**LEVEL 3 LONG COURSE MEET**

**15th & 16th June 2019**

**Cardiff International Pool - CF11 0JS**

**ENTRIES WILL CLOSE MIDNIGHT Saturday 5th May 2019**

**All session Times will be confirmed after the closing date (Estimated times are 8.15am warm up 10.45am warm up and 2.15pm warm up).**

(Held under ASA Laws and Regulations and Asa Technical Rules of racing)

 (**License Number: ??????)**

 Level 3 for entry into local and regional competitions. 50m, 10 lane pool with anti-wave ropes and electronic timing. Large spectator seating area and spacious Cafeteria.

**All events from 50m to 400m**

**All events are heat declared winners**

**All events are subject to entry times being achieved.**

**Club entries of over 5 to be via HY-TEK entry file (see website for details)**

**Clubs are kindly requested to provide an official/s to assist us in the smooth running of the Meet.**

**Age as 16th June 2019**

Awards will be given in the following age groups:

9&10yrs, 11&12yrs, 13&14yrs, 15/over

There will also be awards for top girl and top boy in each age group.

Open meet information/entry pack can be downloaded from the website **www.torfaendolphins.com** or e-mail us at competition@torfaendolphins.com

Entries will be on a “first come, first served” basis -Entry Fee - £8.00 per event

It is the responsibility of the entering team to check all entries have been received No later than the closing date, also you will receive confirmation of accepted entries two weeks later, again please check with us if you have heard nothing (these checks are purely a backup for us to ensure entries do not go missing)

**PROGRAMME OF EVENTS**

**Cardiff International Pool - CF11 0JS**

**SATURDAY 15th June 2019**

|  |
| --- |
| Session 1 |
| **Event No** | **Event** | **Gender** | **Ages** |
| 1 | 400m Freestyle | Female | 11&12yrs, 13&14yrs, 15/over |
| 2 | 400m IM | Male | 11&12yrs, 13&14yrs, 15/over |
| 3 | 200m Breaststroke | Female | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 4 | 50m Butterfly | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 5 | 50m Backstroke | Female | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 6 | 100m Backstroke | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| Session 2 |
| **Event No** | **Event** | **Gender** | **Ages** |
| 7 | 200m Freestyle | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 8 | 200m IM | Female | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 9 | 50m Breaststroke | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 10 | 100m Butterfly | Female | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| Session 3 |
| **Event No** | **Event** | **Gender** | **Ages** |
| 11 | 200m Butterfly | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 12 | 200m Backstroke | Female | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 13 | 100m Breaststroke | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 14 | 50m Freestyle | Female | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 15 | 100m Freestyle | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |

**PROGRAMME OF EVENTS**

**Cardiff International Pool - CF11 0JS**

**Sunday 17TH June 2018**

|  |
| --- |
| Session 4 |
| **Event No** | **Event** | **Gender** | **Ages** |
| 16 | 400m Freestyle | Male | 11&12yrs, 13&14yrs, 15/over |
| 17 | 400m IM | Female | 11&12yrs, 13&14yrs, 15/over |
| 18 | 200m Breaststroke | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 19 | 50m Butterfly | Female | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 20 | 50m Backstroke | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 21 | 100m Backstroke | Female | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| Session 5 |
| **Event No** | **Event** | **Gender** | **Ages** |
| 22 | 200m Freestyle | Female | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 23 | 200m IM | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 24 | 50m Breaststroke | Female | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 25 | 100m Butterfly | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| Session 6 |
| **Event No** | **Event** | **Gender** | **Ages** |
| 26 | 200m Butterfly | Female | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 28 | 200m Backstroke | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 28 | 100m Breaststroke | Female | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 29 | 50m Freestyle | Male | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |
| 30 | 100m Freestyle | Female | 9&10 yrs, 11&12yrs, 13&14yrs, 15/over |

**Long Course Meet 2018**

**Entrants must be slower than the cut off times – Female**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Event |  | **9/10** | **11** | **11/12** | **13** | **13/14** | **15+** | **16** | **17+** |
| 50 FC | Slower Than | 33.50 |  | 29.0 |  | 28.00 | 26.74 |  |  |
| 100 FC | Slower Than | 1.08.00 |  | 1.02.64 |  | 59.94 | 57.36 |  |  |
| 200 FC | Slower Than | 2.23.00 |  | 2.14.88 |  | 2.09.06 | 2.01.85 |  |  |
| 400 FC | Slower Than | N/A |  | 4.43.2 |  | 4.31.06 | 4.21.59 |  |  |
| 50 BC | Slower Than | 39.00 |  | 34.50 |  | 32.50 | 30.00 |  |  |
| 100 BC | Slower Than | 1.19.00 |  | 1.11.3 |  | 1.07.85 | 1.04.26 |  |  |
| 200 BC | Slower Than | 2.47.00 |  | 2.34.32 |  | 2.26.87 | 2.21.84 |  |  |
| 50 BRS | Slower Than | 42.00 |  | 38.00 |  | 37.00 | 34.50 |  |  |
| 100 BRS | Slower Than | 1.24.00 |  | 1.19.89 |  | 1.16.96 | 1.12.33 |  |  |
| 200 BRS | Slower Than | 3.05.00 |  | 2.51.67 |  | 2.44.13 | 2.36.74 |  |  |
| 50 Fly | Slower Than | 37.00 |  | 33.00 |  | 30.50 | 30.00 |  |  |
| 100 Fly | Slower Than | 1:16.00 |  | 1.09.28 |  | 1.05.25 | 1.03.43 |  |  |
| 200 Fly | Slower Than | 2.40.00 |  | 2.35.79 |  | 2.24.06 | 2.20.60 |  |  |
| 200 IM | Slower Than | 2.41.00 |  | 2.31.56 |  | 2.25.02 | 2.21.29 |  |  |
| 400 IM | Slower Than | N/A |  | 5.20.72 |  | 5.06.73 | 4.55.71 |  |  |

**Long Course Meet 2018**

**Entrants must be slower than the cut off times – Male**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Event |  | **9/10** | **11** | **11/12** | **13** | **13/14** | **15+** | **16** | **17+** |
|  50 FC | Slower Than | 33.00 |  | 28.50 |  | 25.70 | 24.13 |  |  |
| 100 FC | Slower Than | 1.06.00 |  | 1.00.99 |  | 55.67 | 53.21 |  |  |
| 200 FC | Slower Than | 2.21.00 |  | 2.10.32 |  | 1.59.22 | 1.54.32 |  |  |
| 400 FC | Slower Than | N/A |  | 4.39.12 |  | 4.16.81 | 4.00.58 |  |  |
| 50 BC | Slower Than | 37.50 |  | 33.50 |  | 30.00 | 28.00 |  |  |
| 100 BC | Slower Than | 1:16.00 |  | 1.09.38 |  | 1.02.73 | 59.03 |  |  |
| 200 BC | Slower Than | 2.35.00 |  | 2.26.52 |  | 2.11.15 | 2.06.45 |  |  |
| 50 BRS | Slower Than | 40.00 |  | 37.00 |  | 33.5 | 29.5 |  |  |
| 100 BRS | Slower Than | 1.26.00 |  | 1.17.19 |  | 1.10.94 | 1.04.36 |  |  |
| 200 BRS | Slower Than | 2.58.00 |  | 2.51.32 |  | 2.34.76 | 2.21.95 |  |  |
| 50 FLY | Slower Than | 36.00 |  | 31.00 |  | 28.00 | 26.00 |  |  |
| 100 FLY | Slower Than | 1:13.00 |  | 1.08.00 |  | 1.00.18 | 56.19 |  |  |
| 200 FLY | Slower Than | 2.37.00 |  | 2.30.61 |  | 2.15.60 | 2.04.07 |  |  |
| 200 IM | Slower Than | 2.37.00 |  | 2.32.92 |  | 2.20.07 | 2.12.22 |  |  |
| 400 IM | Slower Than | N/A |  | 5.18.28 |  | 4.52.36 | 4.34.81 |  |  |

**Level 3 Open Meet – Promoters conditions**

1. The Hy-Tek Team Manager Lite application and instructions can be downloaded free of charge from [www.hy-tekltd.com/downloads](http://www.hy-tekltd.com/downloads)
2. The meet will be held under ASA Laws and ASA Technical Rules and has been Licensed Level 3. .
3. Cut off times will be applied to all events. Entries of 6 or more swimmers from the same Club must be made electronically (HY Tek). Entries of 5 or less swimmers from the same club may be made using the official meet entry form. Entries (including summary and cheque) must reach the Meet Secretary by the closing date – No late entries will be accepted.
4. All competitors must be members of an affiliated club, registered Category 2 with the ASA and may compete in the name of one club only.
5. The promoter reserves the right to accept or reject entries and also restrict entries in order to complete the meet within the time available. If the meet is oversubscribed, entries will be accepted on a first come first served basis, allowing for an equal balance of swimmers across the age groups
6. 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.
7. Incorrect or incomplete entries will be rejected. There will be no refunds for withdrawals after the closing date.
8. The age groups are: 9&10, 11&12, 13&14, 15 and over - ages as at the last day of the meet
9. The pool is 50m and the meet will be swum long course. Anti-wave devices will be in place and electronic timing/placing will be used.
10. Weekend Event programme will be available and there is an entry fee for adult spectators.
11. Entries and results for this meet will be held on computer. As required by the Data Protection Act 1998 submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the meet.
12. The one start rule will be in operation during this event.
13. The meet will be run without cards. Heats will be pre-seeded.
14. Swimmers should report to the competitors’ stewards’ eight heats prior to their own. In events of 200m or over this drops to 6 heats before.
15. All events are HDW..
16. In accordance with recommendations of the ASA child protection policy, any person wishing to use video, zoom or close range photography, including mobile phones that have photographic capabilities should first register their details at the spectator entrance.
17. Neither the promoter or Cardiff International Pool accept any liability for any loss or damage to personal belongings.
18. Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. Prior to commencement refunds may apply at the promoters discretion.
19. Any swimmer breaking these conditions will be liable to disqualification from any or all events.
20. There will be medals in every event for the first three overall swimmers in each age group i.e. 9/10, 11/12 etc. There will also be finalist medals for those in the top 10 of that age group. Any disqualified swimmer will not receive awards.
21. Awards will be made to the top boy and top girl swimmer using a points system based on swimmers achieving 1 to 10th places in each event
22. Refunds will also be given for medical reasons on production of a Doctor’s note only.
23. The promoters reserve the right to refuse admission to any competitor or spectator.
24. Coaches Passes will not be sold on the day. No pass - no admission to poolside
25. Entry times shall be converted at the time of entry by the clubs to 50m Pool times. All times submitted must be truthful and correct as define by the ASA Code of Conduct. Entry times may be checked against ASA rankings.
26. Over the top starts may be used at the promoter’s discretion.
27. The organisers reserve the right to allow entries on the weekend of the Meet subject to availability and time.

**Long Course Open Meet Entry Form**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Male/Female D.O.B­\_\_\_\_\_\_\_\_\_ Age at (last day of Meet)\_\_\_\_\_ ASA No\_\_\_\_\_\_\_\_\_**

Total number of entries @£8 (£10 for paper entries). = No:\_\_\_\_\_\_\_\_\_ Total £’s:\_\_\_\_\_\_\_\_\_\_\_

**Note:** This form should be completed for each individual swimmer where Hy-Tek files are not available and less than 6 swimmers are being entered. Entry forms should be sent with a completed payment form as per the payment form instruction.

|  |
| --- |
| Session 1 |
| **Event No** | **Event** | **Gender** | **Entry Time** |
| 1 | 400m Freestyle | Female |   |
| 2 | 400m IM | Male |   |
| 3 | 200m Breaststroke | Female |   |
| 4 | 50m Butterfly | Male |   |
| 5 | 100m Backstroke | Male |   |
| 6 | 50m Backstroke | Female |   |
| Session 2 |
| **Event No** | **Event** | **Gender** | **Entry Time** |
| 7 | 200m Freestyle | Male |   |
| 8 | 200m IM | Female |   |
| 9 | 50m Breaststroke | Male |   |
| 10 | 100m Butterfly | Female |   |
| Session 3 |
| **Event No** | **Event** | **Gender** | **Entry Time** |
| 11 | 200m Butterfly | Male |   |
| 12 | 200m Backstroke | Female |   |
| 13 | 100m Breaststroke | Male |   |
| 14 | 50m Freestyle | Female |   |
| 15 | 100m Freestyle | Male |   |
| Session 4 |
| **Event No** | **Event** | **Gender** | **Entry Time** |
| 16 | 400m Freestyle | Male |   |
| 17 | 400m IM | Female |   |
| 18 | 200m Breaststroke | Male |   |
| 19 | 50m Butterfly | Female |   |
| 20 | 100m Backstroke | Female |   |
| 21 | 50m Backstroke | Male |   |
| Session 5 |
| **Event No** | **Event** | **Gender** | **Entry Time** |
| 22 | 200m Freestyle | Female |   |
| 23 | 200m IM | Male |   |
| 24 | 50m Breaststroke | Female |   |
| 25 | 100m Butterfly | Male |   |
| Session 6 |
| **Event No** | **Event** | **Gender** | **Entry Time** |
| 26 | 200m Butterfly | Female |   |
| 28 | 200m Backstroke | Male |   |
| 28 | 100m Breaststroke | Female |   |
| 29 | 50m Freestyle | Male |   |
| 30 | 100m Freestyle | Female |   |

**PAYMENT FORM**

|  |  |
| --- | --- |
| **Club** |  |
| **Contact Address** |  |
|  |
|  |
|  |
| **Tel:** |  |
| **E-Mail** |  |

Total Number of Swimmer Entries \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Cost of Entries @ £8 (£10 (for paper entries) each £\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Cost of Coaches Passes @ £6.00 each \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(includes refreshment)

Total Cheque enclosed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Payment can be made by BACS transfer. Please send payments to:

Torfaen Dolphins

Sort code: 40-34-10

Account Number: 71270532

Please ensure you put TDLC & ‘club name’ as the reference, for individuals please put TDLC & ‘swimmers name’ as reference.

Please e-mail completed summary form, Hy-Tek files and reports (fees and event entries) to competition@torfaendolphins.com

Clerical entry forms & Completed summary form, should be sent to:

Mrs Claire Rosser

Ty Camlas

Maesderwen Rd

Pontypool

Torfaen

NP4 5LF

Email : competition@torfaendolphins.com

***Coach / Chaperone Pass***

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

|  |
| --- |
| **Full Name …………………………………………………………****Name of Club ……………………………………………………..****Position (e.g Club Coach) ………………………………………****Address…………………………………………………………….****………………………………………………………………………****Postcode …………………………………………………………...****Telephone Number ……………………………………………….****WASA/ASA Affiliation Number ………………………………………...****CRB Number ……………………………………………………..** |

Please enclose a cheque for £12 made payable to ‘Torfaen Dolphins’ for EACH pass required. The pass includes refreshments. 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

All completed forms to be returned to:

Mrs Claire Rosser

Ty Camlas

Maesderwen Rd

Pontypool

Torfaen

NP4 5LF

Email : competition@torfaendolphins.com

**Open Meet Entry Checklist**

Your entry envelope should contain the following:-

Summary sheet completed

HyTek reports (fees and event entries) or clerical forms if <5 swimmers

Cheque for entries

Post to Meet Secretary by first class mail DO NOT send by recorded delivery as this can delay your entry reaching the secretary if no-one is available to sign for it!

This completes the entry. Acknowledgement of receipt of paperwork will be sent by email.

PLEASE NOTE your entry is not accepted until the summary and paperwork are received by the Meet Secretary.

Incomplete entries are NOT accepted.

For full terms and conditions of entry please refer to our Promoters Conditions provided with the entry pack.

**HEALTH & SAFETY**

a) All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

b) It is the responsibility of the swimmer and/or parent/guardian/coach to declare to the referee any disability or medical condition that could present a health or safety risk.

c) If such a disability or medical condition exists, swimmers must produce a medical note confirming that their participation presents no health or safety problems.

d) Footwear MUST be worn on poolside, on the Balcony and throughout the building.

e) The Front 5 rows on the Balcony will be for swimmers – spectators are not allowed in this area.

f) Swimmers are advised not to use the elevators without an adult.

g) Stairways on the Balcony are to be kept CLEAR at ALL TIMES and should not be used to sit on.

h) An anticlockwise one way system will be in force on the poolside

1. The health, safety and wellbeing of all swimmers, officials, volunteers, spectators and visitors is paramount – all Health and Safety rules / regulations/ requirements must be complied with at all times.

j) A full risk assessment will be carried out in accordance with the Swim Wales Meet License Report Pack.

k) A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet is available from the duty manager throughout the duration of the Meet. All 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 meet.

l) Unacceptable Behaviour:

Behaviour 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.

m) Competitive Start Award:

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 into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.

n) 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).

Swim Wales will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

o) Sufficient Pool Accreditation will be available for clubs to maintain adequate supervision of their athletes (As a guide, a ratio of 1:10 should be considered as the minimum required where athletes are 9 years and over)

p)By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited professional photographer may be used for promotional purposes by Torfaen Dolphins or partner organisations

q) Swimmers are warned that doping controls may take place during this competition and by submitting entries, swimmers/parents/guardians are thereby giving consent to any random control methods. Further information can be found at www.100percentme.co.uk