100m Backstroke FINAL
  32. Open/Boy 12/under 100m Breaststroke FINAL
  33. Open/Boy 13/over 100m Breaststroke FINAL

**Session 4 (p.m.)**

**Warm-up t.b.a**

34. Girls 9/Over 200m I.M.
  35. Open/Boy 9/Over 200m Backstroke
  36. Girls 9/Over 100m Freestyle
  37. Open/Boy 9/Over 100m Butterfly
  38. Girls 9/Over 200m Breaststroke
  39. Open/Boy 9/Over 50m Freestyle
  40. Girls 9/Over 50m Breaststroke
- 10 min break*
41. Open/Boy 12/under 100m Butterfly FINAL
  42. Open/Boy 13/over 100m Butterfly FINAL
  43. Girls 12/under 100m Freestyle FINAL
  44. Girls 13/over 100m Freestyle FINAL

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

AGE GROUPS 9, 10, 11, 12, 13, 14, 15, 16/over.  
Ages as of 12<sup>th</sup> November 2023  
Closing Date for Entries – **11<sup>th</sup> October 2023**

Further Information available from [GalaConvenorWVASC@outlook.com](mailto:GalaConvenorWVASC@outlook.com)



# NOVEMBER LEVEL 3 MEET 2023 MEET INFO

1. This meet is held under World Aquatics 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. The Girls category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Girls' category, a swimmer confirms that their birth sex is female.
7. Apart from the Girls and Open 100 Breaststroke, 100 Freestyle, 100 Butterfly and 100 Backstroke Heats, all events will be Heat Declared Winners.
8. 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)
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/final will proceed without the competitor concerned. **We will not call for individual swimmers.**
12. If a swimmer does not intend to swim a final, please notify the recorders immediately so a reserve can be called.
13. Poolside entries will be accepted at the discretion of WVASC in addition late entries will be charged at £9.00.
14. There will be no refunds on accepted entries.
15. The order of events may be changed at the discretion of the meet organiser.
16. Swim down facilities are available with a lifeguard 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.
17. 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
  - e) Disability swimmers will be included in the results.
  - f) Medals will be presented to the first 3 disability swimmers in each event.
  - g) A secondary strobe will not be made available.
18. For health & safety reasons any swimmer wearing body paint will not be allowed to enter the water.
  19. Swimmers & spectators are advised to ensure the safety of their belongings as neither the competition organisers nor pool management can accept any responsibility for loss or damage. Any property lost or found should be handed to the organiser.
  20. 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.
  21. Any swimmer or spectator found vandalising Woodhouse Close Leisure Complex will be required to leave the premises without any refund of entries.
  22. All competing Clubs are requested to provide officials to ensure the smooth running of the meet, please email [GalaConvenorWVASC@outlook.com](mailto:GalaConvenorWVASC@outlook.com) with availability.
  23. Lead referee for this meet is Chris Johnson, contact details are [ndofficials@gmail.com](mailto:ndofficials@gmail.com)
  24. The Referee's decision regarding the interpretation and judgement of World Aquatic Rules.



**NOVEMBER 2023 LEVEL 3 MEET**  
**WOODHOUSE CLOSE LEISURE COMPLEX**  
**SATURDAY 11<sup>TH</sup> AND SUNDAY 12<sup>TH</sup> NOVEMBER 2023**  
**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
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



# NOVEMBER LEVEL 3 MEET 2023

## 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](mailto: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**

**11<sup>th</sup> OCTOBER 2023**