



# WIRRAL METRO OPEN MEET.

License No 3NW9324

## L 3 SHORT COURSE

Saturday 11th - Sunday 12th July 09.

Held Under A.S.A. Laws and A.S.A. Technical Rules.

( WIMN is affiliated to A.S.A. Northwest. )



		Warm-up	Start
Session 1	Saturday 11/7/09.	8.00am.	9.00am
Session 4	Sunday 12/7/09.	8.00am.	9.00am

Events to be swum in 'intergrated age groups' with seeding by submitted times

The one start rule will apply.

Over the top starting when ever possible.

All Events are heat declared winner.

All events are age as last day of meet.

This is a Cardless meet **ALL** withdrawals **NO LATER THAN 30 min's before** the start of the WARM-UP to the SESSION you wish to be removed from by Form or Phone PLEASE.

### NO ENTRIES ON THE DAY

<b>Session 1. SATURDAY 11/7/09.</b>	
WARM-UP 8.00 a.m. START 9.00 a.m.	
EVENT No	EVENT
1	Boys 9 & Over 400 Free.
2	Girls 9 & Over 200 Fly.
3	Boys 9 & Over 50 Brst.
4	Girls 9 & Over 100 Free.
5	Boys 9 & Over 100 Fly.

<b>Session 4. SUNDAY 12/7/09.</b>	
WARM-UP 8.00 a.m. START 9.00 a.m.	
EVENT No	EVENT
16	Girls 9 & Over 400 Free.
17	Boys 9 & Over 200 Fly
18	Girls 9 & Over 50 Brst.
19	Boys 9 & Over 100 Free.
20	Girls 9 & Over 100 Fly.

<b>Session 2. SATURDAY 11/7/09.</b>	
WARM-UP & Start Times To Be <u>Confirmed</u> .	
EVENT No	EVENT
6	Girls 9 & Over 400 I.M..
7	Boys 9 & Over 200 Brst.
8	Girls 9 & Over 100 Back.
9	Boys 9 & Over 50 Free.
10	Girls 9 & Over 100 Brst.

<b>Session 5. SUNDAY 12/7/09.</b>	
WARM-UP & Start Times To Be <u>Confirmed</u> .	
EVENT No	EVENT
21	Boys 9 & Over 400 I.M.
22	Girls 9 & Over 200 Brst.
23	Boys 9 & Over 100 Back.
24	Girls 9 & Over 50 Free.
25	Boys 9 & Over 100 Brst.

<b>Session 3. SATURDAY 11/7/09.</b>	
WARM-UP & Start Times To Be <u>Confirmed</u> .	
EVENT No	EVENT
11	Boys 9 & Over 200 Back.
12	Girls 9 & Over 200 Free.
13	Boys 9 & Over 50 Fly.
14	Girls 9 & Over 50 Back.
15	Boys 9 & Over 200 I.M.

<b>Session 6. SUNDAY 12/7/09.</b>	
WARM-UP & Start Times To Be <u>Confirmed</u> .	
EVENT No	EVENT
26	Girls 9 & Over 200 Back.
27	Boys 9 & Over 200 Free.
28	Girls 9 & Over 50 Fly.
29	Boys 9 & Over 50 Back.
30	Girls 9 & Over 200 I.M.



# WIRRAL METRO OPEN MEET

Saturday 11th- Sunday 12th July 09.

Europa Pools  
Conway Street Birkenhead  
CH41 6RN

Swim21  
Accredited

## A.S.A LICENSED LEVEL 3 SHORT COURSE

LICENCE No 3NW9324

Held under A.S.A. Laws and A.S.A. Technical Rules.  
All times submitted must be **25m short course**.

### MEET ENTRIES / ENQUIRIES TO :

J Morgan 67 Glenavon Road, Prenton, Wirral, CH43 0RD.  
[j.morgan67@btinternet.com](mailto:j.morgan67@btinternet.com)

#### FACILITIES:

Europa pool is a fast constant depth 6 lane deck level pool, using anti-wave lane ropes.  
Plus Omega electronic timing with display.

#### PROMOTER:

**WIRRAL METRO S.C.**

Entries will be accepted on a first come first served basis.

#### ENTRIES:

Entries should be on Hy-tec Lite via zipped e-mail and will not be considered until full payment had been received.  
Payment to be made on one combined cheque, made out to Wirral Metro S.C. with a clearly filled out summary sheet.  
Please include a SAE if email contacts are not available and post to the above address.  
Single swimmer entries by prior arrangement only - please email for details  
All times submitted must be for a 25m short course pool, converting if necessary using A.S.A. Equivalent Performance Tables.  
All times must be within our published upper/lower standard individual entry times.  
9 Year olds submitting times MUST be 10 before 26th July 2010. Using the 10yr entry times and comply with the above.

**Successful entries will be confirmed by post and/or e-mail.**

**CHECKS against the current A.S.A. rankings WILL take place.**

#### ENTRY FEES:

£ 4.50 per event.

#### THE COMPETITION:

This is a **CARD LESS** meet. ALL withdrawals should be carried out using the form provided or the phone in service at least 30 min's before the start of each warm up. It is the swimmers responsibility to report to the competitors steward when their event is called. All events will be swum in 'intergrated 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 when ever possible.  
Times and places shown on the electronic score board are for information only, and not necessarily the official result.

### THE REFEREE'S DECISION IS FINAL.

#### POOLSIDE PASSES:

Coaches Passes @ £ 20 To include entry to pool, side programme and result sheets. ( max 2 per club )  
There is an entry form provided for poolside passes and all applicants should have the correct A.S.A. Registration and clearances for child protection purposes ( see your club secretary if in any doubt ? ).  
None pass holders will be refused entry on to the poolside. Passes to be worn at all times.

#### AWARDS:

Medals will be awarded to the three fastest swimmers in each event.  
9/10,11,12,13,14/over Girls. 9/10,11,12,13,14,15/over Boys.  
Plus the WIRRAL METRO Top Boy and Top Girl Awards.  
Top visiting Club award.

#### 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. Any person wishing to engage in photography or video use must register their details at the spectator entry desk. The photography pass is not transferable and must be worn at all times.

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

**NO ENTRIES ON THE DAY**

**Any points not covered will be at the discretion of the meet director**





## Swimming Club Contact Information Sheet

If you would like to receive information about future events please fill in the following details

<b>Swimming Club</b>	
<b>Contact Name</b>	
<b>Position in Club</b>	
<b>Home Address</b>	<hr/> <hr/> <hr/> <hr/> <hr/>
<b>Post Code</b>	
<b>Telephone No</b>	
<b>Mobile No</b>	
<b>e-mail Address</b>	



# WIRRAL METRO OPEN MEET 2009.

## A.S.A LICENSED LEVEL 3 SHORT COURSE

License No3NW9324

All times submitted must be 25m short course.  
Converting if necessary using A.S.A. Equivalent Performance Tables.



9 yrs Submitting times **MUST** be 10 yrs **BEFORE** 26/06/2010.  
9Years To Use 10 Years Consideration Times joint age 9/10

<b>BOYS</b>						<b>CONSIDERATION TIMES</b>					<b>GIRLS</b>						<b>CONSIDERATION TIMES</b>				
10	11	12	13	14	15/O						10	11	12	13	14/O						
34.62	32.69	30.83	29.12	27.83	26.38	UPPER	50 FREE	34.95	32.98	31.43	30.38	29.08	UPPER	50 BACK	39.69	37.42	35.61	34.33	32.80		
49.74	43.95	39.06	35.44	33.11	31.55	LOWER		46.04	41.42	38.18	35.87	34.84	LOWER		52.03	47.01	43.27	40.57	39.33		
1:15.62	1:10.79	1:06.35	1:02.26	59:81	56.93	UPPER	100 FREE	1:16.55	1:10.96	1:07.01	1:04.98	1:02.22	UPPER	100 BACK	1:26.49	1:19.64	1:14.83	1:12.02	1:09.07		
1:48.82	1:35.27	1:24.41	1:16.30	1:11.32	1:08.18	LOWER		1:40.67	1:29.36	1:21.83	1:17.07	1:14.81	LOWER		1:53.24	1:40.31	1:31.23	1:25.36	1:23.11		
2:43.36	2:33.69	2:23.93	2:15.92	2:09.77	2:03.79	UPPER	200 FREE	2:43.09	2:32.84	2:24.43	2:19.30	2:13.63	UPPER	200 BACK	3:02.93	2:48.20	2:39.63	2:34.44	2:27.18		
3:56.76	3:27.93	3:04.10	2:46.73	2:35.09	2:28.49	LOWER		3:35.79	3:13.22	2:56.85	2:45.50	2:41.42	LOWER		3:59.89	3:32.18	3:14.91	3:03.09	2:57.37		
5:43.40	5:20.70	5:01.02	4:45.49	4:34.15	4:21.47	UPPER	400 FREE	5:46.02	5:17.74	4:59.99	4:50.18	4:40.00	UPPER	50 BRST	45.29	42.28	39.92	38.27	36.58		
8:18.70	7:15.47	6:26.11	5:51.46	5:28.48	5:13.76	LOWER		7:35.79	6:42.82	6:08.13	5:45.73	5:36.76	LOWER		59.17	53.03	48.29	45.17	43.74		
40.06	37.73	35.47	33.25	31.91	29.84	UPPER	50 BRST	45.29	42.28	39.92	38.27	36.58	UPPER	100 BRST	1:38.63	1:30.71	1:25.37	1:21.67	1:18.12		
56.90	50.15	44.68	40.37	37.81	35.73	LOWER		59.17	53.03	48.29	45.17	43.74	LOWER		2:08.69	1:53.71	1:43.62	1:36.52	1:32.86		
1:26.89	1:19.97	1:14.91	1:10.25	1:06.67	1:03.20	UPPER	200 BRST	3:30.14	3:14.51	3:03.05	2:55.00	2:48.28	UPPER	200 FLY	3:14.41	2:55.95	2:44.25	2:37.58	2:28.56		
2:03.19	1:46.69	1:34.81	1:25.38	1:19.33	1:15.50	LOWER		4:35.39	4:03.48	3:41.94	3:26.97	3:20.25	LOWER		4:12.24	3:40.62	3:19.88	3:06.20	2:59.20		
3:03.81	2:50.63	2:40.01	2:30.44	2:23.27	2:16.53	UPPER	50 FLY	38.55	36.32	34.48	33.15	31.62	UPPER	200 I.M.	3:05.95	2:52.24	2:42.96	2:37.84	2:31.12		
4:24.91	3:49.55	3:23.52	3:03.81	2:51.12	2:42.98	LOWER		50.42	45.49	41.79	39.19	37.85	LOWER		4:04.67	3:37.17	3:19.02	3:07.52	3:01.61		
45.44	42.38	39.57	36.80	35.25	33.11	UPPER	100 FLY	1:27.12	1:19.65	1:14.65	1:11.99	1:08.82	UPPER	400 I.M.	6:38.47	6:04.39	5:43.08	5:30.95	5:16.61		
1:04.34	56.30	49.94	44.81	41.81	39.68	LOWER		1:53.09	1:39.71	1:30.87	1:24.97	1:21.97	LOWER		8:43.18	7:40.41	6:59.26	6:33.38	6:22.30		
1:38.63	1:31.20	1:24.95	1:19.07	1:15.47	1:11.15	UPPER	200 FLY	3:14.41	2:55.95	2:44.25	2:37.58	2:28.56	UPPER	50 I.M.	3:07.46	2:54.13	2:43.36	2:34.28	2:26.60		
2:19.56	2:01.42	1:47.18	1:36.36	1:29.84	1:25.47	LOWER		4:12.24	3:40.62	3:19.88	3:06.20	2:59.20	LOWER		4:29.27	3:54.59	3:28.17	3:08.53	2:55.12		
3:31.80	3:17.02	3:03.48	2:51.50	2:43.05	2:35.17	UPPER	50 I.M.	6:38.47	6:04.39	5:43.08	5:30.95	5:16.61	UPPER	100 I.M.	6:46.73	6:09.64	5:44.89	5:25.28	5:10.69		
5:01.36	4:23.36	3:52.49	3:29.00	3:14.49	3:05.23	LOWER		8:43.18	7:40.41	6:59.26	6:33.38	6:22.30	LOWER		9:41.80	8:19.61	7:20.28	6:38.29	6:11.73		



**Wirral Metro Summary Sheet.**



<b>Swimming Club</b>	
A.S.A. CLUB CODE	
Competition Secretary	
<b>Address</b> - to which information should be sent	
Post Code	
Telephone No.	
email ( please print clearly )	

	Female	Male	Total
No of Swimmers			
No of Entries			
Total @ £ 4.50 Per Event	£	£	£
No of Coaches Passes @ £20.00 ( max two per club )	Name 1		
	Name 2		

<b>Final Total ( including passes )</b>	<b>£</b>
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**One combined cheque per club made payable to Wirral Metro S.C.**

I certify that the information provided on disc /zipped file is correct and that all swimmers times can be verified if required.

Signed:-

Position held within the club.