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**Neath Swimming Club**

**Long Course Open Meet**

(Under FINA Technical Rules and Swim Wales Laws)

Level 1 1WL191709 and Level 3 3WL191710 Licence Meet

Saturday 19th to Sunday 20st October 2019

**At**

**Wales National Pool, Swansea**

**Meet pack and details can be found at www.neathasc.co.uk**

**Closing date: Saturday 28th September 2019**

**Entries are accepted on a first come basis.**

**Swimmers who submit NO TIME in the level 1 section will NOT be accepted.**

**Neath Swimming Club**

**Saturday 19th October 2019**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Session One** | **Warm up** |  |
| **Events** |  |  |  |
| **101** | 400m Free | Level 1 | Female |
| **102** | 400m Free MC | Level 1 | Female |
| **103** | 400m Free | Level 1 | Male |
| **104** | 400m Free MC | Level 1 | Male |
| **105** | 400m IM  | Level 1 | Female |
| **106** | 400m IM | Level 1 | Male |
|  |
|  | **Session Two** | **Warm up** |  |
| **Events** |
| **201** | 200m IM | Level 1 | Female |
| **202** | 200m IM - MC | Level 1 | Female |
| **203** | 50m Fly | Level 3 | Male |
| **204** | 50m Breast | Level 3 | Female |
| **205** | 100m Free | Level 1 | Male |
| **206** | 100m Free - MC | Level 1 | Male |
| **207** | 100m Fly | Level 1 | Female |
| **208** | 100m Fly – MC | Level 1 | Female |
| **209** | 200m Back | Level 1 | Male |
| **210** | 200m Breast | Level 1 | Female |
| **211** | 50m Fly | Level 1 | Male |
| **212** | 50m Fly – MC | Level 1 | Male |
| **213** | 50m Free | Level 1 | Female |
| **214** | 50m Free – MC | Level 1 | Female |
|  |
|  |
|  | **Session Three** | **Warm up** |  |
| **Event** |  |  |  |
| **301** | 50m Back | Level 3 | Male |
| **302** | 50m Free | Level 3 | Female |
| **303** | 100m Back | Level 1 | Male |
| **304** | 100m Back – MC | Level 1 | Male |
| **305** | 100m Breast | Level 1 | Female |
| **306** | 100m Breast-MC | Level 1 | Female |
| **307** | 200m Free | Level 1 | Male |
| **308** | 200m Free – MC | Level 1 | Male |
| **309** | 200m Fly | Level 1  | Female |
| **310** | 50m Back | Level 1 | Male |
| **311** | 50m Back – MC | Level 1 | Male |
| **312** | 50m Breast | Level 1 | Female |
| **313** | 50m Breast – MC | Level 1 | Female |
| **314** | 200m IM | Level 3 | Male |

**Neath Swimming Club**

**Sunday 20st October 2019**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Session Four** | **Warm up** |  |
| **Event** |  |  |  |
| **401** | 200m IM | Level 1 | Male |
| **402** | 200m IM – MC | Level 1 | Male |
| **403** | 50m Fly | Level 3 | Female |
| **404** | 50m Breast | Level 3 | Male |
| **405** | 100m Free | Level 1 | Female |
| **406** | 100m Free MC | Level 1 | Female |
| **407** | 100m Fly | Level 1 | Male |
| **408** | 100m Fly – MC | Level 1 | Male |
| **409** | 200m Back | Level 1 | Female |
| **410** | 200m Breast | Level 1 | Male |
| **411** | 50m Fly | Level 1 | Female |
| **412** | 50m Fly – MC | Level 1 | Female |
| **413** | 50m Free | Level 1 | Male |
| **414** | 50m Free – MC | Level 1 | Male |
|  |  |  |  |
|  | **Session Five** | **Warm up** |  |
| **Event** |  |  |  |
| **501** | 50m Back | Level 3 | Female |
| **502** | 50m Free | Level 3 | Male |
| **503** | 100m Back | Level 1 | Female |
| **504** | 100m Back – MC | Level 1 | Female |
| **505** | 100m Breast | Level 1 | Male |
| **506** | 100m Breast – MC | Level 1 | Male |
| **507** | 200m Free | Level 1 | Female |
| **508** | 200m Free – MC | Level 1 | Female |
| **509** | 200m Fly | Level 1  | Male |
| **510** | 50m Back | Level 1 | Female |
| **511** | 50m Back – MC | Level 1 | Female |
| **512** | 50m Breast | Level 1 | Male |
| **513** | 50m Breast – MC | Level 1 | Male |
| **514** | 200 IM | Level 3 | Female |

**Neath Open Meet Information**

**VENUE** Wales National Pool, Sketty Lane, Swansea

**POOL** 8 Lanes – 50m pool – electronic timing – with anti-turbulence lane ropes

A swim down facility will be available during the meet.

Car parking facilities are available as a pay and display. Neath ASC are not responsible for setting the price of parking; nor do we receive any money from the use of the car park.

**AGE AS DATE** Sunday 20st October 2019 (age as of last day of Meet)

All entrants must be members of an Affiliated Club and must be amateurs as defined by British Swimming and Swim Wales law

 **LEVEL ONE**

**EVENTS** The **level one** events will be

**100m all strokes** (Freestyle, backstroke, breaststroke & butterfly)

**200m all strokes** (Freestyle, backstroke, breaststroke, butterfly & Individual medley)

**400m Freestyle**

Check the qualification times for these events.

**Age groups** Boys 9/10, 11/12, 13/14 and 15/over

Girls 9/10, 11/12, 13/14 and 15/over

**Awards** Frist three swimmers in each age group per event

**EVENTS 50m all strokes** (Freestyle, backstroke, breaststroke & butterfly)

**Age group** Open category

**AWARDS** First three swimmers in each event.

**LEVEL ONE – Multi-Classified**

**EVENTS** The **level one** events will be

**50m all strokes** (Freestyle, backstroke, breaststroke & butterfly)

**100m all strokes** (Freestyle, backstroke, breaststroke & butterfly)

**200m** Freestyle and Individual medley

**400m Freestyle and Individual medley**

**Classifications There is a separate file showing the qualification and classification for each event.**

**AWARDS** The awards will be given to the First three swimmers in each event. Awards will be calculated based on FINA points.

 **LEVEL 3 - Pentathlon**

**EVENTS** The **level 3** is being run as a **Pentathlon** competition. The events will be

50m all strokes (Freestyle, backstroke, breaststroke & butterfly) plus a 200metre IM.

There will be an upper cut off time for the level 3. As this will be a level three section, NT times will be accepted.

In order to qualify for overall placing in the Pentathlon, swimmers need to enter the four stroke events and the Individual Medley. Swimmers who enter less than the 5 events will only be swimming for a ‘time’ and medal in the individual strokes.

In the event of a disqualification, the swimmer will be given the time of the slowest swimmer in that event (including disqualified swimmers) plus 10 seconds.

When all swims have been completed, each swimmer’s time for the **5 events** will be totaled up and ranked from fastest to slowest.

**Age groups** Boys and Girls age 8, 9, 10, 11 & 12

**AWARDS** First three swimmers in **each age group per event**, plus based on accumulative faster time over the five events an award for best boy and girl in each age category based on accumuative time.

**ENTRIES Electronic Entries and Payment sent to:**

 Neill Golding,

 101 Main Road

 Bryncoch

 Neath

 SA10 7TL

 **E Mail: neillwelshss@aol.com**

Electronic Entries should be emailed to the above address and include an entry report, completed Summary Sheet and any poolside passes applications. All electronic entries will be acknowledged with receipt confirmation. Please enter in subject title: “Neath Open Meet”

For emailed electronic entries, the sent date and time on the email will be classed as the date submitted; likewise, for postage entry the posted date will be classed as the entry date.

Swimmers entering the **multi classification** events need to use the **manual application form** and sent it to the above address.

**NO LATE ENTRIES WILL BE ACCEPTED**

No Entries will be processed without full and complete payment.

The Meet Director reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded and a single cheque will be made payable to club in question Please enclose a SAE for return of entry confirmations; alternatively enter an email address on the summary sheet and a confirmation will be sent via email. If the meet is full the entries will be limited on first come basis.

**ENTRY PRICING** £6.50 Per Event for level 1

£5.00 Per Event for level 3

**CLOSING DATE Saturday 28th September 2019** (No late entries will be accepted). Entry is accepted on a first come basis.

**REFUNDS** Refunds for entry fees will only be made on receipt of a valid Doctors Certificate. **Notification needs to be received before the meet commences**.

**POOLSIDE PASSES** £15 pool pass – includes start sheets and refreshments

Each club may apply for an initial 3 passes with photos. Passes will only be issued with a

current CRB check, copies must be sent on application, or shown on the day.

Additional passes may be purchased based upon the number of swimmers present at the meet. Passes must be worn at all times whilst on poolside and will be required to gain access.

Swim Wales passes may be used for identification. However, a poolside pass must still be purchased.

Coaches’ passes/packs will be issued from the Meet Office before the start of the meet.

THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS

**HEALTH & SAFETY** A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet can be obtained in advance.

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.

**Unacceptable 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.

**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).

**Jewellery** - “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, wristbands, ear-rings (except studs), and rings (except wedding bands).

*Neath ASC will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged*

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

**SEEDING** Events will be pre-seeded based on submitted entry and achieved preliminary times on a slowest to fastest basis.

**WITHDRAWLS** The Swimmer, and/or Coach will not need to complete a withdrawal form, as the meet will be pre-seeded and the lane will remain empty.

Where possible the meet organiser(s) will endeavour to fill any withdrawals from any alternative list or deck entries.

**MARSHALLING** As this is a pre-seeded meet no entry cards will be used. Marshalling will be in place at various points of the pool deck. It is the **SWIMMERS** responsibility to report to marshalling for the event. Failure to do so may result in the place being lost and filled by an alternate or a re-organisation of the events. As a general rule it is good practice for a swimmer to report to marshalling at least 5 events before their race.

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

**MEET RESULTS** The meet results will be posted on the Neath ASC website within 48 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 clubs wishing this service should provide their e‐mail details to the meet office during or prior to the meet.

**SPECTATORS £3.00 per session or £5 for the day**

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

**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.

**CAMERAS** Under Child protection laws anyone wishing to film or photograph during the event is required to register their camera for use. This can be done by completing a registration

form at the meet office where you will be issued with a tag which will need to be attached to the registered camera.

Please note that each individual camera will need to be registered and no passes will be issued without photo identification.

**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.

The promoter reserves the right to make any alterations to these conditions if necessary and all participants will be notified. Any matter not covered by these conditions or by ASA laws

or technical rules will be at the promoter’s discretion.

**LEVEL One – Multi Classified**

**Entry form**

Use this application form to enter the multi classification section of the meet. There is qualifying times for the level one for multi classified and this section will be run as an open section.

**Manual Entry Form**

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

MALE/FEMALE DATE OF BIRTH: DD/MM/YYYY

ADDRESS:………………………………………………………………………….………………..………………

POST CODE:………………

TEL:………………………………………………… EMAIL:………………………………………………………

CLUB:……………………………………………………

REG NUMBER:……………………………………..

COST: £6.50 PER EVENT

PAYMENT TO: Neath ASC Open Meet

**Disability Level**

|  |  |  |
| --- | --- | --- |
| **S** | **SB** | **SM** |
|  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event | Event # | Entry Time | **LC** | **SC** | **Achieved** |
| Freestyle | 50 |  |  |  |  |  |
| 100 |  |  |  |  |  |
| 200 |  |  |  |  |  |
|  | 400 |  |  |  |  |  |
| Backstroke | 50 |  |  |  |  |
| 100 |  |  |  |  |  |
| Breaststroke | **50** |  |  |  |  |  |
| 100 |  |  |  |  |  |
| Butterfly | 50 |  |  |  |  |  |
| 100 |  |  |  |  |  |
| Individual MedleyIM | 200 |  |  |  |  |  |

**Pentathlon ENTRY FORM – LEVEL THREE**

There are upper qualifying times for the Pentathlon - level three.

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

MALE/FEMALE DATE OF BIRTH: DD/MM/YYYY

ADDRESS:………………………………………………………………………….………………..………………

POST CODE:………………

TEL:………………………………………………… EMAIL:………………………………………………………

CLUB:……………………………………………………

REG NUMBER:……………………………………..

COST: £5 PER EVENT

PAYMENT TO: Neath ASC Open Meet

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event | Event # | Entry Time | **LC** | **SC** | **Achieved** |
| Freestyle | 50 |  |  |  |  |  |
| Backstroke | 50 |  |  |  |  |
| Breaststroke | **50** |  |  |  |  |  |
| Butterfly | 50 |  |  |  |  |  |
| IM | 200 |  |  |  |  |  |

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

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

MALE/FEMALE DATE OFBIRTH: DD/MM/YYYY

ADDRESS:………………………………………………………………………….………………..……………… POST CODE:……………… TEL:………………………………………………… EMAIL:……………………………………………………… CLUB:…………………………………………………REG NUMBER:……………………………………...

COST: £6.50 PER EVENT

 PAYMENT TO: Neath ASC Open Meet

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event | Event # | Entry Time | **LC** | **SC** | **Achieved** |
| Freestyle | 50 |  |  |  |  |  |
| 100 |  |  |  |  |  |
| 200 |  |  |  |  |  |
|  | 400 |  |  |  |  |  |
| Backstroke | 50 |  |  |  |  |
| 100 |  |  |  |  |  |
| 200 |  |  |  |  |  |
| Breaststroke | **50** |  |  |  |  |  |
| 100 |  |  |  |  |  |
| 200 |  |  |  |  |  |
| Butterfly | 50 |  |  |  |  |  |
| 100 |  |  |  |  |  |
| 200 |  |  |  |  |  |
| Individual MedleyIM | 200 |  |  |  |  |  |

(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:

This payment summary sheet must be completed and sent with all entries and/or payment of entries.

**Contact Name & Tel. No:**

**Club:**

Number of Coach Passes X £10.00 = £

Number of Coach Passes (includes refreshments) X £15.00 = £

Total Entries – Level 1 X £6.50 = £

Total Entries – Level 3 X £5.00 = £

 Total Amount Enclosed: £

Payment can be made via a single cheque to cover all the club entries. This should be made payable to ‘Neath Swimming Club Open Meet’.

Bank Transfer will also be accepted to:

Name of Bank: HSBC

A/C Name: Neath Swimming Club Open Meet

Sort Code: 40-34-03

A/C No. 31742256

Name of Club as Reference: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Confirmation date of when bank transfer made: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

All entries should be received **no later** than Saturday 28th September 2019. Entries will be accepted on a first come basis.

**All electronic and paper copies of entry forms need to be submitted** **to:** ‐

Neill Golding email address: neillwelshss@aol.com

101 Main Road Bryncoch

Neath

SA10 7TL

Mob: 07930697624