



CITY OF CARDIFF SWIMMING CLUB

Clwb Nofio Dinas Caerdydd

(Affiliated to Swim Wales)

www.cardiffswimming.co.uk

Chairman Nick Beynon

Head Coach Graham Wardell

Secretary Stephanie Boswall

CARDIFF INTERNATIONAL OPEN MEET Friday 29th Saturday 30th & Sunday 31st May 2015

Cardiff International Pool, CF11 0JS

Dear All,

Thank you for your entries into the Cardiff International Open Meet. The confirmed details of your Club's entries into this Meet can be found on the Cardiff International Open Meet page on our website under at the bottom of the HOME page <http://www.cardiffswimming.co.uk>.

Due to the overwhelming levels of entries it has been necessary to Scratch (SCR) many swimmers from the Meet, although we have an extended list of Alternative swimmers (ALT) in most events.

In order to try and ensure everyone gets a chance to swim we have extended the **SIGNING IN PROCEDURE to include ALL 200m EVENTS and have also decided that these 200m events will NOW BE Heat Declared Winners (HDW) thus creating the necessary time in the Meet.**

PLEASE NOTE we have ALSO MOVED the female 400m IM from SESSION 1 to SESSION THREE and male 1500m Freestyle from SESSION 4 to SESSION 6.

Signing In Sheets

Sign in sheets will be used for all 200m events 400m IM 400m 800m & 1500m freestyle events.

Swimmers and those listed as ALT swimmers must sign in at the table by the entrance to the pool to confirm that they are swimming in these events, **before the start of warm up for the session in which the event takes place.**

Failure to do means the swimmer being removed from the event & their entry fee for that event being forfeit.

SCR Swimmers

Those swimmers who have been scratched from events will receive a full refund for the events that they have been scratched from. No refunds will be made for swimmers who are 'no shows' at the meet or withdrew after the closing date of 24th April 2015 other than on medical grounds and are able to provide a medical certificate or doctors letter on or before 30 JUNE 2015

ALT - Alternative swimmer - must attend the Meet and if space permits due to an entered swimmer either making a late withdrawal or has not signed in or failure to report to Marshalling then the swimmer will be placed into the relevant event. A Refund will only be given if an ALT swimmer attends the gala, but does not swim.

Those swimmers who are notified as 'ALT' for 200m events 400IM, 400m 800m & 1,500m free events that have been allocated swims will be notified by the meet announcer.

Marshalling



Swimmers will be called to marshalling by the announcer. It is the responsibility of the swimmer and club coaches to ensure that they attend marshalling once called. Swimmers will then be directed to the seated areas (zones 1, 2, 3 and 4).

All other 'ALT' swimmers wishing to swim should attend marshalling when their event is called and report to the marshals. They will be allocated to heats **if lanes become available**, relevant to their entry time where possible. Any ALT swimmers not being allocated a swim will be refunded the entry fee for that event.

Any swimmer who has not attended marshalling when their heat has moved to zone 2 will be removed from their heat, and if there are 'ALT' swimmers, they will be substituted by an ALT swimmer.

Marshalling for the 50m events will take place at the start end of the pool; all other events will be marshalled from the Toys R Us end of the pool.

Warm Up & Session Times

All Warm Up sessions will end 5 minutes before the commencement of each Session.

All Clubs must ensure that their swimmers are supervised during warm up and respect the Warm Up Marshals. Coaches and swimmers disregarding health and safety instructions, or ignoring the direction of the Marshalls will be excluded from Warm Up.

All lanes will be swim lanes until sprint lanes are announced for each session. Please ensure your swimmers exit the pool at the side and do not climb out over the timing pads as this can cause damage to the pads and lead to delays to the meet. Sprint lanes will be opened by the announcer.

WARM DOWN POOL

The Leisure Pool is available for warm down, **BUT ONLY FROM 08:00 - 11:00** each day.

IT IS NOT TO BE USED OTHERWISE and swimmers found using the pool outside these hours will be required to pay (or Parents) the entry full price for using the Leisure Pool.

PROGRAMME OF EVENTS**PLEASE NOTE THE REVISIONS IN "FINALS" SESSIONS**

SESSION 1 FRIDAY			SESSION 2 FRIDAY		
WARM UP 07:00 SESSION START 08:05			WARM UP 11:25 SESSION START 12:45		
101 HDW	Male	400m IM	202 HDW	Male	200m Breaststroke
102 HEAT	Female	100m Breaststroke	203 HDW	Female	200m Freestyle
103 HDW	Male	200m Butterfly	204 HEAT	Male	100m Backstroke
104 HDW	Female	200m Backstroke	205 HEAT	Female	50m Butterfly
105 HEAT	Male	50m Freestyle	206 HEAT	Male	50m Butterfly
106 HEAT	Female	50m Freestyle			

SESSION 3 FRIDAY FINALS					
WARM UP 15:45 START 16:20					
102 FINAL	Female	100m Breaststroke	205 FINAL	Female	50m Butterfly
204 FINAL	Male	100m Backstroke	206 FINAL	Male	50m Butterfly
106 FINAL	Female	50m Freestyle	201 HDW	Female	400m IM
105 FINAL	Male	50m Freestyle			

SESSION 4 SATURDAY			SESSION 5 SATURDAY		
WARM UP 07:00 SESSION START 08:05			WARM UP 10:55 SESSION START 12:00		
402 HEAT	Female	100m Freestyle	501 HDW	Female	400m Freestyle
403 HEAT	Male	100m Butterfly	502 HEAT	Male	100m Breaststroke
404 HDW	Female	200m Breaststroke	503 HDW	Female	200m Butterfly
405 HEAT	Male	50m Backstroke	504 HDW	Male	200m Freestyle
406 HEAT	Female	50m Backstroke	505 HEAT	Female	50m Breaststroke
			506 HEAT	Male	50m Breaststroke

SESSION 6 SATURDAY FINALS					
WARM UP 15:10 START 15:45					
401 HDW	Male	1500m Freestyle	505 FINAL	Female	50m Breaststroke
402 FINAL	Female	100m Freestyle	506 FINAL	Male	50m Breaststroke
502 FINAL	Male	100m Breaststroke	901 HDW	MIXED MC	100m Freestyle
406 FINAL	Female	50m Backstroke	403 FINAL	Male	100m Butterfly
405 FINAL	Male	50m Backstroke			

SESSION 7 SUNDAY			SESSION 8 SUNDAY		
WARM UP 07:15 SESSION START 08:00			WARM UP 11:15 SESSION START 12:00		
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	804 HEAT	Female	200m IM

SESSION 9 SUNDAY FINALS					
WARM UP 15:30 START 15:35					
904 HDW	MIXED MC	200m IM	704 FINAL	Male	200m IM
804 FINAL	Female	200m IM	802 FINAL	Female	100m Butterfly
702 FINAL	Male	100m Freestyle	906 HDW	MIXED MC	100m Backstroke
703 FINAL	Female	100m Backstroke			

Para Swimming Events - e901 e904 e906 will be run as mixed events with boys in Lane 0-4 & girls in L 5-9

Awards

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

Medals will be awarded for the top 3 placing in each age group as set out in the Meet Pack and are available on the day and can be collected from the medal table on poolside.

There is a CASH prize of £50 to the male & female winner in each 50m OPEN events. This has been kindly supplied by Admiral Insurance.

There are also CASH prizes to be awarded for the top three Male & top three Female individual swimmers (based on FINA points). 1st £75, 2nd £50 3rd £25. This has been kindly sponsored by the Cardiff Business Park.

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

Officials

All visiting clubs with 10 or more swimmers are requested to provide at least one qualified officials per session. Meals and refreshments will be provided.

We request that details of officials (together with their qualifications) are forwarded to our officials' co-ordinator Paul Hutchings hutchie224@gmail.com .

Please review the **CCSC Officials Handbook for CIP** in the **OFFICIALS** section at www.cardiffswimming.co.uk/fixtures

Coach Passes – Coach passes that were ordered beforehand will be available on the day of the meet from the Meet Office which is situated at the end of the spectator balcony by the control room.

Spectator Information

The pool hall will open for spectator entry at 6.45am on each day of the Meet. Any persons in the pool hall beforehand will be asked to clear the hall.

Please ensure your wristbands are worn at all times and are visible. They are non transferable.

The front 4 rows are reserved for swimmers, coaches and club staff. We ask that spectators please occupy the seats from row five back.

Entry - £15.00 for a 'whole meet' pass
£6.00 for a day pass
£3.50 per session - entry to Session 3, 6 & 9 is free

Programme £5.00 (full weekend programme).

Cardiff, Capital of Wales: Cardiff is delighted to welcome swimmers and their families and friends for the Welsh Capital Open Meet. To find out more about the capital of Wales, how to get here and how to make the most of your stay click here <http://www.visitcardiff.com>.

Directions to Cardiff International Pool

Cardiff International Pool, Olympian Drive, CF11 0JB

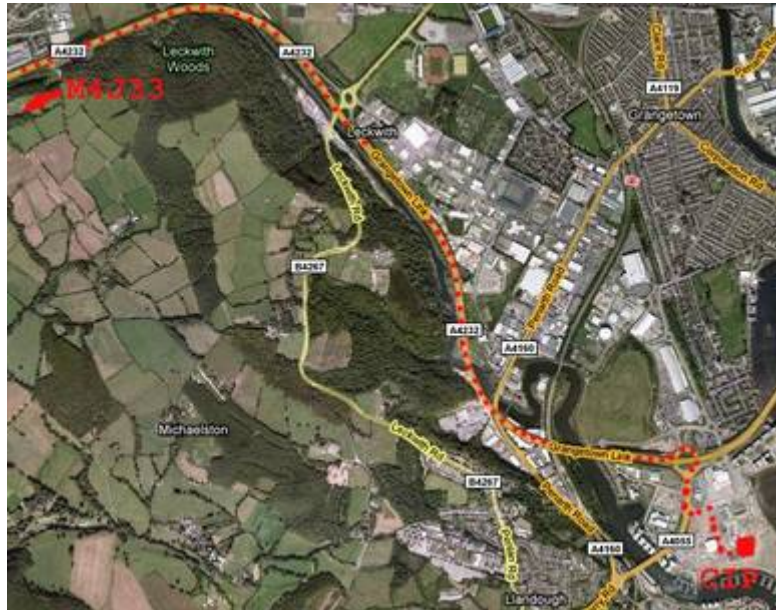
Travelling from either the west or the east, take the M4 to Junction 33

Then take the A4232, towards Cardiff Bay. Take the 3rd main exit. (just after the elevated section) – A4055 to Penarth. Travel down the exit slip road, and at the roundabout then take the 3rd exit (towards Penarth), and then take the first left at the traffic lights. At the next set of traffic lights turn right.

Car Parking

Event Day parking is on the land just past the Pool, follow the sign to Cardiff Yacht Club and the parking areas is on the left of their access road.

Car parking places are limited at the Cardiff International Pool. Directions to Cardiff International Pool together with a map showing of CIP are below



Refreshments - The Café, which provides a catering facility serving refreshments for swimmers, spectators and coaches, will operate throughout this Meet. Refreshments may not be taken onto the poolside. There are also local facilities located near Cardiff International Pool.

Swim Shop - City of Cardiff Club Swim Shop will be in operation throughout the Meet.

iPad/Smart Phone/Camera Use - The use of all photographic equipment is controlled at this Meet and spectators/coaches and swimmers are reminded that such equipment should not be used without a pass.

Passes can be obtained (free of charge) when entering the Pool Hall upon presentation of photographic proof of identity 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 smart phones is **not allowed inside the Cardiff International Pool building**. This policy is set out by the pool operators Parkwood and actively enforced and all visitors are asked to comply.

Follow the meet - You can follow The Club & the Meet on twitter @CardiffSwimming #ciom15

The meet results will be available on Meet Mobile, but please note they now make a charge to access.

Contacts

Should you want or need to contact City of Cardiff Swimming Club regarding any matter not covered in this letter please do so using the contact details provided.

E-mail - home.meets@cardiffswimming.co.uk

We look forward to seeing you and wish you all a successful Meet.

Stephen Jones & Jen Stone
Meet Directors

Nick Beynon
Club Chairman