



**WREXHAM SWIMMING CLUB**



# **CATH ANKERS 2024**

**Licence No: 3WL240778**

**Level 3 Event**

Under World Aquatics Technical Rules & Swim Wales Laws

**Sunday 16<sup>th</sup> June 2024**

**At Waterworld Leisure & Activity Centre**

**LL13 8DH**



## CATH ANKERS 2024

Under FINA Technical Rules and Swim Wales Laws

Sunday 16<sup>TH</sup> June 2024

This is a Level 3 Licenced Meet

**VENUE:** Waterworld Leisure & Activity Centre, Holt Street, LL13 8DH.

**POOL:** 25m, 6 lane deck level pool with anti-turbulence lane ropes and starting blocks with adjustable footrests and backstroke start wedges.

**TIMING:** Electronic timing with manual back up in the event of breakdown.

**AGE GROUPS:** 9, 10, 11, 12, 13, 14, 15 yrs/over

(Age on the day of the Meet – Minimum age on day of swim 9 years)

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<b>EVENTS:</b>	Girls/Boys 9/10yrs	50m all strokes plus 100 I.M.
	Girls/Boys 11yrs	100m all strokes plus 100m I.M.
	Girls/Boys 12yrs	100m all strokes plus 100m I.M.
	Girls/Boys 13yrs	100m all strokes plus 200m I.M.
	Girls/Boys 14yrs	100m all strokes plus 200m I.M.
	Girls/Boys 15yrs/over	100m all strokes plus 200m I.M.

### MEET CONDITIONS

**ENTRIES** All competitors must be members of an affiliated club, amateurs as defined by Swim Wales or the ASA Laws and hold a valid Swim Wales/ASA membership number.



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There are upper cut off times which apply for this Meet. Swimmers who are faster than the times outlined on page 9 are not able to enter that event.

Please note that we will be checking the top ten swimmers in each event against the rankings and any swimmer with a time faster than the upper cut off times will be removed from the event if their time on rankings was after the club entry date. The athlete will be made an exhibition swimmer and will not then be included for a medal or speeding ticket. With this condition in force, we will not accept any entries for swimmers who do not have their ASA, SASA or WASA numbers along with their entry.

Where possible entries should be submitted electronically using the Hy-tek Team Manager software. The event file for input into Team Manager is available on request from Sian Bostock (Email: [sian.bostock@gmail.com](mailto:sian.bostock@gmail.com)). Entries are also to be submitted to the above email address.

Alternatively, entries can be made manually using the attached proforma on page 11, however please note that the entry fees are less if entered electronically.

No refunds will be made for withdrawals after the closing date other than on medical grounds. A medical note must be provided following the closing date up to the point of the Meet start date.

## ENTRY FEES

Entry Fees for each event is **£6.50** for an electronic entry or **£7.00** for a manual entry per event.

Electronic Payment is preferred:

Wrexham Swimming Club

Sort Code: 40-16-02

Account Number: 01857061

Reference: CA followed by your Club's code

Please confirm your payment by emailing [sian.bostock@gmail.com](mailto:sian.bostock@gmail.com)

## CLOSING DATE

Closing date for entries is **1<sup>ST</sup> June 2024**. Entries are on a first received, first entered basis. Please note that Wrexham Swimming Club reserve the right to close entries earlier than the advertised closing date, if the total number of swimmers allowed poolside is reached.

Entries received after this date cannot be guaranteed for consideration, unless it is a mistake on our part.



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**MEDAL/AWARDS** Medals are awarded to all six finalists in each individual age group.

**Swimmers who break the upper cut off times at this meet will be given Speeding Tickets and not be in the medal positions.**

Please note that medals will be presented throughout each session at the Medals Table.

The Cath Ankers special award will be awarded for top Girl and Boy in Meet across all age categories.

**SESSION TIMES** Session Times and Warm-Up Schedule will be confirmed once all entries have been processed.

Participating Clubs will receive notification of final meet details and session times prior to the event.

Whilst we will make every effort to adhere to the published programme of events, Wrexham Swimming Club reserve the right to make any changes found necessary during the Meet.

**SEEDING** All events will be swum in heats, slowest to fastest, with every heat being spearheaded. All events are Heat Declared Winner.

**STARTS** Over the top starts, where necessary or appropriate, will be used during this Meet.

Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; this is the responsibility of the club coach.

Swimmers who have not attained the standard of the Competitive Start Award must lower themselves over the side into the water, on the long whistle of the Referee before starting at an appropriate place.

**COACH PASSES** Coaches passes are **£10**, to include programmes and results sheets. Please confirm how many coaches passes on the live entry file set-up for this meet. We will then ensure it is included in your invoice.

Poolside access will be restricted to competitors, officials, and coaches with passes. All poolside adults must have a completed DPS with their affiliated club.

It is the responsibility of the visiting clubs to make sure all Coaches/Team Managers who will be poolside are DBS checked.



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## OFFICIALS

**In order to be able to run a successful Meet we need Visiting Clubs to provide officials.**

For those Clubs entering the Meet with between 5 and 9 swimmers, we are requesting that you provide a minimum of 1 official (J1 standard or above) **per session**, whilst those Clubs entering with more than 10 swimmers are requested to provide a minimum of 2 qualified officials (J1 standard or above) **per session**.

We will provide parking refunds, a donation towards lunch for any officials helping with 2 or more sessions. This refund can be claimed after the gala by completing the expense claim form provided.

Please note that we use Swim Meet to help organise officials for our Galas. Swim Meet allows officials to tell us what session they are available for, put in any special requests e.g., specific jobs etc. and if for whatever reason officials become unable or wish to change the session there are officiating in, they can simply go back to the link and make the change. By using Swim Meet, it makes the process much clearer and easier for everyone involved.

All officials **MUST** complete the online system no later than two weeks prior to the date of the event.

Swim Meet can be accessed at this link: <https://www.swim-meet.com/Availability/>

Please note that Wrexham Swimming Club will no longer provide water in plastic bottles.

Drinking water can be obtained to refill personal bottles/flasks either at the café adjacent to reception area or from a cooled drinking fountain, located in the fitness suite (this option is for officials, volunteers and coaches only)

## MARSHALLING

Swimmers must make themselves available to marshalling at least 2 events prior to their event. Please do not rely on the public address system for announcements.

## SPECTATORS

£7.00 entry for all or part of the day, children free of charge. No programmes will be printed but psych sheets will be sent around to all clubs ahead of the gala and heat entries are available on Meet Mobile.



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## CAR PARKING

There is ample car parking spaces around the Centre, with long stay parking, within easy walking distance. Please be aware the car park is pay and display.

## REFRESHMENTS

There is a café on site. There are also vending machines in the Centre and local shops/supermarkets in close vicinity of the Centre available for food and refreshments.

## JEWELLERY

For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This

includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings (except wedding bands).

Wrexham Swimming Club will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged. All Valuables/clothing etc left in the changing areas will be entirely at the owner's risk.

## UNACCEPTABLE BEHAVIOUR

Behaviour becomes "unacceptable" when it is considered "Offensive" to others; this includes, but is not limited to, the following:

Theft, wilful damage to property and / or equipment, acts of vandalism, abuse of alcohol and / or drugs, bullying, offensive language, aggressive / violent acts, threatening behaviour, all breaches of safety practices, failure to comply with instructions / directions, actions that bring the sport of swimming into disrepute.

Please note that changing on Poolside is considered inappropriate and therefore not permitted. Any swimmer seen to be changing on Poolside will be asked to move immediately to the designated changing areas at the Centre.

## MOBILE PHONES

**Mobile phones must not be used in the changing areas at the Centre. Any swimmer using phones in this area or having them on display will be reported to their coaches and removed from the Meet.**

## PHOTOGRAPHY

This competition involves children under the age of 18 years of age it is a mandatory meet license requirement that all persons (including competitors / officials / volunteers / spectators), wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device / equipment used for taking /



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recording such images must register their details with the event management in advance of taking any images.

People wishing to register their details may be asked to provide proof of identity.

## HEALTH & SAFETY

The health, safety and wellbeing of all swimmers, officials, volunteers, spectators and visitors is paramount – all Health and Safety rules / regulations/ requirements must always be complied with.

A full risk assessment will be carried out in accordance with the Swim Wales Meet License Report Pack.

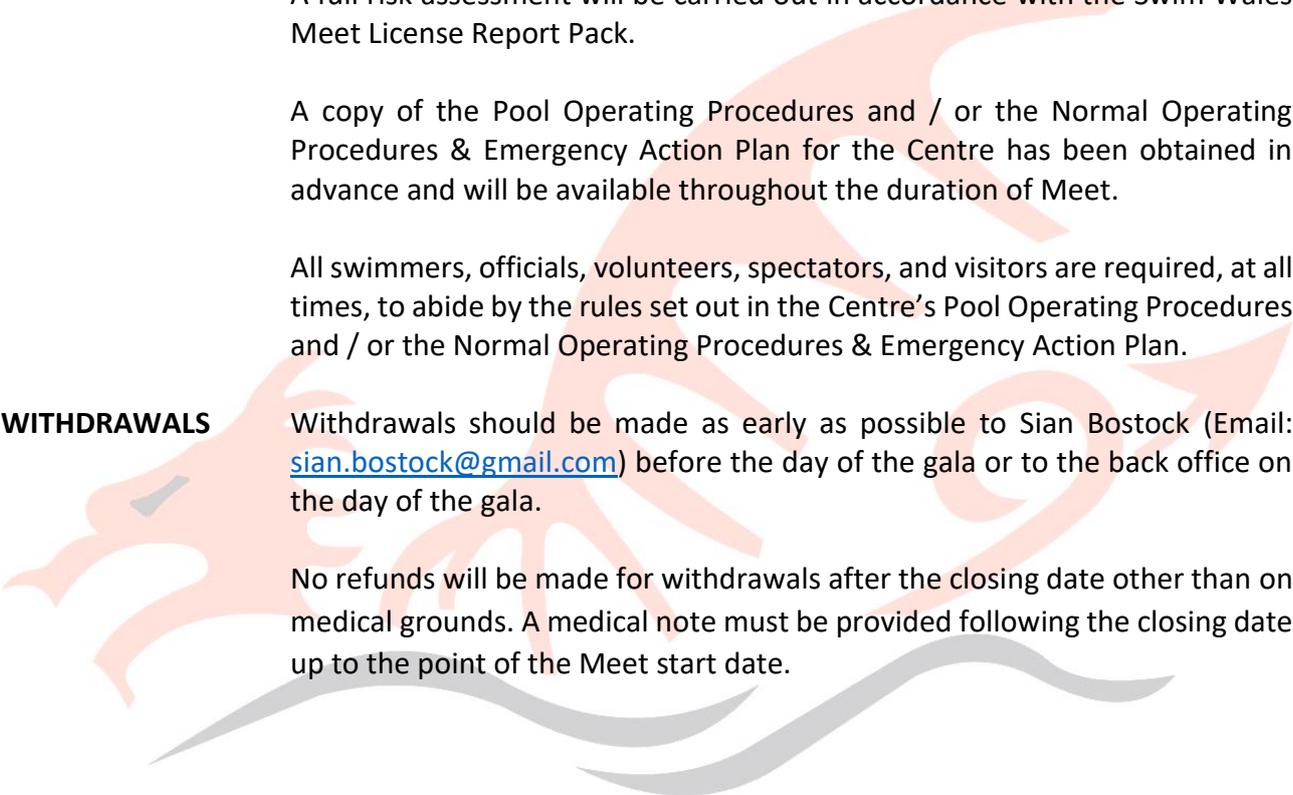
A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the Centre has been obtained in advance and will be available throughout the duration of Meet.

All swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Centre's Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan.

## WITHDRAWALS

Withdrawals should be made as early as possible to Sian Bostock (Email: [sian.bostock@gmail.com](mailto:sian.bostock@gmail.com)) before the day of the gala or to the back office on the day of the gala.

No refunds will be made for withdrawals after the closing date other than on medical grounds. A medical note must be provided following the closing date up to the point of the Meet start date.



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## PROGRAMME OF EVENTS

### Session: 1

Round	Event
Finals	1 Girls 9-10 100 IM
Finals	2 Boys 9-10 100 IM
Finals	3 Girls 11-12 100 IM
Finals	4 Boys 11-12 100 IM
Finals	5 Girls 13-14 100 Backstroke
Finals	6 Boys 13-14 100 Backstroke
Finals	7 Girls 15 & Over 100 Breaststroke
Finals	8 Boys 15 & Over 100 Breaststroke
Finals	9 Girls 9-10 50 Freestyle
Finals	10 Boys 9-10 50 Freestyle
Finals	11 Girls 11-12 100 Breaststroke
Finals	12 Boys 11-12 100 Breaststroke
Finals	13 Girls 13-14 100 Freestyle

### Session: 2

Round	Event
Finals	14 Boys 13-14 100 Freestyle
Finals	15 Girls 9-10 50 Backstroke
Finals	16 Boys 9-10 50 Backstroke
Finals	17 Girls 15 & Over 100 Butterfly
Finals	18 Boys 15 & Over 100 Butterfly
Finals	19 Girls 13-14 200 IM
Finals	20 Boys 13-14 200 IM
Finals	21 Girls 9-10 50 Butterfly
Finals	22 Boys 9-10 50 Butterfly
Finals	23 Girls 15 & Over 200 IM
Finals	24 Boys 15 & Over 200 IM
Finals	25 Girls 11-12 100 Backstroke
Finals	26 Boys 11-12 100 Backstroke
Finals	27 Girls 9-10 50 Breaststroke
Finals	28 Boys 9-10 50 Breaststroke

### Session: 3

Round	Event
Finals	29 Girls 11-12 100 Butterfly
Finals	30 Boys 11-12 100 Butterfly
Finals	31 Girls 13-14 100 Breaststroke
Finals	32 Boys 13-14 100 Breaststroke
Finals	33 Girls 15 & Over 100 Freestyle
Finals	34 Boys 15 & Over 100 Freestyle
Finals	35 Girls 11-12 100 Freestyle
Finals	36 Boys 11-12 100 Freestyle
Finals	37 Girls 13-14 100 Butterfly
Finals	38 Boys 13-14 100 Butterfly
Finals	39 Girls 15 & Over 100 Backstroke
Finals	40 Boys 15 & Over 100 Backstroke



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## UPPER LIMIT/CUT OFF TIMES

Swimmers who are faster than the times below are not able to enter that event.

	50m Free	50m Fly	50m Back	50m Breast	100m IM
Girls 9	37.80	42.90	43.60	50.00	1:36.90
Girls 10	35.30	39.00	40.20	45.90	1:27.00
Boys/Open 9	37.30	42.30	43.30	49.10	1:35.60
Boys/Open 10	34.70	38.90	40.10	45.50	1:28.30
	100m Free	100m Fly	100m Back	100m Breast	100m IM
Girls 11	1:12.20	1:21.00	1:20.90	1:32.10	1:23.80
Girls 12	1:08.30	1:16.10	1:16.30	1:27.10	1:19.70
Boys/Open 11	1:11.50	1:20.70	1:20.60	1:32.10	1:23.80
Boys/Open 12	1:07.10	1:15.40	1:15.90	1:26.20	1:19.10
	100m Free	100m Fly	100m Back	100m Breast	200m IM
Girls 13	1:06.30	1:13.40	1:16.60	1:23.40	2:41.10
Girls 14	1:04.70	1:11.20	1:15.20	1:20.60	2:37.10
Girls 15 & over	1:03.90	1:10.30	1:10.40	1:16.70	2:34.70
Boys/Open 13	1:03.50	1:10.80	1:11.40	1:20.60	2:37.10
Boys/Open 14	1:00.80	1:07.30	1:07.90	1:16.90	2:29.20
Boys/Open 15 & over	59.00	1:04.60	1:05.40	1:14.00	2:24.30

### Speeding Tickets:

Swimmers who go over the above cut off times during the Meet will receive speeding tickets and not be in the medal positions.

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## Cath Ankers Meet: Sunday 11<sup>th</sup> June 2023 – Club Entry Form

No forms will be processed from individuals. **Please use a separate entry form for Girls and Boys.** Entry fees are £7.00 per event manual entry.

Please return proforma to Sian Bostock (Email: [sian.bostock@gmail.com](mailto:sian.bostock@gmail.com)). Closing date for entries is 1<sup>st</sup> June 2024 (see Meet Conditions in Meet Pack)

Club: \_\_\_\_\_

Name	DOB	Age	WASA No.	Competitive Start Award Y/N	Freestyle		Backstroke		Breaststroke		Butterfly		I.M	
					50m	100m	50m	100m	50m	100m	50m	100m	100m	200m

Total No of entries: .....X £7.00 = .....

Coaches Signature: .....