



# **Torfaen Dolphins**

## **Clwb Nofio Perfformiad**

(Under FINA Technical Rules and Swim Wales Laws)

**Torfaen Dolphins are proud to present their 2025**

**Spooktacular Meet**

**CLOSED INVITATIONAL MEET**

**@**

**Pontypool Active Living Centre 25**

**Metre 6 Lane**

**Pool Licence No:**

**TBC**

**Sunday 2nd November 2025**

**Anti Wave Lanes, Electronic Timing.**

**Entries Close at Midnight **Saturday 27<sup>th</sup> September 2025****

For further information please email: [competition@torfaendolphins.com](mailto:competition@torfaendolphins.com)



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### 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](mailto: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 **2nd November 2025**

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**

£8 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. Tickets can be bought on the Swim Wales just go website.

Phase 1 will open 1<sup>st</sup> October at 9am

Phase 2 will open 16<sup>th</sup> October at 6pm (if there are any tickets left)

Phase 1 of ticket sales will begin by offering 1 ticket per family. When phase 1 has ended, if there are any tickets left these will be released on phase 2 of ticket sales, where anyone can buy a second ticket. All spectator tickets will need to be bought in the swimmers just go account. The name will be checked against the entry list. If anyone buys a ticket in an account of a person that is not swimming, the ticket will be cancelled. Please do not contact asking for a refund as this email will not be responded to as we will be busy planning the competition.

Please note, as there is both seating and standing room on the balcony, a spectator ticket does not guarantee you a seat.

We will be using meet mobile. This will be set up on the day of the event. No programs will be sold.

An entry list will be added to the Torfaen Dolphins website 1 week prior to the meet.

## **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](mailto: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.



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### 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 £15 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. Coaches will be given a program on the day of the competition.

- **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](http://www.100percentme.co.uk)

PROMOTER – SARAH-LOUISE SPINKS [membership@torfaendolphins.com](mailto:membership@torfaendolphins.com)

LEAD REFEREE – SIMON NASH



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## 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 **£15.00** 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.com](mailto: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 <b>2<sup>nd</sup> November 2025</b> .....
Male/Female .....	Date Of Birth.....
Address .....	
Email address.....	
Post Code .....	Tel No. ....
Name of Club .....	
<b>WASA/ASA Number:</b> .....	



## Events

Session 1				
Event		Age	Stroke	
101	Girls	8,9&10	50m	Breaststroke
102	Boys	8,9&10	50m	Breaststroke
103	Girls	11&12	100m	Breaststroke
104	Boys	11&12	100m	Breaststroke
105	Girls	13&14	50m	Butterfly
106	Boys	13&14	50m	Butterfly
107	Girls	8,9&10	50m	Freestyle
108	Boys	8,9&10	50m	Freestyle
109	Girls	11&12	50m	Butterfly
110	Boys	11&12	50m	Butterfly
111	Girls	13&14	100m	Breaststroke
112	Boys	13&14	100m	Breaststroke
113	Girls	8 and over	100m	I.M.

Session 2				
Event		Age Group	Stroke	
201	Boys	8,9&10	50m	Backstroke
202	Girls	8,9&10	50m	Backstroke
203	Boys	11&12	100m	Backstroke
204	Girls	11&12	100m	Backstroke
205	Boys	13&14	100m	Backstroke
206	Girls	13&14	100m	Backstroke
207	Boys	8,9&10	50m	Butterfly
208	Girls	8,9&10	50m	Butterfly
209	Boys	11&12	100m	Freestyle
210	Girls	11&12	100m	Freestyle
211	Boys	13&14	100m	Freestyle
212	Girls	13&14	100m	Freestyle
213	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 £8 = £.....

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: .....



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### 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 @ **£15.00** 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					<b>50m Free</b>	38	36				
		1:11	1:09	1:07	1:05	<b>100m Free</b>			1:09	1:09	1:07	1:06
48	46					<b>50m Breast</b>	48	46				
		1:32	1:28	1:24	1:20	<b>100m Breast</b>			1:40	1:36	1:24	1:22
43	41	37	35	35	33	<b>50m Fly</b>	43	41	39	37	35	34
44	42					<b>50m Back</b>	44	42				
		1:24	1:20	1:16	1:12	<b>100m Back</b>			1:24	1:20	1:16	1:14
1:40	1:35	1:30	1:25	1:20	1:16	<b>100m IM</b>	1:40	1:35	1:30	1:25	1:20	1:18