

Presents the

Christmas Cracker Open &

Pentathlon Competition 2014

at

Newport International Sports Village

25 Metre 8 Lane Regional Pool

License No: 014WL4-084

14th December 2014

**A Level 4 Competition including a Pentathlon programme for swimmers aged 8 and 9 years old**

**ENTRIES WILL BE ON A FIRST COME FIRST SERVED BASIS**

Entries Close at Midnight 23rd November 2014

For further information please contact:

Karl Sansom

Meet Manager

68 Victoria Street

Old Cwmbran

Cwmbran

NP44 3JP

Email: sansokw@gmail.com

Tel: 07860 238695

**CITY OF NEWPORT SWIMMING CLUB**

**CHRISTMAS CRACKER OPEN & PENTATHLON MEET**

**14th December 2014**

**General Event Information**

***Age on the day***

**PENTATHLON EVENTS**

## Girls & Boys 8 years:

25 metres, Butterfly, Backstroke, Breaststroke

25 metres Freestyle (Front-crawl)

100 metres Individual Medley

## Girls & Boys 9 years:

50 metres, Butterfly, Backstroke, Breaststroke

50 metres Freestyle (Front-crawl)

100 metres Individual Medley

**OPEN EVENTS**

Girls: 10-11, 12-13, 14-15, 16 & over

Boys: 10, 11-12, 13-14, 15 & over

50 metres, Butterfly, Backstroke, Breaststroke

50 metres Freestyle (Front-crawl)

200 metres Individual Medley

**ENTRY FEES**

£5.00 per event or £20.00 to enter all events

£5.00 per team for the Cannon

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
* Improved or falsified entry times.
* Received after the closing date of 23rd November 2014.

This is a Level 4 competition and only swimmers who have NOT achieved a Swim Wales Age Group or ASA Qualifying Time are allowed to participate.

Upper cut-off times are based on individual ages, but for the purpose of running the Competition efficiently the following age groups will be used when swimming the events:

Girls: 10-11, 12-13, 14-15, 16 & over

Boys: 10, 11-12, 13-14, 15 & over

**SESSION TIMES**

**Session 1 warm up 8.00am**

Sessions times will be confirmed on receipt of entries. If the inclusion of the cannon events cause the Competition to over-run the 7.5 hours of competition they will be dropped from the programme.

**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 entering more than 5 swimmers must provide at least one British Swimming official per session. Visiting clubs entering 15 or more swimmers must provide at least two British Swimming officials per session and their details, together with their qualification, should be forwarded with the entry information. Meals and refreshments will be provided. **Clubs who are unable to meet this requirement must contact the meet manager prior to entering their swimmers.** 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 capped at a maximum of £40.00 per family.

**MEDALS**

Medals will be awarded for **first three places** in each age group for the Open events.

For swimmers competing in the pentathlon, the times will be totalled 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**

* £6 for all day

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 rooms.

**COMPETITION PROMOTER**

A Competition Promoter will be available for the duration of the Competition and can be contacted on: 07860 238695

**Christmas Cracker Level 4 Open & Pentathlon 2014**

**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 Hy-Tek Team Manager software. The events file for input into TM is available upon request from [sansokw@gmail.com](mailto: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 £5.00 per event, or £20.00 for any swimmer who enters all the individual events, with a single cheque sent per club and 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**.

7. Ages as at the day of the Competition i.e. 14th December 2014.

8. Upper cut off times apply to all ages groups 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.

9. 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).

10. No swimmer may enter events “Out of Age”.

11. Closing date for entries is midnight Sunday 23rd November 2014. Entries are on a first come first served basis. Entries received after this date cannot be guaranteed for consideration. Please note that there will be no cards for this competition.

12. All withdrawals must be notified to the Competition Office no later than 5pm the day before the competition. Refunds are at the Promoter’s discretion.

13. Coach/Chaperone passes, to include a full set of results sheets and all programmes, are available at a cost of £20.00 per pass (includes food). All applications for this pass must include WASA/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 rooms. 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 rooms.

16. 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.

17. 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.

18. Individual teams/coaches will be responsible for their own swimmers in all areas outside the pool including the changing rooms.

19. All valuables/clothing etc. left in the changing rooms will be entirely at the owner’s risk.

20. Events will be swum in heats, slowest to fastest, with every heat being spearheaded. All events are Heat Declared Winner.

21. In order to be eligible for the pentathlon medals the swimmer must have swum in all 5 events.

22. 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.

23. 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 computer/s. Personal data recorded, such as name, club, date of birth and times may be made public during or after the Competition.

24. Acceptable Behaviour - 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.

25. Jewellery - For safety and security reasons, the wearing of jewellery 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 jewellery brought to events and will not be liable if such jewellery is lost or damaged.

26. 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.

27. The Promoters reserve the right to remove anyone for misconduct.

28. The Promoters reserve the right to remove or amend any of the above conditions as required.

***City Of Newport Swimming Club***

***Individual Coach/Chaperone Pass***

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

**14th December 2014**

|  |
| --- |
| **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 £20.00 made payable to City of Newport Swimming Club for each pass required (Food is included in this charge). 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: 23rd November 2014**

***City Of Newport Swimming Club***

***Programme of Events***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Session 1** | | |  | **Session 2** | | |
| **Event No** | **Age Groups** | **Stroke** |  | **Event No** | **Age Groups** | **Stroke** |
| 1 | Girls 10-11 | 50m Back |  | 21 | Girls 8 | 25m Breast |
| 2 | Boys 10 | 50m Fly |  | 22 | Boys 8 | 25m Back |
| 3 | Girls 12-13 | 50m Breast |  | 23 | Girls 10-11 | 50m Breast |
| 4 | Boys 11-12 | 50m Free |  | 24 | Boys 10 | 50m Free |
| 5 | Girls 8 | 25m Free |  | 25 | Girls 12-13 | 50m Back |
| 6 | Boys 8 | 25m Free |  | 26 | Boys 11-12 | 50m Fly |
| 7 | Girls 9 | 50m Back |  | 27 | Girls 9 | 50m Breast |
| 8 | Boys 9 | 50m Fly |  | 28 | Boys 9 | 50m Free |
| 9 | Girls 14-15, 16 & Over | 50m Breast |  | 29 | Girls 14-15, 16 & Over | 50m Back |
| 10 | Boys 13-14, 15 & Over | 50m Free |  | 30 | Boys 13-14, 15 & Over | 50m Fly |
| 11 | Girls 10-11 | 50m Fly |  | 31 | Girls 10-11 | 50m Free |
| 12 | Boys 10 | 50m Breast |  | 32 | Boys 10 | 50m Back |
| 13 | Girls 12-13 | 50m Free |  | 33 | Girls 12-13 | 50m Fly |
| 14 | Boys 11-12 | 50m Back |  | 34 | Boys 11-12 | 50m Breast |
| 15 | Girls 8 | 25m Fly |  | 35 | Girls 8 | 25m Back |
| 16 | Boys 8 | 25m Breast |  | 36 | Boys 8 | 25m Fly |
| 17 | Girls 14-15, 16 & Over | 50m Free |  | 37 | Girls 14-15, 16 & Over | 50m Fly |
| 18 | Boys 13-14, 15 & Over | 50m Back |  | 38 | Boys 13-14, 15 & Over | 50m Breast |
| 19 | Girls 9 | 50m Fly |  | 39 | Girls 9 | 50m Free |
| 20 | Boys 9 | 50m Breast |  | 40 | Boys 9 | 50m Back |

|  |  |  |
| --- | --- | --- |
| **SESSION 3** | | |
| **Event No** | **Age Groups** | **Stroke** |
| 41 | Girls 8 | 100m Ind Medley |
| 42 | Boys 8 | 100m Ind Medley |
| 43 | Girls 9 | 100m Ind Medley |
| 44 | Boys 9 | 100m Ind Medley |
| 45 | Girls 10-11 | 200m Ind Medley |
| 46 | Boys 10 | 200m Ind Medley |
| 47 | Girls 12-13 | 200m Ind Medley |
| 48 | Boys 11-12 | 200m Ind Medley |
| 49 | Girls 14-15, 16 & Over | 200m Ind Medley |
| 50 | Boys 13-14, 15 & Over | 200m Ind Medley |
| 51 | Girls Team Cannon | 8x25 Freestyle |
| 52 | Boys Team Cannon | 8x25 Freestyle |

8x25 Freestyle Cannon will include one swimmer from each age group. Girls Ages: 8, 9, 10, 11, 12, 13, 14, 15 & over; Boys Ages: 8, 9, 10, 11, 12, 13, 14, 15 & over.

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# City Of Newport Swimming Club

Christmas Cracker Open & Pentathlon Competition

**14th December 2014**

**Open Events Entry Form**

**For swimmers aged 10 years and over**

|  |
| --- |
| Surname ……………………….. First Name (in full) …………………………..  Middle Name ………………… Age (at 14th December 2014) ……...  Male/Female ……………….. Date Of Birth ………………………..  Address ……………………………………………………………………………………  Email address………………………………………………………  Post Code …………………… Tel No. ……………………………………………  Name of Club ……………………………….…………………………………………  Swim Wales/ASA Number …………………… |

|  |  |  |
| --- | --- | --- |
| Event | Event Number | S/Course Time |
| 50m Freestyle |  |  |
| 50m Backstroke |  |  |
| 50m Breaststroke |  |  |
| 50m Fly |  |  |
| 200m IM |  |  |

Please check your entry times carefully as you are not eligible to enter if you have already achieved a time equal to or faster than the upper cut off time.

……events at £5.00 (max £20.00) total payable £…………

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Electronic entries are required where possible, but this entry form can be used for all Open Events. | | | | | | | | | | | | | | | | | | |
| **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: 23rd November 2014**

# City Of Newport Swimming Club

Christmas Cracker Open & Pentathlon Competition

**14th December 2014**

**Pentathlon Entry Form**

**For swimmers aged 8 or 9 years**

|  |
| --- |
| Surname ……………………….. First Name (in full) ……………..…………..  Middle Name …………..…… Age (at 14th December 2014) …………….  Male/Female …………….. Date Of Birth ….…………………………..……....  Address ……………………………………………………………………………………  Email address………………………….……………………………………………….  Post Code ……………….. Tel No. ………………………………………………  Name of Club ……………………………………………………..……………………  Swim Wales/ASA Number …………………… |

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

……..……events at £5.00 (max £20.00) total payable £…………….

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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: 23rd November 2014City Of Newport Swimming Club

**14th December 2014**

**Cannon Events Entry Form**

|  |
| --- |
| Name of Club …………………………………………………………………..……...  Male/Female………….…………………………………………………………………..  Email address………………………………………………………  Tel No. …………………………………………… |

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Event | S/Course Time |
| 51 | Girls Team Cannon | 8x25 Freestyle |  |
| 52 | Boys Team Cannon | 8x25 Freestyle |  |

……events at £5.00 Total payable £…………

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Electronic entries are required where possible, but this entry form can be used for all Relay Events. | | | | | | | | | | | | | | | | | | |
| **TO BE COMPLETED BY THE COACH :** | | | | | | | | | | | | | | |  |  |  |  |
| 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 COACH**: ………………………………………………………… | | | | | | | | | | | | | | | |  |  |  |

**Closing Date: 23rd November 2014**

# City Of Newport Swimming Club

Christmas Cracker Open & Pentathlon

Competition 2014

14th December 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 £20.00 =

£

Total individual entries

Total Cannon

X £5.00 =

£

X £5.00 =

£

‘5 swims’ entries

X £20.00 =

£

entries

**Total amount enclosed:**

£

# City Of Newport Swimming Club

Christmas Cracker Open & Pentathlon

Competition 2014

14th December 2014

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Full Name |  | | | | | | | | | | | | | | | | | | | | | | |
| Name of Club |  | | | | | | | | | | | | | | | | | | | | | | |
| Qualification  (please tick) | Timekeeper | | | Judge 1 | | | Judge 2 | | | | | Judge 2 (S) | | | | | | | Referee | | | | |
|  | | |  | | | |  | | | |  | | | | | | |  | | | | |
| *If you are on a workbook please put a `W` in the respective place* | | | | | | | | | | | | | | | | | | | | | | | |
| Address: | | | | | | | | | | | | | | | | | | | | | | | |
|  |  | | | | | | | | | | | | | | Post Code: | | | | | | | | |
| Tel. No. | | | | | | | | | | | | | |  | | | | | | | | |  |
| Email address: |  | | | | | | | | | | | | |  | | | | | |  | | | |
| Swim Wales/ Scottish Swimming / ASA affiliation number: | | | | | | | | | | | | |  | | | | | | | | | | |
| CRB Number: | Date: | | | | | | | | | | | | | | | | | | | | | | |
| Sessions which you are available for (please tick) |  |  |  | |  |  | | |  |  |  | | | | |  |  |  | | |  |  | |
| 1 |  | 2 | |  | 3 | | |  | 4 |  | | | | | 5 |  | 6 | | |  |
|  |  |  | |  |  | | |  |  |  | | | | |  |  |  | | |  |

PLEASE RETURN VIA EMAIL TO;

[sansokw@gmail.com](mailto:sansokw@gmail.com)

Thank you

Karl Sansom

**City of Newport Swimming Club**

Christmas Cracker Open & Pentathlon Competition 2014-Level 4 Competition

**Short Course Upper Cut Off Times-25m Short Course Pool**

**Upper Cut Off Times – Entry times equal to or faster than the Upper Cut Off times are not allowed**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Girls** | | | | **Stroke** | **Boys** | | | |
| 10/11  years | 12/13 years | 14/15  years | 16+ | Upper Cut Off Times | 10  years | 11/12  years | 13/14  years | 15+ |
| 33.60 | 31.00 | 29.70 | 29.50 | 50m Freestyle | 34.70 | 31.10 | 28.30 | 26.30 |
| 38.10 | 35.00 | 33.70 | 33.00 | 50m Backstroke | 40.10 | 36.00 | 32.50 | 29.80 |
| 43.00 | 39.10 | 37.30 | 36.90 | 50m Breaststroke | 45.50 | 40.20 | 35.90 | 33.10 |
| 36.90 | 33.80 | 32.20 | 31.90 | 50m Fly | 38.90 | 34.60 | 31.10 | 28.50 |
| 2:55.60 | 2:41.10 | 2:34.70 | 2.32.30 | 200m IM | 3:07.80 | 2.45.60 | 2.29.20 | 2:19.30 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Girls** | | **Stroke** | **Boys** | |
| 8 years | 9 years | 8 years | 9 years |
| Not applicable |  | 25m Backstroke | Not applicable |  |
|  | 43.60 | 50m Backstroke |  | 43.30 |
| Not applicable |  | 25m Breaststroke | Not applicable |  |
|  | 50.00 | 50m  Breast-stroke |  | 49.10 |
| Not applicable |  | 25m Fly | Not applicable |  |
|  | 42.90 | 50m Fly |  | 42.30 |
| Not applicable | 37.80 | 50m Freestyle | Not applicable | 37.30 |
| Not applicable | 1:36.90 | 100m IM | Not applicable | 1:35.60 |