

Tiger Bay Open Meet

Entries for this meet are on a “first come, first served basis”

Cardiff International Pool, Cardiff
22nd March to 24th March 2013
(under FINA Technical Laws and Swim Wales Rules)

City of Newport Swimming Club Internal Entry Form

Please complete all details requested below in full

Name		Male/Female
Address		
Date of Birth		Age (as at 24 th March 2013)
Club	City of Newport Swimming Club	
WASA/ASA Registration number		
Telephone Number		
Email Address		

In order for your entry to be submitted times must be entered, and these must meet the Qualifying Time, but not be faster than the Upper cut-off time. Times will be checked against recent results held by the club.

EVENT	Event No.	Entry Time	LC	SC	Entry Price
50m Butterfly					@ £5.00
50m Back					@ £5.00
50m Breast					@ £5.00
50m Freestyle					@ £5.00
100m Butterfly					@ £5.00
100m Back					@ £5.00
100m Breast					@ £5.00
100m Freestyle					@ £5.00
200m Butterfly					@ £5.00
200m Back					@ £5.00
200m Breast					@ £5.00
200m Freestyle					@ £5.00
200m Individual Medley					@ £5.00
400m Freestyle					@ £5.00
400m Individual Medley (11+)					@ £5.00
800m Freestyle (girls 11+)					@ £5.00
1500m Freestyle (boys 11+)					@ £5.00

Total No of entries _____ @ £5.00 per event = £ _____ TOTAL

All cheques to be made payable to City Of Newport Swimming Club

Entries must be received by your coach by **Thursday 10th January** – 6pm
This will enable us to get our entry back early and increase the chances of not being scratched!!!

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22nd to 24th March 2013

Long Course Qualifying and Upper Cut Off Times

	Boys									Event	Girls							
	9	10	11	12	13	14	15	16	17		9	10	11	12	13	14	15	16
UCT	39.50	35.80	33.90	32.00	30.40	29.10	27.90	27.10	26.90	50m Freestyle	39.60	36.60	34.20	32.70	31.70	30.80	30.30	30.10
QT	50.20	46.60	44.00	40.80	37.90	35.30	33.00	31.50	30.90		49.30	46.60	43.40	40.50	38.30	36.60	35.50	34.90
UCT	1:31.20	1:17.70	1:12.00	1:07.40	1:04.20	1:02.10	1:00.30	59.00	58.20	100m Freestyle	1:31.30	1:19.10	1:12.70	1:09.30	1:07.50	1:06.00	1:05.30	1:04.80
QT	1:54.60	1:41.30	1:34.30	1:26.90	1:20.70	1:15.80	1:11.60	1:08.80	1:07.10		1:52.70	1:41.30	1:33.00	1:26.60	1:22.10	1:18.80	1:16.80	1:15.50
UCT	3:07.80	2:47.80	2:36.10	2:26.90	2:20.20	2:15.00	2:11.60	2:08.20	2:06.30	200m Freestyle	3:14.20	2:49.10	2:36.90	2:29.90	2:25.00	2:22.10	2:19.90	2:18.90
QT	4:00.00	3:40.30	3:25.40	3:09.80	2:56.70	2:45.20	2:36.50	2:29.90	2:26.00		4:00.20	3:37.10	3:20.80	3:07.00	2:56.60	2:49.80	2:44.80	2:42.00
UCT	6:50.10	5:52.90	5:23.70	5:08.70	4:55.50	4:44.40	4:38.40	4:31.90	4:28.90	400m Freestyle	6:48.90	5:55.50	5:26.10	5:12.20	5:02.70	4:56.90	4:53.40	4:50.90
QT	8:40.50	7:44.60	7:08.50	6:39.90	6:13.10	5:48.60	5:31.10	5:17.80	5:10.60		8:25.90	7:36.10	6:58.50	6:30.40	6:09.20	5:55.20	5:45.60	5:39.60
UCT										800m Freestyle								
QT											11:17.20	10:44.30	10:22.50	10:12.80	10:05.50	9:58.60		
UCT			22:37.30	20:24.60	19:32.20	18:49.80	18:21.00	17:59.90	17:47.30	1500m Freestyle								
QT			29:33.30	26:25.30	24:39.20	23:03.30	21:50.10	21:01.80	20:32.10									
UCT	52.80	47.50	44.20	41.00	38.60	36.90	35.40	34.70	33.80	50m Breaststroke	52.90	47.10	44.00	41.60	40.10	38.80	38.10	37.90
QT	1:06.40	1:01.30	57.10	52.20	48.20	44.80	41.90	40.40	39.00		1:05.20	59.80	55.60	51.50	48.50	46.10	44.70	44.00
UCT	1:58.90	1:41.70	1:32.80	1:26.80	1:21.80	1:18.50	1:16.20	1:14.30	1:12.70	100m Breaststroke	2:00.10	1:41.60	1:33.30	1:27.90	1:24.40	1:22.80	1:22.20	1:21.10
QT	2:28.70	2:11.60	2:00.80	1:51.20	1:42.60	1:35.70	1:30.30	1:26.60	1:23.90		2:26.50	2:09.20	1:58.50	1:49.20	1:42.50	1:38.70	1:36.40	1:34.40
UCT	4:01.70	3:38.00	3:20.40	3:08.20	2:57.30	2:49.40	2:44.20	2:41.70	2:37.90	200m Breaststroke	4:08.70	3:36.60	3:18.60	3:09.30	3:01.60	2:57.20	2:55.40	2:55.10
QT	5:06.10	4:42.60	4:21.10	4:00.80	3:42.30	3:26.60	3:14.70	3:08.30	3:02.10		5:05.80	4:35.80	4:12.90	3:55.20	3:40.80	3:31.50	3:26.10	3:23.70
UCT	45.30	40.00	37.40	35.10	33.20	31.70	30.20	29.60	28.90	50m Butterfly	44.80	40.50	37.50	35.80	34.20	33.40	32.70	32.30
QT	57.00	51.70	48.40	44.60	41.30	38.40	35.80	34.40	33.30		55.20	51.30	47.40	44.10	41.30	39.60	38.30	37.50
UCT	1:41.70	1:28.10	1:20.20	1:14.80	1:10.80	1:07.60	1:05.40	1:03.90	1:02.90	100m Butterfly	1:40.40	1:29.50	1:20.70	1:16.30	1:13.50	1:12.20	1:11.00	1:10.50
QT	2:07.40	1:53.80	1:44.20	1:35.80	1:28.60	1:22.30	1:17.50	1:14.40	1:12.50		2:03.30	1:53.20	1:42.40	1:34.70	1:29.20	1:25.90	1:23.30	1:21.90
UCT	3:46.50	3:15.30	2:55.90	2:44.90	2:36.50	2:29.40	2:24.60	2:21.60	2:19.60	200m Butterfly	3:40.40	3:17.90	2:56.90	2:48.00	2:41.30	2:37.10	2:35.70	2:33.90
QT	4:43.80	4:11.90	3:49.50	3:31.60	3:16.10	3:02.20	2:51.40	2:45.10	2:40.90		4:30.70	4:10.20	3:44.60	3:28.30	3:15.70	3:07.10	3:02.60	2:59.20
UCT	46.50	42.20	39.60	37.30	35.30	33.60	32.40	31.60	30.90	50m Backstroke	46.60	42.30	39.60	37.80	36.70	35.60	34.80	34.50
QT	59.00	54.70	51.40	47.40	44.00	40.70	38.30	36.80	35.60		57.90	53.90	50.20	46.80	44.30	42.30	40.80	40.10
UCT	1:42.00	1:28.90	1:22.00	1:17.10	1:13.00	1:09.50	1:07.60	1:06.20	1:05.50	100m Backstroke	1:44.30	1:29.70	1:22.40	1:18.00	1:16.00	1:14.50	1:13.20	1:12.60
QT	2:08.30	1:55.60	1:47.00	1:38.80	1:31.40	1:24.90	1:20.20	1:17.20	1:15.40		2:07.90	1:54.30	1:44.90	1:37.10	1:32.20	1:28.60	1:25.90	1:24.50
UCT	3:29.60	3:08.40	2:55.20	2:45.50	2:36.70	2:30.70	2:26.00	2:22.50	2:20.40	200m Backstroke	3:36.00	3:09.40	2:55.20	2:46.70	2:41.80	2:38.70	2:35.80	2:34.40
QT	4:26.30	4:06.30	3:49.60	3:32.70	3:16.90	3:03.90	2:53.40	2:46.30	2:42.00		4:26.90	4:02.00	3:43.40	3:27.50	3:16.60	3:09.10	3:03.00	2:59.70
UCT	3:34.80	3:12.00	2:57.30	2:47.30	2:38.90	2:32.80	2:28.40	2:24.90	2:22.80	200m I/M	3:38.30	3:12.20	2:58.00	2:49.10	2:44.20	2:41.00	2:38.50	2:37.00
QT	4:32.90	4:10.50	3:52.40	3:35.20	3:19.90	3:06.60	2:56.20	2:49.10	2:44.80		4:30.50	4:06.40	3:47.40	3:30.80	3:19.80	3:12.20	3:06.40	3:03.10
UCT			6:14.30	5:53.80	5:37.20	5:23.90	5:14.80	5:08.30	5:05.10	400m I/M			6:13.10	5:54.90	5:44.10	5:38.40	5:33.60	5:30.20
QT			8:12.30	7:36.10	7:04.10	6:35.50	6:14.00	5:59.90	5:51.80				7:56.90	7:22.70	6:58.90	6:43.70	6:32.20	6:24.90

QT = Qualifying Time, UCT = Upper Cut Off Time. All entry times must be between the QT and the UCT. Short course times will be converted using Hy Tek Meet Manager software. The organisers reserve the right to return entries.