



SwimMark

City of
Hereford
Swimming Club

Applefest 2023

1st & 2nd July 2023

At Hereford Leisure Pool

(Held under ASA Laws and Technical Rules- License Number **3WM230723**)

Licensed Level 3

25m, 6 lane pool with anti-wave ropes, electronic timing and swim down pool.

Spectator seating area and Cafeteria.

All events are heat declared winners.

All events are subject to entry times upper & lower limits.

Preferred entries are electronic, via Sportsys Entry Manager

Age as on 2nd July 2023

Medals will be given for top 3 for each event in the following age groups:

9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16/over.

There will also be awards for top girl, top boy in each age group & top visiting club.

Open meet information/entry pack can be downloaded from the website

www.herefordswimming.club

or email **promoter@herefordswimming.club**

Entries close midnight Friday 9th June 2023

Applefest 2023
Level 3 – License 3WM230723
Programme of Events
Saturday 1st & Sunday 2nd July 2023

Saturday 1st July 2023

Session 1 – 8.00am Warm up - 9.05am Start

101	Female	400m Freestyle	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
102	Male	400m I.M.	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
103	Female	200m Backstroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
104	Male	200m Breaststroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
105	Female	100m Freestyle	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
106	Male	100 Backstroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
107	Female	50m Breaststroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
108	Male	50m Butterfly	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.

Saturday 2nd July 2023

Session 2 – 1.00pm Warm Up – 2.05pm Start

201	Male	200m Freestyle	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
202	Female	200m I.M.	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
203	Male	200 Butterfly	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
204	Female	100m Breaststroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
205	Male	100m I.M.	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
206	Female	100m Butterfly	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
207	Male	50m Backstroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
208	Female	50m Freestyle	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.

Sunday 2nd July 2023

Session 3 - 8.00am Warm up – 9.05am Start

301	Male	400m Freestyle	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
302	Female	400m I.M.	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
303	Male	200m Backstroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
304	Female	200m Breaststroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
305	Male	100m Freestyle	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
306	Female	100m Backstroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
307	Male	50m Breaststroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
308	Female	50m Butterfly	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.

Sunday 2nd July 2023

Session 4 - 1.00pm Warm Up – 2.05pm Start

401	Female	200m Freestyle	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
402	Male	200m I.M.	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
403	Female	200m Butterfly	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
404	Male	100m Breaststroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
405	Female	100m I.M.	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
406	Male	100m Butterfly	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
407	Female	50m Backstroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
408	Male	50m Freestyle	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.

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Female Short Course Upper Qualifying Times

Event	9	10	11	12	13	14	15	16/OV
50 Freestyle	00:35.0	00:32.0	00:31.5	00:30.5	00:29.5	00:29.0	00:28.5	00:28.0
100 Freestyle	01:15.0	01:09.0	01:07.00	01:05.0	01:04.0	01:03.0	01:02.0	01:01.0
200 Freestyle	02:45.0	02:25.0	02:20.0	02:15.0	02:14.0	02:13.0	02:12.0	02:11.0
400 Freestyle	05:45.0	05:30.0	05:20.0	05:05.0	04:55.0	04:45.0	04:40.0	04:37.0
50 Breaststroke	00:45.0	00:42.0	00:40.0	00:38.5	00:38.0	00:37.0	00:36.0	00:35.0
100 Breaststroke	01:40.0	01:30.0	01:23.0	01:21.0	01:20.0	01:19.0	01:18.0	01:17.0
200 Breaststroke	03:25.0	03:15.0	03:05.0	03:00.0	02:55.0	02:52.0	02:49.0	02:45.0
50 Butterfly	00:40.0	00:34.0	00:33.0	00:31.0	00:30.5	00:30.0	00:29.5	00:29.0
100 Butterfly	01:30.0	01:18.0	01:16.0	01:11.0	01:08.0	01:07.0	01:06.5	01:06.0
200 Butterfly	03:30.0	02:54.0	02:50.0	02:40.0	02:33.0	02:30.0	02:28.0	02:26.0
50 Backstroke	00:38.0	00:35.0	00:34.0	00:33.0	00:32.5	00:32.0	00:31.5	00:31.0
100 Backstroke	01:30.0	01:20.0	01:15.0	01:13.0	01:11.0	01:10.0	01:09.0	01:08.0
200 Backstroke	03:00.0	02:45.0	02:35.0	02:30.0	02:29.0	02:28.0	02:27.0	02:26.0
100 Individual Medley	01:30.0	01:20.0	01:15.5	01:12.5	01:08.5	01:07.0	01:05.0	01:04.0
200 Individual Medley	03:15.0	02:50.0	02:45.0	02:41.0	02:40.0	02:39.0	02:37.0	02:35.0
400 Individual Medley	06:10.0	5:50.00	5:40.00	05:30.0	05:25.0	05:20.0	05:18.0	05:14.0

Male Short Course Upper Qualifying Times

Event	9	10	11	12	13	14	15	16/OV
50 Freestyle	00:33.0	00:30.0	00:28.5	00:27.5	00:27.0	00:26.5	00:26.0	00:25.5
100 Freestyle	01:18.0	01:12.0	01:02.0	01:00.0	00:58.0	00:57.0	00:56.0	00:55.0
200 Freestyle	03:00.0	02:40.0	02:19.0	02:15.0	02:05.0	02:03.0	02:01.0	02:00.0
400 Freestyle	05:10.0	04:50.0	04:45.0	04:40.0	04:35.0	04:30.0	04:25.0	04:20.0
50 Breaststroke	00:48.0	00:42.0	00:38.0	00:36.0	00:34.0	00:33.0	00:32.0	00:31.0
100 Breaststroke	01:35.0	01:30.0	01:25.0	01:18.0	01:15.0	01:12.0	01:11.0	01:10.0
200 Breaststroke	03:30.0	03:20.0	03:10.0	03:00.0	02:50.0	02:45.0	02:40.0	02:35.0
50 Butterfly	00:38.0	00:34.0	00:32.0	00:31.0	00:30.0	00:29.0	00:28.0	00:27.0
100 Butterfly	01:30.0	01:20.0	01:10.0	01:08.0	01:05.0	01:03.0	01:01.0	01:00.0
200 Butterfly	03:15.0	02:55.0	02:40.0	02:35.0	02:30.0	02:25.0	02:20.0	02:15.0
50 Backstroke	00:38.0	00:36.0	00:34.0	00:32.0	00:31.0	00:30.0	00:29.0	00:28.0
100 Backstroke	01:20.0	01:15.0	01:12.0	01:08.0	01:05.0	01:04.0	01:03.0	01:02.0
200 Backstroke	03:05.0	02:56.0	02:45.0	02:30.0	02:25.0	02:20.0	02:18.0	02:15.0
100 Individual Medley	01:30.0	01:20.0	01:14.0	01:12.0	01:08.0	01:05.0	01:03.0	01:00.0
200 Individual Medley	03:00.0	02:40.0	02:35.0	02:30.0	02:27.0	02:23.0	02:20.0	02:16.0
400 Individual Medley	06:00.0	05:42.0	05:35.0	05:30.0	05:25.0	05:15.0	05:00.0	04:52.0

Swimmers must not have swum faster than the above times in the preceding 12 months.

Random checks will be made on ASA rankings & entries rejected where necessary.



Applefest 2023

LEVEL 3 LICENSED MEET – 3WM230723

@ Hereford Leisure Pool, St Martins Avenue,
Hereford HR2 7RQ

Saturday 1st & Sunday 2nd July 2023

Under Swim England Laws and Swim England Technical Rules

(Affiliated to Worcester County Swimming Association and Swim England West Midlands Region)

Promoter's Conditions

1. All entrants must be registered members of their Association, and of an affiliated Club, and amateurs as defined by Swim England Laws.
2. Upper cut off times will be applied to all events. Entries of 6 or more swimmers from the same Club, must be made electronically (entry file to be obtained from Promoter). Entries of 5 or less swimmers from the same club, can be made using the official meet entry form. Entries must reach the Promoter to the address below by the closing date of **Friday 9th June 2023**, all acceptances will be notified via email.
3. Please notify us of any errors or spelling mistakes as soon as possible.
4. The promoter reserves the right to refuse or reject entries. Incorrect or incomplete entries will not be accepted.
5. Entries are accepted on the understanding that the competitor accepts the Promoter's Conditions. If the events are oversubscribed, the Promoter reserves the right to return entries. No poolside entries will be permitted.
6. First come, first served entries accepted.
7. No refunds will be made to competitors who withdraw after advice of acceptance, unless for medical reasons on production of a Doctor's note. Competitors selected to represent their Nation, Region, County or Pathway development for attendance during the meet can apply for refunds.
8. The pool is 25m and the meet will be swum short course. Anti-wave lane ropes will be in place and electronic timing will be used, with a secondary starting strobe light.
9. All events will be "single start" and may have "over the top" starts.
10. The order of the events may be changed at the discretion of the referee.
11. The meet will be run without cards. Entries will be seeded into spearheaded heats from submitted times, with the slowest heat first.
12. All events will be Heat Declared Winners (HDW) and medals will be made to the first three places in each age group per event. Medals are to be collected from the Medal table when announced.
13. Wet swimmers are not allowed in the spectator areas. A pool is available for swim down only and may be closed, if not used correctly.
14. Entry forms can be obtained from promoter@herefordswimming.club or downloaded from www.herefordswimming.club **CAPITAL LETTERS PLEASE & DOUBLE CHECK DATES OF BIRTH ON FORM BEFORE SENDING.**
15. Entry fees are £6.00 per event.
16. Medals will be awarded for the **first three places** in each age group.
17. Age Groups are 9, 10, 11, 12, 13, 14, 15, and 16/Over – ages as at 2nd July 2023.
18. An award will be made in each age group to the female and male who gain the most points in their age group.
19. There will be a Trophy award made to the top visiting club, which gains the most combined points from both female & male swimmers within their club.

20. The system for awarding points for best club and best age group swimmers will be 6 points for 1st, 5 points for 2nd, 4 points for 3rd, 3 points for 4th, 2 points for 5th and 1 point for 6th place.
21. Automatic recorded times are not final, until results have been verified by the referee and posted as confirmed results.
22. Clubs may have poolside coaches/managers/chaperone's who will be admitted on production of a pass at a cost of £10.00 each per day. A maximum of 4 Passes per session per club. Passes are available for collection on the day on the entrance table - results will be posted live on <http://swimresults.co.uk> website on the day of the meet. Passes must be worn at all times whilst poolside or in the changing rooms. It is the responsibility of attending clubs to ensure that Coach's / Chaperone's passes are only issued to people who have an up-to-date CRB.
23. Coach passes will not be sold on the day. No pass – no admission to poolside.
24. Adult spectator entry fee £4.00 per session or £12.00 for all weekend.
25. Video and Photography: Following updated guidance from Swim England, the use of all photographic equipment is no longer controlled. Spectators / coaches and swimmers are reminded that if such equipment is used, they should STOP AND THINK, the guidelines on consent and decency must always apply. Photography guidance applies to all images and recordings, taken on camera, mobile phone or other recording devices. Social media guidance will apply if those images or recordings are being shared through any social media platform (all club welfare officers have a copy of Wavepower, where guidelines can be found). You are reminded that FLASH PHOTOGRAPHY is not permitted during the meet.
26. Neither the Promoter or Halo Leisure accept any liability for any loss or damage to personal belongings.
27. Entries and results for this meet will be held on computer. As required by the Data Protection Act 1998, submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the meet.
28. The Promoter reserves the right to refuse admission to any competitor or spectator. (example abusive or unacceptable behavior)
29. In order to assist with the efficient running of the meet, teams are requested to provide licensed officials if possible. Any team who is unable to provide officials, will not see their entries impacted because of this. Trainee officials are welcome to be mentored where possible.
30. The Promoter reserve the right to amend the conditions as necessary – with the approval of the licensing officer, return entries in the event of the competition being oversubscribed, cancel the event if the meet is undersubscribed. All participants will be informed of any alterations.
31. The event is run under Swim England Laws and Swim England Technical Rules, and any laws or rules not covered by the Promoter's Conditions shall be covered by the Swim England Laws on Open Competitions.
32. The event will be run under the COVID rules in place on day of event, under the supervision of the City of Hereford Covid lead.
33. Any complaints should made in the first instance to the Promoter using any of the following information.

Information and completed entry forms to:

**Wayne Taylor
45 Blakemore Close,
Hereford HR2 7HZ**

Tel: 07425 144476

E-mail: promoter@herefordswimming.club

Download entry forms and obtain up to date information on the Meet by visiting www.herefordswimming.club

INDIVIDUAL ENTRY FORM

Applefest 2023

Licensed Level 3WM230723 – 1st & 2nd July 2023

City of Hereford Swimming Club - Affiliated to W.C.A.S.A. & Swim England West Midlands

Complete this form fully, in **BLOCK CAPITALS PLEASE**.

Full Name: Male / Female.....

Date of Birth Age as at 02/07/2023:yrs

Club: WCASA OR ASA.I/D. No:.....

Acceptance list to be emailed to:

EVENT	TIME ACHIEVED	EVENT	TIME ACHIEVED
50m Freestyle		50m Breaststroke	
100m Freestyle		100m Breaststroke	
200m Freestyle		200m Breaststroke	
400m Freestyle		50m Butterfly	
50m Backstroke		100m Butterfly	
100m Backstroke		200m Butterfly	
200m Backstroke		200m Individual Medley	
100 Individual Medley		400m Individual Medley	
Events £6.00 each	Total number of events		£
Coach / Chaperone Passes	@ £10.00 per person per DAY		£
		TOTAL AMOUNT	£

Swimmers must be amateurs as per Swim England Law

Signature of Club Officer as ratification of achieving the above times and that swimmers are capable of diving as stipulated by the Swim England Competitive start award, is required

Signature:..... Name:.....Club Officer

CHEQUE'S PAYABLE TO: **City of Hereford Swimming Club**

Visiting officials welcomed - please GET IN TOUCH - promoter@herefordswimming.club

Return form by the **CLOSING DATE of Friday 9th June 2023**

to: Wayne Taylor, 45 Blakemore Close, Hereford, HR2 7HZ Tel 07425 144476 or

Email promoter@herefordswimming.club

CLUB ENTRY CONSOLIDATED ENTRY FORM

Applefest 2023

License Number 3WM230723

<u>Club</u>	
Contact	
Address	
Tel No:	
Email	

Total Number of Swimmer Entries _____

Total Cost of Entries @ £6.00 each _____

Total Number & Cost of Poolside Passes _____

Total Payment _____

All Cheques should be made payable to 'City of Hereford Swimming Club' or BACS payment to:

- Sort Code: 30-94-99
- Account Number: 00148007
- Reference: WM + Club Name

Please email completed payment form & Entry Manager Entry Reports to:

promoter@herefordswimming.club

Applefest 2023

License Number 3WM230723

Coaches & Chaperones Poolside Application Pass

Club Name			
Full Name (1)			
ASA No		DBS No	
Full Name (2)			
ASA No		DBS No	
Full Name (3)			
ASA No		DBS No	
Full Name (4)			
ASA No		DBS No	

The above person/persons are authorized to hold a pass for this club.

Club Secretary..... Signature.....

Please note – only members of an affiliated swimming association will be eligible for a poolside pass.

There will be no access to the Poolside without a pass & passes are non-transferable.

Applefest 2023

License Number 3WM230723

Officials Nomination Form

PLEASE COMPLETE IN BLOCK CAPITALS

Name of Club					
Full Name					
Qualification	J1	J2	J2S	Referee	(Circle Level)
Tel No/ Mobile					
Email					
Sessions (tick)	1	2	3	4	

All completed forms to be emailed to Wayne Taylor promoter@herefordswimming.club

Trainee officials are welcome and will be mentored where possible.

Please complete form and put 't' next to qualification you are training for.

Please - Complete form for each official.