



# CHRISTMAS MEET 2024

LIVERPOOL AQUATICS CENTRE  
WELLINGTON ROAD  
LIVERPOOL

December 7<sup>TH</sup> and 8<sup>TH</sup> 2024

This competition is promoted by Craig Pickering on behalf of Wirral Metro Swimming Club, and will be held under ASA Laws, Regulations, and FINA Technical Rules of Swimming.

This event is Licensed Level 3, 3NW by Swim England for entry into Regional, District and County Championships

MEET ENTRIES/ENQUIRIES TO:

Craig Pickering (Gala Secretary)  
41 Neale Drive  
Greasby  
Wirral  
CH49 1SL

Email: wirralmetro@hotmail.com

**THIS MEET IS FIRST COME FIRST SERVED**

Entries should be on HYTEK and will not be considered until full payment has been received. HYTEK entries are £8.00 per event.

Payment to be made by BACS see below for Account details

All times submitted must be for a 50m Long course pool, converting if necessary, using A.S.A. equivalent Performance Tables.

All submitted times must **NOT** be faster than the published entry times.

Successful entries will be confirmed via email.

The acceptance of competitors will be based on **quickest times submitted by age group basis**. As many heats as possible will be run in the time available for the Meet. The promoters reserve the right to amend the number of heats in each event depending on entry numbers. Heats will be swum with all age groups combined and swimmers seeded by entry times. The external cut off date for entry receipt is Monday November 19th, 2024. Unless the gala is full earlier and closed, clubs will be notified by email and a post will appear on the Website and Social Media.

As soon as possible after the closing date, accepted entries will be emailed to all clubs and also posted on the Wirral Metro website, together with any information in respect of entries not accepted if any. All refunds will be made 'on block' to the club submitting the entries, these will be sent by BACS.

Please do not send entries via recorded/tracked/signed for delivery,

**ENTRY FEES:** Electronic (HYTEK) entries are **£8.00 per event**

Paper Entries are **£9.00 per event**

NO ENTRIES WILL BE ACCEPTED UNTIL PAYMENT FOR ENTRIES ARE RECEIVED DIRECTLY TO THE WIRRAL METRO BANK. **NO CHEQUES ARE NOW ACCEPTED**

ACCOUNT NUMBER: 10944157

SORT CODE: 202950

IF PAID ELECTRONICALLY PLEASE PLACE NAME OF SWIMMER OR CLUB UNDER THE REFERENCE **WMXMAS24** AND ADVISE THE MEET PROMOTER BY EMAIL SEPARATELY

ALL withdrawals should be carried out using the form provided or by email to the above address before the start of each warm up. It is the swimmer's responsibility to report to the competitor's steward when their event is called. All events will be swum in 'integrated 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 whenever possible. Times and places shown on the electronic score board are for information only and not necessarily the official result.



1. This meet is held under ASA Laws and ASA Technical Rules.
2. All competitors must be registered with the ASA or their own national association as appropriate.
3. Age as of 8th December 2024.
4. This meet will be run using the linked HYTEK software, please use a training time where no time is available. Converted short course times can be used The HYTEK File will be released on the 16/08/2024 on to the Wirral Metro Website. **ENTRIES OPEN 16/09/24**
5. The promoter reserves the right to limit entries to meet gala license timing restrictions. Where this rule is invoked, the meet will be filled on based on FIRST COME, FIRST SERVED. Rejections will be made in each event rather than by club to ensure the smooth running of the competition. Events chosen for restrictions will be at the meet organisers' discretion.
6. All entries and rejections will be posted on the Wirral Metro Swimming Club Website
7. Any Electronic or postal entries received after the closing date will not be accepted.
8. BACS Payments should be made using the appropriate code. For this Meet it is WMXMAS24
9. Bank Details for BACS payments are Sort Code: 202950, Account No: 10944157
10. Withdrawals – Heats – Must notify the meet desk before the start of the warm up.  
Email: wirralmetro@hotmail.com
11. No poolside entries will be accepted.
12. All competitors must go through marshalling. If a competitor does not report to marshalling in time the event will proceed without the competitor.
13. Strictly no diving in or climbing over pads is permitted during warm up in the competition pool.
14. If cancellation of the event is necessary, then the only claim will be the entry fees paid.
15. Refunds will not be given for withdrawn swimmers, for entry errors or omissions attributable to the individual or their club. Only to individuals who can prove they are not fit to compete through evidence of a doctor's note may be given a refund.
16. A draft programme will be posted on the web site. All rejected swim refunds will be returned by BACS, after the event, if not sooner
17. The Referee's decision regarding the interpretation and judgement of any ASA rules or laws is final.
18. Wirral Metro Swimming Club accepts no responsibility for loss or damage to competitors personal belongings, how so ever caused, unless such damage is caused by the negligence of the Wirral Metro Swimming Club.
19. Wirral Metro Swimming Club and the Meet Organisers are not responsible for individual swimmers on poolside. All swimmers on poolside should be accompanied by a person with a coaches pass and who has had a DBS check.
20. If the event the competition is cancelled due to government restrictions, all entries will be refunded in full.
21. Spectators will only be allowed if Liverpool City Council and current government guidelines allow.
22. "Over the top" starts will be used in the heats at the discretion of the promoter.
23. **Backstroke ledges may be available and used at the promoter's discretion.**
24. No swimmers are allowed up to the balcony.
25. Swimmers must wear footwear when leaving the pool area.
26. A mobile strobe will be available throughout the competition. Any competitor who needs to use it should notify the event referee prior to the start of the session.

27. The promoter reserves the right to refuse admission to any competitor or spectator.
28. Officials are reminded that Wirral Metro Swimming Club is an environmentally responsible club and aims to limit the use of single use plastic. Therefore, please do bring a water bottle.
29. Any point not covered by these rules will be at the discretion of the Meet organisers.

Each event will be open to Female and Open/Male categories. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, or the club entering a swimmer in the 'Female' category, the swimmer/club confirms that their birth sex is female.

Wirral Metro reserves the right to fill empty lanes with Wirral Metro Swimmers.

If withdrawals could be notified no later than midday on Friday 6<sup>TH</sup> December 2024.

**No refunds** will be issued for withdrawals after the closing date (which may be sooner than the advertised deadline of 19th November 2024 if the meet is full) other than for withdrawals on medical grounds supported by documentary evidence, e.g. doctor's note.

The meet promoter reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded, a BACS payment will be sent to each club in question.

#### POOLSIDE PASSES:

Coaches and team managers Weekend Passes @ **£15.00** to include entry to poolside programme and result sheets which will be emailed as soon as possible after the event. Passes are transferable within a club, but a list of all attending Coaches and Team Managers must be submitted before the meet, together with an indication which session they will be present for.

All team staff must be DBS checked and have undertaken a relevant safeguarding course (e.g., Swim England Safeguarding course) to gain a coaches / team managers pass, access to poolside and the swimmers seating area. Any parent of a swimmer attending without their club wishing to chaperone their child must also be DBS checked to purchase a pass. Coaches and team staff **MUST** wear badges provided. Wirral Metro Swimming Club will **NOT** be responsible for any unaccompanied swimmers on poolside, the responsibility falls on the club entering the swimmer.

**THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOLSIDE PASS**

Wirral Metro Swimming Club accepts no responsibility for loss or damage to competitors belongings, how so ever caused, unless such damage is caused by the negligence of Wirral Metro Swimming Club.

#### 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/over Open/Boys.

Age as at 8<sup>TH</sup> December 2024

**HEALTH & SAFETY** Swimmers must be supervised during warm-up by their Club Coach/Poolside Official.

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. Anyone wishing to use any type of image recording device must register at the entrance and comply with the current Swim England Wave Power Guidelines on Photography (copies can be found at [WavePower](#)) and adhere to the rules and standard operating procedures of the venue.

SATURDAY 7<sup>TH</sup> DECEMBER 2024

Session 1

Warm Up TBA

Start TBA

Session 2

Warm Up TBA

Start TBA

EVENT			EVENT		
1	OPEN/BOYS 10-18yrs	400m Free			
2	GIRLS 9-18yrs	200m IM	9	GIRLS 10-18yrs	400m IM
3	OPEN/BOYS 9-18yrs	100m Back	10	OPEN/BOYS 9-18yrs	200m Free
4	GIRLS 9-18yrs	100m Breast	11	GIRLS 9-18yrs	100m Free
5	OPEN/BOYS 9-18yrs	50m Fly	12	OPEN/BOYS 9-18yrs	100m Fly
6	GIRLS 9-18yrs	50m Free	13	GIRLS 9-18yrs	50m Breast
7	OPEN/BOYS 9-18yrs	200m Breast	14	OPEN/BOYS 9-18yrs	50m Back
8	GIRLS 9-18yrs	200m Back	15	GIRLS 10-18yrs	200m Fly

SUNDAY 8<sup>TH</sup> DECEMBER 2024

Session 3

Warm Up TBA

Start TBA

Session 4

Warm Up TBA

Start TBA

EVENT			EVENT		
16	GIRLS 10-18yrs	400m Free			
17	OPEN/BOYS 9-18yrs	200m IM	24	OPEN/BOYS 10-18yrs	400m IM
18	GIRLS 9-18yrs	100m Back	25	GIRLS 9-18yrs	200m Free
19	OPEN/BOYS 9-18yrs	100m Breast	26	OPEN/BOYS 9-18yrs	100m Free
20	GIRLS 9-18yrs	50m Fly	27	GIRLS 9-18yrs	100m Fly
21	OPEN/BOYS 9-18yrs	50m Free	28	OPEN/BOYS 9-18yrs	50m Breast
22	GIRLS 9-18yrs	200m Breast	29	GIRLS 9-18yrs	50m Back
23	OPEN/BOYS 9-18yrs	200m Back	30	OPEN/BOYS 10-18yrs	200m Fly

**ANY POINTS NOT COVERED ARE AT THE DISCRETION OF THE PROMOTER**

Wirral Metro Xmas Meet 2024

Club Electronic Entry Summary Sheet

PLEASE RETURN THIS SHEET WITH YOUR PAYMENT AND SPORTSYSTEMS

PRINTOUTS TO THE EMAIL ADDRESS BELOW

- Payments via BACS to Wirral Metro Swimming Club (Ref WMXMAS24)  
Account No 10944157 Sort Code 20-29-50 Barclays Bank
- A draft programme will be sent to each club/individual for corrections.
- Please enclose a computer-generated HYTEK printout of swims with a record of your payment.

CLUB			
CLUB CONTACT			
E-mail address			
Entries	Quantity		Sub Total
Female Entries		@£8.00	£
Male Entries		@£8.00	£
Total No Entries		<b>Total Entries</b>	<b>£</b>
Coach/Team Manager Passes		@£15.00	£
		<b>Total</b>	<b>£</b>

Coaches / TM Pass DBS Information (passes will not be processed without this information)

Name	Position	Disclosure Number	Expiry Date

Please return to Craig Pickering at [wirralmetro@hotmail.com](mailto:wirralmetro@hotmail.com)

**THE TIMES BELOW ARE LONG COURSE TIMES ,  
SHORT COURSE CONVERSIONS ARE  
ACCEPTABLE.**

OPEN/BOYS UPPER TIME LIMIT							Girls UPPER TIME LIMIT					
Age 9	Age 10	Age 11	Age 12	Age 13	Age 14+		Age 9	Age 10	Age 11	Age 12	Age 13	Age 14+
31.00	30.00	29.00	28.00	26.00	24.00	50 FREE	31.00	31.00	30.00	29.00	27.00	25.00
1.12.00	1.08.00	1.05.00	1.00.00	58.00	51.00	100 FREE	1.14.00	1.12.00	1.04.00	1.02.00	1.00.00	56.00
2.30.00	2.25.00	2.15.00	2.08.00	2.03.00	1.50.00	200 FREE	2.40.00	2.35.00	2.15.00	2.10.00	2.07.00	2.00.00
	5.35.00	5.00.00	4.40.00	4.25.00	4.00.00	400 FREE		5.40.00	5.05.00	4.45.00	4.30.00	4.10.00
37.00	36.00	34.00	31.00	29.00	26.00	50 BACK	39.00	38.00	34.00	32.00	31.00	30.00
1.17.00	1.15.00	1.12.00	1.09.00	1.06.00	56.00	100 BACK	1.20.00	1.17.00	1.14.00	1.10.00	1.07.00	58.00
2.50.00	2.45.00	2.35.00	2.30.00	2.22.00	2.00.00	200 BACK	2.52.00	2.48.00	2.40.00	2.28.00	2.16.00	2.05.00
42.00	40.00	38.00	36.00	32.00	28.00	50 BRST	43.00	42.00	38.00	36.00	33.00	29.00
1.30.00	1.25.00	1.20.00	1.12.00	1.08.00	1.00.00	100 BRST	1.35.00	1.30.00	1.21.00	1.18.00	1.15.00	1.05.00
3.05.00	3.00.00	2.50.00	2.40.00	2.30.00	2.10.00	200 BRST	3.20.00	3.15.00	2.55.00	2.45.00	2.35.00	2.18.00
33.00	32.00	31.00	30.00	28.00	25.00	50 FLY	34.00	34.00	32.00	30.00	29.00	26.00
1.15.00	1.10.00	1.05.00	1.00.00	58.00	54.00	100 FLY	1.21.00	1.17.00	1.15.00	1.10.00	1.06.00	1.00.00
	2:58.00	2.40.00	2.30.00	2.20.00	1:56.00	200 FLY		3.10.00	2.55.00	2.35.00	2.27.00	2.10.00
2.55.00	2.50.00	2.30.00	2.25.00	2.20.00	2.00.00	200IM	3.00.00	2.55.00	2.40.00	2.30.00	2.20.00	2.06.00
	6.00.00	5.40.00	5.10.00	4.50.00	4.10.00	400IM		6:30.00	5.50.00	5.18.00	5.02.00	4.35.00

No swimmer should enter a time faster than those indicated above Upper age limit is 18 years of age as at the 8<sup>TH</sup> December 2024.