



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

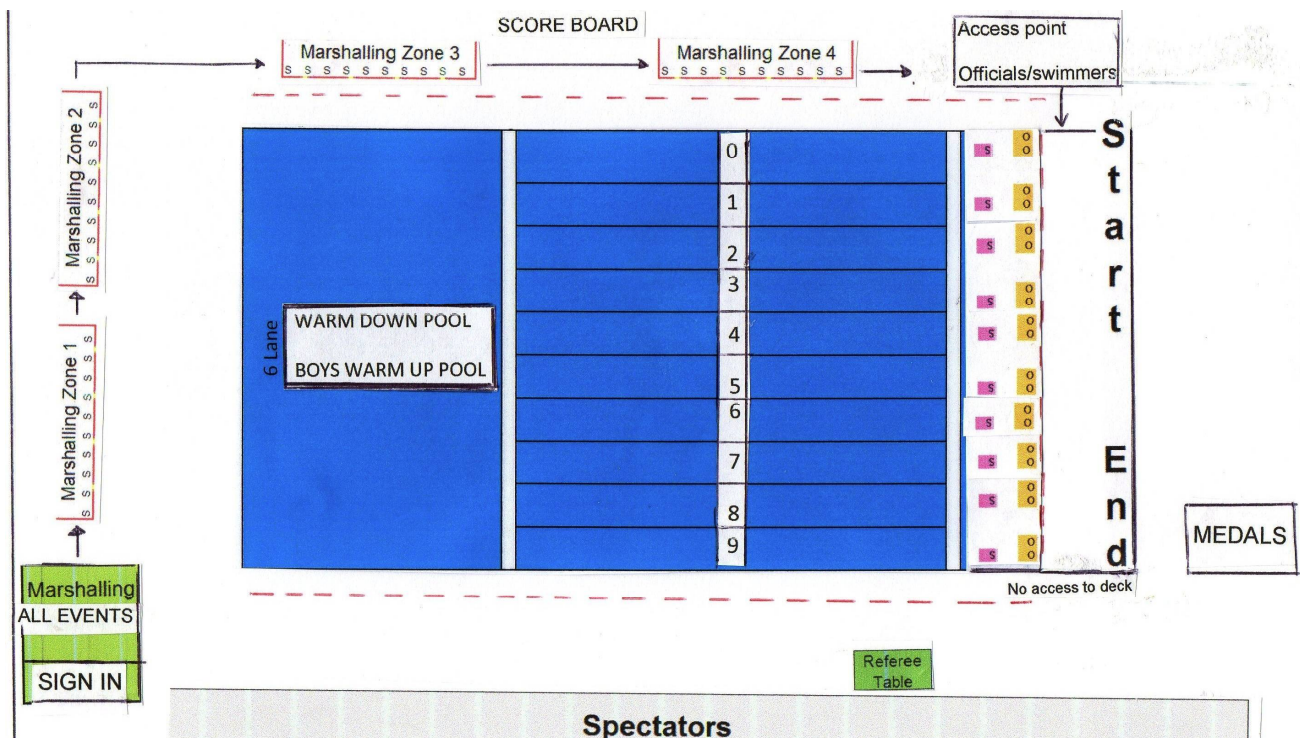
SHORT COURSE

Friday 6th Saturday 7th & Sunday 8th NOVEMBER 2015

Cardiff International Pool, CF11 0JS

Thank you for your entries into this year's Welsh Capital Open Meet. The confirmed details of entries into this Meet can be found on the WELSH CAPITAL OPEN MEET page on our website www.cardiffswimming.co.uk (the tab is at foot of the home page)

This year we are fully embracing the Short Course Season, Therefore arrangements WILL BE different from past years and the layout of the Pool and Marshalling is changed for this Meet - see indicative plan below:



Signing In Sheets

Sign in sheets will ONLY be used for the 800m & 1500m freestyle events on FRIDAY.

Swimmers must sign in to confirm that they are swimming in these events, **before the start of the entire 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. **E101/102: sign in by 18:00**

Marshalling

ALL EVENTS will be marshalled from the CAR PARK END and swimmers will move from there thru the 4 Marshalling Zones to the start.

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

There are no SCR or ALT swimmers in this Meet.

PROGRAMME OF EVENTS

FRIDAY		SESSION 1
WARM UP 18:00		SESSION START 18:45
101 HDW	Female	800m Freestyle
102 HDW	Male	1500m Freestyle

SATURDAY		SESSION 2	SUNDAY		SESSION 5
WARM UP 08:25		SESSION START 09:00	WARM UP 08:30		SESSION START 09:00
201 HDW	Male	400m IM	501 HDW	Female	400m IM
202 HDW	Female	50m Breaststroke	502 HDW	Male	50m Breaststroke
203 HDW	Male	50m Freestyle	503 HDW	Female	50m Freestyle
204 HDW	Female	200m Butterfly	504 HDW	Male	200m Butterfly
205 HDW	Male	200m Backstroke	505 HDW	Female	200m Backstroke
206 HDW	Female	100m Freestyle	506 HDW	Male	100m Freestyle

SATURDAY		SESSION 3	SUNDAY		SESSION 6
WARM UP 11:25		SESSION START 12:00	WARM UP 11:30		SESSION START 12:05
301 HDW	Male	50m Butterfly	601 HDW	Female	50m Butterfly
302 HDW	Female	50m Backstroke	602 HDW	Male	50m Backstroke
303 HDW	Male	200m Breaststroke	603 HDW	Female	200m Breaststroke
304 HDW	Female	400m Freestyle	604 HDW	Male	400m Freestyle
305 HDW	Male	100m Butterfly	605 HDW	Female	100m Butterfly

SATURDAY		SESSION 4	SUNDAY		SESSION 7
WARM UP 14:25		SESSION START 15:00	WARM UP 14:10		SESSION START 14:45
401 HDW	Female	200m IM	701 HDW	Male	200m IM
402 HDW	Male	100m Backstroke	702 HDW	Female	100m Backstroke
403 HDW	Female	100m Breaststroke	703 HDW	Male	100m Breaststroke
404 HDW	Male	200m Freestyle	704 HDW	Female	200m Freestyle

Warm Up & Session Times

All Warm Up sessions will be run with Girls in the main pool & Boys in the warm down pool. Sprint lanes in main Pool only. Warm up will end 10 minutes before the commencement of each session in order for swimmers to get through marshalling. Please refer to the warm up Schedule.

Coaches must ensure that their squads 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 marshals will be excluded from warm up.

All lanes will be swim lanes until sprint lanes in the Main Pool only 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

This is available throughout the Meet at the CAR PARK END. Each Club Coaching team are to ensure their swimmers use this facility responsibly and not for play.

Awards

Awards will be given to the first 3 places in each age category.

Additional awards will be made to the Top Male, Top Female and Top Visiting Club. Each event will be scored and points added together for each swimmer/club.

Prize money, (which will be sent to respective clubs after the Meet via BACS payment) will be awarded to the top three Male & top three Female individual swim (based on FINA points): 1st £75, 2nd £50 3rd £25.

Competitors will only receive an award if they have achieved the qualifying standard and Swimmers must ensure that they are suitably clothed (tee shirt and shorts) when receiving awards from the medal table located at the Toys R Us end of the pool.

Spectators ENTRY

- WEEKEND PASS £10.00
- DAY PASS £6.00
- SESSION PASS £3.50
- Full Meet Programme £3.50

The front 4 rows are reserved for swimmers, sitting in their clubs. We ask that spectators please occupy the seats from row 5 back. Note viewing of the main pool will be limited in the first 4 rows opposite the warm down pool.

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 Jim McCulloch officials@cardiffswimming.co.uk

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 30/11/15.

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.

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>.

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.

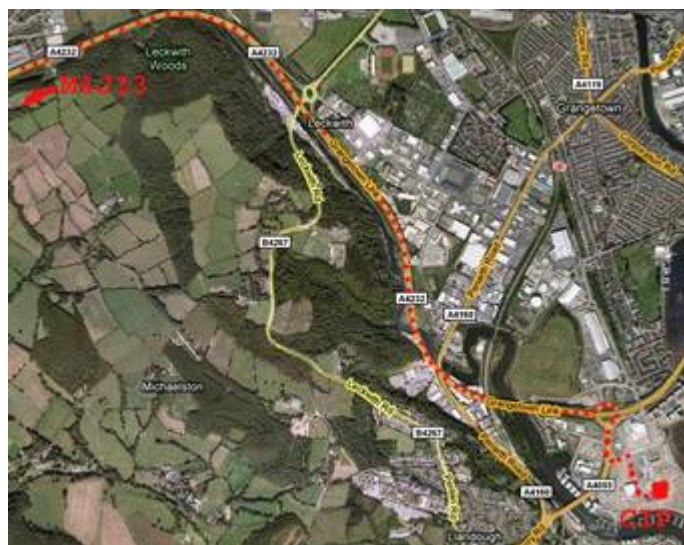
Swim Shop

The Gogglebox will be operating the Swim Shop in the CIP foyer.

Car Parking

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

Directions to Cardiff International Pool, Olympian Drive, CF11 0JB



Travelling from either the west or the east, take the M4 to J 33. Then take the A4232, towards Cardiff Bay. Take the 3rd main exit A4055 to Penarth. (just after the elevated section). 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.

Event Day parking is to be confirmed by Parkwood..

Cameras & Mobile Phones

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 enabled PDA's, camera / video enabled mobile phones, 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.

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**.

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

Follow the meet

You can follow The Club & Meet on Twitter @CardiffSwimming #WCOM15.

If 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: stephen.jones@westernretail.co.uk

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

Stephen Jones & Jen Stone

Meet Director

Nick Beynon

Club Chairman