

ASA Licence 3NW	Wirral Metro "Goodbye Winter, Hello Spring" MEET 2025	ENTRIES PRICES SEE BELOW	
ASA REGISTRATION NUMBER		D.O.B	
FULL NAME (As it appears on rankings)			MALE/FEMALE
CLUB REPRESENTING			
E-Mail Address			
Telephone Number			
STROKE	TIME	WHERE AND WHEN ACHIEVED	
50 Freestyle			
100 Freestyle			
200 Freestyle			
400 Freestyle			
800 Freestyle (GIRLS)		NOT IN THIS GALA	
1500 Freestyle (BOYS)		NOT IN THIS GALA	
50 Backstroke			
100 Backstroke			
200 Backstroke			
50 Breaststroke			
100 Breaststroke			
200 Breaststroke			
50 Butterfly			
100 Butterfly			
200 Butterfly			
100 Individual Medley		NOT IN THIS GALA	
200 Individual Medley			
400 Individual Medley (11 and Over)			
Total Number of Entries:	£8.00 Hytek Entry £9.00 an Event (Paper and E-mail Entry)		TOTAL: £
Signed:		PARENT	

BACS Payments are now only acceptable.



wirralmetro

SATURDAY 1st & SUNDAY 2nd MARCH 2025



**REGIONAL QUALIFIER
IN ASSOCIATION WITH**

THIS MEET IS FIRST COME FIRST SERVED

Entries should be on Hy-tec Lite via zipped e-mail and will not be considered until full payment has been received.

Payment to be made by BACS see below for Account details

Paper based entries are welcome for clubs, the individual entry form is attached

All times submitted must be for a 25m short 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.

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 FRIDAY February 22nd, 2025. 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** and **All other entries are £9.00** per event.

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

ACCOUNT NUMBER: 10944157

SORT CODE: 202950

IF PAID ELECTRONICALLY PLEASE PLACE NAME OF SWIMMER OR CLUB UNDER THE REFERENCE 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 at least 30 min's 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.

A Strobe Light is available during the running of this Gala.

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.

THE REFEREE'S DECISION IS FINAL

Refunds will only be given: Where a competitor has to withdraw on medical grounds subject to an appropriate medical certificate being received by the Meet Promoter

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:

In compliance with the new Swim England policy concerning the supervision ratio, Wirral Metro is committed to alleviating the financial burden on participating clubs. Therefore, there will be a flat fee of 15.00 per club, regardless of the number of coaches and/or team managers present poolside. 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 manager pass and access to the poolside and the swimmer's seating area. Any parent of a swimmer attending without their club wishing to chaperone their child must also be DBS checked to gain a pass. Coaches and team staff **MUST** wear the wristbands provided. Wirral Metro will **NOT** be responsible for any unaccompanied swimmers on the poolside. The responsibility falls on the club entering the swimmer.

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. Wirral Metro Swimming Club and the Meet Organisers are not responsible for individual swimmers on poolside and that responsibility should be taken by an appropriate individual. All swimmers on poolside should be accompanied by a person with a coach pass, who has had a CRB check and preferably attended good practice course

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 Boys.

Age as at 2nd March 2025

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 by their Club Coach/Poolside Official.

NB. Rather than entering with No Time please get a Coaches Time it makes the running time of the event more accurate and may allow more entries into the Gala. For these times, please get your coach to initial them as conformation.

WIRRAL METRO "GOODBYE WINTER – HELLO SPRING"

LEVEL 3 SPRING MEET

SATURDAY 1st MARCH 2025

Session 1

Warm Up TBA

Start TBA

Session 2

Warm Up TBA

Start TBA

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

SUNDAY 2nd MARCH 2025

Session 3

Warm Up TBA

Start TBA

Session 4

Warm Up TBA

Start TBA

EVENT				EVENT			
16	GIRLS 9-18yrs	400m Free		24	OPEN/BOYS 11-18yrs	400m IM	
17	OPEN/BOYS 9-18yrs	200m IM		25	GIRLS 9-18yrs	200m Free	
18	GIRLS 9-18yrs	100m Back		26	OPEN/BOYS 9-18yrs	100m Free	
19	OPEN/BOYS 9-18yrs	100m Breast		27	GIRLS 9-18yrs	100m Fly	
20	GIRLS 9-18yrs	50m Fly		28	OPEN/BOYS 9-18yrs	50m Breast	
21	OPEN/BOYS 9-18yrs	50m Free		29	GIRLS 9-18yrs	50m Back	
22	GIRLS 9-18yrs	200m Breast		30	OPEN/BOYS 9-18yrs	200m Fly	
23	OPEN/BOYS 9-18yrs	200m Back					

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

Wirral Metro "Goodbye Winter – Hello Spring" Gala Level 3
 Licence 3NW***** Saturday March 1st and Sunday March 2nd 2025
 No swimmer should enter a time faster than those indicated below
 Age at the 2nd March 2025

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	25.00	23.00	50m Freestyle	33.00	31.00	29.00	28.00	27.00	25.00
1.05.00	1.03.00	1.02.00	1.00.00	56.00	51.00	100m Freestyle	1.07.00	1.05.00	1.04.00	1.03.00	59.00	56.00
2.20.00	2.15.00	2.10.00	2.05.00	2.03.00	1.58.00	200m Freestyle	2.23.00	2.17.00	2.12.00	2.07.00	2.05.00	2.02.00
5.15.00	5.10.00	4.55.00	4.40.00	4.30.00	4.10.00	400m Freestyle	5.15.00	5.10.00	5.00.00	4.55.00	4.40.00	4.25.00
37.00	35.00	33.00	32.00	30.00	27.00	50m Backstroke	38.00	37.00	35.00	33.00	31.00	29.00
1.15.00	1.12.00	1.10.00	1.06.00	1.02.00	58.00	100m Backstroke	1.17.00	1.15.00	1.14.00	1.10.00	1.06.00	1.02.00
2.40.00	2.30.00	2.25.00	2.22.00	2.19.00	2.07.00	200m Backstroke	2.50.00	2.45.00	2.38.00	2.30.00	2.22.00	2.18.00
45.00	41.00	38.00	35.00	32.00	28.00	50m Breaststroke	45.00	41.00	38.00	35.00	33.00	30.00
1.35.00	1.32.00	1.28.00	1.23.00	1.15.00	1.08.00	100m Breaststroke	1.35.00	1.32.00	1.28.00	1.23.00	1.17.00	1.10.00
3.20.00	3.10.00	2.55.00	2.40.00	2.30.00	2.20.00	200m Breaststroke	3.20.00	3.10.00	2.55.00	2.45.00	2.32.00	2.22.00
40.00	36.00	34.00	32.00	28.00	25.00	50m Butterfly	40.00	36.00	34.00	32.00	29.00	27.00
1.25.00	1.20.00	1.16.00	1.07.00	1.00.00	57.00	100m Butterfly	1.27.00	1.22.00	1.18.00	1.10.00	1.05.00	1.00.00
3.10.00	3.00.00	2.40.00	2.30.00	2.18.00	2.05.00	200m Butterfly	3.10.00	3.00.00	2.45.00	2.40.00	2.25.00	2.15.00
3.00.00	2.50.00	2.40.00	2.30.00	2.15.00	2.05.00	200m IM	3.00.00	2.50.00	2.40.00	2.33.00	2.20.00	2.10.00
		5.25.00	5.10.00	4.50.00	4.40.00	400m IM			5.40.00	5.30.00	5.10.00	4.40.00