CARDIFF BAY SPRINT MEET – SATURDAY 4th JULY 2015

COACHES INFORMATION

**TIMINGS:** The sessions will start as follows (Doors Open 8.00am)

Session one 8.30am Warm Up for 9.35am start eft 12.20pm

Session two 12.30pm Warm Up for 1.35pm start eft 4.20pm

Session three 4.30pm Warm Up for 5.05 pm start eft 6.30pm

**MARSHALLING** : Marshalling will commence at the finishing end of the pool near the showers just inside the entrance

from the changing rooms. Competitors will be called to the Marshalling Area at least one event in advance.

Swimmers will then be directed to the seated areas to move towards the Toys R Us end of the pool where the starts

of the 50m events will take place.

This process will reverse for those swimmers who qualify for the IM events.

**DISPLAY** Electronic Display will give the time of all swimmers at the end of each heat.

**AWARDS. Competitors will only receive a medal if they have not swum faster than the respective UPPER**

**CUT OFF TIME, although they will still qualify for the Individual Medley Event.**

***Medals*** *will be presented to the first three swimmers who have not swum faster than the respective UPPER*

*CUT OFF TIME in the HDW events for the four strokes, Breaststroke, Backstroke, Butterfly, Frontcrawl*

*The medals will be presented in each of the age groups as referred to above.*

*As there is no Upper Cut Off time for the Kick Race, medals will be awarded to the top three in each Age Group.*

Speeding tickets will be given to swimmers who swim faster than the Upper Cut Off Time in the AA and B Grades

where possible otherwise they will be sent to the club.

*Points will be calculated as follows, 1st place 10 points, second place 9 points etc.*

The Top 9 year old swimmer will be awarded the **‘Rowland Jones Trophy’** at the end of the Meet using the Heat Declared winners, regardless of graded time entries and the winner

will be able to keep a commemorative trophy. Events qualifying for the Trophy will be by the completion of

**all four 50m Sprint** **Events (not ‘Kick Race’)** on a points basis (10pts – 1st place etc.).

The **‘Brian Hardwicke Cup’** will be awarded to the top 12 year old at the end of the Meet using the Heat Declared

winners regardless of graded time entries and the winner will be able to keep a commemorative cup. Qualifying

events for the Cup will be as described for the **Rowland Jones Trophy** above.

**CASH AWARDS** Prize money of £10 will be awarded to the 1st place for the 200m Individual Medley event for each of the

age groups 9, 10, 11, 12, 13, 14, 15 and 16/o.

**PRESENTATIONS**  These will take place at the car park end of the pool*.* Following the announcement of the results of each event, finalists are asked to report to the presentation area to receive their awards. These presentations will take place continuously during events.

**COACHES** Coaches can collect Start Sheets from the Meet Office on spectator seating area. Please show coaches pass. Coaches/chaperone passes are £10 each, which provides access to all sessions, no reductions for less sessions attended. Coaches Passes are to be restricted to one per fifteen Club participants, with a maximum of 3 per Club. The Passes will not entitle coaches to lunchtime meals, reserved only for Meet Officials.

**Entry to poolside will NOT be permissible without displayed coaches’ passes, regardless of circumstances.**

**No chaperones or helpers will be allowed poolside without a pass.**

Coaches and team managers must keep swimmers out ofthe leisure pool during the meet.

**SWIMMERS MUST NOT CLIMB OUT OF THE POOL OVER THE TIMING PADS,**

**THEY SHOULD CAREFULLY MAKE THEIR WAY TO THE SIDE OF THE POOL**

**SWIMMERS SHOULD NOT USE THE STAIRS INTO THE SPECTATOR SEATING AREA WITH WET FEET**

***PLEASE ALSO NOTIFY THE MEET OFFICE OF ANY SWIMMER, WHO, HAVING QUALIFIED FOR THE INDIVIDUAL MEDLEY EVENTS WISHES TO WITHDRAW, AS SOON AS POSSIBLE AFTER THE ANNOUNEMENT HAS BEEN MADE. GIVING THE RESERVES THE OPPORTUNITY OF TAKING PART.***

***10 SWIMMERS AND 2 RESERVES WILL BE ANNOUNCED.***

Warm up sessions will take place as follows. – Swimming from ToysRus end : Sprint from Car Park end ensuring lane is clear enough

**SESSION ONE - Warm up from 8.30** Swimming from ToysRus end : Sprint from Car Park end

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|  |  | Lane 0 | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 |
| 8.30-8.45 | Girls 11 & Under | Aged 9 | Aged 9 | Aged 10 | Aged 10 | Aged 10 | Any Age | Any Age | Aged 11 | Aged 11 | Aged 11 |
| 8.45-8.50 | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint |
| **PLEASE ENSURE NO MORE THAN 20 PER LANE** | | | | | | | | | | | |
| 8.50-9.05 | Girls 12 & Over | Aged 12 | Aged 12 | Aged 12 | Aged 13 | Aged 13 | Any Age | Age 14 | Aged 14 | Aged 15 | Aged 16+ |
| 9.05-9.10 | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint |
| 9.10 | END OF WARM UP | | | | | | | | | | |
|  |  | Lane 0 | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 |
| 9.10-9.25 | Boys | Aged 9 | Aged 10 | Aged 10 | Age 11 | Any Age | Aged 12 | Aged 12 | Aged 13 | Aged 14+ | Aged 14+ |
| 9.25-9.30 | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint |
| **PLEASE ENSURE NO MORE THAN 20 PER LANE** | | | | | | | | | | | |
| 9.30 | END OF WARM UP | | | | | | | | | | |
| 9.35 | COMMENCEMENT OF SWIMMING | | | | | | | | | | |

**SESSION TWO – Warm up 12.30** Swimming from ToysRus end : Sprint from Car Park end

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|  |  | Lane 0 | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 |
| 1230-1245 | Boys | Aged 9 | Aged 10 | Aged 10 | Age 11 | Any Age | Aged 12 | Aged 12 | Aged 13 | Aged 14+ | Aged 14+ |
| 1245-1250 | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint |
| **PLEASE ENSURE NO MORE THAN 20 PER LANE** 12.50 | | | | | | | | | | | |
|  | END OF WARM UP | | | | | | | | | | |
|  |  | Lane 0 | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 |
| 1250-1.05 | Girls 11 & Under | Aged 9 | Aged 9 | Aged 10 | Aged 10 | Aged 10 | Any Age | Any Age | Aged 11 | Aged 11 | Aged 11 |
| 1.05-1.10 | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint |
| **PLEASE ENSURE NO MORE THAN 20 PER LANE** 12.50 | | | | | | | | | | | |
|  |  | Lane 0 | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 |
| 1.10-1.25 | Girls 12 & Over | Aged 12 | Aged 12 | Aged 12 | Aged 13 | Aged 13 | Any Age | Age 14 | Aged 14 | Aged 15 | Aged 16+ |
| 1.25-1.30 | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint |
| 1.30 | END OF WARM UP | | | | | | | | | | |
| 1.35 | COMMENCEMENT OF SWIMMING | | | | | | | | | | |

**SESSION THREE – Warm up 4.30** Swimming from ToysRus end : Sprint from Car Park end

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|  |  | Lane 0 | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | Lane 6 | Lane 7 | Lane 8 | Lane 9 |
| 4.35-4.55 | Girls lanes 0 - 4 | Aged 9/10 | Aged 11/12 | Aged 13 | Aged 14 | Aged 15+ | Aged 15+ | Aged 14 | Aged 13 | Aged 11/12 | Aged 9/10 |
| 4.55-5.00 | Boys lanes 5 - 9 | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint | Sprint |
| **PLEASE ENSURE NO MORE THAN 20 PER LANE** | | | | | | | | | | | |
| 5.00 | END OF WARM UP | | | | | | | | | | |
| 5.05 | COMMENCEMENT OF SWIMMING | | | | | | | | | | |