

PROGRAMME OF EVENTS

Session 1 Friday				
(Warm-up 7.30am - Start 8.30am)				
Event				
101	HDW	Male	400m	Freestyle
102	Heat	Female	100m	Breaststroke
103	Heat	Male	200m	Butterfly
104	Heat	Female	200m	Backstroke
105	Heat	Male	50m	Freestyle
106	Heat	Female	50m	Freestyle

Session 2 Friday				
(Warm-up 11.45am - Start 12.45pm)				
Event				
201	HDW	Female	400m	I/M
202	Heat	Male	200m	Breaststroke
203	Heat	Female	200m	Freestyle
204	Heat	Male	100m	Backstroke
205	Heat	Female	50m	Butterfly
206	Heat	Male	50m	Butterfly

Session 3 Friday				
(Warm-up 3:45pm - Start 4.30pm)				
Event				
102	Final	Female	100m	Breaststroke
103	Final	Male	200m	Butterfly
104	Final	Female	200m	Backstroke
105	Final	Male	50m	Freestyle
106	Final	Female	50m	Freestyle
202	Final	Male	200m	Breaststroke
203	Final	Female	200m	Freestyle
204	Final	Male	100m	Backstroke
205	Final	Female	50m	Butterfly
206	Final	Male	50m	Butterfly

Session 4 Saturday				
(Warm-up 7.30am - Start 8.30am)				
Event				
401	HDW	Male	1500m	Freestyle
402	Heat	Female	100m	Freestyle
403	Heat	Male	100m	Butterfly
404	Heat	Female	200m	Breaststroke
405	Heat	Male	50m	Backstroke
406	Heat	Female	50m	Backstroke

Session 5 Saturday				
(Warm-up 11.45am - Start 12.45pm)				
Event				
501	HDW	Female	400m	Freestyle
502	Heat	Male	100m	Breaststroke
503	Heat	Female	200m	Butterfly
504	Heat	Male	200m	Freestyle
505	Heat	Female	50m	Breaststroke
506	Heat	Male	50m	Breaststroke

Session 6 Saturday				
(Warm-up 4:00pm - Start 4.45pm)				
Event				
402	Final	Female	100m	Freestyle
403	Final	Male	100m	Butterfly
404	Final	Female	200m	Breaststroke
405	Final	Male	50m	Backstroke
406	Final	Female	50m	Backstroke
502	Final	Male	100m	Breaststroke
503	Final	Female	200m	Butterfly
504	Final	Male	200m	Freestyle
505	Final	Female	50m	Breaststroke
506	Final	Male	50m	Breaststroke

Session 7 Sunday				
(Warm-up 7.30am - Start 8.30am)				
Event				
701	HDW	Female	800m	Freestyle
702	Heat	Male	100m	Freestyle
703	Heat	Female	100m	Backstroke
704	Heat	Male	200m	I/M

Session 8 Sunday				
(Warm-up 11.30am - Start 12.30pm)				
Event				
801	HDW	Male	400m	I/M
802	Heat	Female	100m	Butterfly
803	Heat	Male	200m	Backstroke
804	Heat	Female	200m	I/M

Session 9 Sunday				
(Warm-up 3.30pm - Start 4:15pm)				
Event				
702	Final	Male	100m	Freestyle
703	Final	Female	100m	Backstroke
704	Final	Male	200m	I/M
802	Final	Female	100m	Butterfly
803	Final	Male	200m	Backstroke
804	Final	Female	200m	I/M

STARTS

Over the top starts will be used wherever possible

ELECTRONICS

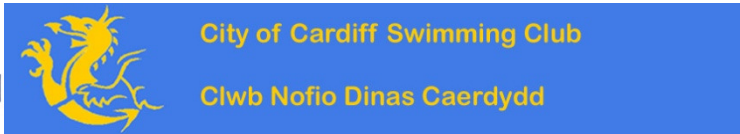
Omega electronic timing system with electronic display

MEET 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

Free car parking places are provided at the Cardiff International Pool on a first come first served basis.



Cardiff International Open Meet

Cardiff International Pool, Cardiff
7th June – 9th June 2013

Long Course Qualifying and Consideration Times

	Male									EVENT	Female								
	9	10	11	12	13	14	15	16	17/over		9	10	11	12	13	14	15	16/over	
QT	42.60	39.00	37.00	34.90	33.00	31.30	29.70	28.70	28.40	50m Freestyle	42.80	39.80	37.30	35.40	34.00	32.90	32.20	31.90	
CT	44.60	41.00	39.00	36.90	35.00	33.30	31.70	30.70	30.40		44.80	41.80	39.30	37.40	36.00	34.90	34.20	33.90	
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	100m Freestyle	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	1:42.20	1:28.80	1:22.80	1:17.70	1:13.80	1:10.90	1:08.40	1:06.60	1:05.50		1:42.30	1:30.20	1:23.30	1:19.20	1:16.70	1:14.70	1:13.60	1:12.80	
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	200m Freestyle	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	3:29.40	3:09.60	2:57.30	2:46.80	2:38.60	2:31.60	2:26.70	2:22.30	2:19.70		3:35.10	3:10.40	2:57.30	2:48.50	2:42.20	2:38.10	2:35.10	2:33.50	
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	400m Freestyle	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	7:30.50	6:34.40	6:04.00	5:46.10	5:29.80	5:15.00	5:05.60	4:57.10	4:52.60		7:28.70	6:35.40	6:04.40	5:46.80	5:34.30	5:26.00	5:20.80	5:17.20	
QT										800m Freestyle									
CT														12:19.60	11:39.00	11:10.80	10:56.00	10:45.50	10:36.00
QT			24:44.70	22:20.50	21:16.60	20:19.00	19:37.10	19:07.70	18:49.00	1500m Freestyle									
CT			25:16.70	22:52.50	21:48.60	20:51.00	20:09.10	19:39.70	19:21.00										
QT	56.80	51.60	48.20	44.60	41.80	39.70	37.80	36.80	35.80	50m Breaststroke	57.00	51.20	47.80	45.00	43.10	41.50	40.60	40.10	
CT	58.80	53.60	50.20	46.60	43.80	41.70	39.80	38.80	37.80		59.00	53.20	49.80	47.00	45.10	43.50	42.60	42.10	
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	100m Breaststroke	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	2:11.70	1:54.70	1:45.50	1:38.70	1:32.80	1:28.60	1:25.40	1:22.90	1:21.00		2:12.70	1:54.30	1:45.60	1:39.20	1:34.80	1:32.50	1:31.50	1:30.10	
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	200m Breaststroke	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	4:26.50	4:03.20	3:45.10	3:31.20	3:18.50	3:08.50	3:01.40	2:57.60	2:53.00		4:33.30	4:01.50	3:42.60	3:30.90	3:21.50	3:15.50	3:12.70	3:11.80	
QT	48.80	43.50	40.80	38.10	35.90	34.00	32.20	31.40	30.60	50m Butterfly	48.20	44.00	40.70	38.60	36.70	35.70	34.80	34.20	
CT	50.80	45.50	42.80	40.10	37.90	36.00	34.20	33.40	32.60		50.20	46.00	42.70	40.60	38.70	37.70	36.80	36.20	
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	100m Butterfly	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	1:53.40	1:39.80	1:31.70	1:25.50	1:20.80	1:16.80	1:13.80	1:11.80	1:10.50		1:51.70	1:41.10	1:31.90	1:26.60	1:23.10	1:21.20	1:19.50	1:18.80	
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	200m Butterfly	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	4:09.70	3:38.30	3:18.50	3:05.90	2:55.90	2:46.90	2:40.40	2:36.40	2:33.60		4:02.60	3:40.60	3:18.60	3:07.70	2:59.50	2:54.00	2:51.70	2:49.30	
QT	50.30	46.00	43.20	40.50	38.20	36.10	34.50	33.50	32.70	50m Backstroke	50.20	46.0	43.10	40.90	39.40	38.00	37.00	36.60	
CT	52.30	48.00	45.20	42.50	40.20	38.10	36.50	35.50	34.70		52.20	48.00	45.10	42.90	41.40	40.00	39.00	38.60	
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	100m Backstroke	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	1:53.80	1:40.90	1:33.80	1:28.10	1:23.20	1:19.00	1:16.20	1:14.30	1:13.30		1:56.00	1:41.50	1:33.90	1:28.50	1:25.70	1:23.60	1:21.90	1:21.10	
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	200m Backstroke	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	3:52.70	3:31.80	3:18.00	3:06.70	2:56.30	2:48.30	2:42.00	2:37.40	2:34.60		3:58.70	3:32.30	3:17.00	3:06.60	3:00.30	2:55.80	2:51.80	2:49.90	
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	200m I/M	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	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		4:01.20	3:35.60	3:20.30	3:09.30	3:02.80	2:58.30	2:54.90	2:52.90	
QT			6:50.80	6:26.70	6:06.40	5:49.30	5:36.20	5:27.60	5:22.60	400m I/M									
CT			6:58.80	6:34.70	6:14.40	5:57.30	5:44.20	5:35.60	5:30.60					6:33.90	6:08.80	5:54.80	5:48.50	5:44.30	5:43.50

QT = Qualifying Time. CT = Consideration Time
Short Course Times will be converted to Long Course by Hytek Meet Manager Software
The organisers reserve the right to return entries.