



Swim Swansea Swimming Club
present their 2010 Long Course Open Meet
Meet license - 010WL1-012
(Under FINA Technical LAWS and Swim Wales Rules)
Friday 14th May to Sunday 16th May 2010

Wales National Pool, Swansea

AGE GROUPS

Boys 10-12 Yrs, 13/14 Yrs, 15/ 16 Yrs, 17 & Over
Girls 10/11 Yrs, 12/13 Yrs, 14/15 Yrs, 16 & Over

EVENTS

800, 1500 Freestyle HDW - Mixed 11 & Over
50m Freestyle Heats 15 / O Boys / 14 Over Girls– Finals
All 100m Events (Heats/Finals – 13U AND 14+ Girls – 14U and 15+ Boys), 400m Freestyle HDW - All Age Groups
All 200 Events Heats and Finals - Boys 10-12 Yrs, 13/14 Yrs, 15/ 16 Yrs, 17 & Over
Girls 10/11 Yrs, 12/13 Yrs, 14/15 Yrs, 16 & Over
200 I.M Finals for 10 – 12, 13 – 14 Boys and 10 -1 1, 12 – 13 Girls
400 Freestyle and 400m IM HDW - Boys 10 & Over/Girls 10 & Over

I.M Skins - Fastest 8 swimmers from 200 I.M in the 14 & Over Girls and 15 & Over Boys – Cash Prizes

Ages on Sunday 16th May 2010

Meet pack and details can be found at www.swim-swansea.co.uk
or email longcourse@swimswansea.co.uk

Closing date for entries Friday 9th April 2010

Program of events:

| Session 1 Friday 14 th May 2010 | Session 2 Friday 14 th May 2010 | Session 3 Friday 14 th May |
|--|--|--|
| Warm up 8am – 9am | Warm up | |
| 1. Male 10/O 100 Freestyle 2. Female 10/O 200 Freestyle 3. Male 10/O 200 Breaststroke 4. Female 10/O 200 Backstroke 5. Male 10/0 200 Butterfly 6. Female 10/O 100 Butterfly | 7. Male 10/0 400 Freestyle (HDW) 8. Female 10/O 400 I.M (HDW) 9. Male 10/0 200 I.M 10. Female 14 0 50 Freestyle | 11. Final Male 100 Freestyle 14U / 15O 12. Final Female 200 Freestyle 4 Finals 13. Final Male 200 Breaststroke 4 Finals 14. Final Female 200 Backstroke 4 finals 15. Final Male 200 Butterfly 4 Finals 16. Final Female 100 Butterfly 4 Finals 17. Final Male 200 I.M 2 Final 18. Final Female 50 Freestyle 1 Final |

| Session 4 Saturday 15 th May 2010 | Session 5 Saturday 15 th May 2010 | Session 6 Saturday 15 th May 2010 |
|--|---|---|
| Warm up 8 – 9 am | Warm up | |
| 19. Female 10/O 100 Freestyle 20. Male 10/O 200 Freestyle 21. Female 10/O 200 Breaststroke 22. Male 10/O 200 Backstroke 23. Female 10/0 200 Butterfly 24. Male 10/0 100 Butterfly | 25. Female 10/0 400 Freestyle (HDW) 26. Male 10/O 400 I.M (HDW) 27. Female 10/O 200 I.M 28. Male 15/O 50 Freestyle | 29. Final Female 100 Freestyle 14U / 15O 30. Final Male 200 Freestyle 4 Finals 31. Final Female 200 Breaststroke 4 Finals 32. Final Male 200 Backstroke 4 finals 33. Final Female 200 Butterfly 4 Finals 34. Final Male 100 Butterfly 4 Finals 35. Final Female 200 I.M 2 Finals 36. Final Male 50 Freestyle 1 final |

| Session 7 Sunday 16 th May 2010 | Session 8 Sunday 16 th May 2010 | Session 9 Sunday 16 th May 2010 |
|--|---|--|
| Warm up | | |
| 37. Male 10/O 100 Breaststroke 38. Female 10/O 100 Breaststroke 39. Male 10/O 100 Backstroke 40. Female 10/0 100 Backstroke | 41. Mixed 11 / O 800 Free 42. Mixed 11/O 1500 Free | 43. Final Male 100 Breaststroke 4 final 44. Final Female 100 Breaststroke 4 Final 45. Final Male 100 Backstroke 4 finals 46. Final Female 100 Backstroke 4 Finals 47. Skins 14+Girls / 15+Boys |

Swim Swansea Long Course Open Meet Conditions

1. The meet will be held under ASA law and technical rules and has been licensed for entry into National Championships.
2. All competitors must be members of an affiliated club, eligible to compete and registered in accordance with ASA laws and technical rules and may enter in the name of one club only.
3. The promoter (Swim Swansea Swimming Club) reserves the right to reject any entry without giving a reason. By submitting entries on the official entry forms and discs, clubs and competitors accept the rules of this competition. Competitors whose entries are accepted and subsequently found to have been entered in the wrong event(s) a) because of incorrect entry information will be withdrawn from the event(s) and will not have their entry fees refunded. However, b) because of error by the organizer, will be withdrawn from the event(s) and will at the organizer's discretion and without further obligation or liability by the organizer either a) be entered in the correct event or b) receive a refund of the relevant entry fee(s).
4. The pool is 50m and the competition will be swum **long course**. Anti-wave devices will be in place and electronic timing/placing will be used wherever possible. The organizer reserves the right to ban the use of gas hooters, klaxons etc., which in the organizers opinion, could be a hazard or a danger to swimmers, officials or spectators.

5 Entries with Long Course times should be made via Hy-Tek team manager Printout of Hy-Tek entry file (or clerical entry form if applicable) and payment form should reach the Meet Secretary by **9th April 2010**. The entry fee is **£6.00** per event. Coach passes are **£10.00** each. Cheques should be made payable to Swim Swansea Swimming Club. Entry information will be sent to Club Secretaries, via email, on receipt of entries and correct fees.

6. The acceptance of competitors will be based on times submitted so it is essential that only times achieved or realistic times be entered. As many heats as possible will be run in the time available for the Meet. The promoters reserve the right to amend the number of heats in each event depending on entry numbers. **There are lower qualifying times on all events which are set at the ASA minimum qualifying times for Level 1 Long Course Meet (ASA recommended grade A level).**

7 If the event is oversubscribed, and in order to keep each session within the appropriate time period, the slowest entries from each age group will be rejected. As soon as possible after the closing date, club list sheets will be emailed to club secretary for accepted entries, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or available for collection by Clubs on the day. There will be no refunds for withdrawals after the closing date.

8. All events are being swum as open age, however awards will be age grouped. **Ages will be as at 16th May 2010.**

By submitting entries, consent is thereby given, as required under the data Protection Act of 1984, to the holding of personal information on a computer. Personal data, including submitted and recorded times, may be made public during the meet.

9. Under ASA child protection laws all spectators wishing to use cameras must register with the door admission staff.

10. The one start rule will be in operation during this event.

11. The meet will be run without cards. Heats will be pre seeded. **Swimmers do not need to sign in.** The organizers reserve the right to amend the running order of the events and to add non-scoring swimmers at their sole discretion should it become necessary.

12. The 400, 800, 1500 Freestyle and 400 I.M will be HDW. There will be finals in all other events. Age bands for finals are as follows:

50 Free 14 Over Girls / 15 Over Boys

100 Events – 13U Girls / 14 Over Girls

14 U Boys / 15 Over Boys

200 Events – Boys 10 – 12 / 13 – 14 / 15 – 16 / 17 & over

Girls 10 – 11 / 12 – 13 / 14 – 15 / 16 & Over

200 I.M Finals for 10 – 12 / 13 – 14 Boys and 10 -11 / 12 – 13 Girls

Skins Finals selected from fastest 8 200 I.M Times in 14 Over Girls / 15 Over Boys

13. Entries will be seeded into heats from submitted times, these will be seeded before the event, where swimmers have withdrawn the lane will be left empty. Slowest heats will be swum first. All heats will be placed in 'spearhead' formation.

14. Competitors must report to the stewards 2 events prior to their event.

Saturday 15th Session 3 Finals 3pm – 4pm Start
 Session 4 Heats 8:00 am 9:00 am Start
 Session 5 Heats 12pm – 1pm Start
 Session 6 Finals 3pm – 4pm Start
Sunday 16th Session 7 Heats 8:00 am 9:00 am
 Session 8 Heats 11am – 12pm Start
 Session 9 Heats 3 pm – Start 4pm

All other Session Times are to be confirmed. Confirmation will be sent to clubs with return of entry, as well as being posted on the Swim Swansea Website

STARTS

Over the top starts will be used in the heats and wherever possible

ELECTRONICS

Daktronics timing system with electronic display

DRUG TESTING

Testing may take place at this event and implicit by the submission of an entry form is the willingness, if selected, to be tested under the current Swim Wales/ASA procedures.

MEET RESULTS

In addition to providing a real time results service the meet results will be posted on the Swim Swansea website within 24 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 or other software systems, a complete electronic copy of the meet results can be obtained following the meet. Any club's wishing this service should provide their e-mail details to the meet office during or prior to the meet.

REFRESHMENTS

The cafe which provides a catering facility serving refreshments for swimmers and spectators will operate throughout this meet. Refreshments may not be taken onto the poolside.

HEALTH & SAFETY

No outdoor shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area and particularly when moving around and climbing the steps in the competitors area. **Swimmers are asked not to enter the spectators area or foyer whilst they are competing.**

If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim meet. A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and or Team Managers responsibility to ensure that this is the case. No swimmer should topple into the water in the event of a false start - a proper shallow dive must be performed. It is the responsibility of the swimmer and or parent to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.

SWIM SHOP Wales National Pool operates their own swim shop during their opening hours.

MOBILE PHONES

Swimmers, parents and coaches are reminded that the use of mobile phones **is not allowed inside the WNP building.** This policy is actively enforced and all visitors are asked to comply.

MEET OFFICE

A Meet Office will be open for the duration of the meet and in case of emergency can be contacted on 01792 – 513614.

ENTRY FORM

***NB: Entry Qualifying Times / Consideration Times apply
for these events***

LAST NAME:..... FIRSTNAME:.....MIDDLE INITIAL:.....

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:.....POST CODE:.....

TEL:..... EMAIL:.....

CLUB:.....REG NUMBER:.....

| Event | | Event # | Entry Time | LC | SC | Achieved |
|--------------|------|---------|------------|----|----|----------|
| Freestyle | 50 | | | | | |
| | 100 | | | | | |
| | 200 | | | | | |
| | 400 | | | | | |
| | 800 | | | | | |
| | 1500 | | | | | |
| Backstroke | | | | | | |
| | 100 | | | | | |
| | 200 | | | | | |
| Breaststroke | 50 | | | | | |
| | 100 | | | | | |
| | 200 | | | | | |
| Butterfly | 50 | | | | | |
| | 100 | | | | | |
| | 200 | | | | | |
| IM | 200 | | | | | |
| | 400 | | | | | |

**Coach Pass Application Form
(Coaches, Team Managers & Poolside Helpers)**

Please note that all applications for poolside passes from Coaches, Team Managers, Poolside Helpers, etc. must be accompanied by the persons:

- i. WASA Number
- ii. CRB Number
- iii. Photograph

The only exception to the above requirements will be if **ALL 3 ITEMS** are already lodged with the WASA office. If these are already with WASA, the name of the applicant will be sufficient and the remaining items will be obtained from WASA.

Please complete the following:

1) Full Name:

2) WASA No., CRB No., & Photograph already with WASA?

YES:

NO:

If the answer to Question 2 is **NO** then please complete the following:

WASA Number:

CRB Number:

Photograph Enclosed?

YES:

NO:

