



City of Swansea Aquatics 2015 Long Course Open Meet

(Under FINA Technical Rules and Swim Wales Laws)
Level 1 Licence Meet

Friday 15th May to Sunday 17th May 2015

At

**Wales National Pool, Swansea
Meet License - 0155WL-001**

Meet pack and details can be found at www.swansea-aquatics.co.uk

Closing date: Friday 3rd April 2015

Please note that each event in this competition has a qualifying time and a consideration time. Those who meet the qualifying time will be guaranteed an entry. Where possible, the faster times within the consideration range may also be accepted. Swimmers who meet the consideration time, but due to lack of space are not accepted, will have their entry fees refunded. Swimmers who submit NO TIME will NOT be accepted.

www.swansea-aquatics.co.uk
richard@richardeowen.co.uk

Friday – 15 th May 2015	Saturday – 16 th May 2015	Sunday – 17 th May 2015
Session 1 – 4:00 PM	Session 2 – Warm Up 8:00 AM	Session 4– Warm Up 8:00 AM
1. Girls 10 & Over 800 Freestyle	3. Girls 10 & Over 400 I.M	18. Boys 10 & Over 400 I.M
2. Boys 10 & Over 1500 Freestyle	4. Boys 10 & Over 200 I.M	19. Girls 10 & Over 200 I.M
	5. Girls 10 & Over 100 Butterfly	20. Boys 10 & Over 100 Butterfly
	6. Boys 10 & Over 100 Freestyle	21. Girls 10 & Over 100 Freestyle
	7. Girls 10 & Over 100 Breaststroke	22. Boys 10 & Over 100 Breaststroke
	8. Boys 10 & Over 200 Backstroke	23. Girls 10 & Over 200 Backstroke
	9. Girls 10 & Over 50 Butterfly	24. Boys 10 & Over 50 Butterfly
	10. Boys 10 & Over 50 Backstroke	25. Girls 10 & Over 50 Backstroke
	Session 2 Finals– 10 Min Break	Session 4 Finals– 10 Min Break
	4. Boys 14U 200 I.M	19. Girls 14U 200 I.M
	5. Girls 14U 100 Butterfly	20. Boys 14U 100 Butterfly
	5. Girls 15 & Over 100 Butterfly	20. Boys 15 & Over 100 Butterfly
	6. Boys 14 U 100 Freestyle	21. Girls 14 U 100 Freestyle
	6. Boys 15& Over 100 Freestyle	21. Girls 15& Over 100 Freestyle
	7. Girls 14 U 100 Breaststroke	22. Boys 14 U 100 Breaststroke
	7. Girls 15 & Over 100 Breaststroke	22. Boys 15 & Over 100 Breaststroke
	Session 3 – Warm Up 1pm	Session 5 – Warm Up 1pm
	11. Boys 10 & Over 400 m Freestyle	26. Girls 10 & Over 400 m Freestyle
	12. Girls 10 & Over 200 Freestyle	27. Boys 10 & Over 200 Freestyle
	13. Boys 10 & Over 200 Breaststroke	28. Girls 10 & Over 200 Breaststroke
	14. Girls 10 & Over 100 Backstroke	29. Boys 10 & Over 100 Backstroke
	15. Boys 10 & Over 200 Butterfly	30. Girls 10 & Over 200 Butterfly
	16. Girls 10 & Over 50 Freestyle	31. Boys 10 & Over 50 Freestyle
	17. Boys 10 & Over 50 Breaststroke	32. Girls 10 & Over 50 Breaststroke
	Session 3 Finals – 10 Min Break	Session 3 Finals – 10 Min Break
	14. Girls 14 U 100 Backstroke	29. Boys 14 U 100 Backstroke
	14. Girls 15 & Over 100 Backstroke	29. Boys 15 & Over 100 Backstroke
	16. Girls 15 & Over 50 Freestyle	31. Boys 15 & Over 50 Freestyle
	Boys 15 & Over Skins	Girls 15 & Over Skins

PROGRAMME OF EVENTS

All session times are provisional and will only be confirmed once all entries have been processed. Swimmers and clubs will be notified accordingly and will be posted on the Swim Swansea website.

Qualification Times

Boys				Event	Girls			
10	11/12	13/14	15 & Over		10	11/12	13/14	15 & Over
00:39.00	00:34.90	00:31.30	00:29.70	50m Free	00:39.80	00:35.40	00:32.90	00:32.20
01:24.80	01:13.70	01:06.90	01:04.40	100m Free	01:26.20	01:15.20	01:10.70	01:09.60
03:03.60	02:40.80	02:25.60	02:20.70	200m Free	03:04.40	02:42.50	02:32.10	02:29.10
06:26.40	05:38.10	05:07.00	04:57.60	400m Free	06:27.40	05:38.80	05:18.00	05:12.80
				800m Free	13:17.40	11:39.00	10:56.00	10:45.50
26:08.90	22:20.50	20:19.00	19:37.10	1500m Free				
00:51.60	00:44.60	00:39.70	00:38.00	50m Breast	00:51.20	00:45.00	00:41.50	00:40.60
01:50.70	01:34.70	01:24.60	01:21.40	100m Breast	01:50.30	01:35.20	01:28.50	01:27.50
03:57.20	03:25.20	03:02.50	02:55.40	200m Breast	03:55.50	03:24.90	03:09.50	03:06.70
00:43.50	00:38.10	00:34.00	00:32.20	50m Fly	00:44.00	00:38.60	00:35.70	00:34.80
01:35.80	01:21.50	01:12.80	01:09.80	100m Fly	01:37.10	01:22.60	01:17.20	01:15.50
03:32.30	02:59.90	02:40.90	02:34.40	200m Fly	03:34.60	03:01.70	02:48.00	02:45.70
00:46.00	00:40.50	00:36.10	00:34.50	50m Back	00:46.00	00:40.90	00:38.00	00:37.00
01:36.90	01:24.10	01:15.00	01:12.20	100m Back	01:37.50	01:24.50	01:19.60	01:17.90
03:25.80	03:00.70	02:42.30	02:36.00	200m Back	03:26.30	03:00.60	02:49.80	02:45.80
03:29.60	03:02.80	02:44.80	02:38.40	200m IM	03:29.60	03:03.30	02:52.30	02:48.90
07:26.30	06:26.70	05:49.30	05:36.20	400m IM	07:26.20	06:24.90	06:02.00	05:55.20

PLEASE NOTE:

All times given above are given as Long Course Times however conversions from Short Course may be used.

All competitors who have achieved these qualification times will guarantee an entry where possible.

Consideration Times

Boys					Girls			
10	11/12	13/14	15&Over	Event	10	11/12	13/14	15&Over
00:41.00	00:36.90	00:33.30	00:31.70	50m Free	00:41.80	00:37.40	00:34.90	00:34.20
01:28.80	01:17.70	01:10.90	01:08.40	100m Free	01:30.20	01:19.20	01:14.70	01:13.60
03:11.60	02:48.80	02:33.60	02:28.70	200m Free	03:12.40	02:50.50	02:40.10	02:37.10
06:42.40	05:54.10	05:23.00	05:13.60	400m Free	06:43.40	05:54.80	05:34.00	05:28.80
				800m Free	13:33.40	11:55.00	11:12.00	11:01.50
26:24.90	22:36.50	20:35.00	19:53.10	1500m Free				
00:53.60	00:46.60	00:41.70	00:40.00	50m Breast	00:53.20	00:47.00	00:43.50	00:42.60
01:54.70	01:38.70	01:28.60	01:25.40	100m Breast	01:54.30	01:39.20	01:32.50	01:31.50
04:05.20	03:33.20	03:10.50	03:03.40	200m Breast	04:03.50	03:32.90	03:17.50	03:14.70
00:45.50	00:40.10	00:36.00	00:34.20	50m Fly	00:46.00	00:40.60	00:37.70	00:36.80
01:39.80	01:25.50	01:16.80	01:13.80	100m Fly	01:54.30	01:39.20	01:32.50	01:31.50
03:40.30	03:07.90	02:48.90	02:42.40	200m Fly	03:42.60	03:09.70	02:56.00	02:53.70
00:48.00	00:42.50	00:38.10	00:36.50	50m Back	00:48.00	00:42.90	00:40.00	00:39.00
01:40.90	01:28.10	01:19.00	01:16.20	100m Back	01:41.50	01:28.50	01:23.60	01:21.90
03:33.80	03:08.70	02:50.30	02:44.00	200m Back	03:34.30	03:08.60	02:57.80	02:53.80
03:37.60	03:10.80	02:52.80	02:46.40	200m IM	03:37.60	03:11.30	03:00.30	02:56.90
07:42.30	06:42.70	06:05.30	05:52.20	400m IM	07:42.20	06:40.90	06:18.00	06:11.20

PLEASE NOTE:

All times given above are given as Long Course Times however conversions from Short Course may be used.

Where possible, the faster times within the consideration times above may also be accepted. Swimmers who have achieved the Consideration time and not the qualification time are still encouraged to enter. All entries within the consideration time that are not accepted for entry will have their entry fee refunded.

VENUE	The Wales National Pool, Sketty Lane, Swansea
POOL	8 Lanes – 50m pool – electronic timing – with anti turbulence lane ropes A swim down facility will be available during the meet; however it may be restricted on Friday 15 th May due to Swim Wales Elite Training Program Car parking facilities are available as a pay and display. We regret that Swim Swansea are not responsible for setting the price of parking nor do we receive any money from the use of the car park.
AGE GROUPS	Male 10 yrs, 11/12yrs, 13/14yrs, 15 & Over Female 10 yrs, 11/12yrs, 13/14yrs, 15 & Over
AGE AS DATE	Sunday 17 th May 2014 (age as of last day of Meet)
EVENTS	All events are detailed in the programme of events and will be swum to the published age groups unless otherwise stated. Heats & Finals –Heats and finals will be swum for the following events: 50m Freestyle* All 100m Finals as 14U / 15+ 200m Mens/Womens Individual Medley** * The only final to take place will be the 15 & Over category in this age group. **Final for 14U / Skins for 15+ Straight Finals(HDW) – the following will be straight finals/heat declared winners: 50m Mens/Womens Backstroke 50m Mens/Womens Breaststroke 50m Mens/Womens Butterfly 400m Mens/Womens Freestyle 400m Mens/Womens Individual Medley 800m Womens Freestyle* 1500m Mens Freestyle* All 200M Events * Events require swimmer to sign in. Skins Qualification for the Skins replaces the 15 & Over 200 IM Finals
AWARDS	Heat declared events will be swum as open age. However awards will be given to 1 st , 2 nd and 3 rd in each of the published age groups. Cash Prizes will be awarded to the 1 st , 2 nd and 3 rd places in the Skins Events as well as to best visiting club. An award for Best Swimmer will also be presented based on the highest FINA points for 1 Swim

ENTRIES

Entry Forms/Payment to
Richard Owen
3 Heol Dewi Sant
Penllegaer
Swansea
SA4 9BD

richard@richardeowen.co.uk

Electronic Entries should be emailed to the above address and include an entry report, completed Summary Sheet and any poolside passes applications. All electronic entries will be acknowledged with receipt confirmation

For emailed electronic entries, the sent date on the email will be classed as the date submitted; likewise, for postage entry the posted date will be classed as the entry date.

NO LATE ENTRIES WILL BE ACCEPTED

No Entries will be processed without full and complete payment.

The Meet Director reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded and a single cheque will be made payable to club in question Please enclose a SAE for return of entry confirmations; alternatively enter an email address on the summary sheet and a confirmation will be sent via email.

ENTRY PRICING

£6.00 Per Event

CLOSING DATE

Friday 5th April 2015 (No late entries will be accepted)

POOLSIDE PASSES

£10 per pool pass (req. for coaches/team managers), including results and refreshments. Each club may apply for an initial 2 passes with photos. Passes will only be issued with a current CRB check, copies must be sent on application, or shown on the day.

Additional passes may be purchased based upon the number of swimmers present at the meet. Passes must be worn at all times whilst on poolside and will be required to gain access.

Swim Wales passes may be used for identification. However, a poolside pass must still be purchased

Coaches' passes/packs will be issued from the Meet Office before the start of the meet.

THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS

HEALTH & SAFETY A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet can be obtained in advance.

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.

Unacceptable Behaviour - 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 bring the sport of swimming into disrepute.

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).

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

City of Swansea Aquatics will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged

STARTS Over the top starts will be used in the heats and wherever possible

SEEDING Events will be pre-seeded based on submitted entry and achieved prelim times on a spear headed basis and will be swum fastest to slowest.

WITHDRAWALS Should a withdrawal be necessary this should be completed by the Swimmer, and/or Coach by completing the relevant withdrawal form. As the meet will be pre-seeded unless this is a withdrawal from a final event then the lane may remain empty.

Where possible the meet organiser(s) will endeavour to fill any withdrawal from a final with the next relevant and available alternate.

MARSHALLING As this is a pre-seeded meet no entry cards will be used. Marshalling will be in place at various points of the pool deck. It is the **SWIMMERS** responsibility to report to marshalling for the event. Failure to do so may result in the place being lost and filled by an alternate or a reorganisation of the events. As a general rule it is good practice for a swimmer to report to marshalling at least 2 events before their race.

DRUG TESTING Testing may take place at this event and the willingness, if selected; to be tested under the current Swim Wales/ASA procedures is implicit by the submission of an entry form

MEET RESULTS In addition to providing a real-time results service, the meet results will be posted on the Swim Swansea website within 24 hours of the meet closing. Results will also be passed to Swim Wales and ASA for their reference and inclusion in rankings.

For club's using Hy-Tek or other software systems, a complete electronic copy of the meet results can be obtained following the meet. Any clubs wishing this service should provide their e-mail details to the meet office during or prior to the meet.

REFRESHMENTS

The cafe, which provides a catering facility, serving refreshments for swimmers and spectators, will operate throughout this meet. Food and drink may not be taken onto the poolside.

SWIM SHOP

Wales National Pool operates their own swim shop during their opening hours.

MOBILE PHONES

Swimmers, parents and coaches are reminded that the use of mobile phones **is not allowed inside the WNP building**. This policy is actively enforced and all visitors are asked to comply.

CAMERAS

Under Child protection laws anyone wishing to film or photograph during the event is required to register their camera for use. This can be done by completing a registration form at the meet office where you will be issued with a tag which will need to be attached to the registered camera.

Please note that each individual camera will need to be registered and no passes will be issued without photo identification.

MEET OFFICE

A Meet Office will be open for the duration of the meet and in case of emergency can be contacted on 01792 – 513614.

The promoter reserves the right to make any alterations to these conditions if necessary and all participants will be notified. Any matter not covered by these conditions or by ASA laws or technical rules will be at the promoter's discretion.

ENTRY FORM

NB: Entry Qualifying Times/Consideration Times apply for these events

LAST NAME:..... FIRSTNAME:.....MIDDLE INITIAL:.....

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:..... POST CODE:.....

TEL:..... EMAIL:.....

CLUB:.....REG NUMBER:.....

Event	Event #	Entry Time	LC	SC	Achieved
Freestyle	50				
	100				
	200				
	400				
	800				
	1500				
Backstroke	50				
	100				
	200				
Breaststroke	50				
	100				
	200				
Butterfly	50				
	100				
	200				
IM	200				
	400				

Coach Pass Application Form

(Coaches, Team Managers & Poolside Helpers)

Please note that all applications for poolside passes from Coaches, Team Managers, Poolside Helpers, etc. must be accompanied by the persons:

- i. WASA Number
- ii. CRB Number
- iii. Photograph

The only exception to the above requirements will be if **ALL 3 ITEMS** are already lodged with the WASA office. If these are already with WASA, the name of the applicant will be sufficient and the remaining items will be obtained from WASA.

Please complete the following:

1) Full Name:

2) WASA No., CRB No., & Photograph already with WASA?

YES:

NO:

If the answer to Question 2 is **NO** then please complete the following:

WASA Number:

CRB Number:

Photograph Enclosed?

YES:

NO:

Payment Summary Sheet

This payment summary sheet must be completed and sent with all entries and/or payment of entries.

Contact Name & Tel. No: _____

Club: _____

Number of Coach Passes X £10.00 = £

Total Entries. X £6.00 = £

Total Amount Enclosed: £

Please enclose a single cheque to cover all the clubs entries. This should be made payable to 'Swim Swansea' and should be returned with a copy of all entries **no later** than Friday 4th April 2014 **this includes electronic entries, paper copies of entry forms also need to be submitted**) to: -

Richard Owen
3 Heol Dewi Sant
Penllegaer
Swansea
SA4 9BD

richard@richardeowen.co.uk

Mob: 07734448070