



# GREAT YARMOUTH SWIMMING CLUB

## WINTER WIPEOUT 2018

Saturday 15<sup>th</sup> / Sunday 16<sup>th</sup> December 2018 at UEA Sportspark, Norwich  
 Held under ASA Law & Technical Rules Level 3 License 3ERXXXXXX

### Programme of Events

Saturday 15 <sup>th</sup> December 2018					
Session 1 - Warm up 9am			Session 2 - Warm up TBA		
Event Number	Sex	Event	Event Number	Sex	Event
101	Boys	400m IM	201	Girls	400m IM
102	Girls	200m Free	202	Boys	200m Back
103	Boys	100m Brst	203	Girls	200m Brst
104	Girls	100m Back	204	Boys	100m Fly
105	Boys	50m Back	205	Girls	100m Free
106	Girls	50m Brst	206	Boys	50m Fly
107	Boys	200m Fly	207	Girls	50m Free
108	Girls	200m IM	208	Boys	100m IM
Sunday 16 <sup>th</sup> December 2018					
Session 3 - Warm up 9am			Session 4 - Warm up TBA		
Event Number	Sex	Event	Event Number	Sex	Event
301	Girls	400m Free	401	Boys	400m Free
302	Boys	200m Free	402	Girls	200m Back
303	Girls	100m Brst	403	Boys	200m Brst
304	Boys	100m Back	404	Girls	100m Fly
305	Girls	50m Back	405	Boys	100m Free
306	Boys	50m Free	406	Girls	50m Fly
307	Girls	200m Fly	407	Boys	50m Brst
308	Boys	200m IM	408	Girls	100m IM

- Closing date for Diss Otters entries is Monday 15<sup>th</sup> October 2018
- Age as at 16<sup>th</sup> December 2018
- Awards for top 3 places
- Age groups 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15/OV
- £4.50 per event
- Contact for queries: [events@gysc.org.uk](mailto:events@gysc.org.uk)

# Meet Conditions

1. This Competition is licensed by the ASA and will be held under ASA Laws and Regulations, ASA Technical Rules of Racing and to ASA Open Meet Licensing Criteria. License number is 3ERXXXXXX
2. Entrants must be ASA Registered Category 2 members, belong to an affiliated club and enter in the name of one club only.
3. Age as of 16<sup>th</sup> December 2018
4. Swimmers may only enter events, as listed in the programme of events, in their own age group. The age groups are 9y 10y, 11y, 12y, 13y, 14y and 15y & over.
5. Charges for this event will be £4.50 per race. Spectators will be charged £3 per session or £5 per day. Programmes are £5. Coach passes are £10.00 per day or £15 per day including Lunch.
6. Events will be seeded based on entry times and swum as mixed age groups.
7. It is the responsibility of visiting clubs to ensure that all swimmers have reached the standard of the ASA Competitive Start Award. Over the top starting will be used on all strokes except backstroke at the referee's discretion.
8. The list of accepted entries will be published/available for download from the club website ([www.gyssc.org.uk](http://www.gyssc.org.uk)) shortly after the closing date. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that may be required. Club contacts will be notified of rejections where/if appropriate.
9. For an entry to be accepted, the entry time must be slower than the cut off time, entries must have been completed correctly, submitted by the specified date, accepted by the promoters, and full payment received by the deadline for an entry to be valid. Electronic entries are preferred for club entries. Entries without a time will be rejected. BACS payment is preferable. Details available on request.
10. It is the responsibility of the club to advise the gala organisers if they have swimmers not swimming either before the day of the meet via e-mail or on the day by completing a withdrawal form 30 minutes before the start of the first event in that session.
11. There will be no refunds of entry fees unless the entries are rejected by the organisers.
12. The Promoter reserves the right to reject entries to ensure that the gala meets the ASA Open Meet Licensing Criteria. Rejections will start with the slowest swimmer in each age group and continue until the gala meets the criteria. The Promoter reserves the right to make rejections by event and or session.
13. The Promoters reserve the right to refuse admission to any competitor, coach or spectator.
14. Details of entries to the meet will be held on a computer and consent, as required by the Data Protection Act 1998 to the holding of personal information on computer, will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the meet on application to the promoter.
15. Competitors must report to the marshalling area 10 minutes before the start of their event where they will be given their start order. Any swimmer not reporting on time may be deemed to have withdrawn from that event without refund or notice.
16. Heats will be seeded with fastest entrants swimming last. All heats will be spearheaded. All events are timed finals.
17. The promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. In order to use the locker, you will need to bring a padlock or hire one from reception.
18. Poolside passes for coaches/team managers, which includes entry to the meet, and a programme are available for clubs at £10.00 per day. Poolside passes will not be available on the day. Access to poolside will be only for competitors, technical officials and appointed coaches and team managers displaying the approved poolside pass. Persons without the poolside pass may be removed from the area. Lunch tickets are an additional £7.50 per day.
19. There will be an admission charge for spectators. The pool area and spectator area will be cleared between sessions. Results will be displayed at the pool and published on the club's website.
20. All participants must observe the safety precautions in operation at the pool. Great Yarmouth Swimming Club is not responsible for any loss, damage or injury occurring during this meet.
21. The general public will be using the shallow pool during the duration of this meet and therefore sharing the changing facilities.
22. Participants and spectators are requested to follow Swim England's guidelines for photography and use of photographs on social media. The Child Safeguarding Policy and Procedures, Wavepower 2016-19 Section 2 provides guidance on the use of social networking (page 72-75) and guidance on photography (page 76-77). <http://www.swimming.org/swimengland/wavepower-childsafeguarding-for-clubs> Both sets of guidance apply if social media platforms are being used to share images or recordings either after the meet or during live streaming of the event. The rules on photography apply to swimmers, coaches, team managers, officials and volunteers as well as spectators, and to the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras. Note that any photography in the changing rooms is absolutely forbidden by both the club and the swimming pool management.
23. Professional photography will be taking place at this meet. By entering this meeting, you agree to images being taken and may be used in accordance with ASA child protection policy.
24. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing.

Boys Cut Off Times							Short Course Times	Girls Cut Off Times						
9	10	11	12	13	14	15/OV	Event	9	10	11	12	13	14	15/OV
34.43	32.97	31.50	30.04	28.40	27.03	25.66	50m Free	32.24	31.48	30.71	29.95	29.23	27.95	27.66
1:16.37	1:12.89	1:09.43	1:05.95	1:02.44	58.99	55.53	100m Free	1:10.46	1:08.63	1:06.80	1:04.97	1:02.81	1:00.37	59.48
2:42.99	2:36.04	2:29.07	2:22.12	2:15.64	2:08.44	2:01.25	200m Free	2:31.22	2:27.54	2:23.88	2:20.20	2:15.23	2:10.96	2:09.18
5:34.85	5:22.23	5:09.62	4:57.01	4:45.64	4:32.40	4:19.17	400m Free	5:14.46	5:06.93	4:59.39	4:51.86	4:42.60	4:36.93	4:29.26
46.60	44.41	42.23	40.04	37.56	35.53	33.49	50m Brst	42.17	41.21	40.26	39.30	37.32	36.88	36.43
1:42.90	1:37.92	1:32.93	1:27.94	1:21.86	1:17.43	1:12.98	100m Brst	1:32.21	1:29.90	1:27.58	1:25.27	1:20.05	1:19.64	1:18.34
3:33.49	3:24.16	3:14.84	3:05.51	2:59.03	2:48.27	2:37.52	200m Brst	3:14.19	3:09.92	3:05.65	3:01.38	2:53.72	2:49.99	2:48.58
39.97	38.07	36.17	34.27	31.99	30.28	28.57	50m Fly	36.88	35.84	34.80	33.76	32.23	30.83	30.65
1:35.66	1:30.28	1:24.90	1:19.51	1:12.99	1:08.17	1:03.36	100m Fly	1:25.61	1:22.74	1:19.85	1:16.97	1:13.14	1:10.01	1:08.32
3:37.54	3:25.43	3:13.32	3:01.20	2:52.26	2:38.56	2:24.87	200m Fly	3:18.04	3:11.23	3:04.40	2:57.59	2:54.42	2:41.14	2:37.15
39.45	37.84	36.21	34.60	33.03	31.39	29.74	50m Back	36.85	36.00	35.15	34.30	33.10	32.26	31.74
1:25.71	1:22.11	1:18.50	1:14.90	1:10.98	1:07.54	1:04.09	100m Back	1:19.13	1:17.15	1:15.18	1:13.21	1:10.23	1:08.18	1:07.29
2:56.94	2:50.28	2:43.61	2:36.95	2:31.91	2:24.44	2:16.96	200m Back	2:44.60	2:41.40	2:38.20	2:35.01	2:31.22	2:28.66	2:25.43
1:30.96	1:28.02	1:18.54	1:09.72	1:02.79	0:57.98	0:57.67	100m IM	1:25.16	1:22.21	1:13.70	1:07.42	1:03.15	1:01.04	1:00.71
3:07.18	2:59.10	2:51.03	2:42.95	2:33.87	2:26.30	2:18.73	200m IM	2:49.60	2:45.77	2:41.94	2:38.10	2:34.95	2:28.68	2:26.59
6:32.55	6:16.67	6:00.77	5:44.89	5:29.07	5:13.15	4:57.23	400m IM	5:59.96	5:52.92	5:45.90	5:38.87	5:29.36	5:19.85	5:17.77

You must be SLOWER than the above times to enter. Age as at 16<sup>th</sup> December 2018

# Individual Entry Form

First Name:		Surname:	
Club:			
Sex:			
E-Mail Address			
Phone Number		ASA Registration Number:	
Event	Cost	Entry Time	
50m Free	£4.50		
100m Free	£4.50		
200m Free	£4.50		
400m Free	£4.50		
50m Back	£4.50		
100m Back	£4.50		
200m Back	£4.50		
50m Brst	£4.50		
100m Brst	£4.50		
200m Brst	£4.50		
50m Fly	£4.50		
100m Fly	£4.50		
200m Fly	£4.50		
100m IM	£4.50		
200m IM	£4.50		
400m IM	£4.50		
Total		£	
DOSC Coaching Fee		+£5.00	
Total		£	

**Please return this form to Julie Munnings with a cheque made payable to **Diss Otters Swimming Club** or via **BACS**. If your payment is not received at the time of entry your entry will not be submitted.**

**Closing date for entries is Monday 15<sup>th</sup> October 2018**