



Torfaen Dolphins

Clwb Nofio Perfformiad

(Under FINA Technical Rules and Swim Wales Laws)

Torfaen Dolphins are proud to present their

2025

ST DAVID'S DAY MEET

(Swim Wales National Championships Qualifier)

Level 3

@

**Newport Regional Pool & Tennis
Centre**

25 Metre 8 Lanes

Pool Licence No:

TBC

This is a provisional meet pack

V2 will be published 01/12/24 along with
the meet entry
file

SATURDAY 1st March 2025 – Sunday 2nd March 2025

Anti Wave Lanes, Electronic Timing.

Entries Close at Midnight 27th January 2025

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 **31st Dec 2025**

Ages for events are age on the day of the Meet

Girls: 9/10, 11/12, 13/14, 15/16

Boys: 9/10, 11/12, 13/14, 15/16

ENTRY FEES

£8.50 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

£9 per day or £5 per session

We will be using meet mobile and the Entry Lists will be published on the Torfaen Dolphins website the evening before the meet.

CAR PARKING

There is free car parking for approximately 200 vehicles.

REFRESHMENTS

There is a coffee shop on site that also sells sandwiches and snacks.

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 £20 for the weekend. 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

PROMOTER – MARK BROOM secretary@torfaendolphins.com

LEAD REFEREE – SIMON NASH



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 **£20.00** 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

Email : Competition@torfaendolphins.com



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

Name		First Name (in full)	
Middle Name		Age at 31st Dec 2025	
		Male/Female	
.....		Date Of Birth.....	
		Address	
.....			
Email address.....			
Post Code		Tel No.	
Name of Club			
WASA/ASA Number:			

SATURDAY 1st March

Session 1			
Event			Stroke
101	Male	50m	Butterfly
102	Female	200m	Breaststroke
103	Male	50m	Backstroke
104	Female	50m	Butterfly
105	Male	200m	IM
106	Female	50m	Backstroke
107	Male	100m	Freestyle
108	Female	200m	Backstroke

Session 2			
Event			Stroke
201	Male	100m	Breaststroke
202	Female	50m	Freestyle
203	Male	100m	Backstroke
204	Female	50m	Breaststroke
205	Male	200m	Butterfly
206	Female	100m	Butterfly
207	Male	400m	Freestyle
208	Female	200m	Freestyle

SUNDAY 2nd March

Session 3			
Event		Stroke	
301	Male	50m	Breaststroke
302	Female	200m	IM
303	Male	200m	Backstroke
304	Female	100m	Breaststroke
305	Male	50m	Freestyle
306	Female	100m	Backstroke

Session 4			
Event		Stroke	
401	Male	200m	Butterfly
402	Female	100m	Breaststroke
403	Male	200m	Backstroke
404	Female	200m	Butterfly
405	Male	100m	IM
406	Female	400m	Backstroke

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

..... events at £8.50 = £.....

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 @ £20.00 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.

Torfaen Dolphins St David's Day Meet 2025

Level 3 Event - Short Course

MALE								EVENT	FEMALE							
9	10	11	12	13	14	15	16		16	15	14	13	12	11	10	9
00:34.	00:34.	00:34.	00:33.0	00:31.	00:29.	00:28.	00:27.	50m Free	00:29.	00:30.	00:31.	00:32.	00:33.	00:34.	00:34.	00:34.4
01:13.	01:13.	01:13.	01:11.7	01:07.	01:04.	01:01.	58:40	100m Free	01:03.	01:05.	01:08.	01:10.	01:12.	01:13.	01:13.	01:13.9
02:39.	02:39.	02:39.	02:35.20	02:26.	02:19.	02:13.	02:08.	200m Free	02:16.	02:20.	02:25.	02:29.	02:35.	02:39.	02:39.	02:39.1
		05:32.	05:25.5	05:07.	04:54.	04:40.	04:30.	400m Free	04:49.	04:55.	05:06.	05:13.	05:25.	05:33.		
00:44.	00:44.	00:44.	00:42.7	00:40.	00:38.	00:37.	00:36.	50m Breast	00:38.	00:39.	00:40.	00:41.	00:43.	00:44.	00:44.	00:44.7
01:35.	01:35.	01:35.	01:32.4	01:25.	01:21.	01:17.	01:12.	100m Breast	01:21.	01:23.	01:26.	01:28.	01:34.	01:36.	01:36.	01:36.3
		03:24.	03:14.9	03:04.	02:56.	02:48.	02:41.	200m Breast	02:55.	02:59.	03:05.	03:10.	03:20.	03:25.		
00:38.	00:38.	00:38.	00:36.4	00:35.	00:33.	00:32.	00:31.	50m Fly	00:32.	00:33.	00:34.	00:35.	00:37.	00:38.	00:38.	00:38.2
01:23.	01:23.	01:23.	01:20.2	01:14.	01:09.	01:06.	01:04.	100m Fly	01:09.	01:11.	01:14.	01:17.	01:20.	01:23.	01:23.	01:23.8
		03:02.	02:52.2	02:45.	02:36.	02:26.	02:20.	200m Fly	02:33.	02:37.	02:42.	02:49.	02:56.	03:03.		
00:39.	00:39.	00:39.	00:37.9	00:36.	00:34.	00:33.	00:32.	50m Back	00:34.	00:35.	00:36.	00:37.	00:39.	00:40.	00:40.	00:40.2
01:23.	01:23.	01:23.	01:20.9	01:15.	01:11.	01:07.	01:05.	100m Back	01:10.	01:11.	01:14.	01:16.	01:20.	01:23.	01:23.	01:23.2
		02:58.	02:52.3	02:41.	02:33.	02:25.	02:20.	200m Back	02:31.	02:35.	02:42.	02:46.	02:50.	02:56.		
01:02.	01:02.	01:02.	01:01.2	01:01.	01:01.	01:01.	01:01.	100m IM	01:01.	01:01.	01:01.	01:01.	01:01.	01:01.	01:01.	01:40
03:02.	03:02.	03:02.	02:56.2	02:46.	02:37.	02:30.	02:24.	200m IM	02:36.	02:40.	02:44.	02:49.	02:55.	03:01.	03:01.	03:01.2