



City of Cardiff Swimming Club  
Clwb Nofio Dinas Caerdydd



# WELSH CAPITAL OPEN MEET

**CITY OF CARDIFF SWIMMING CLUB 20**  
**LONG COURSE LEVEL 1 MEET 20**



**Saturday 18<sup>th</sup> Sunday 19<sup>th</sup> January 2020**

**Cardiff International Pool**



**Event Information and Entry Forms**

**Licence Number: 1WL200011**

(Under FINA Technical Rules & Swim Wales Laws)  
ALL SESSION TIMES TO BE CONFIRMED



**City of Cardiff Swimming Club**  
**Clwb Nofio Dinas Caerdydd**

# **CITY OF CARDIFF SWIMMING CLUB**

## **12<sup>th</sup> WELSH CAPITAL OPEN MEET 2020**

**LICENCE NUMBER 1WL200011**  
**(Under FINA Technical Rules and Swim Wales Laws)**

**Saturday 18<sup>th</sup> & Sunday 19<sup>th</sup> January 2020**

**This is a Level 1 Licenced LONG COURSE meet to start the long course season**

**Entries will be accepted on a first come first served basis**  
**The Promoter reserves the right to restrict entries if over subscribed**  
**Only electronic entries will be accepted for this meet**

VENUE	Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS		
POOL	10 Lane 50m pool   Omega electronic timing   anti-turbulence lane ropes		
AGE GROUPS	OPEN	MC/Para Swimmers	
	Male + Female	9yrs, 10yrs, 11/12yrs, 13/14yrs, 15/16yrs, Open/17+	
	Minimum age for entry is 9 years		
AGE AT DATE	19 January 2020		

EVENTS			(HDW Heat Declared Winner)
HDW	50m	Backstroke Breaststroke Butterfly Freestyle	- All Age Groups + MC
HDW	100m	Backstroke Breaststroke Butterfly Freestyle	- All Age Groups + MC
HDW	200m	Backstroke Breaststroke Butterfly	- All Age Groups
HDW	200m	Freestyle	- All Age Groups + MC
HDW	400m	Freestyle	- All Age Groups +MC
HDW	200m	Individual Medley	- All Age Groups +MC
HDW	400m	Individual Medley	13/14, 15/16, 17yrs & Over
<i>The 800m/1500m are mixed events although heats will be run female then male swimmers</i>			
HDW	800m	Freestyle	13/14, 15/16, 17yrs & Over
HDW	1500m	Freestyle	13/14, 15/16, 17yrs & Over

**remembering | Keith Bewley**



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### PROMOTER'S CONDITIONS

#### AWARDS

Medals will be given to the first 3 places in each age category and to Multi Class swimmers based on para swimming points.

Additional awards will be made to the Top Visiting Club and in age group 9-12yrs Top Boy & Top Girl.

Medals will be available on the day and can be collected from the medal table on poolside. Swimmers must ensure that they are suitably clothed (t-shirt and shorts) when receiving awards.

#### ENTRIES

Qualifying and Consideration times will be applied to all events. All entry times must be faster than the CT. Entry Times outside these limits, and entries with 'No Time' submitted will be rejected.

The sport of swimming for athletes with impairment is governed by the IPC, and co-ordinated by the World Para Swimming Technical Committee, using the International Swimming Federation's (FINA) modified rules.

*"It is important that within the competitive programme, individuals are able to compete in events which are appropriate to their stage of development and talents".*

Entry Times must have been obtained at a licenced meet, and random checks will be made against the ASA Online Rankings Database. City of Cardiff Swimming Club may request validation of any stated entry time.

Para swimmer entry will only be accepted from classified swimmers with British/IPC classification. Swimmers without a classification will not be able to compete.

Para swimmers will be integrated into events in accordance with their entry time which must be faster than the para swimmer consideration standards in the designated events set out in this meet pack. They can only enter the events listed in these standards.

If swimmers are found to have entered the meet with any false or made up times, they will be disqualified from all events that they have entered and their entry fees will be forfeited.

Entry times may be submitted as short course or long course times using the Hy-Tek entry file but will be converted to long course times using Hy-Tek's Meet Manager software. Estimated times are not permitted.

The electronic event entry file can be obtained from the Welsh Capital Open Meet page on our website: [www.cardiffswimming.co.uk](http://www.cardiffswimming.co.uk)

Electronic entries/enquiries can be emailed to [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

Electronic entries must be produced from Hy-Tek's Team Manager or Team Manager Lite software. Team Manager Lite application and instructions can be downloaded free of charge from [www.hy-tekltd.com/downloads](http://www.hy-tekltd.com/downloads)

Para swimmers are allocated Exception Codes, which prevent them from being



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disqualified for rule infringement due to the nature of their impairment.

The promoter will be responsible for having up to date information about each swimmer at entry and will provide this to the meet referee prior to the commencement of the meet. In order to comply with this, we will confirm the information to para swimmers and request that they/clubs confirm it is correct and up to date.

Clubs are requested to send all entries with an entry report, completed summary sheet and any poolside applications at the same time with one payment, preferably via BACS transfer, to cover all swimmers and coach passes.

BACS details are available upon request for payment of entry fees and passes.

Electronic entries will be acknowledged with receipt confirmation. No entries will be processed until full and complete payment is received.

**There will be no Time Trials or Exhibition Swims permitted at this event and there will be no entries on the day.**

Entry forms are to be retained by the club and there will be no entry cards for this event.

Please ensure that you put adequate postage on posted entries. Envelopes with insufficient postage will not be collected from the Royal Mail depot.

Entries will be rejected for the following reasons:

- ❖ Incorrectly completed and received without the relevant fee
- ❖ Outside the consideration entry times or entry submitted with No Time
- ❖ Improved entries
- ❖ Received after the closing date MONDAY 16 December 2019 at 20:00

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#### **NO LATE ENTRIES WILL BE ACCEPTED | NO ENTRIES ON THE DAY**

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The Promoter reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded to club in question.

City of Cardiff Swimming Club reserves the right to return entries if the meet is oversubscribed. In this case, the slowest entry times in each age group will be rejected and swimmers will be scratched at the promoter's discretion.

City of Cardiff Swimming Club reserves the right to cancel the event if the meet is under subscribed.

City of Cardiff Swimming Club reserves the right to move events (as a last resort) if the meet is oversubscribed in order to comply with timing requirements set out by Meet Licensing.

On receipt of all entries City of Cardiff Swimming Club will run a competition entry check to ensure all entrants are current members of their club and their details exactly match with the records held on Rankings. Clubs will be notified of any "non-matches" or other issues detected. They must provide updated swimmer information. There is a chance that non-matched swimmers will not have their results added to Rankings who no longer will add any failed result.



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<b>ENTRY PRICING</b>	£8.50 per event
<b>CLOSING DATE</b>	<b>MONDAY 16 DECEMBER 2019 Time: 20:00</b> (No late entries will be accepted)
<b>SPECTATOR ENTRY</b>	Full weekend programme £3.50 and there is a spectator entry fee on each day.
<b>SEEDING</b>	All events will be spearheaded and swum slow to fast, based on entry times.
<b>WITHDRAWALS</b>	<p>All withdrawals must be notified via email <a href="mailto:home.meets@cardiffswimming.co.uk">home.meets@cardiffswimming.co.uk</a> before the commencement of the meet.</p> <p>During the gala, all withdrawals must be notified in writing to the meet office by no later than 5:00pm on the day before competition.</p> <p>No refunds will be made for withdrawals after the entry deadline other than on medical grounds. A medical note must be provided on or before 19 February 2020.</p>
<b>SESSION TIMES</b>	<p>Session timing will be finalised once all entries have been processed and swimmers/clubs will be notified accordingly.</p> <p>Please note that it is the swimmers' responsibility to present themselves, ready to swim, to the Marshalling Area prior to the start of their event.</p>
<b>OFFICIALS</b>	Visiting clubs bringing a team of 10 or more swimmers are requested to provide at least one qualified official per session and their details (together with their qualification) are to be forwarded with the entry information. Meals and refreshments will be provided.
<b>POOLSIDE PASSES</b>	<p>Passes must be purchased in advance of the Meet for all coaches, chaperones, personal care attendants and team managers who require poolside access.</p> <p>£22.50 per poolside pass - to be worn at all times to gain access to and whilst on poolside. Para swimmers' personal care attendants will be entitled to one free Pass. A maximum of 5 "Club Staff" will be permitted poolside.</p> <p>Swim Wales passes may be used for identification; however, a poolside pass must be purchased. Passes will only be issued on receipt of Swim Wales/ASA registration number, a DBS number and a passport photo.</p> <p>All coaches, chaperones, personal care attendants and team managers must conform to the ASA child protection procedures and complete the form in this Meet Pack</p> <p><b>THERE IS NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS. PASSES MUST BE PURCHASED IN ADVANCE, NOT ON THE DAY.</b></p>
<b>STARTS</b>	Over the top starts will be used wherever possible.
<b>ELECTRONICS</b>	Omega electronic timing system with electronic display provided by Swiss Timing.



# City of Cardiff Swimming Club

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### PROGRAMME OF EVENTS

SATURDAY SESSION ONE			SUNDAY SESSION FOUR		
Warm up & Session Times TBC			Warm up & Session Times TBC		
101 HDW	Male	400m IM	401 HDW	Female	400m IM
102 HDW	Female	200m Butterfly	402 HDW	Male	200m Butterfly
103 HDW	Male	100m Breaststroke	403 HDW	Female	100m Breaststroke
104 HDW	Female	200m Breaststroke	404 HDW	Male	200m Breaststroke
105 HDW	Male	200m Freestyle	405 HDW	Female	200m Freestyle
106 HDW	Female	100m Backstroke	406 HDW	Male	100m Backstroke

  

SATURDAY SPRINT SESSION TWO				SUNDAY SPRINT SESSION FIVE			
Warm up & Session Times TBC				Warm up & Session Times TBC			
201 HDW	Male	13+	50m Freestyle	501 HDW	Female	13+	50m Freestyle
202 HDW	Female	13+	50m Butterfly	502 HDW	Male	13+	50m Butterfly
203 HDW	Male	9-12	50m Breaststroke	503 HDW	Female	9-12	50m Breaststroke
204 HDW	Female	9-12	50m Backstroke	504 HDW	Male	9-12	50m Backstroke
205 HDW	Male	13+	50m Backstroke	505 HDW	Female	13+	50m Backstroke
206 HDW	Female	13+	50m Breaststroke	506 HDW	Male	13+	50m Breaststroke
207 HDW	Male	9-12	50m Butterfly	507 HDW	Female	9-12	50m Butterfly
208 HDW	Female	9-12	50m Freestyle	508 HDW	Male	9-12	50m Freestyle
209 HDW	Mixed		800m Freestyle	509 HDW	Mixed		1500m Freestyle

  

SATURDAY SESSION THREE			SUNDAY SESSION SIX		
Warm up & Session Times TBC			Warm up & Session Times TBC		
301 HDW	Male	100m Butterfly	601 HDW	Female	100m Butterfly
302 HDW	Female	400m Freestyle	602 HDW	Male	400m Freestyle
303 HDW	Male	200m Backstroke	603 HDW	Female	200m Backstroke
304 HDW	Female	200m IM	604 HDW	Male	200m IM
305 HDW	Male	100m Freestyle	605 HDW	Female	100m Freestyle

### MEET RESULTS

City of Cardiff Swimming Club will be running a live results service throughout the meet, and live results will also be available on Hy-Tek's '**Meet Mobile**' app, for iPhone and iPad.

The Meet results will be posted on the City of Cardiff Swimming Club website within 72 hours of the Meet closing. Results will be submitted to British Swimming and Swim Wales for their reference and inclusion in rankings.

For clubs using Hy-Tek, a complete electronic copy of the Meet results can be obtained following the Meet. For all other clubs a PDF copy of the Meet results can be obtained following the Meet. Any Clubs wishing to use this service should provide their e-mail details to the Meet Office during or prior to the Meet.

### CAR PARKING

Car parking places are provided close to the Cardiff International Pool and details will be confirmed in due course.

### 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.





## City of Cardiff Swimming Club

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#### HEALTH & SAFETY

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 Normal Operating Procedures & Emergency Action Plan for Cardiff International Pool.

No outdoors shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area (including the balcony area) and particularly when moving around and climbing the steps in the competitors' area.

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, earrings (except studs), and rings (except wedding bands).

City of Cardiff Swimming Club will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

The front four rows of the spectator area are reserved for swimmers and coaches only seated in their Clubs. **Swimmers are asked not to enter the spectators' area or balcony/foyer whilst they are competing.**

**If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim meet.** A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive.

No swimmer should topple into the water in the event of a false or faulty start - a proper shallow dive must be performed. It is the responsibility of the swimmer and/or parent 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 certificate confirming that their participation presents no health or safety problems.

#### CONDUCT

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

Unacceptable behavior will not be tolerated in any circumstances, and all such occurrences will be referred to the Meet Director and Referee and could result in removal from the competition.

#### 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.



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### SWIM SHOP

A Swim Shop will be in operation throughout the Meet.

### CAMERA USE

The use of all photographic equipment and mobile phones are controlled at this Meet. NO FLASH photography is permitted. This guidance applies to all images and videos taken on any type of camera or recording device (including mobile phones) at the Meet.

Mobile phones that have a camera facility/hardware are recognized as a camera or photographic device. City of Cardiff Swimming Club follow Swim Wales guidance which does not support the banning of phones but does support the requirement that phones should emit a 'noticeable sound' if the camera facility is used.

Any photos taken should fall within the Swim Wales guidelines which are contained in the General Meet Conditions under "Events" at [www.swimwales.org/key-documents](http://www.swimwales.org/key-documents)

The publishing of a photograph of a swimmer under 18, either on a notice board or in a published article or video recording (including video streaming) of the Meet should only be done with parental consent and in line with Swim Wales guidelines.

### ACCOMMODATION

A range of online bookable hotels is available in categories from two to five stars, and most hotels and B&B's are only a short walk from the city's visitor attractions, shops and rail station. To reserve accommodation online visit [www.visitcardiff.com/accommodation-in-cardiff](http://www.visitcardiff.com/accommodation-in-cardiff)

### GENERAL

Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Referees decision will be final.

### APPEALS

Any appeals must be submitted in accordance with FINA procedures and will be handled appropriately by the Meet Director and Referees

### EMERGENCY PROCEDURE

Any evacuation of the Cardiff International Pool will be led by the Legacy Leisure staff over the gala event with no action required other than to follow the instructions of the centre staff.

**Suspicious Items** If you suspect a suspicious item:

- Do not touch. Try and identify an owner in the immediate area
- If you still think it is suspicious do not feel embarrassed or assume someone has already reported it
- Report it to a member of the centre staff, or if they are not available dial 999 (do not use your mobile phone in the immediate vicinity)
- Move away to a safe distance - Even for a small item such as a briefcase move at least 100m away from the item starting from the centre and moving out.
- Report anyone entering an area they shouldn't be in
- Remain vigilant to any suspicious activity and report to a member of the Centre staff immediately

**REMEMBER - IF YOU THINK IT IS SUSPICIOUS SAY SOMETHING**





**City of Cardiff Swimming Club**

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# Welsh Capital Open Meet 2020

Cardiff International Pool, Cardiff

18 19 January 2020

LICENCE NUMBER 1WL200011

(Under FINA Technical Rules and Swim Wales Laws)

## LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

		FEMALE								
AGE		9	10	11	12	13	14	15	16	OPEN
50m Freestyle	QT	42.80	39.80	37.30	35.40	34.00	32.90	32.20	31.90	30.50
	CT	44.80	41.80	39.30	37.40	36.00	34.90	34.20	33.90	
100m Freestyle	QT	1:38.30	1:26.20	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80	1:07.30
	CT	1:42.30	1:30.20	1:23.30	1:19.20	1:16.70	1:14.70	1:13.60	1:12.80	
200m Freestyle	QT	3:29.10	3:04.40	2:51.30	2:42.50	2:36.20	2:32.10	2:29.10	2:27.50	2:25.80
	CT	3:35.10	3:10.40	2:57.30	2:48.50	2:42.20	2:38.10	2:35.10	2:33.50	
400m Freestyle	QT	7:20.70	6:27.40	5:56.40	5:38.80	5:26.30	5:18.00	5:12.80	5:09.20	5:06.30
	CT	7:28.70	6:35.40	6:04.40	5:46.80	5:34.30	5:26.00	5:20.80	5:17.20	
800m Freestyle	QT					11:10.80	10:56.00	10:45.50	10:36.00	10:48.00
	CT					11:26.80	11:12.00	11:01.50	10:52.00	
50m Breaststroke	QT	57.00	51.20	47.80	45.00	43.10	41.50	40.60	40.10	39.50
	CT	59.00	53.20	49.80	47.00	45.10	43.50	42.60	42.10	
100m Breaststroke	QT	2:08.70	1:50.30	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10	1:23.60
	CT	2:12.70	1:54.30	1:45.60	1:39.20	1:34.80	1:32.50	1:31.50	1:30.10	
200m Breaststroke	QT	4:27.30	3:55.50	3:36.60	3:24.90	3:15.50	3:09.50	3:06.70	3:05.80	2:59.80
	CT	4:33.30	4:01.50	3:42.60	3:30.90	3:21.50	3:15.50	3:12.70	3:11.80	
50m Butterfly	QT	48.20	44.00	40.70	38.60	36.70	35.70	34.80	34.20	33.90
	CT	50.20	46.00	42.70	40.60	38.70	37.70	36.80	36.20	
100m Butterfly	QT	1:47.70	1:37.10	1:27.90	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80	1:12.10
	CT	1:51.70	1:41.10	1:31.90	1:26.60	1:23.10	1:21.20	1:19.50	1:18.80	
200m Butterfly	QT	3:56.60	3:34.60	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30	2:38.30
	CT	4:02.60	3:40.60	3:18.60	3:07.70	2:59.50	2:54.00	2:51.70	2:49.30	
50m Backstroke	QT	50.20	46.00	43.10	40.90	39.40	38.00	37.00	36.60	35.70
	CT	52.20	48.00	45.10	42.90	41.40	40.00	39.00	38.60	
100m Backstroke	QT	1:52.00	1:37.50	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10	1:14.60
	CT	1:56.00	1:41.50	1:33.90	1:28.50	1:25.70	1:23.60	1:21.90	1:21.10	
200m Backstroke	QT	3:52.70	3:26.30	3:11.00	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90	2:39.90
	CT	3:58.70	3:32.30	3:17.00	3:06.60	3:00.30	2:55.80	2:51.80	2:49.90	
200m I/M	QT	3:55.20	3:29.60	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90	2:43.70
	CT	4:01.20	3:35.60	3:20.30	3:09.30	3:02.80	2:58.30	2:54.90	2:52.90	
400m I/M	QT					6:10.60	6:02.00	5:55.20	5:50.80	5:43.90
	CT					6:18.60	6:08.00	6:01.20	5:56.80	

QT = Qualification Time

CT = Consideration Time

Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software.  
The organisers reserve the right to return entries.



# City of Cardiff Swimming Club

## Clwb Nofio Dinas Caerdydd

### Welsh Capital Open Meet 2020

Cardiff International Pool, Cardiff

18 19 January 2020

LICENCE NUMBER 1WL200011

(Under FINA Technical Rules and Swim Wales Laws)

#### LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

		MALE								
AGE		9	10	11	12	13	14	15	16	OPEN
50m Freestyle	QT	42.60	39.00	37.00	34.90	33.00	31.30	29.70	28.70	28.10
	CT	44.60	41.00	39.00	36.90	35.00	33.30	31.70	30.70	
100m Freestyle	QT	1:38.20	1:24.80	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60	59.50
	CT	1:42.20	1:28.80	1:22.80	1:17.70	1:13.80	1:10.90	1:08.40	1:06.60	
200m Freestyle	QT	3:23.40	3:03.60	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30	2:09.50
	CT	3:29.40	3:09.60	2:57.30	2:46.80	2:38.60	2:31.60	2:26.70	2:22.30	
400m Freestyle	QT	7:22.50	6:26.40	5:56.00	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10	4:42.50
	CT	7:30.50	6:34.40	6:04.00	5:46.10	5:29.80	5:15.00	5:05.60	4:57.10	
1500m Freestyle	QT					21:16.60	20:19.00	21:16.60	19:07.70	18:20.00
	CT					21:48.60	20:51.00	21:48.60	19:39.70	
50m Breaststroke	QT	56.80	51.60	48.20	44.60	41.80	39.70	37.80	36.80	34.80
	CT	58.80	53.60	50.20	46.60	43.80	41.70	39.80	38.80	
100m Breaststroke	QT	2:07.70	1:50.70	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:14.80
	CT	2:11.70	1:54.70	1:45.50	1:38.70	1:32.80	1:28.60	1:25.40	1:22.90	
200m Breaststroke	QT	4:20.50	3:57.20	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60	2:42.80
	CT	4:26.50	4:03.20	3:45.10	3:31.20	3:18.50	3:08.50	3:01.40	2:57.60	
50m Butterfly	QT	48.80	43.50	40.80	38.10	35.90	34.00	32.20	31.40	29.80
	CT	50.80	45.50	42.80	40.10	37.90	36.00	34.20	33.40	
100m Butterfly	QT	1:49.40	1:35.80	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80	1:05.00
	CT	1:53.40	1:39.80	1:31.70	1:25.50	1:20.80	1:16.80	1:13.80	1:11.80	
200m Butterfly	QT	4:03.70	3:32.30	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40	2:24.70
	CT	4:09.70	3:38.30	3:18.50	3:05.90	2:55.90	2:46.90	2:40.40	2:36.40	
50m Backstroke	QT	50.30	46.00	43.20	40.50	38.20	36.10	34.50	33.50	31.90
	CT	52.30	48.00	45.20	42.50	40.20	38.20	36.50	35.50	
100m Backstroke	QT	1:49.80	1:36.90	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30	1:07.50
	CT	1:53.80	1:40.90	1:33.80	1:28.10	1:23.20	1:19.00	1:16.20	1:14.30	
200m Backstroke	QT	3:46.70	3:25.80	3:12.00	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40	2:26.70
	CT	3:52.70	3:31.80	3:18.00	3:06.70	2:56.30	2:48.30	2:42.00	2:37.40	
200m I/M	QT	3:52.00	3:29.60	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90	2:28.00
	CT	3:58.00	3:35.60	3:20.30	3:08.80	2:58.70	2:50.80	2:44.40	2:39.90	
400m I/M	QT					6:06.40	5:49.30	6:06.40	5:27.60	5:15.00
	CT					6:12.40	5:55.30	6:12.40	5:34.60	

QT = Qualification Time

CT = Consideration Time

Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software.  
The organisers reserve the right to return entries.



**City of Cardiff Swimming Club**

**Clwb Nofio Dinas Caerdydd**

# Welsh Capital Open Meet 2020

Cardiff International Pool, Cardiff

18 19 January 2020

LICENCE NUMBER 1WL200011

(Under FINA Technical Rules and Swim Wales Laws)

## PARA SWIMMING CONSIDERATION STANDARDS (BPSIM)

50m Free	M	F	100 Free	M	F	200 Free	M	F
<b>S1</b>	02:10.58	01:57.75	<b>S1</b>	03:46.74	05:49.48	<b>S1</b>	07:11.06	09:16.40
<b>S2</b>	01:24.24	01:39.99	<b>S2</b>	03:27.68	04:47.15	<b>S2</b>	05:13.17	09:44.28
<b>S3</b>	00:59.05	01:05.30	<b>S3</b>	02:33.22	02:12.80	<b>S3</b>	04:44.34	04:56.77
<b>S4</b>	00:55.40	00:56.71	<b>S4</b>	02:00.47	02:18.00	<b>S4</b>	04:17.33	04:44.28
<b>S5</b>	00:47.91	00:52.07	<b>S5</b>	01:46.30	01:54.76	<b>S5</b>	03:44.91	03:59.92
<b>S6</b>	00:41.52	00:48.17	<b>S6</b>	01:32.69	01:44.20	<b>S14</b>	02:43.21	02:55.88
<b>S7</b>	00:39.93	00:46.56	<b>S7</b>	01:26.70	01:41.93			
<b>S8</b>	00:37.34	00:42.74	<b>S8</b>	01:21.38	01:31.22			
<b>S9</b>	00:36.40	00:40.45	<b>S9</b>	01:19.79	01:27.93			
<b>S10</b>	00:32.98	00:38.81	<b>S10</b>	01:12.07	01:25.30			
<b>S11</b>	00:37.13	00:43.16	<b>S11</b>	01:23.27	01:35.63			
<b>S12</b>	00:33.80	00:39.73	<b>S12</b>	01:15.10	01:25.53			
<b>S13</b>	00:33.89	00:39.20	<b>S13</b>	01:14.97	01:24.57			
<b>S14</b>	00:35.56	00:39.96	<b>S14</b>	01:16.71	01:25.53			

50m Back	M	F	100 Back			400 Free	M	F
<b>S1</b>	01:42.47	03:10.27	<b>S1</b>	03:26.43	06:17.03	<b>S6</b>	07:12.47	07:29.92
<b>S2</b>	01:10.32	01:33.45	<b>S2</b>	02:33.66	03:14.11	<b>S7</b>	06:49.53	07:32.44
<b>S3</b>	01:04.55	01:11.99	<b>S6</b>	01:44.69	02:00.50	<b>S8</b>	06:21.89	06:45.09
<b>S4</b>	01:02.19	01:12.27	<b>S7</b>	01:40.03	01:57.07	<b>S9</b>	06:05.93	06:37.12
<b>S5</b>	00:54.49	01:03.45	<b>S8</b>	01:30.55	01:49.37	<b>S10</b>	05:42.48	06:23.99
			<b>S9</b>	01:30.24	01:38.94	<b>S11</b>	06:33.47	07:33.26
			<b>S10</b>	01:23.12	01:36.50	<b>S12</b>	05:54.38	07:10.70
			<b>S11</b>	01:35.59	01:52.41	<b>S13</b>	05:50.70	06:34.66
			<b>S12</b>	01:25.27	01:40.76	<b>S14</b>	06:03.50	07:01.93
			<b>S13</b>	01:23.37	01:35.90			
			<b>S14</b>	01:27.07	01:32.86			

50m brst	M	F	100 Brst	M	F	200m IM	M	F
<b>S1</b>	04:54.34	03:10.15	<b>S4</b>	02:14.92	02:40.30	<b>S5</b>	05:00.36	05:04.67
<b>S2</b>	01:16.01	02:00.25	<b>S5</b>	02:10.77	02:27.29	<b>S6</b>	03:45.95	04:17.22
<b>S3</b>	01:09.19	01:24.87	<b>S6</b>	01:55.82	02:15.97	<b>S7</b>	03:39.34	04:17.84
			<b>S7</b>	01:52.29	02:10.51	<b>S8</b>	03:17.67	03:49.98
			<b>S8</b>	01:42.98	01:52.84	<b>S9</b>	03:12.81	03:38.76
			<b>S9</b>	01:32.13	01:47.62	<b>S10</b>	03:02.67	03:31.32
			<b>S11</b>	01:42.03	01:59.66	<b>S11</b>	03:26.95	04:00.77
			<b>S12</b>	01:35.63	01:53.75	<b>S12</b>	03:09.15	03:51.20
			<b>S13</b>	01:33.39	01:46.72	<b>S13</b>	03:10.81	03:25.23
			<b>S14</b>	01:34.68	01:48.29	<b>S14</b>	03:06.03	03:25.09

50m Fly	M	F	100m Fly	M	F	<p>NOTE NO PARA SWIMMING CONSIDERATION STANDARDS in 200m Brst 200m back 200m Fly &amp; 400m IM</p>
<b>S1</b>			<b>S8</b>	01:25.43	01:38.74	
<b>S2</b>	03:21.85	03:15.71	<b>S9</b>	01:23.79	01:36.89	
<b>S3</b>	01:58.87	02:08.37	<b>S10</b>	01:19.10	01:34.47	
<b>S4</b>	01:06.39	02:05.57	<b>S11</b>	01:28.73	01:55.91	
<b>S5</b>	00:49.87	01:04.04	<b>S12</b>	01:21.27	01:37.94	
<b>S6</b>	00:43.25	00:51.53	<b>S13</b>	01:20.16	01:30.89	
<b>S7</b>	00:42.10	00:49.64	<b>S14</b>	01:24.24	01:38.14	



**City of Cardiff Swimming Club**

**Clwb Nofio Dinas Caerdydd**

## **Welsh Capital Open Meet 2020**

Cardiff International Pool, Cardiff

18 19 January 2020

LICENCE NUMBER 1WL200011

(Under FINA Technical Rules and Swim Wales Laws)

### **Coaches/Team Managers/ Chaperone/Pass - Application Form**

Name of Club		Club Code
Full Name(s)	1 2 3 4 5	
Position(s) in Club		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.	1 2 3 4 5	DBS Number(s): 1 2 3 4 5

The above-named person is authorised to hold a pass for this club

**CLUB SECRETARY.....SIGNED: .....**

Please note only members affiliated to Swim Wales/Scottish Swimming/ASA or a member of a FINA affiliated country will be eligible for a coach's pass.

Only applications with photographs will be accepted. Could applicants please write their full name on the rear of the photographs.

Please send a BACS transfer in the sum of £22.50 (or cheque made payable to City of Cardiff Swimming Club) per pass requested.

There will be no access to the poolside without a coach's pass. Passes will be restricted to a maximum of 5 passes per club and are non-transferable.

All completed forms to be returned to

Stephen Jones

18 Nasturtium Way CARDIFF CF23 8SF

EMAIL: [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

**CLOSING DATE: MONDAY 16 DECEMBER 2019.**



# City of Cardiff Swimming Club

## Clwb Nofio Dinas Caerdydd

### Welsh Capital Open Meet 2020

Cardiff International Pool, Cardiff

18 19 January 2020

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### Meet Entry Summary Sheet

**This Form must be completed and returned with the** Hy-Tek Meet Entry Fee Report and Entry File, unless already emailed to [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

Name of Club		Club Code
Contact Name		<b>CLUB BANK DETAILS</b>
Address		Bank Sort Code Account No.
TEL No./Mobile		
E Mail		
TEAM SIZE		
No. Of Individual Entries		@ £8.50 per event £
No. Of Coaches Passes		@ £22.50 each £
Total payment made payable to City of Cardiff Swimming Club		£.....

**It is requested that a single payment via BACS is made for the complete club entry.**  
**Details of your Club's bank is to be provided in the box above so we can issue a refund if required.**

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the Meet Management for this event.

Club Secretary Signature .....Date: .....

Entries, payments and supporting reports, and poolside pass applications should be sent to:

Stephen Jones  
18 Nasturtium Way  
CARDIFF CF23 8SF

**CLOSING DATE: MONDAY 16 DECEMBER 2019.**



# City of Cardiff Swimming Club

## Clwb Nofio Dinas Caerdydd

### Welsh Capital Open Meet 2020

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18 19 January 2020

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## Officials Nomination Form

***PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS***

Name of Club		Club Code
Full Name		
Qualification (J1 J2 J2S Referee)		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.		DBS Number:

AVAILABLE SESSIONS:

SATURDAY 1	<input type="text"/>	2	<input type="text"/>	3	<input type="text"/>
SUNDAY 4	<input type="text"/>	5	<input type="text"/>	6	<input type="text"/>

All completed forms to be e-mailed to Jim McCulloch: [officials@cardiffswimming.co.uk](mailto:officials@cardiffswimming.co.uk)