



wycombe swimming

2025 WYCOMBE LONG COURSE END OF SEASON MEET – LEVEL 3

Saturday 19th & Sunday 20th July 2025

In aid of Wycombe District Swimming Club


Under Swim England Laws & Regulations and Swim England Technical Rules of Racing

LEVEL 3

License Number: **3SE251235**

ANTI - WAVE LANE ROPES | 8 LANE 50M POOL | ALL EVENTS HDW
OMEGA TIMING WITH OBS11 WEDGE BLOCKS

Wycombe Leisure Centre,
High Wycombe,
Bucks,
HP11 1UP





2025 Wycombe End of Season (L3) Long Course Meet

KEY DETAILS

Entries: First Come/First Served, from 10am on 25th May 2025

Entry Closing Date: Midnight 1st June 2025 or when the meet is full

Entry fee: £8.50 per event

Age Groups (ages at 20th July 2025):

Female: 9, 10, 11, 12, 13, 14, 15, 16, 17+over

Male/Open: 9, 10, 11, 12, 13, 14, 15, 16, 17+over

Events:

50m, 100m & 200m: all strokes

200 IM, 400 IM & 400m Free

Awards:

1st, 2nd & 3rd in each age group

Top Visiting Club Award

Top Male/Open and Female Award

Registration: This is a SIGN-IN meet – swimmers must sign-in for each session

For further details: www.wycombe-swimming.org.uk (Look for "EOSM")

Meet Promoter: Simon Shaw

Meet Secretary: Ben Poulton

Contact details: Email: openmeets@swimwycombe.com

Phone: 01494 410 075

Postal address: Wycombe District Swimming Club, Wycombe Leisure Centre, Handy Cross,
High Wycombe, HP11 1UP



2025 Wycombe End of Season (L3) Long Course Meet

SCHEDULE OF EVENTS

Saturday 19th July

Session 1* - Warm up 8.00 Start 9.00				
1	M/O	50	Free	All age groups
2	F	200	IM	All age groups
3	M/O	100	Fly	All age groups
4	F	50	Breast	All age groups
5	M/O	400	IM	All age groups
6	F	200	Back	All age groups
101	M/O	100	Fly	9-14
102	M/O	100	Fly	15 & over
103	F	50	Breast	9-14
104	F	50	Breast	15 & over
105	M/O	50	Free	9-14
106	M/O	50	Free	15 & over

Session 2* - Warm up TBA Start TBA				
7	M/O	100	Breast	All age groups
8	F	50	Fly	All age groups
9	M/O	50	Back	All age groups
10	F	400	Free	All age groups
11	M/O	200	Fly	All age groups
201	M/O	100	Breast	9-14
202	M/O	100	Breast	15 & over
203	F	50	Fly	9-14
204	F	50	Fly	15 & over
205	M/O	50	Back	9-14
206	M/O	50	Back	15 & over

Session 3* - Warm up TBA Start TBA				
12	F	100	Free	All age groups
13	M/O	100	Back	All age groups
14	F	200	Breast	All age groups
15	M/O	200	Free	All age groups
301	M/O	100	Back	9-14
302	M/O	100	Back	15 & over
303	F	100	Free	9-14
304	F	100	Free	15 & over

Sunday 20th July

Session 4* - Warm up 8.00 Start 9.00				
16	F	50	Free	All age groups
17	M/O	200	IM	All age groups
18	F	100	Fly	All age groups
19	M/O	50	Breast	All age groups
20	F	400	IM	All age groups
21	M/O	200	Back	All age groups
401	F	100	Fly	9-14
402	F	100	Fly	15 & over
403	M/O	50	Breast	9-14
404	M/O	50	Breast	15 & over
405	F	50	Free	9-14
406	F	50	Free	15 & over

Session 5* - Warm up TBA Start TBA				
22	F	100	Breast	All age groups
23	M/O	50	Fly	All age groups
24	F	50	Back	All age groups
25	M/O	400	Free	All age groups
26	F	200	Fly	All age groups
501	F	100	Breast	9-14
502	F	100	Breast	15 & over
503	M/O	50	Fly	9-14
504	M/O	50	Fly	15 & over
505	F	50	Back	9-14
506	F	50	Back	15 & over

Session 6* - Warm up TBA Start TBA				
27	M/O	100	Free	All age groups
28	F	100	Back	All age groups
29	M/O	200	Breast	All age groups
30	F	200	Free	All age groups
601	F	100	Back	9-14
602	F	100	Back	15 & over
603	M/O	100	Free	9-14
604	M/O	100	Free	15 & over

(*Short mid-session breaks TBA if required)

Note: Timings will be updated closer to the meet after entries are finalised. Refer to the Wycombe District Swimming Club website for latest updates.



2025 Wycombe End of Season (L3) Long Course Meet

QUALIFICATION TIMES – MEN/OPEN

- Entry times should be either LONG COURSE TIMES or converted to LONG COURSE
- All Competitors must be registered swimmers
- Qualifying times are shown below as 'Not Faster Than' times.
- Where possible, entry times should be listed on rankings. Where this is not possible, coach approved estimates are acceptable. NT entries will not be accepted.

Distance	Stroke	9 Yr	10 Yr	11 Yr	12 Yr	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr +
50 FREE	= or Faster	00:48.72								
	Slower Than	00:25.16								
100 FREE	= or Faster	01:55.00	01:48.00	01:41.70	01:31.62	01:28.15	01:24.69	01:20.95	01:20.12	01:19.30
	Slower Than	01:08.00	01:05.00	01:01.99	01:01.99	00:58.61	00:56.61	00:54.47	00:54.47	00:53.56
200 FREE	= or Faster	04:00.00	03:57.04	03:37.90	03:18.76	03:11.28	03:03.63	02:55.99	02:54.50	02:53.02
	Slower Than	02:19.00	02:17.00	02:14.32	02:07.57	02:03.22	01:58.63	01:58.63	01:58.63	01:57.00
400 FREE	= or Faster	08:30.00	08:24.34	07:42.10	06:59.86	06:28.62	06:20.53	06:12.45	06:10.47	06:08.49
	Slower Than	05:00.00	04:48.00	04:43.12	04:43.12	04:29.48	04:20.81	04:12.73	04:12.73	04:10.16
50 BRST	= or Faster	01:07.75								
	Slower Than	00:31.30								
100 BRST	= or Faster	02:17.00	02:15.00	02:12.53	02:00.11	01:44.38	01:43.33	01:42.29	01:41.46	01:40.64
	Slower Than	01:26.00	01:24.00	01:21.19	01:21.19	01:15.77	01:12.94	01:10.13	01:10.13	01:09.10
200 BRST	= or Faster	04:00.00	03:56.12	03:55.50	03:54.19	03:53.63	03:48.68	03:43.62	03:40.92	03:38.23
	Slower Than	03:05.00	03:02.00	02:55.32	02:55.32	02:44.22	02:38.76	02:33.36	02:33.36	02:31.61
50 FLY	= or Faster	00:58.18								
	Slower Than	00:27.30								
100 FLY	= or Faster	02:12.00	02:10.00	02:05.00	01:47.24	01:31.18	01:29.03	01:26.89	01:26.17	01:25.46
	Slower Than	01:19.00	01:14.00	01:10.00	01:10.00	01:05.23	01:02.58	00:59.75	00:59.75	00:58.84
200 FLY	= or Faster	03:55.23	03:52.00	03:49.12	03:36.41	03:23.71	03:18.48	03:13.26	03:10.73	03:08.20
	Slower Than	02:50.21	02:48.00	02:36.61	02:36.61	02:25.70	02:19.60	02:13.84	02:13.84	02:12.23
50 BACK	= or Faster	01:02.03								
	Slower Than	00:30.30								
100 BACK	= or Faster	02:05.00	02:03.00	01:59.50	01:49.11	01:35.58	01:33.10	01:30.63	01:29.69	01:28.76
	Slower Than	01:17.00	01:15.00	01:11.38	01:11.38	01:07.18	01:04.73	01:02.23	01:02.23	01:01.47
200 BACK	= or Faster	04:00.00	03:56.00	03:46.37	03:36.30	03:26.24	03:20.19	03:14.14	03:12.97	03:13.81
	Slower Than	02:52.00	02:38.00	02:32.52	02:32.52	02:24.54	02:19.15	02:14.45	02:14.45	02:13.68
200 IM	= or Faster	04:40.00	04:35.76	04:13.15	03:50.55	03:28.44	03:24.20	03:19.97	03:17.05	03:14.14
	Slower Than	02:42.26	02:40.00	02:32.92	02:32.92	02:25.04	02:20.07	02:14.89	02:14.89	02:13.19
400 IM	= or Faster	08:40.00	08:36.00	08:07.84	07:44.96	07:22.08	07:10.91	06:59.75	06:56.39	06:53.04
	Slower Than	05:44.44	05:42.00	05:26.28	05:26.28	05:09.14	04:58.36	04:48.95	04:48.95	04:47.40

QUALIFICATION TIMES - Female

- Entry times should be either LONG COURSE TIMES or converted to LONG COURSE
- All Competitors must be registered swimmers



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- Qualifying times are shown below as 'Not Faster Than' times.
- Where possible, entry times should be listed on rankings. Where this is not possible, coach approved estimates are acceptable. NT entries will not be accepted.

Distance	Stroke	9 Yr	10 Yr	11 Yr	12 Yr	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr +
50 FREE	= or Faster	00:49.60								
	Slower Than	00:28.02								
100 FREE	= or Faster	01:45.00	01:37.00	01:34.37	01:32.33	01:30.30	01:29.20	01:28.10	01:27.77	01:27.60
	Slower Than	01:07.00	01:05.00	01:03.64	01:03.64	01:01.81	01:00.94	00:59.82	00:59.82	00:59.69
200 FREE	= or Faster	04:30.00	04:11.45	03:22.28	03:18.54	03:14.80	03:11.88	03:08.97	03:08.20	03:07.81
	Slower Than	02:30.00	02:20.00	02:16.88	02:16.88	02:12.74	02:11.04	02:08.74	02:08.74	02:08.44
400 FREE	= or Faster	08:30.00	08:23.02	07:06.57	06:56.45	06:46.33	06:42.33	06:38.33	06:37.09	06:36.47
	Slower Than	05:30.00	05:00.00	04:47.20	04:47.20	04:42.80	04:35.06	04:31.36	04:31.36	04:31.02
50 BRST	= or Faster	01:07.59								
	Slower Than	00:36.00								
100 BRST	= or Faster	02:10.00	02:05.00	02:00.99	01:57.63	01:54.28	01:52.74	01:51.20	01:49.55	01:48.60
	Slower Than	01:25.00	01:23.00	01:21.89	01:21.89	01:19.14	01:17.96	01:17.10	01:17.10	01:16.77
200 BRST	= or Faster	04:30.00	04:28.83	04:21.35	04:13.87	04:06.39	04:02.32	03:58.25	03:57.81	03:56.60
	Slower Than	03:10.00	03:04.00	02:56.67	02:56.67	02:49.80	02:48.13	02:46.17	02:46.17	02:45.72
50 FLY	= or Faster	01:00.60								
	Slower Than	00:31.00								
100 FLY	= or Faster	01:57.00	01:53.00	01:48.56	01:43.33	01:38.11	01:36.68	01:35.25	01:34.15	01:33.70
	Slower Than	01:17.00	01:14.00	01:11.28	01:11.28	01:08.41	01:07.25	01:06.17	01:06.17	01:06.04
200 FLY	= or Faster	04:00.00	03:57.04	03:50.00	03:42.96	03:35.92	03:32.29	03:28.66	03:27.34	03:26.68
	Slower Than	02:55.00	02:50.00	02:37.79	02:37.79	02:30.07	02:28.06	02:26.18	02:26.18	02:25.64
50 BACK	= or Faster	01:01.59								
	Slower Than	00:32.00								
100 BACK	= or Faster	01:54.00	01:52.00	01:48.78	01:44.32	01:39.87	01:39.33	01:38.80	01:38.44	01:38.20
	Slower Than	01:16.00	01:14.00	01:12.30	01:12.30	01:09.87	01:08.85	01:08.85	01:07.79	01:07.58
200 BACK	= or Faster	04:01.00	03:59.57	03:51.32	03:43.07	03:34.82	03:32.84	03:30.86	03:29.10	03:28.50
	Slower Than	02:50.01	02:40.01	02:34.32	02:34.32	02:29.09	02:26.87	02:25.45	02:25.45	02:24.94
200 IM	= or Faster	04:40.00	04:38.29	03:50.66	03:45.32	03:39.99	03:37.35	03:34.71	03:32.84	03:31.90
	Slower Than	02:45.00	02:42.00	02:35.56	02:35.56	02:30.56	02:29.02	02:26.55	02:26.55	02:26.25
400 IM	= or Faster	08:30.00	08:27.36	08:12.68	07:57.99	07:43.31	07:38.40	07:33.50	07:31.76	07:30.89
	Slower Than	05:50.55	05:45.00	05:28.72	05:28.72	05:17.85	05:14.73	05:11.51	05:11.51	05:10.36



2025 Wycombe End of Season (L3) Long Course Meet

COMPETITION RULES AND INFORMATION

The Wycombe Long Course End of Season Meet (L3) provides a long course racing experience and will enable swimmers to finish off their season in a final.

The competition will be held under Swim England Laws & Regulations and Swim England Technical Rules of Racing. All competitors must be registered swimmers.

POOL PARAMETERS

The pool is 50 metres long with eight lanes. Anti-turbulence lane ropes will be used. Electronic time keeping will be used.

ENTRY PROCEDURE

CLUB ENTRIES: Entry is via a consolidated club entry Hy-Tek file which must be submitted through the Online Entry form (the link is on the meet webpage at www.wycombe-swimming.org.uk).

The Club entry Hy-Tek file is uploaded when the *Entry Application Form* is completed. Payment instructions will be provided in the application form. Payments references should include club code and 'EOSM.'

INDIVIDUAL ENTRIES: Individual manual entries are not being accepted for this meet (i.e. via email or paper entry form). Please contact your own club officers to arrange the submission of a Hy-Tek file as described above.

Entries will not be processed until both the Hy-Tek entry file and the online Entry Application Form have been submitted and payment has been received. For all enquiries, please contact the Meet Secretary, preferably via email.

Wycombe swimmers must enter through the Team Unify system to ensure club approval.

Requests for poolside passes and registering as an official are via separate online forms.

Please note that British Swimming Rankings may reject meet results containing database errors. The errors are often in the accuracy of the entrant's name, the official club name and date of birth. It is therefore recommended that Clubs should use the online validation tools available at www.swimmingresults.org to check their entries prior to submission. Entries that are found to contain errors may be rejected.

ENTRIES ACCEPTANCE

Entries will close at **Midnight 1st June 2025 or when the meet is full.**

In the event that the Meet is oversubscribed, entries will be accepted on a "first come, first served" basis. Accepted entries will be published on the Club website no later than **15th June 2025.**

Entries may be withdrawn (with refund) up to the meet entry closing.

SWIMMERS WITH ADDITIONAL NEEDS

Swimmers with classifications (S Categories) and those who require additional provisions to access the event (including personal support assistants) are requested to notify the Meet Promoter in advance of the meet. They



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will be accepted at the Promoter's discretion and will be exempt from the Qualification Time requirements, but their times must show in the SE Rankings. A secondary strobe light will be available for deaf swimmers.

TRANSGENDER POLICY

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 you confirm that your birth sex is female. The Male/Open category is for birth sex males, Trans or Non-Binary swimmers and any swimmer not eligible for the female category.

POOLSIDE ACCESS PASSES

Passes are required for all non-swimmers accessing poolside or changing rooms and may be picked up from the sign-in desk before entering the swimmer areas. This includes all coaches, team managers and support staff. All clubs must ensure they have adequate supervisory cover for swimmers, in line with SE guidelines – more details of this are available [here](#). Passes are required for each individual in a session. Where different team members are attending different sessions, passes may be transferred to other users with permission of the meet organisers, but all users must have valid Disclosure and Barring Service (DBS) checks with their club, and their names, roles and sessions attended must be provided to the promoter in advance. Each pass costs **£40** includes one **lunch each day, meet programme and poolside refreshments** – please advise the Meet Promoter of any dietary requirements.

Passes are to be applied for via the online application form (follow the link on the meet webpage). Passes must be ordered at least 10 days before the start of the meet, including the names, roles and sessions to be attended.

Heat Sheets will only be provided to officials, coaches and team managers displaying passes.

For the safety and welfare of all swimmers, spectators and parents are NOT allowed poolside or in the changing rooms during the Meet. It is a requirement that all teams must have a coach/chaperone with them to access the poolside seating. Any non-team entries under the age of 16 shall have a responsible adult in the facility at all times when they are present.

SIGN-IN

The meet requires all swimmers to sign in on arrival for each session of swimming. A 'sign-in' meet allows more swimmers into the gala by avoiding empty lanes from withdrawals.

Swimmers must SIGN IN before EACH session. Sign-in will close 10 minutes prior to the commencement of the first warm-up for the session (either Male/Open or Female). Swimmers who do not sign in will be scratched and will not be seeded in the heats.



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REFUNDS

Where a refund is due to withdrawal and not part of the Promoter's obligations (e.g. cancellation of meet, over subscription and scratches), refunds will be subject to a £15 administration charge. With the exception of withdrawals due to injury or illness, no refunds for withdrawals will be made after the meet entry closing, which may be prior to the published closing date if the meet fills sooner.

Withdrawals due to injury or illness incurred after event entry, may be made up to the day before the gala. Full refunds (no administration fee) will be provided on receipt of proof of injury or illness through a doctor's/medical certificate or similar.

RESERVE / TRIAL SWIMS

Reserve / trial swim entries may be accepted on the day at the discretion of the Meet Promoter and are used to fill spare lanes, if available, after seeding is completed.

Reserve / trial swimmers must already be entered into the meet and must satisfy the entry time criteria as stated in the conditions.

Reserve / trial swims will have 'EXH' (Exhibition) appended to their name in the results and the swim will not count in terms of points or awards. However, times will count for Rankings. Successful reserve swimmers will be announced towards the end of the warm-up session and card payment must be made at the entry to the spectators' gallery or the reserve swimmer will be withdrawn.

AWARDS

Medals will be given to the first three swimmers in each Age Group on a HDW basis.

Medals will be given to 1st, 2nd and 3rd for each Junior & Senior Final.

Top visiting Club, Top Male and Top Female swimmer will receive an award.

Swimmers must ensure that they are suitably clothed (t-shirt, shorts, footwear, etc.) when collecting awards.

All medals must be collected before the end of the meet.

OFFICIALS

To ensure the Meet can run effectively and efficiently, WDSC encourages all clubs to help where possible with officials.

Qualified and trainee officials can sign up to officiate at www.swim-meet.com/availability/

Any questions can be directed to the Officials' Co-ordinator at officials@swimwycombe.com

MEET RESULTS

Official Meet results will be posted on the Wycombe District Swimming Club website as soon as possible after the meet. Heat Sheets and (unofficial) Live Results will be available during the meet through the club website (free), and through the Meet Mobile smartphone app (charges may apply).

Results will also be passed to Swim England for their reference and inclusion in Rankings.

SPECTATORS

Entry is £25.00 per weekend (no concessions), £15 per day (no concessions) or £6.00 (£5.00 concession) per individual session. Under 16 years old are free entry.



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Payments can be made by CARD ONLY.

CAR-PARKING

'Pay and Display' car parking is available at the Leisure Centre (cash only). At the time of publishing, parking at the 'Park and Ride' (2 minutes walk from the pool) is £3.20 for 10 hours. Please check on the [Buckinghamshire Council website](#) closer to the event for any updates.

REFRESHMENTS

The Wycombe Leisure Centre has a small cafe that may be in operation throughout the meet. The adjacent Waitrose supermarket also has a large cafeteria. Food may not be taken onto poolside. There will be refreshments and lunch provided for coaches who have purchased a poolside pass.

HEALTH AND SAFETY

No outdoors shoes to be worn on the poolside. No large bags are allowed poolside. Swimmers are asked to ensure they wear appropriate footwear and clothing when on the balcony or reception area.

The pool depth is 2m and the blocks are 75cm above the edge. If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim Meet. A competent racing dive is defined as in the Swim England Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive. No swimmer should topple into the water in the event of a false start - a proper shallow dive must be performed.

Further event information including any health and safety guidance resultant from our risk assessments will be made available to participants closer to the event. Please ensure you read the information and utilise for your club planning and risk assessment.

DATA PROTECTION

The data you provide will be processed for the purposes of running the meet, including seeding, programme (online and printed), results, management of officials and management of child protection poolside. You agree that we may publish your (or your club members') personal information as part of the programme and results of the meet and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include name, club affiliation, race times and DQ codes, gender, disability classification and age category. To submit the data to us you must have obtained permission from the individuals for the uses specified.

As required by the General Data Protection Regulations, consent to process and hold the data in line with these conditions will need to be given with the submission of entries.



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FILMING AND PHOTOGRAPHY

Anyone who wishes to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

The use of cameras or mobile phones for taking photographs in the changing area is strictly forbidden.

Only coaches and team managers may take photos or film races on poolside and these must comply with Swim England guidance and the focus of the filming should be of their swimmers only.

Swimmers should ensure their mobile phones are put away at all times in the changing rooms to avoid any misunderstanding. Filming or photographing of yourself or anyone else for any purpose (other than coaching as above) is prohibited both poolside and in the changing rooms.

Any swimmer or coach found to be breaking these rules may be asked to leave the building and will take no further part in the competition. The club also reserves the right to take further action against anybody breaking this rule.

The safety of children and young people for this event is of paramount importance. If you have any child safeguarding concerns at the event, please contact the meet coordinator.

APPEALS

Any appeals must be submitted in accordance with Swim England procedures and will be handled by the Meet Promoter and Referees.

GENERAL

Any point not covered by these rules will be at the discretion of the Meet Promoter. Depending upon the situation, the Meet Promoter or Referees decision, respectively, will be final.