



CITY OF CARDIFF SWIMMING CLUB

Clwb Nofio Dinas Caerdydd

(Affiliated to Swim Wales)

www.cardiffswimming.co.uk

Chair Keri Hutchinson

Head Coach Graham Wardell

Secretary Penny McCarthy

CARDIFF INTERNATIONAL OPEN MEET

level 1 long course

I am delighted to be able to welcome you to our Cardiff International Open Meet. This year we are welcoming 132 clubs, 1,116 swimmers. This means the meet is oversubscribed and we have had to scratch (SCR) swimmers. In recent years swimmers have withdrawn at short notice and to try and avoid empty lanes we have a long list of Alternative (ALT) swimmers.

The confirmed entries can be found on the Cardiff International Open Meet page on our website at www.cardiffswimming.co.uk | go to FIXTURES refer to yellow Cardiff International Open Meet (rh tab).

PLEASE CAREFULLY CHECK & refer to the Meet Pack for full information about the gala.

Officials: All visiting clubs are requested to provide at least one qualified official per session. Meals and refreshments will be provided. Officials can register at <https://www.swim-meet.com/Availability/> to confirm their availability. Alternatively, we request that details of officials (together with their qualifications) are forwarded to our officials' co-ordinator Jim McCulloch officials@cardiffswimming.co.uk

SCR Swimmers

Those swimmers who have been scratched (SCR) from events and thus not swimming, will receive a full refund for the events that they have been scratched from.

No refunds will be made for swimmers who are 'no shows' at the meet or withdraw on the day.

ALT Swimmers

Those swimmers who are notified as an 'ALT' swimmer, will be offered a swim prior to 23 May, if space arises. On the day of the meet ALT swimmers wishing to swim should attend marshalling when their event is called and report to the marshals. They will be allocated to heats **if lanes become available**, relevant to their age or entry time where possible.

Any ALT swimmers who attends marshalling, but is not allocated a swim will be refunded the entry fee for that event.

Spectator Information: The pool hall will open for spectators from 07:00 each day. The front 4 rows are reserved for swimmers, coaches & club staff. Spectators should occupy the seats from row five back.

Warm Up & Session Times:

Please refer to the warm up schedule. **NOTE max 16 swimmers/lane** – as required by Legacy Leisure. There is NO warm down pool available.

All Clubs must ensure that their swimmers are supervised during warm up in their lanes. Lanes 0 & 9 will be permanent sprint lanes. Please ensure your swimmers exit the pool at the side and do not climb out over the timing pads as this can cause damage to the pads and lead to delays to the meet.

Warm up Marshals will be used. Swimmers disregarding health + safety instructions and ignoring the direction of the Marshals will be not be tolerated and thus will be excluded from Warm Up.

Male swimmers: are to access/exit from the ice rink end of the pool for ALL sessions
 Female swimmers: are to access/exit from the car park end of the pool for ALL sessions

SIGN IN: swimmers (Inc. those listed ALT swimmers) must confirm they are swimming in 800m & 1500m events and sign in sheets will be used.

e206 800m freestyle must sign in BEFORE 12:55 the start of warm up in session 2 on Friday.
 e506 1500m freestyle must sign in BEFORE 14:05 the start of warm up in session 5 on Saturday

Failure to do so will mean the swimmer is removed from the event and their entry fee is forfeited.
 A £15 FINE will be imposed to any signed in NO SHOW swimmer.

SESSION 1 FRIDAY			SESSION 2 FRIDAY		
Warm up 08:00		Start 08:50	Warm up 12:50		Start 13:45
101 Heats	Male	100m Breaststroke	201 Heats	Male	50m Freestyle
102 Heats	Female	200m Butterfly	202 Heats	Female	50m Butterfly
103 Heats	Male	200m Freestyle	203 Heats	Male	200m Backstroke
104 Heats	Female	100m Freestyle	204 Heats	Female	100m Backstroke
105 Heats	Male	50m Backstroke	205 HDW	Male	400m IM
106 Heats	Female	50m Breaststroke	206 HDW	Mixed	800m Freestyle

SESSION 3 FRIDAY FINALS					
Warm up 18:00		Start 18:30	est finish 19:15		
101 FINALS	Male	100m Breaststroke	106 FINALS	Female	50m Breaststroke
102 FINALS	Female	200m Butterfly	201 FINALS	Male	50m Freestyle
103 FINALS	Male	200m Freestyle	202 FINALS	Female	50m Butterfly
104 FINALS	Female	100m Freestyle	203 FINALS	Male	200m Backstroke
105 FINALS	Male	50m Backstroke	204 FINALS	Female	100m Backstroke

SESSION 4 SATURDAY		
Warm up 07:50		Start 08:40
401 Heats	Female	200m Freestyle
402 Heats	Male	200m Butterfly
403 Heats	Female	100m Butterfly
404 Heats	Male	100m Backstroke

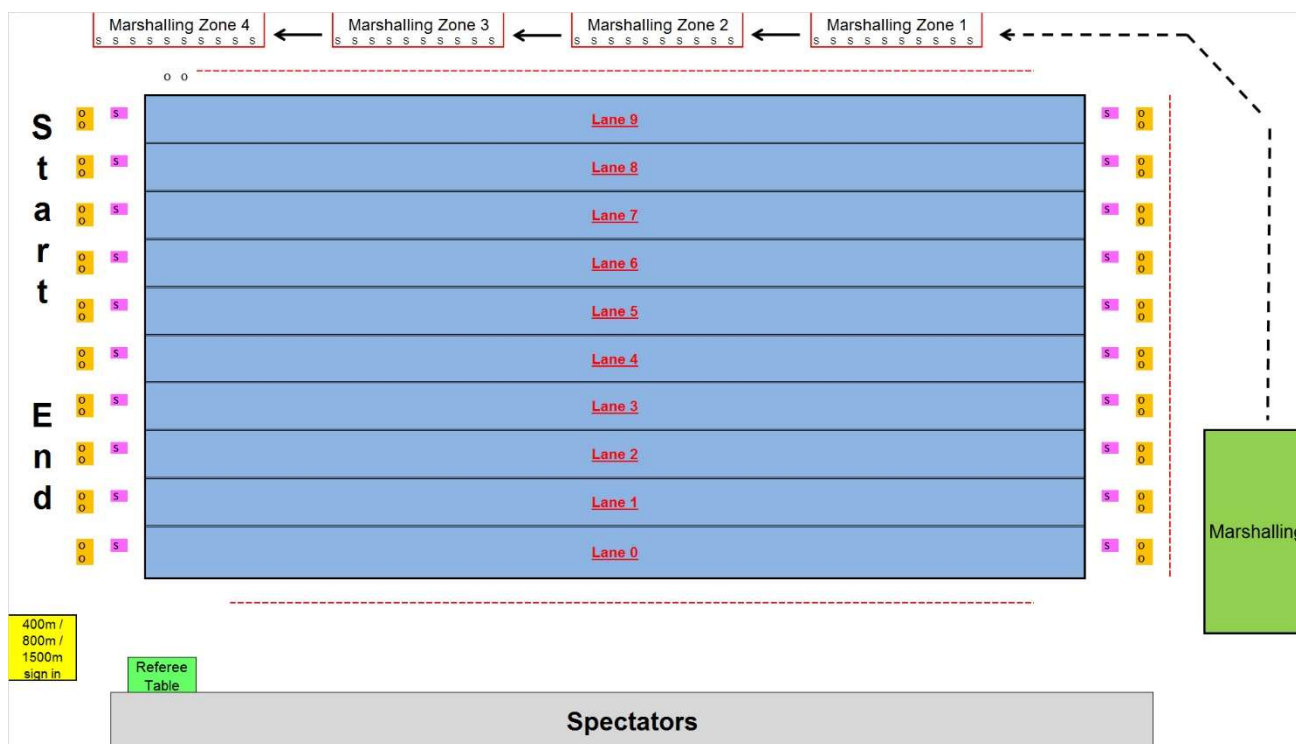
SPRINT SESSION SATURDAY			SESSION 5 SATURDAY		
Warm up 11:45		Start 12:20	Warm up 14:05		Start 15:00
405 Heats	Female	50m Backstroke	503 Heats	Female	200m Breaststroke
406 Heats	Male	50m Breaststroke	504 Heats	Male	100m Freestyle
501 Heats	Female	50m Freestyle	505 HDW	Female	400m IM
502 Heats	Male	50m Butterfly	506 HDW	Mixed	1500m Freestyle

SESSION 6 SATURDAY FINALS					
Warm up 18:00		Start 18:30	est finish 19:15		
401 FINALS	Female	200m Freestyle	406 FINALS	Male	50m Breaststroke
402 FINALS	Male	200m Butterfly	501 FINALS	Female	50m Freestyle
403 FINALS	Female	100m Butterfly	502 FINALS	Male	50m Butterfly
404 FINALS	Male	100m Backstroke	503 FINALS	Female	200m Breaststroke
405 FINALS	Female	50m Backstroke	504 FINALS	Male	100m Freestyle

SESSION 7 SUNDAY			SESSION 8 SUNDAY		
Warm up 08:10		Start 09:00	Warm up 12:25		Start 13:15
701 Heats	Female	100m Breaststroke	801 Heats	Female	200m Backstroke
702 Heats	Male	200m Breaststroke	802 Heats	Male	100m Butterfly
703 Heats	Female	200m IM	803 HDW	Female	400m Freestyle
704 Heats	Male	200m IM	804 HDW	Male	400m Freestyle

SESSION 9 SUNDAY FINALS					
Warm up 16:35		Start 17:00	est finish 17:45		
701 FINALS	Female	100m Breaststroke	704 FINALS	Male	200m IM
702 FINALS	Male	200m Breaststroke	801 FINALS	Female	200m Backstroke
703 FINALS	Female	200m IM	802 FINALS	Male	100m Butterfly

Marshalling: Swimmers will be called to marshalling by the announcer. It is the responsibility of the swimmer and club coaches to ensure that they attend marshalling once called. All swimmers are reminded to attend marshalling, failure to do so may result in their swim being taken by an ALT swimmer!
The pool layout is shown below:



FINALS: Withdrawals from finals including reserves must be made at the withdrawal desk (located outside the Meet Office) within 15 minutes of the last heat completed in each session after:

Friday S1 e106, S2 e204

Saturday S4 e404, SPRINT e502, S5 e504

Sunday S7 e704 S8 e802

A list of confirmed finalists will be available around 30 minutes after the closure of the withdrawal desk. There will be no alternates once the finalists have been posted.

If there are insufficient officials available then the promoter reserves the right to run the finals in 8 lanes only for the duration of the meet. Finals may be merged by age group if there are limited finalists and a clear lane between age groups can be provided.

Out of the Pool: We welcome on the Balcony:

SWIMPATH & FINE DESIGNS attending throughout the weekend with meet t shirts & hoodies available.

Refreshments: The Café, which provides a catering facility serving refreshments for swimmers, spectators and coaches, will operate throughout this Meet. Refreshments may not be taken onto the poolside. There are also local facilities located near Cardiff International Pool.

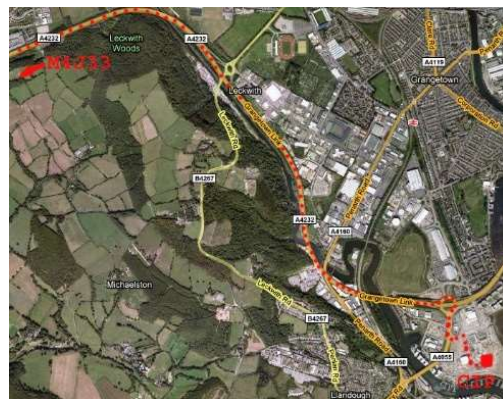
Car Parking: Directions to Cardiff International Pool together with a map showing of CIP are below

Directions to Cardiff International Pool

Cardiff International Pool, Olympian Drive, CF11 0JB

Travelling from either west or east, take the M4 to Junction 33
Then take the A4232, towards Cardiff Bay.

Take the 3rd main exit. (just after the elevated section)
– A4055 to Penarth. Travel down the exit slip road,
and at the roundabout then take the 3rd exit (towards Penarth),
and then take the first left at the traffic lights.
At the next set of traffic lights turn right.



Data Protection: Submission of entries implies consent to the holding of any personal data collected and used by City of Cardiff Swimming Club in accordance with the Data Protection Act 1998 and General Data Protection Regulations (GDPR) May 2018.

These details may be made public before, during or after the Meet. All data will be recorded privately, securely stored and disposed of when no longer needed. You have the right to view your personal data & request its deletion under GDPR.

Coach passes: Coach passes can be collected from the desk located outside the Meet Office on the balcony.

Please contact City of Cardiff Swimming Club regarding any matter not covered here.

e-mail: stephen.jones@westernretail.co.uk

We look forward to seeing you and wish you all a successful Meet.

Stephen Jones
Meet Director