www.holywellswimmingclub.co.uk

VALENTINE MEET 2025
Level 2 and 3 Meet

Saturday 11th and Sunday 12th January 2025

Under FINA Technical Rules and Swim Wales Laws
L2 Meet Licence – TBC
L3 Meet Licence -- TBC

TO BE HELD AT HOLYWELL LEISURE CENTRE
GWENFFRWD ROAD
HOLYWELL
FLINTSHIRE
CH8 7UZ

NEW Mini Taster Gala 12th April age 11 and under @31st Aug
no Disqualifications!
Ideal first gala

2025 Gala schedule
Sprint Meet: **2025** – 5th July
Summer Invitational: **2025** – 13th September
Halloween: **2025** 25th October

MEET CONDITIONS

General

1. This is a Level 2 & 3
2. The meet shall be swum under FINA Technical Rules and Swim Wales Laws and any additional conditions are set out in this document "Meet Information".
3. All decisions made by the Meet Director shall be final and binding.

Events/Entries

1. Age as of 11th January 2025
2. If a swimmer has a British Ranking Time for an event, then this time must be used as the entry time.
3. The Entry Fee is £6.50/Event or £12.00 (800 & 1500m).
4. All fees should be paid directly into the HASC Bank Account
   BACS: Sort Code: 40-24-27. A/C no: 61367242. Please use Club Name/SHP2023 in reference
5. Closing Date for Clubs to submit entries to HASC is 22nd December 2023. Individual clubs will have their own earlier closing date to allow compliance with the final Meet closing data.
6. Electronic Entries only in Hy Tek Team Manager or compatible systems. Entry set up file available from events@swimholywell.org.uk or can be downloaded from www.holywellswimmingclub.co.uk.
7. All communication will be done electronically.

Heats

1. Competitors shall be seeded in time order, slowest to fastest.
2. All heats shall be swum slowest to fastest.
3. The last three heats shall be spearheaded.
4. Age groups will be combined for all races.

Trophies and Medals

1. Medals shall be awarded, to first, second and third place in Age Groups 9, 10, 11, 12, 13, 14, 15 & Over
2. Winners in each age group shall also receive a medal/award regardless of level entered.
3. There will be no formal presentations. Medals and awards will be sent to the team coaches throughout the day.

Withdrawals

1. All withdrawals must be notified before 29th December 2024.
2. Should you be unavoidably detained due to circumstances beyond your control and are unable to register a withdrawal – please call 07777665259 and leave a message.
3. Fees may be refunded for unavoidable withdrawals up to a week before the Meet 29th December. After that date fees will only be refunded on production of a medical certificate.

Pre-Meet Warm Up

1. The warm-up schedule and procedures will be issued on the day and must be adhered to.
2. Coaches should be actively supervising the warm-up to ensure that proper procedures are followed.

Disqualifications

1. Upon disqualification, the scoreboard will be shown as the disqualified lane not having a place. The other lane place positions are adjusted.
2. Reasons for disqualification can be obtained from the Help Desk by the coach only and not the swimmer or their parents.

Medical Conditions

1. It is the responsibility of the swimmer and / or parent to declare to the referee any disability or medical condition that could present a safety risk. If such a disability or

medical condition exists swimmers must produce a medical note confirming that their participation presents no health or safety problems.

Poolside Management

1. Access to the poolside is restricted to competitors, officials and holders of coaches passes.
2. Please ensure that the minimum of bags are taken onto the poolside.
3. Please ensure that competitors have some form of footwear and clothing on poolside.
4. Please use the lockers in the changing area. Please get band from the reception (£1). Refund is by the reception. Please do not leave bags in the changing cubicles.
5. Please do not sit on top of the lockers along the poolside.
6. Swimmers must not access the spectator areas nor go outside of the immediate pool area without wearing a top and shorts/tracksuit bottoms and suitable footwear.
7. Swimmers and spectators MUST NOT use the splash pool stairs to gain access to the balcony.
8. Swimmers are not allowed to use either of the small pools.

Safety

1. All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind.
2. Swimmers should have reached the standard of the ASA Competitive Start Award to start from the blocks; (this is the responsibility of the club coach).
3. Swimmers who have not attained the standard of the Competitive Start Award must lower themselves into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.
4. The spectator balcony is restricted to a maximum of 180 people.
5. Spectators are not allowed in the locker/changing area whilst the Meet is in progress.
6. To better accommodate disabled spectators, please inform us in advance of the number of seats required.

Jewellery

1. 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, earrings (except studs), and rings (except wedding bands).

Unacceptable Behaviour

1. 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 damage the reputation of swimming.

Doping Control

1. Random drug testing may take place during this competition. If any competitor is under 16 years of age on the first day of this competition either the parent, guardian or person with parental responsibility as defined by the Children Act 1989 must complete the relevant consent declaration. These shall be available at the help desk.

Help Desk

1. The Help Desk will be in the changing room. Please address all requests for information to the Help Desk Stewards

TV, Video, Photography

1. It is required that any person(s) wishing to engage in any video, zoom or close-range photography must register their details with the Door Stewards at the entrance control BEFORE carrying out any such photography – this includes all cameras, video cameras, mobile phone cameras, and PDA's that are camera enabled. Proof of identity shall be required to register e.g., driving license. ID tags will be issued to all

duly registered individuals; these will be available from the door stewards at the time of registration.

Swim Shop

1. There will be a Swim Shop and Medal Engraving

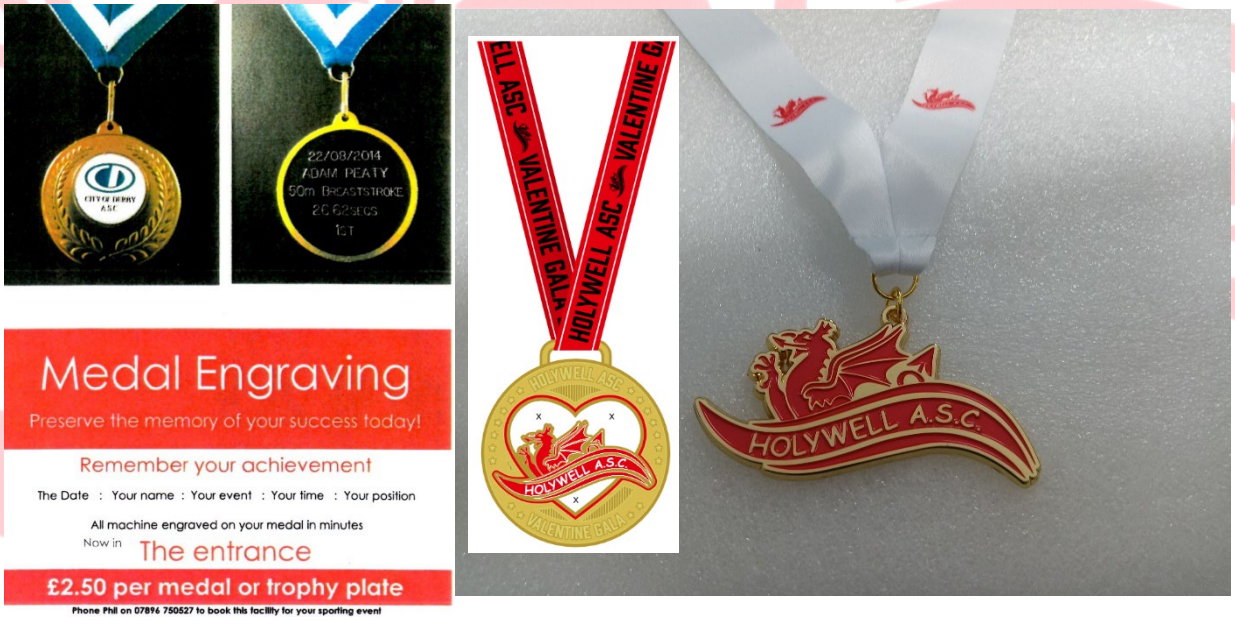
Spectators

1. Entry to the balcony for spectators will be £7.00 per day. Programmes available on Meet mobile.
2. Children under 5: Free; Ages 5-16: £3.50 per day.
3. Due to Fire Restrictions, the balcony is limited to 180 spectators.
4. The car parks around the pool are £1.70/day Saturday until 3pm then free. They are free on Sunday.

PERSONALISED MEDAL ENGRAVING

We are pleased to announce that bespoke Medal Engraving will be available at this meet. They can engrave directly onto the medal or add a customised plate with the name, event, time, and position. A great way of recording your achievement. They also have some great medal display boards that can be personalised.

Look at our new medals, will you be the first to get them?



VALENTINE MEET 2025
Level 2 and 3 Meet
Saturday 11th and Sunday 12th January 2025

Programme of Events

All Heats will be run as combined age groups.

For these Events Consideration and Qualifying Times apply – only times faster than the Consideration Times (CT) are eligible for these races and Qualifying Times (QT) (Equivalent to ASA A Grade Qualifying times) will be used if the Meet is oversubscribed.

Note that times submitted must be the fastest time as indicated in the overall British Rankings if available (regardless of year that the times were set) and set before the entry closing date of the Meet.

All races are HDW.

Age Groups: 9, 10, 11, 12, 13, 14, 15/O, 50m all strokes, 100m all strokes, 200m all strokes, Girls/Boys 400mIM, 800m & 1500m are open events and will not be scored.

Girls/Boys Mixed: 800m & 1500m (Max - three heats 800m and two 1500 heats)

NB Start times subject to change dependant on numbers of entries and session times – they are currently based on last Valentine Meet

Timings will be confirmed in the week before the gala.

Saturday 11th January

Session: 1 Warm Up 08:30 AM
Start 09:30 AM

Session: 2 Warm Up 12:15 PM
Start 13:15 PM

1	L2	Boys 9 & Over 100 Freestyle	17	L2	Mixed 9 & Over 800 Freestyle
2	L3	Boys 9 & Over 100 Freestyle	18	L2	Boys 9 & Over 100 Backstroke
3	L2	Girls 9 & Over 100 Butterfly	19	L3	Boys 9 & Over 100 Backstroke
4	L3	Girls 9 & Over 100 Butterfly	20	L2	Girls 9 & Over 50 Butterfly
5	L2	Boys 9 & Over 50 Backstroke	21	L3	Girls 9 & Over 50 Butterfly
6	L3	Boys 9 & Over 50 Backstroke	22	L2	Boys 9 & Over 50 Freestyle
7	L2	Girls 9 & Over 50 Breaststroke	23	L3	Boys 9 & Over 50 Freestyle
8	L3	Girls 9 & Over 50 Breaststroke	24	L2	Girls 9 & Over 200 Freestyle
9	L2	Boys 9 & Over 200 Backstroke	25	L3	Girls 9 & Over 200 Freestyle
10	L3	Boys 9 & Over 200 Backstroke	26	L2	Boys 9 & Over 200 Butterfly
11	L2	Girls 9 & Over 400 IM	27	L3	Boys 9 & Over 200 Butterfly
12	L3	Girls 9 & Over 100 IM	28	L2	Girls 9 & Over 200 IM
13	L2	Boys 9 & Over 200 Breaststroke	29	L3	Girls 9 & Over 200 IM
14	L3	Boys 9 & Over 200 Breaststroke			
15	L2	Girls 9 & Over 100 Breaststroke			
16	L3	Girls 9 & Over 100 Breaststroke			

Sunday 12th January

Session: 3 Warm Up 08:30 AM
Start 09:30 AM

Session: 4 Warm Up 12:15 PM
Start 13:15 PM

30	L2	Girls 9 & Over 100 Freestyle	46	L2	Mixed 9 & Over 1500 Freestyle
31	L3	Girls 9 & Over 100 Freestyle	47	L2	Girls 9 & Over 100 Backstroke
32	L2	Boys 9 & Over 100 Butterfly	48	L3	Girls 9 & Over 100 Backstroke
33	L3	Boys 9 & Over 100 Butterfly	49	L2	Boys 9 & Over 50 Butterfly
34	L2	Girls 9 & Over 50 Backstroke	50	L3	Boys 9 & Over 50 Butterfly
35	L3	Girls 9 & Over 50 Backstroke	51	L2	Girls 9 & Over 50 Freestyle
36	L2	Boys 9 & Over 50 Breaststroke	52	L3	Girls 9 & Over 50 Freestyle
37	L3	Boys 9 & Over 50 Breaststroke	53	L2	Boys 9 & Over 200 Freestyle
38	L2	Girls 9 & Over 200 Backstroke	54	L3	Boys 9 & Over 200 Freestyle
39	L3	Girls 9 & Over 200 Backstroke	55	L2	Girls 9 & Over 200 Butterfly
40	L2	Boys 9 & Over 400 IM	56	L3	Girls 9 & Over 200 Butterfly
41	L3	Boys 9 & Over 100 IM	57	L2	Boys 9 & Over 200 IM
42	L2	Girls 9 & Over 200 Breaststroke	58	L3	Boys 9 & Over 200 IM
43	L3	Girls 9 & Over 200 Breaststroke			
44	L2	Boys 9 & Over 100 Breaststroke			
45	L3	Boys 9 & Over 100 Breaststroke			

Valentines 2025 Level 2 Meet QUALIFYING TIMES

Qualifying Times Based on ASA Graded Swimming Tables 2009

Boys

	9y		10y		11y		12y		13y		14y		15y/O	
	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT
50 Free	58.0	40.7	55.0	38.0	53.0	35.9	50.0	33.9	48.0	32.1	45.0	30.4	43.0	29.1
100 Free	02:09.0	01:31.5	01:50.3	01:22.9	01:35.9	01:17.8	01:24.5	01:13.2	01:16.4	01:08.9	01:11.0	01:05.4	01:08.4	01:03.1
200 Free	3:55.7	3:15.7	3:49.5	2:59.3	3:28.8	2:48.8	3:10.1	2:39.1	3:08.1	2:30.1	3:02.5	2:22.5	2:47.2	02:17.2
50 Breast	1:10.0	53.2	1:07.0	49.2	1:01.0	46.5	1:00.0	43.7	58.0	40.7	55.0	38.6	51.0	36.8
100 Breast	2:46.6	1:59.7	2:20.6	1:48.1	2:02.1	1:40.1	1:47.2	1:33.8	1:36.3	1:27.4	1:30.0	1:22.7	1:25.6	01:19.1
200 Breast	4:49.2	4:09.2	4:31.2	3:51.2	4:15.1	3:35.1	4:02.5	3:22.5	3:49.5	3:09.5	3:38.9	2:58.9	3:41.5	02:51.5
50 Fly	1:02.0	45.9	1:00.0	42.4	58.00	39.6	55.0	37.5	50.0	35.3	45.0	33.4	40.0	31.7
100 Fly	2:34.9	1:50.1	2:04.3	1:35.9	1:47.5	1:27.6	1:34.8	1:22.0	1:24.9	1:16.7	1:18.9	1:12.3	1:14.8	01:08.5
200 Fly	4:40.0	4:00.0	4:10.4	3:30.4	3:51.7	3:11.7	3:40.8	3:00.8	3:29.5	2:49.5	3:20.1	2:40.1	3:11.8	02:31.8
50 Back	1:02.0	46.9	1:00.0	43.6	58.00	41.2	55.0	39	50.0	36.5	45.0	34.8	40.0	33.1
100 Back	02:24.5	01:43.3	02:03.5	01:34.7	01:47.3	01:27.6	01:34.6	01:22.5	01:25.6	01:17.3	01:19.5	01:13.0	01:15.7	01:09.8
200 Back	04:06.70	03:36.70	03:59.70	03:19.70	03:46.9	03:06.9	03:36.5	02:56.5	03:25.9	02:45.9	03:17.0	02:37.0	03:10.4	02:30.4
200 IM	04:21.7	03:41.7	04:05.1	03:25.1	03:51.0	03:11.0	03:40.5	03:00.5	03:30.4	02:50.4	03:20.7	02:40.7	03:14.3	02:34.3
400 IM							07:22.1	06:20.9	06:40.3	06:00.4	06:13.0	05:40.6	05:49.4	05:26.4
800 Free							13:44.0	11:41.10	13:10.0	11:01.8	12:50.0	10:31.3	12:44.0	10:08.4
1500 Free							24:30.0	22:01.7	23:30.0	20:52.8	22:30.0	19:55.5	22:00.0	18:40.6

Girls

	9y		10y		11y		12y		13y		14y		15y/O	
	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT
50 Free	01:00.0	41.1	58.0	38.5	55.0	36.5	53.0	34.7	48.0	33.3	45.0	32.4	43.0	31.7
100 Free	02:01.3	01:32.9	01:41.0	01:24.6	01:29.4	01:18.7	01:21.8	01:14.3	01:17.1	01:11.5	01:15.0	01:09.5	01:14.4	01:08.3
200 Free	03:57.6	03:17.6	03:40.4	03:00.4	03:29.6	02:49.6	03:19.9	02:39.9	03:13.6	02:33.6	03:09.6	02:29.6	03:06.6	02:26.6
50 Breast	01:07.0	54.2	01:03.0	50	01:01.0	46.7	58.0	44	55.0	42.1	50.0	40.8	48.0	39.8
100 Breast	02:35.6	02:00.2	02:08.0	01:48.8	01:53.6	01:40.2	01:43.6	01:34.4	01:36.7	01:29.8	01:33.0	01:26.5	01:32.4	01:25.1
200 Breast	04:51.5	04:11.7	04:31.7	03;51.5	04:14.9	03:34.9	04:02.4	03:22.4	03:52.8	03:12.8	03:46.7	03:06.7	03:23.5	03:03.5
50 Fly	01:07.0	46.5	01:03.0	42.4	01:00.0	40.1	58.0	37.9	55.0	36.4	50.0	35.2	48.0	34.4
100 Fly	02:24.3	01:51.4	01:53.2	01:36.0	01:39.9	01:28.0	01:31.2	01:22.4	01:25.2	01:19.0	01:23.0	01:16.3	01:21.8	01:15.1
200 Fly	04:43.5	04:03.6	04:02.8	03:32.8	03:53.9	03:13.9	03:40.7	03:00.7	03:32.6	02:52.6	03:26.7	02:46.7	03:23.0	02:43.0
50 Back	01:02.0	47.3	01:00.0	43.8	58.00	41.4	55.0	39.3	50.0	37.7	45.0	36.5	40.0	35.9
100 Back	02:15.7	01:45.2	01:53.2	01:35.2	01:40.3	01:28.1	01:31.2	01:22.7	01:25.9	01:19.2	01:23.0	01:17.0	01:22.0	01:15.3
200 Back	04:18.8	03:38.8	04:01.8	03:21.8	03:46.3	03:06.3	03:36.3	02:56.3	03:29.6	02:49.6	03:24.6	02:44.8	03:21.1	02:41.1
200 IM	04:24.0	03:44.0	04:05.6	03:25.6	03:51.4	03:11.4	03:40.6	03:00.6	03:33.8	02:53.8	03:28.7	02:48.7	03:25.5	02:45.5
400 IM							07:02.2	06:19.9	06:35.9	06:03.9	06:23.0	05:53.8	06:18.7	05:47.3
800 Free							13:44.0	11:29.3	13:10.0	10:58.3	12:50.0	10:40.8	12:44.0	10:28.5
1500 Free							24:30.0	22:10.0	23:30.0	21:10.1	22:30.0	21:51.7	22:00.0	20:22.6

COACHES PASSES

Coaches' passes are £20.00 per person, to include poolside access, programmes, and morning coffee from 8:45 am, lunch on each day.

Passes are limited to 1 per 10 swimmers.
They will be available for collection from 8.00 onwards on the day at the HELP DESK
Applications should be emailed to events@holywellswimmingclub.co.uk and the fees transferred by BACS.

All Coaches require and up to date DBS check and should have the original copy of their CRB documentation with them for examination if requested.

REQUEST FOR OFFICIALS

We really need enough officials to run this Meet, so we request that each club shall provide a minimum of one official per 10 swimmers of Judge 1 standard or above per session. These should be notified in advance of the meet using the link below.
Swim-Meet Officials

Failure to comply with this condition may result in the rejection of the club entries.

Note that all Officials require an up-to-date DBS check and should have the original copy of their documentation with them for examination if requested or viewable via Swim Wales Justgo