



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd



# CARDIFF INTERNATIONAL

## - Open Meet 2015 -



**Licence Number: WL150515**

(Under FINA Technical Rules & Swim Wales Laws)

**Friday 29<sup>th</sup> – Saturday 30<sup>th</sup> - Sunday 31<sup>st</sup> May 2015**

(All Session Times to Be Confirmed)

**Cardiff International Pool**

(Long Course Level 1 Meet)

**Event Information and Entry Forms**



cardiff international pool  
pwll rhyngwladol caerdydd



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# CITY OF CARDIFF SWIMMING CLUB

## CARDIFF INTERNATIONAL OPEN MEET 2015

LICENCE NUMBER WL150515  
(Under FINA Technical Rules and Swim Wales Laws)

Friday 29<sup>th</sup> May - Saturday 30<sup>th</sup> May - Sunday 31<sup>st</sup> May 2015

This is a Level 1 Licensed Meet to enable swimmers to qualify for  
The British Summer Championships & Summer National Finals

**Only electronic entries will be accepted for this meet**

<b>VENUE</b>	<b>Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS</b>		
<b>POOL</b>	<b>10 Lane – 50m pool – electronic timing – with anti turbulence lane ropes</b>		
<b>AGE GROUPS</b>	Male	9/10 yrs, 11/12yrs, 13/14yrs, 15/16yrs, 17 & Over	
	Female	9 yrs, 10/11yrs, 12/13yrs, 14/15yrs, 16 & Over	
	Multi classification: Male & Female open age group		
	<b><u>Minimum age for entry is 9 years</u></b>		
<b>AGE AT DATE</b>	<b>31 DECEMBER 2015</b> (to comply with Regional Competition qualification)		
<b>EVENTS</b>			
<b>Heats &amp; Finals</b>			
	50m	Freestyle Backstroke Breaststroke Butterfly	- OPEN
	100m, 200m	Freestyle Backstroke Breaststroke Butterfly	- All Age Groups
	200m	Individual Medley	- All Age Groups
	400m	Individual Medley	- male - 11/12, 13/14, 15/16, 17yrs & Over - female- 11, 12/13, 14/15, 16yrs & Over
<b>HDW</b>			
	400m	Freestyle	- All Age Groups
	800m	Freestyle	- female- 11, 12/13, 14/15, 16yrs & Over
	1500m	Freestyle	- male - 11/12, 13/14, 15/16, 17yrs & Over
<b>PARA SWIMMING</b>			
<b>HDW</b>	100m	Freestyle Backstroke	- OPEN Male/Female
	200m	Individual Medley	- OPEN Male/Female

### **SWIM WALES “MISSION STATEMENT”**

“Every Swimmer must have the opportunity to swim in appropriate, quality competition to enable them to meet their true potential in line with Long Term Athlete Development.”



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## PROMOTER'S CONDITIONS

### AWARDS

Awards will be given to the first 3 places in each age category, and additional awards will be made to the Best Male, Best Female and Visiting Club.

Prize money will also be awarded for the top three Male & top three Female individual swim (based on FINA points). 1<sup>st</sup> £75, 2<sup>nd</sup> £50 3<sup>rd</sup> £25

Competitors will only receive an award if they have achieved the qualifying standard.

***Swimmers must ensure that they are suitably clothed (tee shirt and shorts) when receiving Awards.***

### ENTRIES

Qualifying and Consideration times will be applied to all events. All entry times must be faster than the CT. Entry Times outside these limits, and entries with 'No Time' submitted will be rejected.

Entry Times must have been obtained at a licensed meet, and random checks will be made against the ASA Online Rankings Data Base. City of Cardiff Swimming Club may request validation of any stated entry time.

**If swimmers are found to have entered the meet with any false or made up times, they will be disqualified from all events that they have entered and their entry fees will be forfeit**

Entry times may be submitted as short course or long course times, using the Hy-Tek entry file, but will be converted to long course times using Hy-Tek's Meet Manager software. Please do not convert short course times manually. Estimated times are not permitted.

Clubs are requested to send all entries at the same time with one payment to cover all swimmers and coach passes.

Only Clubs may pay by BACS transfer, which is our preferred method of receiving payment. Payment from individual entries to be via cheques, made payable to City of Cardiff Swimming Club

The electronic event entry file can be obtained from the CCSC Home Meets page on our website:

**[www.cardiffswimming.co.uk](http://www.cardiffswimming.co.uk)**

Electronic entries/enquires should be e-mailed to

**[home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)**

Electronic entries produced from Hy-Tek's Team Manager or Team Manager Lite software as electronic entries, submitted as an e-mail attachment to the above address are required, and should include an entry report, fee entry report and any poolside passes applications. For all entries, the submitted date will be the date of receipt of all entries, reports and payment.

**There will be no Time Trials or Exhibition Swims permitted at this event and there will be no entries on the day.**



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Electronic entries will be acknowledged with receipt confirmation. No entries will be processed until full and complete payment is received.

Entry forms are to be retained by the club.

Copies of the Team Manager Lite application can be downloaded free of charge from <http://www.hy-tek ltd.com/downloads.html>.

Instructions for Team Manager Lite can be downloaded from the Welsh Capital Open Meet page of the City of Cardiff Swimming Club Website.

Please ensure that you put adequate postage on posted entries. Envelopes with insufficient postage will not be collected from the Royal Mail depot.

Entries will be rejected for the following reasons:

- Incorrectly completed
- Received without the relevant fee
- Outside the consideration entry times
- Improved entries
- Received after the closing date of **24<sup>th</sup> April 2015 Time 20:00**

**NO LATE ENTRIES WILL BE ACCEPTED  
AND THERE WILL BE NO ENTRIES ON THE DAY**

The Meet Director reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded, a single cheque will be made payable to Club in question.

**No refunds will be made for withdrawals after the closing date of 24<sup>th</sup> April 2015 other than on medical grounds.** A medical note must be provided on or before 30 June 2015.

City of Cardiff Swimming Club may reserve the right to return entries if the meet is oversubscribed.

City of Cardiff Swimming Club may reserve the right to cancel the event if the meet is under subscribed.

City of Cardiff Swimming Club may request validation of any stated entry time and reserve the right to return entries if the meet is oversubscribed. For return of entry confirmations please enter an email address on the summary sheet.

There will be no entry cards for this event.

#### **ENTRY PRICING**

All entries must be submitted electronically using Hy-Tek's Team Manager or Team Manager Lite software:

£7.50 per event

#### **CLOSING DATE**

**Friday 24<sup>th</sup> April 2015 at 20:00** (No late entries will be accepted)

#### **POOLSIDE PASSES**

£15 per pool pass (required for coaches/team managers); including results, poolside refreshments. Clubs may initially apply for 4 passes per club.





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Applications for additional passes may be accepted by the Meet Director, subject to team size per session.

Passes must be worn at all times whilst on poolside and will be required to gain access. Passes will only be issued on receipt of Swim Wales/ASA/SASA registration number, a CRB number and a passport photo.

No passes will be available for purchase on the day. They must be purchased beforehand.

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

**OFFICIALS**

Visiting clubs bringing a team of 10 or more swimmers are requested to provide at least one qualified official per session, and their details (together with their qualification) should be forwarded with entry information. Meals and refreshments will be provided.

**SEEDING**

**Preliminary Heats**

The placing of competitors in the heats will be multi age, spearheaded, and swum slowest to fastest, with the three fastest heats being cyclically seeded.

**HDW Heats**

All heats will be spearheaded, and swum slow to fast, with the three fastest heats being cyclically seeded.

**Finals**

Finalists shall be allocated lanes using the spearhead principal from the results of the heats.

**WITHDRAWALS**

No refunds will be made for withdrawals after the closing date for entries other than in writing via email and on receipt of a medical certificate which must be supplied by 30/06/15.

All withdrawals must be notified in writing to the meet office. The meet office must be informed of withdrawals by no later than 5.00pm on the day before competition.

**SPECTATORS**

Entry                    £3.50 per session (entry to finals is free)  
                              £6.00 for a day pass  
                              £15.00 for a 'whole meet' pass

Programme        £5.00 (full weekend programme)

**SESSION TIMES**

Session timing will be finalised once all entries have been processed and swimmers/clubs will be notified accordingly.

Please note that it is the swimmers' responsibility to present themselves ready to swim, to the Marshalling Area prior to the start of their event.

**SIGNING IN SHEETS**

Sign in sheets will be used for all 400m, 800m, and 1500m events.

Swimmers must sign in to confirm that they are swimming in these events, **before the start of the warm up for each session in which the event takes place.** Failure to do so will result in the swimmer being removed from the event, and the entry fee being forfeited.



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## PROGRAMME OF EVENTS

SESSION 1 FRIDAY WARM UP & SESSION START TBC			SESSION 2 FRIDAY WARM UP & SESSION START TBC		
101 HDW	Male	400m IM	201 HDW	Female	400m IM
102 HEAT	Female	100m Breaststroke	202 HEAT	Male	200m Breaststroke
103 HEAT	Male	200m Butterfly	203 HEAT	Female	200m Freestyle
104 HEAT	Female	200m Backstroke	204 HEAT	Male	100m Backstroke
105 HEAT	Male	50m Freestyle	205 HEAT	Female	50m Butterfly
106 HEAT	Female	50m Freestyle	206 HEAT	Male	50m Butterfly
SESSION 3 FRIDAY FINALS WARM UP & START TBC					
102 FINAL	Female	100m Breaststroke	202 FINAL	Male	200m Breaststroke
103 FINAL	Male	200m Butterfly	203 FINAL	Female	200m Freestyle
104 FINAL	Female	200m Backstroke	204 FINAL	Male	100m Backstroke
105 FINAL	Male	50m Freestyle	205 FINAL	Female	50m Butterfly
106 FINAL	Female	50m Freestyle	206 FINAL	Male	50m Butterfly
SESSION 4 SATURDAY WARM UP & SESSION START TBC			SESSION 5 SATURDAY WARM UP & SESSION START TBC		
401 HDW	Male	1500m Freestyle	501 HDW	Female	400m Freestyle
402 HEAT	Female	100m Freestyle	502 HEAT	Male	100m Breaststroke
403 HEAT	Male	100m Butterfly	503 HEAT	Female	200m Butterfly
404 HEAT	Female	200m Breaststroke	504 HEAT	Male	200m Freestyle
405 HEAT	Male	50m Backstroke	505 HEAT	Female	50m Breaststroke
406 HEAT	Female	50m Backstroke	506 HEAT	Male	50m Breaststroke
SESSION 6 SATURDAY FINALS WARM UP & START TBC					
901 HDW	Male MC	100m Freestyle	902 HDW	Female MC	100m Freestyle
402 FINAL	Female	100m Freestyle	502 FINAL	Male	100m Breaststroke
403 FINAL	Male	100m Butterfly	503 FINAL	Female	200m Butterfly
404 FINAL	Female	200m Breaststroke	504 FINAL	Male	200m Freestyle
405 FINAL	Male	50m Backstroke	505 FINAL	Female	50m Breaststroke
406 FINAL	Female	50m Backstroke	506 FINAL	Male	50m Breaststroke
SESSION 7 SUNDAY WARM UP & SESSION START TBC			SESSION 8 SUNDAY WARM UP & SESSION START TBC		
701 HDW	Female	800m Freestyle	801 HDW	Male	400m Freestyle
702 HEAT	Male	100m Freestyle	802 HEAT	Female	100m Butterfly
703 HEAT	Female	100m Backstroke	803 HEAT	Male	200m Backstroke
704 HEAT	Male	200m IM	805 HEAT	Female	200 IM
SESSION 9 SUNDAY FINALS WARM UP & START TBC					
903 HDW	Female MC	100m Backstroke	905 HDW	Male MC	100m Backstroke
702 FINAL	Male	100m Freestyle	802 FINAL	Female	100m Butterfly
703 FINAL	Female	100m Backstroke	803 FINAL	Male	200m Backstroke
704 FINAL	Male	200m IM	804 FINAL	Female	200 IM
904 HDW	Male MC	200 IM	906 HDW	Female MC	200 IM



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## STARTS

Over the top starts will be used wherever possible.

## ELECTRONICS

Omega electronic timing system with electronic display

## PARA SWIMMING

The sport of Swimming for athletes with impairment is governed by the IPC, and co-ordinated by the IPC Swimming Technical Committee, using the International Swimming Federation's (FINA) modified rules.

*"It is important that within the competitive programme, individuals are able to compete in events which are appropriate to their stage of development and talents".*

Entry will only be accepted from classified swimmers with British/IPC classification. Swimmers without a classification will not be able to compete.

Swimmers are allocated Exception Codes, which prevent them from being disqualified for rule infringement due to the nature of their impairment.

The procedure to identify relevant swimmer exception codes at competitions has been identified as follows:

Competitions which include Multi-Classification (MC) entry conditions - meet organizers will be responsible for having up to date information about each swimmer at entry and providing this to the meet referee.

In order to comply with this we will confirm the information to swimmers and requests they/Clubs confirm it is correct and up to date.

**NO QT** is required, but swimmers must have times recorded on British Ranking per event. NT may be accepted at the discretion of the City of Cardiff Meet Director.

Multi classification events will be seeded slow to fast regardless of classification.

All events are Heat Declared Winner based on British Disability points.

## MEET RESULTS

City of Cardiff Swimming Club will be running a live results service throughout the meet, and live results will also be available on Hy-Tek's '**Meet Mobile**' app, for iPhone and iPad. Please note that Hytek are now charging for Results.

The Meet results will be posted on the City of Cardiff Swimming Club website within 72 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, a complete electronic copy of the Meet results can be obtained following the Meet. For all other clubs a PDF 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.

## CAR PARKING

Car parking places are provided at the Cardiff International Pool and details will be confirmed in due course.



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## ACCOMMODATION

A range of online bookable hotels is available in categories from two to five stars, and most hotels and B&B's are only a short walk from the city's visitor attractions, shops and rail station. To reserve accommodation online visit <http://www.visitcardiff.com/Accommodation-in-Cardiff.html>.

## REFRESHMENTS

The Café, which provides a catering facility serving refreshments for swimmers, spectators and coaches, will operate throughout this Meet. The Café only accepts cash, no cheques or cards. Refreshments may not be taken onto the poolside. There are also local facilities located near Cardiff International Pool.

## HEALTH & SAFETY

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 Normal Operating Procedures & Emergency Action Plan for Cardiff International Pool.

No outdoor shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area and particularly when moving around and climbing the steps in the competitors' area.

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).

City of Cardiff Swimming Club will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

The front four rows of the spectator area are reserved for swimmers and coaches only. **Swimmers are asked not to enter the spectator's area or foyer whilst they are competing.**

**If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim Meet.** A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive. No swimmer should topple into the water in the event of a false or faulty start - a proper shallow dive must be performed. It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.

## CONDUCT

Behavior 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

Unacceptable behavior will not be tolerated in any circumstances, and all such occurrences will be referred to the Meet Director and Referee and could result in removal from the competition.





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## DATA PROTECTION

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.

## SWIM SHOP

A Swim Shop will be in operation throughout the Meet.

## CAMERA USE

The use of all photographic equipment is controlled at this Meet. 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.

Such equipment should not be used without a pass. This includes, but is not limited to:

Still/Cine/Video cameras

Camera / video enabled mobile phones

Camera enabled PDA's

iPads/tablets

Passes can be obtained (free of charge) from the Meet Office **upon proof of identity (photographic e.g. driving licence)**, and must remain attached to the equipment whilst within the Spectator Area.

Equipment being used without a pass will be removed. The records of camera use will be retained by City of Cardiff Swimming Club.

## MOBILE PHONES

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

## GENERAL

Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Referees decision will be final.

## APPEALS

Any appeals must be submitted in accordance with FINA procedures and will be handled appropriately by the Meet Director and Referees.



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## Cardiff International Open Meet

Cardiff International Pool, Cardiff

29 30 31 May 2015

Licence WL150515

(Under FINA Technical Laws and Swim Wales Rules)

### Coaches / Chaperone Pass - Individual Application Form

Name of Club		Club Code
Full Name		
Position In Club		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.		CRB Number:

The above named person is authorised to hold a pass for this club

**CLUB SECRETARY**..... **SIGNED:**.....

Please note only members affiliated to Swim Wales/Scottish Swimming/ASA or a member of a FINA affiliated country will be eligible for a coach's pass.

Only applications with a photograph will be accepted. Could applicants please write their names on the rear of the photographs.

Please send a BACS transfer in the sum of £15.00 (or cheque made payable to City of Cardiff Swimming Club) per pass requested.

**No passes will be available on the day. They must be purchased beforehand.**

There will be no access to the poolside without a coach's pass. Passes will be restricted to a maximum of 3 passes per club.

All completed forms to be returned to

Stephen Jones  
18 Nasturtium Way  
CARDIFF CF23 8SF

EMAIL: [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

**CLOSING DATE: Friday 24<sup>th</sup> April 2015.**



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## Cardiff International Open Meet

Cardiff International Pool, Cardiff

29 30 31 May 2015

Licence WL150515

(Under FINA Technical Laws and Swim Wales Rules)

### Officials Nomination Form

**PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS**

Name of Club		Club Code
Full Name		
Qualification (J1 J2 J2S Referee)		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.		CRB Number:

Available  
Sessions

1	<input type="text"/>	2	<input type="text"/>	3	<input type="text"/>
4	<input type="text"/>	5	<input type="text"/>	6	<input type="text"/>
7	<input type="text"/>	8	<input type="text"/>	9	<input type="text"/>

All completed forms to be e-mailed to Paul Hutchings on:

[hutchie224@gmail.com](mailto:hutchie224@gmail.com)



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## Cardiff International Open Meet

Cardiff International Pool, Cardiff

29 30 31 May 2015

Licence WL150515

(Under FINA Technical Laws and Swim Wales Rules)

### MEET Entry Summary Sheet

**This Form must be completed and returned with the Hy-Tek Meet Entry Fee Report and Entry File**  
Unless already emailed to [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

Name of Club			Club Code
Contact Name			<b>CLUB BANK DETAILS</b>
Address			Bank Sort Code Account No.
TEL No./Mobile			
E Mail			
TEAM SIZE			
No. Of Individual Entries		@ £7.50 per event	£
No. Of Coaches Passes		@ £15.00 each	£
Total payment made payable to City of Cardiff Swimming Club			£.....

**It is requested that a single payment via BACS is made for the complete club entry is submitted.**  
**Details of your Club's Bank is to be provided in the box above so we can issue a refund if required.**

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: .....

Entries, payments and supporting reports, and poolside pass applications should be sent to:

Stephen Jones  
18 Nasturtium Way  
CARDIFF CF23 8SF

**CLOSING DATE: Friday 24th April 2015**





City of Cardiff Swimming Club

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## Cardiff International Open Meet

Cardiff International Pool, Cardiff

29 30 31 May 2015

Licence WL150515

(Under FINA Technical Laws and Swim Wales Rules)

### PARA SWIMMING Entry Form

Please complete all the details requested below in full.  
All times will be taken at the time of submission of this form.  
Short course times will automatically be converted to long course times.

NAME		MALE	FEMALE
ADDRESS			
DATE OF BIRTH	AGE AT (31 December 2015)		
CLUB			
WASA (ASA) Registration No.	S Number	SB Number	SM Number
Tel No.	E mail:		

EVENT	EVENT No.	ENTRY TIME	LC	SC	Entry Price
100m Backstroke					@ £7.50
100m Freestyle					@ £7.50
200m Individual Medley					@ £7.50

<b>TOTAL No. of ENTRIES</b>	<b>@ £7.50 events = TOTAL</b>	
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PLEASE PROVIDE EXCEPTION CARD DETAILS FOR VERIFICATION

All completed forms to be returned to

Stephen Jones  
18 Nasturtium Way  
CARDIFF CF23 8SF

EMAIL: [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

**CLOSING DATE: Friday 24th April 2015**



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## Cardiff International Open Meet

Cardiff International Pool, Cardiff

29 30 31 May 2015

Licence WL150515

(Under FINA Technical Laws and Swim Wales Rules)



Cardiff International  
Open Meet 2015

### LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

MALE										
AGE		9	10	11	12	13	14	15	16	17/over
50m Freestyle	QT	42.60	39.00	37.00	34.90	33.00	31.30	29.70	28.70	28.40
	CT	44.60	41.00	39.00	36.90	35.00	33.30	31.70	30.70	30.40
100m Freestyle	QT	1:38.20	1:24.80	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60	1:01.50
	CT	1:42.20	1:28.80	1:22.80	1:17.70	1:13.80	1:10.90	1:08.40	1:06.60	1:05.50
200m Freestyle	QT	3:23.40	3:03.60	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30	2:13.70
	CT	3:29.40	3:09.60	2:57.30	2:46.80	2:38.60	2:31.60	2:26.70	2:22.30	2:19.70
400m Freestyle	QT	7:22.50	6:26.40	5:56.00	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10	4:44.60
	CT	7:30.50	6:34.40	6:04.00	5:46.10	5:29.80	5:15.00	5:05.60	4:57.10	4:52.60
1500m Freestyle	QT			24:44.70	22:20.50	21:16.60	20:19.00	19:37.10	19:07.70	18:49.00
	CT			25:16.70	22:52.50	21:48.60	20:51.00	20:09.10	19:39.70	19:21.00
50m Breaststroke	QT	56.80	51.60	48.20	44.60	41.80	39.70	37.80	36.80	35.80
	CT	58.80	53.60	50.20	46.60	43.80	41.70	39.80	38.80	37.50
100m Breaststroke	QT	2:07.70	1:50.70	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:17.00
	CT	2:11.70	1:54.70	1:45.50	1:38.70	1:32.80	1:28.60	1:25.40	1:22.90	1:21.00
200m Breaststroke	QT	4:20.50	3:57.20	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60	2:47.00
	CT	4:26.50	4:03.20	3:45.10	3:31.20	3:18.50	3:08.50	3:01.40	2:57.60	2:53.00
50m Butterfly	QT	48.80	43.50	40.80	38.10	35.90	34.00	32.20	31.40	30.60
	CT	50.80	45.50	42.80	40.10	37.90	36.00	34.20	33.40	32.60
100m Butterfly	QT	1:49.40	1:35.80	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80	1:06.50
	CT	1:53.40	1:39.80	1:31.70	1:25.50	1:20.80	1:16.80	1:13.80	1:11.80	1:10.50
200m Butterfly	QT	4:03.70	3:32.30	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40	2:27.60
	CT	4:09.70	3:38.30	3:18.50	3:05.90	2:55.90	2:46.90	2:40.40	2:36.40	2:33.60
50m Backstroke	QT	50.30	46.00	43.20	40.50	38.20	36.10	34.50	33.50	32.70
	CT	52.30	48.00	45.20	42.50	40.20	38.10	36.50	35.50	34.70
100m Backstroke	QT	1:49.80	1:36.90	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30	1:09.30
	CT	1:53.80	1:40.90	1:33.80	1:28.10	1:23.20	1:19.00	1:16.20	1:14.30	1:13.30
200m Backstroke	QT	3:46.70	3:25.80	3:12.00	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40	2:28.60
	CT	3:52.70	3:31.80	3:18.00	3:06.70	2:56.30	2:48.30	2:42.00	2:37.40	2:34.60
200m I/M	QT	3:52.00	3:29.60	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90	2:31.00
	CT	3:58.00	3:35.60	3:20.30	3:08.80	2:58.70	2:50.80	2:44.40	2:39.90	2:37.00
400m I/M	QT			6:50.80	6:26.70	6:06.40	5:49.30	5:36.20	5:27.60	5:22.60
	CT			6:58.80	6:34.70	6:14.40	5:57.30	5:44.20	5:35.60	5:30.60

QT = Qualification Time

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The organisers reserve the right to return Entries.



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd



## Cardiff International Open Meet

Cardiff International Pool, Cardiff

29 30 31 May 2015

Licence WL150515

(Under FINA Technical Laws and Swim Wales Rules)



Cardiff International  
Open Meet 2015

### LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

FEMALE									
AGE		9	10	11	12	13	14	15	16/over
50m Freestyle	QT	42.80	39.80	37.30	35.40	34.00	32.90	32.20	31.90
	CT	44.80	41.80	39.30	37.40	36.00	34.90	34.20	33.90
100m Freestyle	QT	1:38.30	1:26.20	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80
	CT	1:42.30	1:30.20	1:23.30	1:19.20	1:16.70	1:14.70	1:13.60	1:12.80
200m Freestyle	QT	3:29.10	3:04.40	2:51.30	2:42.50	2:36.20	2:32.10	2:29.10	2:27.50
	CT	3:35.10	3:10.40	2:57.30	2:48.50	2:42.20	2:38.10	2:35.10	2:33.50
400m Freestyle	QT	7:20.70	6:27.40	5:56.40	5:38.80	5:26.30	5:18.00	5:12.80	5:09.20
	CT	7:28.70	6:35.40	6:04.40	5:46.80	5:34.30	5:26.00	5:20.80	5:17.20
800m Freestyle	QT			12:19.60	11:39.00	11:10.80	10:56.00	10:45.50	10:36.00
	CT			12:35.60	11:55.00	11:26.80	11:12.00	11:01.50	10:52.00
50m Breaststroke	QT	57.00	51.20	47.80	45.00	43.10	41.50	40.60	40.10
	CT	59.00	53.20	49.80	47.00	45.10	43.50	42.60	42.10
100m Breaststroke	QT	2:08.70	1:50.30	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10
	CT	2:12.70	1:54.30	1:45.60	1:39.20	1:34.80	1:32.50	1:31.50	1:30.10
200m Breaststroke	QT	4:27.30	3:55.50	3:36.60	3:24.90	3:15.50	3:09.50	3:06.70	3:05.80
	CT	4:33.30	4:01.50	3:42.60	3:30.90	3:21.50	3:15.50	3:12.70	3:11.80
50m Butterfly	QT	48.20	44.00	40.70	38.60	36.70	35.70	34.80	34.20
	CT	50.20	46.00	42.70	40.60	38.70	37.70	36.80	36.20
100m Butterfly	QT	1:47.70	1:37.10	1:27.90	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80
	CT	1:51.70	1:41.10	1:31.90	1:26.60	1:23.10	1:21.20	1:19.50	1:18.80
200m Butterfly	QT	3:56.60	3:34.60	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30
	CT	4:02.60	3:40.60	3:18.60	3:07.70	2:59.50	2:54.00	2:51.70	2:49.30
50m Backstroke	QT	50.20	46.00	43.10	40.90	39.40	38.00	37.00	36.60
	CT	52.20	48.00	45.10	42.90	41.40	40.00	39.00	38.60
100m Backstroke	QT	1:52.00	1:37.50	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10
	CT	1:56.00	1:41.50	1:33.90	1:28.50	1:25.70	1:23.60	1:21.90	1:21.10
200m Backstroke	QT	3:52.70	3:26.30	3:11.00	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90
	CT	3:58.70	3:32.30	3:17.00	3:06.60	3:00.30	2:55.80	2:51.80	2:49.90
200m I/M	QT	3:55.20	3:29.60	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90
	CT	4:01.20	3:35.60	3:20.30	3:09.30	3:02.80	2:58.30	2:54.90	2:52.90
400m I/M	QT			6:25.90	6:00.80	5:46.80	5:40.50	5:36.30	5:35.50
	CT			6:33.90	6:08.80	5:54.80	5:48.50	5:44.30	5:43.50

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