***City Of Newport***

***Swimming Club***

Presents the Spring Open & Pentathlon Competition

2014

At

Newport International Sports Village

25 Metre 8 Lane Regional Pool

License No: 014WL2-051

License No: 014WL4-052

# On Saturday 3rd & Sunday 4th May 2014

**A Level 2 and Level 4 Competition including a Pentathlon Programme for swimmers aged 8, 9 and 10 years old.**

**Swimmers can only enter either the Level 2 or the Level 4 Meet – Not Both**

Entries Close at 5pm 14th April 2014

**Entries will be on a first come first served basis**

For further information please contact:

Karl Sansom

68 Victoria Street

Old Cwmbran

Cwmbran

NP44 3JP

**CITY OF NEWPORT SWIMMING CLUB SPRING OPEN & PENTATHLON MEET**

**3rd & 4th May**

**General Event Information**

***Age on the last day of meet***

**LEVEL 2 OPEN EVENTS**

Girls: 9-10, 11-12, 13-14, 15 & over.

Boys: 9-11, 12-13, 14-15, 16 & over.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Freestyle | 50m | 100m | 200m | 400m |
| Backstroke |  | 100m | 200m |  |
| Breaststroke |  | 100m | 200m |  |
| Butterfly |  | 100m | 200m |  |
| Ind Medley |  |  | 200m | 400m |

**ALL EVENTS: Heat Declared Winners**

**ENTRY FEES:**

£4.50 per event

**LEVEL 4 PENTATHLON EVENTS**

***Girls & Boys 8 years:***

25 Metres Butterfly, Backstroke, Breaststroke

25 Metres Freestyle (Front-crawl)

100 Metres Individual Medley

***Girls & Boys 9 & 10 years:***

50 Metres Butterfly, Backstroke, Breaststroke

50 Metres Freestyle (Front-crawl)

100 Metres Individual Medley

**ENTRY FEES:**

£10.00 per swimmer for all 5 events (whether all 5 are swam or not)

All entries must be completed in full and returned together with the relevant entry fee to:

Karl Sansom

68 Victoria Street

Old Cwmbran

Cwmbran

NP44 3JP

One entry cheque per club only - Cheques made payable to *City Of Newport*

*Swimming Club*

Entries will be rejected if:

 They are received without the relevant fee.

 Incorrectly completed, including entering times faster than the upper cut times (Level 4 only) or slower than the qualifying times (Level 2 only)

 Improved or falsified entry times.

 Received after the closing date of 14th April 2014.

 The promoter reserves the right to reject entries prior to the closing date or by using an alternative method if the meet is oversubscribed.

**NO REFUNDS** will be made**.**

This will be a level 2 and level 4 competition and only swimmers who have NOT achieved a Swim Wales Age Group or ASA Qualifying time are allowed to participate in the level 4 competition.

**SESSION TIMES:**

**Session 1 warm up To be confirmed after entries have been received**

Sessions times will be confirmed on receipt of entries.

**MARSHALLING**

Swimmers must make themselves available for marshalling at least 2 events prior to their event. Please do not rely on the public address system for announcements.

**OFFICIALS**

Visiting clubs are requested to provide at least one British Swimming official per session, and their details (together with their qualification) should be forwarded with the entry information. Meals and refreshments will be provided. Officials on workbooks are welcome to attend and will be mentored if possible. City of Newport Swimming Club may offer travelling expenses to officials who attend without a swimmer competing. Expenses will be capped at a maximum of £40.00 per family.

**MEDALS**

Medals will be awarded for **first three places** in each age group for the level

2 events.

For swimmers competing in the pentathlon, the times will be totaled up for all 5 events, and will be ranked from fastest to slowest. Medals will then be awarded to the first three places in each age group.

**SPECTATORS**

**Admission Charges**

 Individual sessions - £3

* All day - £7
* Weekend - £12

Programmes will also be available to purchase.

**CAR PARKING**

There is free on site car parking plus there are several overflow car parks.

**REFRESHMENTS**

There is a coffee shop on site. There are also vending machines, and the local Cricket Club is also available for food and refreshments.

**CAMERA USE**

When a competition involves children under the age of 18 years of age 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. This includes but is not limited to:

Still cameras, Cine cameras, Video cameras, Camera/video enabled mobile phones, Camera enabled PDA’s

**MOBILE PHONES**

Mobile phones must not be used in the pool hall and changing village.

**COMPETITION PROMOTER**

A Competition Promoter will be available for the duration of the Competition and can be contacted on: sansokw@gmail.com

**CITY OF NEWPORT SWIMMING CLUB SPRING OPEN & PENTATHLON MEET**

**3rd & 4th May**

**Promoters Conditions**

1. The Competition will be swum under the following rules and conditions: FINA Technical Rules and Swim Wales Laws.
2. All competitors must be members of an affiliated club, amateurs as defined by Swim Wales or the ASA Laws and hold a valid Swim Wales/ASA membership number.
3. The Promoters reserve the right to limit entry in the interests of safety and timely completion of the Competition.
4. Over the top starts will, where necessary or appropriate, be used during this Competition.
5. Entries should be submitted electronically using Ht-Tek Team Manager software. The events file for input into TM is available upon request from sansokw@gmail.com. In exceptional circumstances entries will be accepted using the standard form provided. No entries will be accepted without the correct full payment.
6. The entry fee is £4.50 per event for the Level 2 Meet. For the Level 4 Meet, the entry fee is £10.00 per swimmer for all 5 events (whether all 5 events are swam or not). A single cheque should be sent per club and shall be made payable to “City of Newport Swimming Club”.

**All entries must also include a payment summary sheet, completed coach/chaperone accreditation forms where appropriate**

**and an email address for return of confirmed entries and the timetable**.

1. Ages as at the last day of the Competition i.e. 4th May 2014 2014.
2. Upper cut off times apply to all ages groups in the Pentathlon except 8 year olds. Swimmers who have swum a time equal to or faster than the upper cut off time are not eligible to enter the event. If the events are oversubscribed, the Promoter reserves the right to return entries.
3. There are no upper cut off times for 8 year old swimmers; however, they must NOT have achieved a Swim Wales Age Group or Youth Qualifying Time (this includes swimmers taking part from outside Wales).
4. No swimmer may enter events “Out of Age”.
5. Closing date for entries is 5pm Monday 14th April 2014. Entries will be received on a "first come, first served basis" and accepted up to the maximum that can be accommodated in the time available. However, should the meet become oversubscribed then the Management Committee reserves the right to return entries. Entries received after the 14th April 2014 cannot be guaranteed for consideration. Please note that there will be no cards for this competition.
6. All withdrawals must be notified to the Competition Office no later than 5pm the day before the competition.
7. Coach/Chaperone passes, to include a full set of results sheets and all programmes, are available at a cost of £10.00 per pass. All applications for this pass must include Swim Wales/ASA number and DBS/CRB check details for verification and a passport sized photo. Passes must be worn at all times when poolside or in the changing village. The closing date for passes is the same as for entries, and passes will not be available on the day of the Competition. Coach/Chaperones without a valid pass will not be permitted poolside or allowed into the changing village.
8. Swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the Competition.
9. Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach). Swimmers who have not attained the standard of the Competitive Start Award must lower themselves over the side into the water, on the long whistle of the Referee before starting at an appropriate place.
10. Individual teams/coaches will be responsible for their own swimmers in all areas outside the pool including the changing rooms.
11. All valuables clothing etc. left in the changing rooms will be entirely at the owner’s risk.
12. Events will be swum in heats, slowest to fastest, with every heat being spearheaded. **All events are Heat Declared Winner in the Level 2**.
13. **In order to be eligible for the pentathlon medals the swimmer must have swum in all 5 events**.
14. For the purposes of scoring the pentathlon, swimmers who are disqualified from any event will be awarded the time of the slowest legal swim of their age plus an additional 5 seconds. These replacement times will only be used for scoring the pentathlon and will not be valid times for entries to future Competitions and they will not be sent to the ASA rankings database.
15. DATA PROTECTION ACT 1998 – CITY OF NEWPORT SWIMMING CLUB uses a computer to record entries and results. By submitting entries and accepting entry to the Competition, consent is thereby given (as required under the Data Protection Act 1998) to the holding of personal information on a computers. Personal data recorded, such as name, club, date of birth and times may be made public during or after the Competition.
16. Acceptable Behavior - 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.
17. Jewelry - For safety and security reasons, the wearing of jewelry 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). The Promoters will not be responsible for any jewelry brought to events and will not be liable if such jewelry is lost or damaged.
18. Seating–the first 4 rows of the spectator area will be reserved for swimmers in addition to the seating on the far side of the pool.
19. The Promoters reserve the right to remove anyone for misconduct.
20. The Promoters reserve the right to remove or amend any of the above conditions as required.

**CITY OF NEWPORT SWIMMING CLUB SPRING OPEN & PENTATHLON MEET**

**3rd & 4th May**

***Individual Coach/Chaperone Pass***

***Please complete in block capitals.***

Full Name …………………………………………………………………………………………………… Name of Club ……………………………………………………..

Position (e.g. Club Coach) ……………………………………….…………………..…………… Address……………………………………………………………………………………………………….

…………………………………………………………………… Postcode …………………………...

Telephone Number ……………………………………………….

Swim Wales/ASA Affiliation Number …..……………….……... CRB/DBS Number ………………………………………………..

Please enclose a cheque for £10.00 made payable to City of Newport Swimming Club for each pass required. Passes will not be available to be purchased on the day - they must be purchased beforehand. There will be no access to the changing village or poolside without a coach pass.

Please include a passport size photo for each coach/chaperone pass

**Closing Date: 14th April 2014**

***City Of Newport Swimming Club***

***Programme of Events***

**Session 1 Saturday 3rd May Session 3 Saturday 3rd May**

**Event No Age Groups Stroke Event No Age Groups Stroke**

|  |  |  |
| --- | --- | --- |
| 1 Girls 15 & Over 100m Free |  | 29 Girls 15 & Over 100m Fly |
| 2 Boys 16 & Over 100m Back | 30 Boys 16 & Over 100m Breast |
| 3 Girls 13-14 200m Fly | 31 Girls 13-14 200m Free |
| 4 Boys 14-15 200m Breast | 32 Boys 14-15 200m Back |
| 5 Girls 11-12 100m Free | 33 Girls 11-12 100m Fly |
| 6 Boys 12-13 100m Back | 34 Boys 12-13 100m Breast |
| 7 Girls 9-10 200m Fly | 35 Girls 9-10 200m Free |
| 8 Boys 11 & under 200m Breast | 37 Boys 11 & under 200m Back |
| 9 Girls 15 & Over 200m Back | 38 Girls 15 & Over 200m Breast |
| 10 Boys 16 & Over 200m Fly | 39 Boys 16 & Over 200m Free |
| 11 Girls 13-14 100m Breast | 40 Girls 13-14 100m Back |
| 12 Boys 14-15 100m Free | 41 Boys 14-15 100m Fly |
| 13 Girls 11-12 200m Back | 42 Girls 11-12 200m Breast |
| 14 Boys 12-13 200m Fly | 43 Boys 12-13 200m Free |
| 15 Girls 9-10 100m Breast | 44 Girls 9-10 100m Back |
| 16 Boys 11 & under 100m Free | 45 Boys 11 & under 100m Fly |
| 17 Girls 9-10, 11-12, 13-14, 15 + 200m IM | 46 Girls 13-14, 15 & Over 50m Free |
| **Session 2 Saturday 3rd May**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Event No** |  | **Age Groups** | **Stroke** |  | **Event No** | **Age Groups** | **Stroke** |
| 18 | Girls 8 |  | 25m Fly |  | 23 | Boys 8 | 25m Free |
| 19 | Boys 8 |  | 25m Fly |  | 24 | Girls 9 -10 | 50m Breast |
| 20 | Girls 9 -10 |  | 50 Free |  | 25 | Boys 9-10 | 50m Breast |
| 21 | Boys 9-10 |  | 50 Free |  | 26 | Girls 9-10 | 100 Ind Med |
| 22 | Girls 8 |  | 25m Free |  | 27 | Boys all age groups | 400 Free |
|  |  |  |  |  | 28 | Girls all age groups | 400 IM |

 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Session 4 Sunday 4th May** |  |  |  | **Session 6 Sunday 4th May** |  |
| **Event No** | **Age Groups** | **Stroke** |  | **Event No** | **Age Groups** | **Stroke** |
| 47 | Boys 16 & Over | 200m Back |  | 75 | Girls 15 & Over | 200m Fly |
| 48 | Girls 15 & Over | 200m Free |  | 76 | Boys 16 & Over | 200m Breast |
| 49 | Boys 14-15 | 100m Breast |  | 77 | Girls 13-14 | 100m Free |
| 50 | Girls 13-14 | 100m Fly |  | 78 | Boys 14-15 | 100m Back |
| 51 | Boys 12-13 | 200m Back |  | 79 | Girls 11-12 | 200m Fly |
| 52 | Girls 11-12 | 200m Free |  | 80 | Boys 12-13 | 200m Breast |
| 53 | Boys 11 & under | 100m Breast |  | 81 | Girls 9-10 | 100m Free |
| 54 | Girls 9-10 | 100m Fly |  | 82 | Boys 11 & under | 100m Back |
| 55 | Boys 16 & Over | 100m Fly |  | 83 | Girls 15 & Over | 100m Breast |
| 56 | Girls 15 & Over | 100m Back |  | 84 | Boys 16 & Over | 100m Free |
| 57 | Boys 14-15 | 200m Free |  | 85 | Girls 13-14 | 200m Back |
| 58 | Girls 13-14 | 200m Breast |  | 86 | Boys 14-15 | 200m Fly |
| 59 | Boys 12-13 | 100m Fly |  | 87 | Girls 11-12 | 100m Breast |
| 60 | Girls 11-12 | 100m Back |  | 88 | Boys 12-13 | 100m Free |
| 61 | Boys 11 & under | 200m Free |  | 89 | Girls 9-10 | 200m Back |
| 62 | Girls 9-10 | 200m Breast |  | 90 | Boys 11 & under | 200m Fly |
| 63 | Boys 9-11, 12-13, 14-15, 16+ | 200m IM |  | 91 | Boys 14-15, 16 & Over | 50m Free |

**Session 5 Sunday 4th May**

**Event No Age Groups Stroke Event No Age Groups Stroke**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 64 | Boys 8 | 25m Back |  | 69 | Girls 8 | 25m Breast |
| 65 | Girls 8 | 25m Back |  | 70 | Boys 9-10 | 50m Back |
| 66 | Boys 9-10 | 50m Fly |  | 71 | Girls 9-10 | 50m Back |
| 67 | Girls 9-10 | 50m Fly |  | 72 | Boys 9-10 | 100m Ind Med |
| 68 | Boys 8 | 25m Breast |  | 73 | Girls all age groups | 400m Free |
|  |  |  |  | 74 | Boys all age groups | 400m IM |

**City Of Newport Swimming Club**

Spring Open & Pentathlon

Competition 2014

Saturday 3rd & Sunday 4th May 2014

**Level 2 events entry Form**

Surname ……………………….….. First Name (in full) ………………………….. Middle Name ………………….…… Age (at 4th May 2014) ………………….…... Male/Female ……………….…….. Date Of Birth ………………………….

Address ………………………………………………………………………………………..……………………… Post Code …………………… Email address………………………………………………………………. Tel No. ……………………………………………

Name of Club ……………………………….………………………………………… Swim Wales/ASA Number ……………………

|  |  |  |
| --- | --- | --- |
| **Event** | **Event Number** | **S/Course Time** |
| 50 m Freestyle |  |  |
| 100 m Freestyle |  |  |
| 200 m Freestyle |  |  |
| 400 m Freestyle |  |  |
| 100 m Backstroke |  |  |
| 200 m Backstroke |  |  |
| 100 m Breaststroke |  |  |
| 200 m Breaststroke |  |  |
| 100 m Butterfly |  |  |
| 200 m Butterfly |  |  |
| 200m IM |  |  |
| 400m IM |  |  |

……events at £4.50 total payable £…………

Electronic entries are required where possible, but this entry form can be used for all

Level 2Events.

**TO BE COMPLETED BY THE COMPETITOR :**

I declare that the above particulars are correct and agree to abide by the conditions laid down. I accept that there will be no refunds for incorrectly submitted entries.

**SIGNATURE OF COMPETITOR**: …………………………………………………………

**Closing Date: 14th April 2014**

**City Of Newport Swimming Club**

Spring Open & Pentathlon

Competition 2014

Saturday 3rd & Sunday 4th May 2014

**Pentathlon Entry Form**

Surname ……………………….. First Name (in full) ……………..………….. Middle Name ……………..…… Age (at 4th May 2014) ……………. Male/Female …………..…….. Date Of Birth ….………….………………..…….... Address ……………………………….……………………………………………………………… Post Code ……………….. Email address……………………………………

Tel No. ………………………..………………

Name of Club ……………………………………………………..……………………

Swim Wales/ASA Number ……………………

|  |  |  |
| --- | --- | --- |
| Event | Event No | S/Course Time |
| 25m (aged 8) or 50 m (aged 9 & 10) Freestyle |  |  |
| 25m (aged 8) or 50 m (aged 9 & 10) Backstroke |  |  |
| 25m (aged 8) or 50 m (aged 9 & 10) Breaststroke |  |  |
| 25m (aged 8) or 50 m (aged 9 &10) Butterfly |  |  |
| 100m IM |  |  |

Entry fee is £10.00 per swimmer for all 5 events

(whether all 5 events are swam or not)

Electronic entries are required where possible, but this entry form can be used for all

Pentathlon events only.

**TO BE COMPLETED BY THE COMPETITOR :**

I declare that the above particulars are correct and agree to abide by the conditions laid down. I accept that there will be no refunds for incorrectly submitted entries.

**SIGNATURE OF COMPETITOR**: …………………………………………………………………

**Closing Date: 14th April 2014**

**City Of Newport Swimming Club**

Spring Open & Pentathlon

Competition 2014

Closing date 5pm on the 14th April 2014

**Payment Summary Sheet**

**Please complete the following payment Summary Sheet and return with entries:**

Club: ……………………………………………………..……………………………… Contact Name: ……………………………………………….……………………. Telephone Number: ……………………………………..……………………….

Email address: ……………………………………………………………….

|  |  |  |  |
| --- | --- | --- | --- |
| **No of Coach’s passes** |  | **X £ 10.00 =**  | **£** |
|  |  |  |  |
| **Total individual entries for Level 2** |  | **X £ 4.50 =** | **£** |
|  |  |  |  |
| **Total Pentathlon entries** |  | **X £ 10.00 =** | **£** |
|  |  |  |  |
| **Total amount enclosed** |  |  | **£** |

**City of Newport Swimming Club**

Spring Open & Pentathlon Competition 2014-Level 2 Competition

**Qualifying Times:**

|  |  |  |
| --- | --- | --- |
| **Boys** | **Stroke** | **Girls** |
| 9/11years | 12/13 years | 14/15Years | 16+ | Qualifying Times | 9/10Years | 11/12years | 13/14years | 15+ |
|  |  | 30.40 | 28.30 | 50m Freestyle |  |  | 33.30 | 31.70 |
| 1.31.50 | 1.13.20 | 1.05.50 | 1.01.20 | 100m Freestyle | 1.32.90 | 1.18.70 | 1.11.50 | 1.08.30 |
| 3.15.70 | 2.39.10 | 2.22.50 | 2.13.20 | 200m Freestyle | 3.17.60 | 2.49.60 | 2.33.60 | 2.26.60 |
| 7.05.00 | 5.34.00 | 5.01.50 | 4.42.10 | 400m Freestyle | 7.11.40 | 5.52.90 | 5.20.50 | 5.06.20 |
|  |  |  |  |  |  |  |  |  |
| 1.43.30 | 1.22.50 | 1.13.00 | 1.07.80 | 100m Backstroke | 1.45.20 | 1.28.10 | 1.19.20 | 1.15.30 |
| 3.36.70 | 2.56.50 | 2.37.00 | 2.26.50 | 200m Backstroke | 3.38.80 | 3.06.30 | 2.49.60 | 2.41.10 |
|  |  |  |  |  |  |  |  |  |
| 1.59.70 | 1.33.80 | 1.22.70 | 1.16.60 | 100m Breaststroke | 2.00.20 | 1.40.20 | 1.29.80 | 1.25.10 |
| 4.09.20 | 3.22.50 | 2.58.90 | 2.47.00 | 200m Breaststroke | 4.11.70 | 3.34.90 | 3.12.80 | 3.03.50 |
|  |  |  |  |  |  |  |  |  |
| 1.50.10 | 1.22.00 | 1.12.30 | 1.07.30 | 100m Fly | 1.51.40 | 1.28.00 | 1.19.00 | 1.15.10 |
| 4.00.00 | 3.00.80 | 2.40.10 | 2.28.30 | 200m Fly | 4.03.60 | 3.13.90 | 2.52.60 | 2.43.00 |
| 3:41.70 | 3:00.50 | 2:40.70 | 2.30.30 | 200m IM | 3:44.00 | 3.11.40 | 2.53.80 | 2:45.50 |
| 7:58.60 | 6:20.90 | 5:40.60 | 5:18.10 | 400m IM | 7:56.10 | 6:43.60 | 6:03.90 | 5:47.30 |

Pentathlon Competition 2014-Level 4 Competition

Upper cut off times

|  |  |  |
| --- | --- | --- |
| **Girls** | **Stroke** | **Boys** |
| 8 years | 9 years | 10 years | 8 years | 9 years | 10 years |
| No Upper Cut Off Time |  |  | 25m Backstroke | No Upper Cut Off Time |  |  |
|  | 43.60 | 40.20 | 50m Backstroke |  | 43.30 | 40.10 |
| No Upper Cut Off Time |  |  | 25m Breaststroke | No Upper Cut Off Time |  |  |
|  | 50.00 | 45.90 | 50mBreaststroke |  | 49.10 | 45.50 |
| No Upper Cut Off Time |  |  | 25m Fly | No Upper Cut Off Time |  |  |
|  | 42.90 | 39.00 | 50m Fly |  | 42.30 | 38.90 |
| No Upper Cut Off Time |  |  | 25m Freestyle | No Upper Cut Off Time |  |  |
|  | 37.80 | 35.30 | 50m Freestyle |  | 37.30 | 34.70 |
| No Upper Cut Off Time | 1:36.90 | 1.27.00 | 100m IM | No Upper Cut Off Time | 1:35.60 | 1.28.30 |