



Torfaen Dolphins

Clwb Nofio Perfformiad

(Under FINA Technical Rules and Swim Wales Laws)

**Torfaen Dolphins & Torfaen Trust are proud to
present their 2023 St. Davids Day
Meet**

CLOSED INVITATIONAL MEET

@

Pontypool Active Living Centre 25

Metre 6 Lane Pool Licence No:

Pending

Saturday 4th March 2023

Anti Wave Lanes, Electronic Timing.

Entries Close at Midnight Saturday 18th February 2023

For further information please email: competition@torfaendolphins.com



Torfaen Dolphins

Clwb Nofio Perfformiad

General Event Information

ENTRIES

All entries will be electronic for this meet using the Active Portal. Payment is to be by bank transfer. If you require further payment information, please email our Treasurer: treasurer@torfaendolphins.com.

Entries may be rejected for the following reasons:

- * They are received without the relevant fee.
- * Incorrectly completed.
- * Improved entry times.
- * Received after the closing date as stated on the meet pack.

Age as at **4th March 2023**

Ages for events are age on the day of the Meet

Girls: 8, 9/10, 11/12, 13/14 years

Boys: 8, 9/10, 11/12, 13/14 years

ENTRY FEES

£6.50 per event (25m £3.50 per event)

MARSHALLING

Swimmers must make themselves available for marshalling as soon as advised by the public address system.

OFFICIALS

Visiting clubs are requested to provide at least **two qualified officials per session**, and their details (together with their qualification) should be forwarded with the entry information. Meals and refreshments will be provided.

MEDALS

There are medals awarded for the top 3 swimmers in each age group.

SPECTATORS

Admission Charges

£5 per day or £3 per session,

Programmes will also be available for purchase on the day.

CAR PARKING

There is free car parking for approximately 200 vehicles plus there are several overflow car parks.

REFRESHMENTS

There is a coffee shop on site. There is also a Tesco very close by.

CAMERA USE

The use of **all** photographic equipment including mobile phones and tablets is controlled at this Meet and everyone is reminded that such equipment should not be used without registration. Registration Forms can be obtained from the entry desk.

MOBILE PHONES

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

MEET CO-ORDINATOR

A Meet Co-ordinator will be available for the duration of the Meet and can be contacted by emailing competition@torfaendolphins.com

SWIM DOWN FACILITIES

We will try to provide the opportunity for a swim down at the end of each session, but this cannot be guaranteed and will depend on time.



Torfaen Dolphins

Clwb Nofio Perfformiad

Promoters Conditions

- The meet will be swum under the following rules and conditions: FINA Technical Rules and Swim Wales Laws.
- All entrants must be members of an Affiliated club, amateurs as defined by Swim Wales Laws and hold a valid Swim Wales/ASA membership number.
- The promoters reserve the right to limit entry in the interests of safety and timely completion of the meet.
- Over the top starts will, where necessary or appropriate, be used during this meet.
- No entries will be accepted without the correct full payment.
- **All Team entries must also include a payment summary sheet, completed coach/chaperone accreditation forms where appropriate and a SAE of at least A5 for return of confirmed entries and the timetable.**
- Due to the short time between the closing date and the start of the competition no refunds can be made for withdrawals unless accompanied by a doctor's note.
- We reserve the right to allow further entries on the day should there be space within the programme and time to add that swimmer.
- Coaches passes are available at a cost of £7 for the day. All applications for this pass must include WASA/ASA number and 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 meet. Coaches/chaperone's without a valid pass will not be permitted poolside or allowed into the changing rooms.
- **Visiting clubs are kindly requested to provide two qualified officials per session, and their details (together with their qualification) should be forwarded with entry information. Meals and refreshments will be provided.**
- Marshalling will take place, and it is the Swimmers responsibility to ensure they arrive in sufficient time for their race.
- The safety rules of the pool must be adhered to at all times. Anyone not adhering to these rules (which will be read out at the start of each session) may be removed from the pool.
- All valuables/clothing etc. left in the changing rooms will be entirely at the owner's risk.
- Events will be swum in heats, slowest to fastest.
- **Anyone wishing to use video or still cameras must register before using such equipment and they will be issued with a camera pass for which a charge may be made.**
- DATA PROTECTION ACT 1998 – Torfaen Dolphins uses a computer to record entries and results. By submitting entries and accepting entry to the meet, consent is thereby given (as required under the Data Protection Act 1998) to the holding of personal information in a computer/s. Personal data recorded, such as name, club, date of birth and times may be made public during or after the meet.

- Warm up and start times for all sessions will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.
- The promoters reserve the right to remove or amend any of the above conditions as required.

HEALTH & SAFETY

- ❖ All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.
- ❖ 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.
- ❖ If such a disability or medical condition exists, swimmers must produce a medical note confirming that their participation presents no health or safety problems.
- ❖ Footwear **MUST** be worn on poolside, on the Balcony and throughout the building.
- ❖ The Balcony is for spectators only.
- ❖ Stairways and the Balcony are to be kept **CLEAR** at **ALL TIMES** and should not be used to sit on. The 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.
- ❖ A full risk assessment will be carried out in accordance with the Swim Wales Meet License Report Pack.
- ❖ 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.
- ❖ 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.
- ❖ 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.
- ❖ 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 Meet organisers will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.
- ❖ 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).
- ❖ **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 Torfaen Trust.**
- ❖ 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



Torfaen Dolphins

Clwb Nofio Perfformiad

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

DBS Number

Please pay via bacs (bank details below) or enclose a cheque for **£7.00** made payable to Torfaen Dolphins 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.

All completed forms & cheques to be returned to:

Miss Rebecca Southwood
16 Paddock Rise
Llanyravon
Cwmbran
NP44 8JB

Email : Competition@torfaendolphins.co.uk



The below must be filled in for entries to be accepted. All events are HDW

Name First Name (in full)

Middle Name Age at **4th March 2023**

Male/Female Date Of Birth.....

Address

Email address.....

Post Code Tel No.

Name of Club

WASA/ASA Number:

Events

Session 1					
Event		Age Group			Entry Time
1	Girls	8	25m	Breaststroke	
2	boys	8	25m	Breaststroke	
3	Girls	9&10	50m	Backcrawl	
4	Boys	9&10	50m	Backcrawl	
5	Girls	11&12	100m	Breaststroke	
6	Boys	11&12	100m	Breaststroke	
7	Girls	13&14	50m	Butterfly	
8	Boys	13&14	50m	Butterfly	
9	Girls	8	25m	backcrawl	
10	Girls	8	25m	backcrawl	
11	Girls	9&10	50m	Frontcrawl	
12	Boys	9&10	50m	Frontcrawl	
13	Girls	11&12	50m	Butterfly	
14	Boys	11&12	50m	Butterfly	
15	Girls	13&14	100m	Breaststroke	
16	Boys	13&14	100m	Breaststroke	
17	Girls	8 and over	100m	I.M.	
Session 2					
Event		Age Group			Entry Time
18	Boys	8	25m	Frontcrawl	
19	Girls	8	25m	Frontcrawl	
20	Boys	9&10	50m	Breaststroke	
21	Girls	9&10	50m	Breaststroke	
22	Boys	11&12	100m	backcrawl	
23	Girls	11&12	100m	backcrawl	
24	Boys	13&14	100m	backcrawl	
25	Girls	13&14	100m	backcrawl	
26	Boys	8	25m	Butterfly	
27	Girls	8	25m	Butterfly	
28	Boys	9&10	50m	Butterfly	
29	Girls	9&10	50m	Butterfly	
30	Boys	11&12	100m	Frontcrawl	
31	Girls	11&12	100m	Frontcrawl	

32	Boys	13&14	100m	Frontcrawl	
33	Girls	13&14	100m	Frontcrawl	
34	Boys	8 and over	100m	I.M.	

It is acceptable to enter "No Time" but please try and enter a time if possible

..... events at £6.50 (£3.50 for 25m) = £.....

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 parent/Guardian:



Torfaen Dolphins

Clwb Nofio Perfformiad

Payment Summary Sheet

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

Club:

Contact Name:

Telephone Number:

Email address:

Number of coaches passes @ £7.00 each: £.....

Number of competitors in Meet: Total entries: £.....

Total fee payable: £.....

Payment can be made by BACS transfer to the account below::

Torfaen Dolphins

Sort code: 40-34-10

Account Number: 71270532

Please ensure you put your club name as the reference and for individuals please put the swimmers name as reference.

Please return paper-based entries and cheques to:

Miss Rebecca Southwood

16 Paddock Rise

Llanyravon

Cwmbran

NP44 8JB

Level 3 Event - Short Course Upper Cut off times

If your entry times are faster than these then you will be ineligible to swim in that event sorry. There is no upper cut off times for 8 year olds.

Pool Length 25m

BOYS

GIRLS

9	10	11	12	13	14	Event	9	10	11	12	13	14
38	36	32	32	28	28	50m Free	38	36	32	32	29	29
1:13	1:13	1:11	1:09	1:07	1:05	100m Free	1:11	1:09	1:09	1:09	1:07	1:06
48	46	42	42	38	38	50m Breast	48	46	42	42	39	39
1:36	1:36	1:32	1:28	1:24	1:20	100m Breast	1:36	1:36	1:40	1:36	1:24	1:22
43	41	37	35	35	33	50m Fly	43	41	39	37	35	34
44	42	38	38	34	34	50m Back	44	42	38	38	35	35
1:28	1:28	1:24	1:20	1:16	1:12	100m Back	1:28	1:28	1:24	1:20	1:16	1:14
1:40	1:35	1:30	1:25	1:20	1:16	100m IM	1:40	1:35	1:30	1:25	1:20	1:18