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| nofio | SWIM WALESSOUTH EAST WALES REGION | SEW logo |

***South East Wales Regional***

***Junior Development Meet***

***2015***

**Venue S.E.W. Regional Pool**

**Newport I.S.V.**

**NP19 4RA**

**Weekend of Saturday 16th/17th May**

**Warm up 8.30am**

**EVENT INFORMATION AND ENTRY FORMS**

(To be swum under FINA TechnicalRules and Swim Wales Laws)

**Licence Number WL150879**

**CLOSING DATE FRIDAY 17th APRIL**

 **This competition is designed for swimmers who have not qualified to swim in the Welsh Age Groups, in any event, in the current year.**

![Swim Wales Programme Logo Strip NO BG[2]]()

## Meet Information

## Events

## Girls 9 years ; Boys 9 years Age on 31st December 2015

50 metres, Backstroke, Breaststroke, Butterfly

100 metres Freestyle

100 metres Individual Medley

## Girls 10 years: Boys 10 years

50 metres, Backstroke, Breaststroke, Butterfly

200 metres Freestyle

100 metres Individual Medley

## Girls 11 years; Girls 12 years; Boys 11 years: Boys 12 years

100 metres Backstroke, Breaststroke, Butterfly,

200 metres Freestyle

200 metres Individual Medley

**Relays**

Girls 9/10 years 4 x 50 metres Medley and Freestyle

Boys 9/10 years 4 x 50 metres Medley and Freestyle

Girls 11/12 years 4 x 50 metres Medley and Freestyle

Boys 11/12 years 4 x 50 metres Medley and Freestyle

Mixed 9/10 years 4 x 50 metres Freestyle

Mixed 12/under 4 x 50 metres Freestyle

**Session Times**

**Session 1 Warm up – 8.30am**

**Other sessions to be decided on receipt of entries, which may result in the meet taking place over two days. If the inclusion of relay events causes the meet to over-run the 7.5 hours of competition allowed in one day, the relay events would be dropped from the programme.**

**Entries**

**This competition is designed for swimmers who have NOT qualified to swim in the Welsh Age Group or Youth Championships in any event in the current year.**

## Please note that under Meet Licensing the minimum age for girls and boys is 9 years on 31st December 2015

Entries, together with Summary Sheet and Entry fees, to be sent to:

Steve Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA -

E Mail: sewregion@yahoo.co.uk Tel: 01443 205198

**Closing Date: Friday 17th APRIL**

**South East Wales Regional Junior Development Meet**

**2015**

## Competition Rules / Meet Information

1. The competition will be run under FINA Technical Rules & Swim Wales Laws
2. Age shall be as at 31st December 2015
3. The entry fee shall be £4.00 per event or £16.00 for all FIVE events
4. All events will be Heat Declared Winner
5. Awards to be given to the swimmers ranked 1st to 3rd on the ranking list
6. Only swimmers who have not reached the “B” Grade UPPER CUT OFF Times will be accepted
7. The Meet Director, with the Referee may decide to move swimmers into adjacent lanes if swimmers fail to report to marshalling.

6. The entry fee for Relay Teams to be £ 7.50 per team.

7. A maximum of “A” and “B” teams only per club

1. Relay forms must be submitted before the start of the session in which they take place

9 Swimmers, who are registered through the Water Dragon Programme, must have dual

 membership to a Swim Wales SEW affiliated Club.

10. No refunds will be made.

11. In the case of an emergency, everyone is required to follow the instructions given by

 poolside staff.

12. All valuables and belongings will be the responsibility of the owner.

13. Admission charges £2.50 per session (Concessions £1.50)

 £6.00 per day (Concessions £3.50)

## Please note that under Meet Licensing the minimum age

## for girls and boys is 9 years on 31st December 2015

**![Swim Wales Programme Logo Strip NO BG[2]]()**

**GENERAL CONDITIONS and MEET PROCEDURE**

**(PLEASE SEE MEET INFORMATION SPECIFIC TO THE MEET)**

**1. THE PROMOTERS**  are S.E.W. REGION.

a) The Promoter of this event is Swim Wales South East Wales Region.

b) The promoter can be contacted by e mailsewregion@yahoo.co.uk or 01443 205198

c) The Meet will be swum under FINA Technical Rules and Swim Wales Laws and Disciplinary Code

d) No alcohol or tobacco advertising is permitted on any clothing.

e) All decisions made by the Lead Referee will be final and binding.

**2. SWIM WALES REGIONAL COMPEITIONS ELIGIBILITY**

a) Entries may only be accepted from competitors registered as members of Clubs, holding either primary or multi registration Welsh

 membership, within the South East Wales Region.

b) Swimmers must only swim for one club during the Competition.

c) Competitors must have been registered members of the Club in whose name they are entered at least 30 days prior to the

 closing date for entries for the Championships (including relays).

d) Competitors who compete in ASA County Championships will not be accepted to swim in the following annual cycle of

 Regional Competitions:

* 1. The Junior Development Meet in May/June.
	2. The Sub Regional Championships in November/December.
	3. The Regional Championships in February the following year i.e. ASA County Championships in 2014 means they would not be accepted for the Swim Wales Regional Championships in 2015.

**3. EVENTS**

a) Events will take place as shown on the attached programme of events.

b) The Promoters reserve the right to amend the programme of events, to include Friday evening in the programme and to

 restrict/reject entries if the Meet is oversubscribed. Should these changes be necessary, prior notice will be given and

 information will be sent to the clubs by e-mail and located on the Swim Wales web site.

c) Time trials will not be permitted.

d) Competitors in events 400m and longer will have to sign in before the warm up of the session in which they occur

**4. ENTRIES**

a) All entries shall be returned electronically, where possible, to sewregion@yahoo.co.uk or to Steven Hathway,

 108 Queens Drive, Llantwit Fardre, CF38 2PA by the relevant closing date, accompanied by the appropriate entry fee.

b) A TM file will be available on the Swim Wales Web Site on the S.E.W. Region pages or from Steve

 Hathway

c) The organisers may request validation of any stated entry time.

d) Long Course Entry Times will be converted to Short Course by Hy-Tek.

**5. WITHDRAWALS**

a) Competitors who wish to withdraw from an event must do so by notifying either Steve Hathway on the

appropriate form by post, or e-mail to sewregion@yahoo.co.uk , or during the meet by phone on 07917267302 or 07732549628 or at the Meet Office (in writing on the appropriate form), by 5 pm on the evening before the event.

**6. RELAYS**

a) Clubs may enter more than one relay team per Age Group per event BUT only one team from each club will qualify for

 medals**.**

b) Relay Forms must be submitted by the start of the session in which they occur.

c) A separate form must be completed for EACH team

d) Swimmers names must be submitted in the swimming order.

e) Relay teams failing to swim in the submitted order will be disqualified.

f) If it can be proved to the Lead Referee that a member of a Relay Team is unavailable through ill health or accident, the Lead

 Referee may use discretion and allow a substitute to swim

g) No substitutions will be allowed once the warm up for the relay teams has begun.

**7. TROPHIES AND MEDALS**

a) Placing of competitors shall be determined from performances following finals or HDW events.

b) Failure of a swimmer to attend the appropriate presentation may result in the swimmer forfeiting his/her award.

c) Medals will be awarded for 1st – 3rd places in all age group categories. (No medals will be awarded to swimmers who do not

 achieve the event qualifying time).

**8. PRESENTATIONS**

a) The Lead Referee may decide to carry out presentations during the session.

b) Competitors must report to the Presentation Marshall immediately after announcements have been made.

c)Appropriate clothing, e.g. tracksuit T-shirt and footwear training shoes must be worn for the presentation.

d) Awards may not be presented if a swimmer is inappropriately dressed.

**9. OFFICIALS and VOLUNTEER HELPERS**

a) Each Club is required to supply **at least** **two suitably qualified official per session** wherever possible

b) Officials will be required to follow the protocol which can be downloaded from the Swim Wales web site

c) Clubs will be designated for each of the Regional Competitions to provide all Volunteers by rota.

**10. HEATS**

a) Competitors shall be placed in graduated time order, slowest to fastest.

b) A Meet Programme will be available at the start of the Meet of the event to Coaches and Team Managers on production of

 their poolside pass.

c) Coaches should ensure swimmers make themselves available for marshalling at least 2 events prior to the event in which they

 are competing. Please do not rely on the public address system.

**11. STARTS**

a) Over the top starts will, where necessary or appropriate, be used during the Meet.

**12. FINALS**

a) The maximum number of places practicable shall be allocated up to a total of eight competitors.

b) Finalists shall be allocated lanes using the spearhead principle from the heats.

c) The fastest heat of HDW events will be spearheaded.

**13. PASSES**

a) All Coaches and Chaperones must have relevant individual accreditation.

b)Applications for Coaches/Chaperones Passes must be made on the official form enclosed in this Information Pack,

 accompanied with a passport size photograph (or sent by e-mail to

 sewregional@yahoo.co.uk) if not already on file.

c) Passes must be person specific and will not be interchangeable/transferable.

d) Passes will need to be visible and worn at all times.

e) Anyone without a pass will be asked to leave poolside/changing village.

f) The closing date for passes will be the same as the closing date for entries. Applications will not be accepted on the day.

g) Passes are required for Health & Safety Reasons and Insurance Purposes.

h) One Swim Wales Head Coach pass per club will be allowed

**14. HEALTH & SAFETY**

a) All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in

 mind at all times.

b) It is the responsibility of the swimmer and/or parent/guardian/coach to declare to the referee any disability or medical

 condition that could present a health or safety risk.

c) If such a disability or medical condition exists, swimmers must produce a medical note confirming that their participation

 presents no health or safety problems.

d) Footwear MUST be worn on poolside, on the Balcony and throughout the building.

e) The Front 5 rows on the Balcony will be for swimmers – spectators are not allowed in this area.

f) Swimmers are advised not to use the elevators without an adult.

g) Stairways on the Balcony are to be kept CLEAR at ALL TIMES and should not be used to sit on.

h) An anticlockwise one way system will be in force on the poolside

1. The health, safety and wellbeing of all swimmers, officials, volunteers, spectators and visitors is paramount – all Health and Safety rules / regulations/ requirements must be complied with at all times.

j) A full risk assessment must be carried out in accordance with the Swim Wales Meet License Report Pack.

k) A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet is available from the duty manager throughout the duration of the Meet

All swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.

l) Unacceptable Behaviour:

Behaviour becomes “unacceptable” when it is considered “Offensive” to others; this includes, but is not limited to, the following:

Theft, willful damage to property and / or equipment, acts of vandalism, abuse of alcohol and / or drugs, bullying, offensive language, aggressive / violent acts, threatening behavior, all breaches of safety practices, failure to comply with instructions / directions, actions that bring the sport of swimming into disrepute.

m) Competitive Start Award:

Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach).

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.

n) Jewellery:

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, ear-rings (except studs), and rings (except wedding bands).

Swim Wales will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

o) Sufficient Pool Accreditation will be available for clubs to maintain adequate supervision of their athletes (As a guide,

 a ratio of 1:10 should be considered as the minimum required where athletes are 9 years and over)

p) **By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited**

 **professional photographer may be used for promotional purposes by the Region or the Governing Body.**

q) Swimmers are warned that doping controls may take place during these Championships and by submitting entries,

 swimmers/parents/guardians are thereby giving consent to any random control methods. Further information can be found

 at www.100percentme.co.uk

**15. CAMERA USE**

a) The use of **all** photographic equipment is controlled at this Meet and everyone is reminded that such equipment should not

 be used without a pass.

b) Passes can be obtained (free of charge) from the entry desk upon proof of identity.Acceptable forms of ID are: Photographic driving licence, passport, household bill for proof of address.

You will be issued with a tag for your photographic equipment and this must remain attached to the equipment within the

 Pool building. Equipment being used without a pass will be removed. The records of camera use will be retained

 by South East Wales Region or Swim Wales office for the remainder of the session/day

c) Video and Photography:

When a competition involves children under the age of 18 years of age it is a mandatory meet license requirement that all persons (including competitors / officials / volunteers / spectators), wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device / equipment used for taking / recording such images must register their details with the event management in advance of taking any images.

This includes; but is not limited to :

Still cameras

Cine Cameras

Video cameras

Camera / video enabled mobile phones

Camera enabled PDA’s

Proof of identity is required to register any photographic / video equipment.

**16. DATA PROTECTION**

a) The Region, along with the Governing Body, may use computers to record entry times and results.

b) By submitting entries you are accepting the conditions and consent is hereby given for holding personal information relating

 to the sport of Swimming as required by the current Data Protection Act.

**17. THE ORGANISERS**

a) retain the right to amend these conditions later if necessary after agreement by all three Swim Wales Regions, without notice

b) retain the right to return entries in the event of the competition being oversubscribed

c) retain the right to remove any person or club found to be in contravention of 13 (l) above.

**![Swim Wales Programme Logo Strip NO BG[2]]()**

**South East Wales Regional Junior Development Meet 2015**

**INDIVIDUAL COACH/CHAPERONE PASS**

**Weekend of 16th / 17th May**

## PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

|  |
| --- |
| FULL NAME: ......................………………………………………………………………………………NAME OF CLUB: ……………………………………………………………………………………………..POSITIONe.g. Club Coach..…………………………………………………………………………ADDRESS:……………………………………………………………………………...………………………………………………………….POST CODE:…………………….TEL NO: ................…………..........................… EMAIL:…………………………………………….……………………………………… SWIM WALES MEMBERSHIP NUMBER:……………………………………………CRB NUMBER:…………………..…………… DATE OF ISSUE:…………………..*Will you require food YES / NO (please notify of any dietary needs and we will try to accommodate* |

PLEASE NOTE: Only members affiliated to Swim Wales will be eligible for a coach’s pass. All processed through your CLUB

**Closing Date: Friday ……………………………………..**

**ONLY APPLICATIONS WITH A PHOTOGRAPH WILL BE ACCEPTED.**

**(unless a photograph is already on file)**

NO PASSES WILL BE AVAILABLE ON THE DAY. THEY MUST BE PURCHASED BEFOREHAND.

**THERE WILL BE NO ACCESS TO THE CHANGING VILLAGE OR POOLSIDE WITHOUT A COACH PASS**

**THE SWIM WALES HEAD COACHES PASS WILL ALLOW ENTRY TO THIS MEET FOR THE HEAD COACH ONLY**

Chaperones, nominated by the club, with a ratio of 1:10 swimmers are advised.

Coaches should not be regarded as Chaperones.

Chaperones without a pass will not be allowed on the poolside.

**South East Wales Regional Junior Development Meet 2015**

**RELAY ENTRY FORM**

Club:……………………………………………………………………….

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Event** |  | **Age Group** | **Event** | **Time** | **LC****✓** | **SC****✓** |
| 23 | Boys | 11/12 yrs | 4 x 50m Medley Relay |  |  |  |
| 24 | Girls | 11/12 yrs | 4 x 50m Medley Relay |  |  |  |
| 25 | Boys | 9/10yrs | 4 x 50m Medley Relay |  |  |  |
| 26 | Girls | 9/10yrs | 4 x 50m Medley Relay |  |  |  |
| 27 | Boys | 11/12 yrs | 4 x 50m Freestyle Relay |  |  |  |
| 28 | Girls | 11/12 yrs | 4 x 50m Freestyle Relay |  |  |  |
| 29 | Boys | 9/10yrs | 4 x 50m Freestyle Relay |  |  |  |
| 30 | Girls | 9/10yrs | 4 x 50m Freestyle Relay |  |  |  |
| 31 | Mixed | 12/under | 4 x 50m Freestyle Relay |  |  |  |
| 32 | Mixed | 9/10yrs | 4 x 50m Freestyle Relay |  |  |  |

....................... TEAMS @ £7.50 = £…………………..

 **This competition is designed for swimmers who have not qualified to swim in the Welsh Age Groups in the current year.**

## Please note that under Meet Licensing the minimum age for girls and boys is 9 years on 31st December 2015

 **Only swimmers who have NOT qualified to swim in the Welsh Age Group or Youth Championships in any event in the current year may take part**

**Only swimmers who have entered individual events can be considered by the clubs for their relay teams.**

**TO BE COMPLETED BY THE CLUB COACH.**

I declare that all the above competitors have reached the standard of the ASA Competitive Start Award and are permitted to start with a shallow racing dive from the starting blocks into shallow water of between 0.9 metres and 1.5 metres

 Signed...........................................................................

 If you are unable to sign the above declaration in respect of any swimmer, that swimmer must start in the water - see Safety Guidelines for Competitive Swimming issued by Swim Wales.

**Closing Date: Friday 17th APRIL**

**South East Wales Regional Junior Development Meet**

**2015**

**This form MUST accompany payment for entries to be accepted into the meet.**

**Entry Summary Sheet**

Please return this form with:

1. Entry Forms if not submitting electronically
2. Cheque/s made payable to Swim Wales S.E.W. Region
3. Coach/Chaperone Pass applications

|  |  |
| --- | --- |
| Club |  |
| Name |  |
| Address |  |
|  |  |
| Post Code |  | Tel No |  |
| Email |  |
| Position in Club |  |

**Summary**

|  |  |  |  |
| --- | --- | --- | --- |
| Total Individual Female Swimmers |  | Total Individual Male Swimmers |  |
|  | Number |  |
| Total Individual Entries |  | @ £4.00 | £ |
| Total Individual Entries |  | @ £16.00 | £ |
| Total Relay Entries |  | @ £7.50 | £ |
| Total Coaches Passes (per day) |  | @ £5.00 | £ |
| Swim Wales Head Coach Pass |  | signify attendance and food |  |
| Total Cheque Enclosed made payable to Swim Wales SEW Region | £ |

**This competition is designed for swimmers who have not qualified to swim in the**

**Welsh Age Groups in the current year.**

**It is requested that a single cheque for the complete club entry is submitted.**

I confirm all swimmers are current members of Swim Wales and have paid the appropriate membership fee to this Club

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the Meet Management for this event**.**

Club Secretary Signature ………………………………..... Date: ....................

**Closing Date Friday 17th APRIL**

**South East Wales Regional Junior Development Meet 2015**

**16th/17th May 2015**

**(Meet will be held over either 1 or 2 days depending on level of entries.)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Last Name:…………………………First Name:……………………..Middle Initial……(PLEASE PRINT CLEARLY)Preferred name:…………….……..……Age:…………….Date of Birth:….../….../…...  **(as at 03/05/15)**Male/Female:…….… W.A.S.A. Number:……………………………… Address:…………………………………………………………………………………………………………………………………………………………………………Post Code:……………………………. Tel No:…………………………………..EMail:……………………………………… Club Name:………………………………

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| EVENT | EVENT NO: | ENTRY TIME\* | LC √ | SC√ |
| 50m Back (9/10 Year Olds) |  |  |  |  |
| 50m Breast (9/10 Year Olds) |  |  |  |  |
| 50m Fly (9/10 Year Olds) |  |  |  |  |
| 100m I.M. (9/10 Year Olds) |  |  |  |  |
| 100m Free (9 Year Olds) |  |  |  |  |
| 200m Free (10-12 Year Olds) |  |  |  |  |
| 100m Back (11-12 Year Olds) |  |  |  |  |
| 100m Breast (11-12 Year Olds) |  |  |  |  |
| 100m Fly (11-12 Year Olds) |  |  |  |  |
| 200m I.M. (11-12 Year Olds) |  |  |  |  |

\* Please indicate Short Course or Long Course times. |

Total number of swims ………@ £4.00 or £16.00 for all FIVE events. Total Payable £…………

**(Payment should be made to your Club**. Cheques to be made payable to City of Newport Swimming Club)

 To be completed by the competitor:

 I declare that the above information is correct and agree to abide by the Meet conditions.

 I accept there will be no refund of entry fees, unless the Meet is oversubscribed.

 Signature of Competitor/Parent:………………………………….. Date:……………….

I declare that the above competitor has reached the standard of the ASA Competitive Start Award and has achieved the entry times as stated.

 Signature of Coach:………………………………………………... Date:……………….

**Closing date 17th April (No Late Entries Will Be Accepted)**

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**Application to Officiate**

**British Gas Swim Wales S.E.W. REGION**

**JUNIOR DEVELOPMENT MEET**

**at**

S.E.W. Region Pool, NEWPORT

Weekend of 16th/17th May

|  |  |
| --- | --- |
| **Title / Name** |  |
| **Membership No. & Club** |  |
| **CRB Number** |  |
| **e-mail address** |  |
| **Contact tel. no.** |  |
| **Qualifications** | **Tk** | **J 1** | **J 2** | **J 2( S)** | **Referee** |
| **Please indicate** |  |  |  |  |  |
| Please signify if you are on a workbook by putting W in the appropriate square |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Shirt Size****(not guaranteed)** | **Small** | **Medium** | **L** | **XL** | **XXL** | **XXXL** |
|  |  |  |  |  |  |

*012 2012Please indicate which days/sessions you are available by ticking the appropriate box(es)*

|  |  |  |
| --- | --- | --- |
|  | **Sat 16th May** | **Sun 17th May** |
| **1** | **2** | **3** | **4** | **5** | **6** |
| **Sessions** |  |  |  |  |  |  |

*Please indicate which role(s) you would be interested in by ticking the appropriate box(es)*

|  |  |  |  |
| --- | --- | --- | --- |
| **Role** |  **✓** | **Role** | **✓** |
| Time Keeper |  | Finish Judge |  |
| Time Keeper / Judge  |  | Chief Finish Judge |  |
| Chief Timekeeper |  | Stroke Judge |  |
| Inspector of Turns |  | Starter |  |
| Chief Inspector of Turns |  | Referee |  |

Please return to: Sheilah

Roberts smr4wc@lineone.net

|  |
| --- |
| **South East Wales Regional Junior Development Meet****2015****TWO DAY PROGRAMME OF EVENTS** |
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|
|
| **Session One Saturday 16th May warm up 8.30am**  |
| Event No | Age | Gender | Distance | Stroke |  |
| 1 | 11, 12yrs | Boys | 200m | Freestyle | HDW |
| 2 | 11, 12yrs | Girls | 200m | Freestyle | HDW |
| 3 | 10yrs | Boys | 50m | Breaststroke | HDW |
| 4 | 10yrs | Girls | 50m | Breaststroke | HDW |
| 5 | 9yrs | Boys | 50m  | Backstroke | HDW |
| 6 | 9yrs | Girls | 50m | Backstroke | HDW |
| **Session two Saturday 16th May warm up TBD** |
| 7 | 11, 12yrs | Boys | 100m | Butterfly | HDW |
| 8 | 11, 12yrs | Girls | 100m | Butterfly | HDW |
| 9 | 10yrs | Boys | 200m | Freestyle | HDW |
|  10 | 10yrs | Girls | 200m | Freestyle | HDW |
| 11 | 9yrs | Boys | 50m | Breaststroke | HDW |
| 12 | 9yrs | Girls | 50m | Breaststroke | HDW |
| **Session Three Saturday 16th May warm up TBD** |
| 13 | 11, 12yrs | Boys | 100m | Individual Medley | HDW |
| 14 | 11, 12yrs | Girls | 100m | Individual Medley | HDW |
| 15 | 10yrs | Boys | 200m | Individual Medley | HDW |
| 16 | 10yrs | Girls | 200m | Individual Medley | HDW |
| 17 | 9yrs | Boys | 100m | Individual Medley | HDW |
| 18 | 9yrs | Girls  | 100m | Individual Medley | HDW |
| **Session Four Sunday 17th May warm up 8.30am** |
| Event No | Age | Gender | Distance | Stroke |  |
| 19 | 11, 12yrs | Boys | 100m | Backstroke | HDW |
| 20 | 11, 12yrs | Girls | 100m | Backstroke | HDW |
| 21 | 10yrs | Boys | 50m | Butterfly | HDW |
| 22 | 10yrs | Girls | 50m | Butterfly | HDW |
| 23 | 9yrs | Boys | 100m | Freestyle | HDW |
| 24 | 9yrs | Girls | 100m | Freestyle | HDW |
| **Session Five Sunday 17th May warm up TBD** |
| 25 | 11, 12yrs | Boys | 100m | Breaststroke | HDW |
| 26 | 11, 12yrs | Girls | 100m | Breaststroke | HDW |
| 27 | 10yrs | Boys | 50m | Backstroke | HDW |
| 28 | 10yrs | Girls | 50m | Backstroke | HDW |
| 29 | 9yrs | Boys | 50m | Butterfly | HDW |
| 30 | 9yrs | Girls | 50m | Butterfly | HDW |
| **Session Six Sunday 17th May warm up TBD** |
| 31 | 11/12yrs | Boys | 4 x 50m | Medley Relay | HDW |
| 32 | 11/12yrs | Boys | 4 x 50m | Medley Relay | HDW |
| 33 | 9/10yrs | Boys | 4 x 50m | Medley Relay | HDW |
| 34 | 9/10yrs | Girls | 4 x 50m | Medley Relay | HDW |
| 35 | 11/12yrs | Boys | 4 x 50m | Freestyle Relay | HDW |
| 36 | 11/12yrs | Girls | 4 x 50m | Freestyle Relay  | HDW |
| 37 | 9/10yrs | Boys | 4 x 50m | Freestyle Relay | HDW |
| 38 | 9/10yrs | Girls | 4 x 50m | Freestyle Relay | HDW |
| 39 | 12/under | Mixed | 4 x 50m | Freestyle Relay | HDW |
| 40 | 9/10yrs | Mixed | 4 x 50m | Freestyle Relay | HDW |
| **South East Wales Regional Junior Development Meet****2015****ONE DAY PROGRAMME OF EVENTS** |
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|
|
| **Session One Saturday 16th May warm up at 8.30am**  |
| Event No | Age | Gender | Distance | Stroke |  |
| 1 | 11, 12yrs | Boys | 200m | Freestyle | HDW |
| 2 | 11, 12yrs | Girls | 200m | Freestyle | HDW |
| 3 | 10yrs | Boys | 50m | Breaststroke | HDW |
| 4 | 10yrs | Girls | 50m | Breaststroke | HDW |
| 5 | 9yrs | Boys | 50m  | Backstroke | HDW |
| 6 | 9yrs | Girls | 50m | Backstroke | HDW |
| 7 | 11, 12yrs | Boys | 100m | Butterfly | HDW |
| 8 | 11, 12yrs | Girls | 100m | Butterfly | HDW |
| 9 | 10yrs | Boys | 200m | Freestyle | HDW |
|  10 | 10yrs | Girls | 200m | Freestyle | HDW |
| 11 | 9yrs | Boys | 50m | Breaststroke | HDW |
| 12 | 9yrs | Girls | 50m | Breaststroke | HDW |
| **Session Two Saturday 16th May Warm up TBD** |
| 13 | 11, 12yrs | Boys | 100m | Individual Medley | HDW |
| 14 | 11, 12yrs | Girls | 100m | Individual Medley | HDW |
| 15 | 10yrs | Boys | 200m | Individual Medley | HDW |
| 16 | 10yrs | Girls | 200m | Individual Medley | HDW |
| 17 | 9yrs | Boys | 100m | Individual Medley | HDW |
| 18 | 9yrs | Girls  | 100m | Individual Medley | HDW |
| 19 | 11, 12yrs | Boys | 100m | Backstroke | HDW |
| 20 | 11, 12yrs | Girls | 100m | Backstroke | HDW |
| 21 | 10yrs | Boys | 50m | Butterfly | HDW |
| 22 | 10yrs | Girls | 50m | Butterfly | HDW |
| 23 | 9yrs | Boys | 100m | Freestyle | HDW |
| 24 | 9yrs | Girls | 100m | Freestyle | HDW |
| **Session Three Saturday 16th May warm up TBD** |
| 25 | 11, 12yrs | Boys | 100m | Breaststroke | HDW |
| 26 | 11, 12yrs | Girls | 100m | Breaststroke | HDW |
| 27 | 10yrs | Boys | 50m | Backstroke | HDW |
| 28 | 10yrs | Girls | 50m | Backstroke | HDW |
| 29 | 9yrs | Boys | 50m | Butterfly | HDW |
| 30 | 9yrs | Girls | 50m | Butterfly | HDW |
| ***RELAYS AS ABOVE*** |
| *31-40* |  |  |  |  |  |

Should the relays be removed there will be session breaks after Events 10 and 20

**South East Wales Regional Junior Development Meet**

**2015**

MEDLEY RELAY TEAM

Club…………………………………..……………...Event No……………..…………

Event……………………………………………..……………………………………...

|  |  |  |
| --- | --- | --- |
|  | NAME | AGE |
| BACKSTROKE |  |  |
| BREASTSTROKE |  |  |
| BUTTERFLY |  |  |
| FREESTYLE |  |  |
| Reserve |  |  |
| Reserve |  |  |

All swimmers must have paid their SwimWales Registration Fee to your club

**South East Wales Regional Junior Development Meet**

**2015**

FREESTYLE RELAY TEAM

Club…………………………………………………Event…………………………….

Event…………………………………………………………………………………......

|  |  |  |
| --- | --- | --- |
|  | NAME | AGE |
| 1st LEG |  |  |
| 2nd LEG |  |  |
| 3rd LEG |  |  |
| 4th LEG |  |  |
| Reserve |  |  |
| Reserve |  |  |

All swimmers must have paid their Swim Wales Registration Fee to your club

**B Grade UPPER CUT OFF TIMES Pool Length 25m**

|  |  |  |
| --- | --- | --- |
| **BOYS** |  | **GIRLS** |
| **9** | **10** | **11** | **12** | **Event** | **9** | **10** | **11** | **12** |
| **1:49.0** |  |  |  | **100m Free** | **1:49.1** |  |  |  |
|  | **3:35.4** | **3:19.9** | **3:06.9** | **200m Free** |  | **3:34.0** | **3:18.2** | **3:04.7** |
| **1:03.1** |  **58.8** |  |  | **50m Breast** | **1:03.4** |  **58.8** |  |  |
|  |  | **1:57.5** | **1:49.4** | **100m Breast** |  |  | **1:56.4** | **1:48.5** |
|  **54.4** |  **50.3** |  |  | **50m Fly** |  **54.3** |  **49.9** |  |  |
|  |  | **1:42.7** | **1:35.5** | **100m Fly** |  |  | **1:42.1** | **1:34.6** |
|  **55.8** |  **51.8** |  |  | **50m Back** |  **55.5** |  **51.7** |  |  |
|  |  | **1:42.8** | **1:36.2** | **100m Back** |  |  | **1:42.5** | **1:35.2** |
| **2:03.1** | **1:54.6** |  |  | **100 IM** | **2:03.7** | **1:52.7** |  |  |
|  |  | **3:45.8** | **3:31.4** | **200m IM** |  |  | **3:43.7** | **3:28.3** |

**![Swim Wales Programme Logo Strip NO BG[2]]()**