



The Cardiff Bay Sprint Meet

(Long Course)

30th MEET

Licence Number – 3WL181120

Saturday 14th July 2018

Cardiff International Pool
Olympian Drive
Grangetown
CF11 0JS

Cardiff International Sports Village,
Olympian Drive,
Grangetown, Cardiff, CF11 0JS

Licence Number 3WL1891120

(To be swum under FINA Technical Rules & Swim Wales Laws)

**LATE ENTRIES WILL NOT BE ACCEPTED -
CLOSING DATE Midnight on Monday 18th June 2018**

AGE ON THE DAY OF THE MEET

MEET CONDITIONS

1. AGE GROUPS

Boys 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 and Over
Girls 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 and Over

2. EVENTS

The Meet will be in two separate sections –

- a) Swimmers qualifying with the B Grade Upper Cut Off times shown below and
- b) Swimmers qualifying with the AA Grade Upper Cut Off times shown below
- c) **All events will be Heat Declared Winners**
- d) Events 50 m Long Course - Breaststroke - Backstroke - Butterfly - Freestyle - 200 m Individual Medley for the top **10 swimmers in each Age Group** on a points total from all four 50 m events (excluding the Kick Race
- e) **Competitors in the 200m I.M. Must notify the Meet Office if they do not wish to swim as soon as announced.**
- f) **50m Kick Race (Swimmers are to ensure that at the end of their race they touch with one hand)**
A 50m Freestyle time, where given, will be used to seed this event.

3. ENTRIES

- a) **Upper Cut off Times will be applied to all events except the Kick race**
- b) **Entry times outside these limits will be rejected and those with ‘No Time’ submitted may be rejected depending on the number of entries**
- c) **Entries** should be made on the appropriate entry forms or preferably electronically by submission of a Hy-Tek Team Manager or TM Lite entry file.
- d) Please contact Mrs Sheilah Roberts 4 Wallis Close, Osbaston, MONMOUTH, NP25 3NS, (smr4wc@lineone.net) for a copy of the Hy-Tek events file or the Swim Wales Web Site . Hy-tek Lite is available from Hy-tek ltd web site
- e) **Entry Fee - £5.00 per 50m individual stroke event.**
If all four strokes and the kick race are entered the fee will be £20.00.
If less than 4 strokes are entered the Kick race fee will be £3.00.
- f) Electronic entries must ensure that the payment for the events arrives with the Promoter before the advertised closing date.
- g) **Entries will be accepted on a first come first served basis but the Promoter reserves the right to restrict entries if over subscribed.**
- h) Any entries not accepted will be returned with full entry fee for that event.
- i) **Short course times will be accepted and converted by Hy-Tek to long course times.**
- j) Please make sure that it is clear on your entry form whether the swimmer is male or female;
eg. Alex could be a boy or short for Alexandra. Failure to do so may render the competitor rejected if wrong gender ‘assumed’.
- k) **Qualification for the 200m I.M.** Each swimmer’s points will be totalled up for **all four 50m events (excluding the kick race)** using Heat Declared Times regardless of the Graded Time Entries. Using this system, places will be allocated for the IM Finals races in each age group, giving 8 swimmers and 4 reserves with the aggregate highest points totals as above for the four 50m Sprint Events (not Kick Race) to be selected for the IMs. There will be a cash prize for the winner and 2nd place of each IM race.
- l) Swimmers must have achieved the standard of the Competitive Start Award, in order that they start the events by a dive either from the side of the pool or the Starting Blocks, otherwise they must start in the water. It is the responsibility of the coach to ensure the swimmer has reached the standard of the Competitive Start Award
- m) If a swimmer has a Certificate of Disability or a classification it should be reported when the entries are submitted. There are no specific events for these categories.

4. TIMINGS

The Provisional timings are as follows:

The sessions will start as follows (Doors Open 8.00am)
8.30am Warm Up for 9.30am start (TBC after receipt of entries)
1.00pm Warm Up for 2.00pm start (TBC after receipt of entries)

4.30pm Warm Up for 5.00 pm start (TBC after receipt of entries)

5. MARSHALLING Marshalling will commence at the finishing end of the pool near the showers just inside the entrance from the changing rooms. Competitors will be called to the Marshalling Area at least one event in advance.

6. DISPLAY Electronic Display will give the time of all swimmers at the end of each heat.

7. AWARDS

- a) **Medals** will be presented to the first three swimmers in each age group who have not swum faster than the respective UPPER CUT OFF TIME for the four strokes, Breaststroke, Backstroke, Butterfly, Freestyle and the Kick Race.
- b) The medals will be presented in each of the age groups as referred to above and the points will be calculated as follows, 1st place 10 points, 2nd place 9 points etc.
- c) **Speeding tickets** will be presented to swimmers who swim faster than their respective UPPER CUT OFF TIME
- d) The Top 9 year old swimmer will be awarded the **'Rowland Jones Trophy'** at the end of the Meet and the winner will be able to keep a commemorative trophy. Events qualifying for the Trophy will be by the completion of **all four 50m Sprint Events (not 'Kick Race')** on a points basis (10pts – 1st place etc).
- e) The **'Brian Hardwicke Cup'** will be awarded to the top 12 year old at the end of the Meet using the Heat Declared winners regardless of graded time entries and the winner will be able to keep a commemorative cup. Qualifying events for the Cup will be as described for the **Rowland Jones Trophy** above.

8. CASH AWARDS Prize money of £10 will be awarded to the 1st place and £5.00 for the 2nd place in the 200m Individual Medley event for each of the 8 age groups 9, 10, 11, 12, 13, 14, 15 and 16/o.

9. PRESENTATIONS These will take place on the poolside following the announcement of the results of each event. Finalists are asked to report to the presentation area to receive their awards. These presentations will take place periodically during events.

10. COACHES

- a) Coaches can collect Start Sheets and results from the Meet Office on spectator seating area.
- b) Please show coaches pass when collecting results. Coaches/chaperone passes are £10 each, which provides access to all sessions, no reductions for less sessions attended.
- c) All Coaches, Team Managers and Chaperones must have relevant individual accreditation.
- d) Applications for Coaches/Team Manager/Chaperones Passes must be made on the official form enclosed in this Information Pack, accompanied with a passport size photograph (or sent by e-mail smr4wc@lineone.net) if not already on file.
- e) Passes must be person specific and **will not be interchangeable/transferable**.
- f) Passes will need to be visible and worn at all times.
- g) Anyone without a pass will be asked to leave poolside/changing village.
- h) The closing date for passes will be the same as the closing date for entries. Applications will not be accepted on the day.
- i) Passes are required for Health & Safety Reasons and Insurance Purposes.
- j) The Passes will not entitle coaches to meals, reserved only for Meet Officials.
- k) Sufficient Pool Accreditation should 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. **(Coaches are not eligible to be Chaperones)**
- l) **Entry to poolside will NOT be permissible without displayed coaches' passes, regardless of circumstances.**
- m) **No chaperones or helpers will be allowed poolside without a pass**
- n) Coaches and team managers must keep swimmers out of the leisure pool during the meet.

11. OFFICIALS and VOLUNTEER HELPERS

- a) Each Club is required to supply **at least two suitably qualified officials per session** wherever possible
- b) Officials will be required to follow the Code and this is referred to in Contemporary Issues.

12. REFRESHMENTS

- a) The Sport Centre cafeteria will provide a comprehensive service of snacks and meals throughout the Meet.
- b) Vending machines are also available

13. HEALTH and SAFETY

- a) 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.
- b) *Unacceptable Behaviour*
 - i) Behaviour becomes "unacceptable" when it is considered "Offensive" to others; this includes, but is not limited to, the following:

- ii) 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.
- c). *Competitive Start Award*
 - i) 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).
 - ii) 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.
- d) *Jewellery*
 - i) 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).
 - ii) Swim Wales will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

14. CAMERA USE

Video and Photography.

- a) Swim Wales is aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of a child/children which may present a risk of harm to the child/children concerned.
- b) The use of such equipment is difficult to control but we can all be vigilant. If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team present on site.
- c) Swim Wales may use photographs taken at this event as promotional material and used across public forums including our website and social media accounts.
- d) Should you wish to refuse photographic permission please contact the event management team on site.
- e) The full Swim Wales photography guidance policy can be found on the Swim Wales website <http://www.swimwales.org/key-documents/events/swim-wales/photographic-policy>

15. THE LEAD REFEREE'S decisions will be final on all matters referred to them.

16. DATA PROTECTION

- a) The organisers will use computers to record entry times and results.
- b) By submitting entries you are accepting the conditions and consent is hereby given for holding personal information

17. THE ORGANISERS

- a) retain the right to return entries in the event of the competition being oversubscribed
- b) retain the right to remove any person or club found to be in contravention of 13 (b) above
- c) retain the right to amend these conditions later if necessary
- d) Neither the Promoter nor The Cardiff Pool accept any liability for any loss or damage to personal belongings.
- e) retain the right to cancel the event should the lack of entries make it unsustainable.

We wish you all an enjoyable and successful Meet.

All enquiries to: **Sheilah Roberts, 4 Wallis Close, Osbaston Park, MONMOUTH, NP25 3NS**
 Phone: 01600713505 or 07732549628 or e-mail smr4wc@lineone.net
or Heulwen Cooper, 3 Porth y Castell, Barry, Vale of Glamorgan, CF62 6QA
 Phone: 01446 733784 e-mail heulwen@ntlworld.com

CARDIFF BAY SPRINT MEET 2018

Meet Programme

Session One Saturday		
(Warm-up 8.30am - Start 9.30am)		
<u>Event</u>		<u>Stroke</u>
1	Girls	50m Breaststroke
2	Boys	50m Breaststroke
3	Girls	50m Backstroke
4	Boys	50m Backstroke
5	Girls	50m Butterfly

Session Two Saturday		
(Warm-up 1.00pm - Start 2.00pm TBC)		
<u>Event</u>		<u>Stroke</u>
6	Boys	50m Butterfly
7	Girls	50m Frontcrawl
8	Boys	50m Frontcrawl
9	Girls	50m Kick
10	Boys	50m Kick

Session Three Saturday

ONLY FOR THOSE SWIMMERS WHO QUALIFY BY COMPETING IN ALL 4 INDIVIDUAL EVENTS AND FINISH IN THE TOP 10 (8 and 2 reserves) FOR EACH AGE GROUP MAY TAKE PART.

(Warm-up 4.30pm - Start 5.00pm TBC)					
<u>Event</u>		<u>Stroke</u>	<u>Event</u>		<u>Stroke</u>
111	Girls 9yrs	200 I.M.	119	Girls 13yrs	200 I.M.
112	Boys 9yrs	200 I.M.	120	Boys 13yrs	200 I.M.
113	Girls 10yrs	200 I.M.	121	Girls 14yrs	200 I.M.
114	Boys 10yrs	200 I.M.	122	Boys 14yrs	200 I.M.
115	Girls 11yrs	200 I.M.	123	Girls 15yrs	200 I.M.
116	Boys 11yrs	200 I.M.	124	Boys 15yrs	200 I.M.
117	Girls 12yrs	200 I.M.	125	Girls 16yrs/ov	200 I.M.
118	Boys 12yrs	200 I.M.	126	Boys 16yrs/ov	200 I.M.

UPPER CUT OFF TIMES - LONG COURSE

BOYS

	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+yrs	
UCT AA	39.50	35.80	33.90	32.00	30.40	29.10	27.90	27.10	50m Freestyle
UCT B	50.20	46.60	44.00	40.80	37.90	35.30	33.00	31.50	50m Freestyle
UCT AA	52.80	47.50	44.20	41.00	38.60	36.90	35.40	34.70	50m Breaststroke
UCT B	1.06.40	1.01.30	57.10	52.20	48.20	44.80	41.90	40.40	50m Breaststroke
UCT AA	45.30	40.00	37.40	35.10	33.20	31.70	30.20	29.60	50m Butterfly
UCT B	57.00	51.70	48.40	44.60	41.30	38.40	35.80	34.40	50m Butterfly
UCT AA	46.50	42.20	39.60	37.30	35.30	33.60	32.40	31.60	50m Backstroke
UCT B	59.00	54.70	51.40	47.40	44.00	40.70	38.30	35.80	50m Backstroke

GIRLS

	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+yrs	
UCT AA	39.60	36.60	34.20	32.70	31.70	30.80	30.30	30.10	50m Freestyle
UCT B	49.30	46.60	43.40	40.50	38.30	36.60	35.50	34.90	50m Freestyle
UCT AA	52.90	47.10	44.00	41.60	40.10	38.80	38.10	37.90	50m Breaststroke
UCT B	1.05.20	59.80	55.60	51.50	48.50	46.10	44.70	44.00	50m Breaststroke
UCT AA	44.80	40.50	37.50	35.80	34.20	33.40	32.70	32.30	50m Butterfly
UCT B	55.20	51.30	47.40	44.10	41.30	39.60	38.30	37.50	50m Butterfly
UCT AA	46.60	42.30	39.60	37.80	36.70	35.60	34.80	34.50	50m Backstroke
UCT B	57.90	53.90	50.20	46.80	44.30	42.30	40.80	40.10	50m Backstroke

Short Course times will be converted by Hy-tek to conform to the above Long Course Times

UPPER CUT OFF TIMES - SHORT COURSE

BOYS

	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+yrs	Event
UCT AA	37.30	34.70	33.00	31.10	29.60	28.30	27.30	26.70	50m Freestyle
UCT B	48.50	45.30	42.30	39.70	37.00	34.40	32.40	31.20	50m Freestyle
UCT AA	49.10	45.50	42.80	40.20	37.60	35.90	34.50	33.50	50m Breaststroke
UCT B	1:03.10	58.80	54.50	50.80	46.80	43.50	40.90	39.20	50m Breaststroke
UCT AA	42.30	38.90	36.50	34.60	32.60	31.10	29.70	29.10	50m Butterfly
UCT B	54.40	50.30	46.50	43.80	40.60	37.60	35.20	33.90	50m Butterfly
UCT AA	43.30	40.10	37.90	36.00	33.80	32.50	31.10	30.10	50m Backstroke
UCT B	55.80	51.80	48.20	45.40	41.90	39.20	36.70	35.10	50m Backstroke

GIRLS

	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+yrs	Event
UCT AA	37.80	35.30	33.60	32.00	31.00	30.30	29.70	29.50	50m Freestyle
UCT B	48.50	45.00	42.50	39.90	37.70	36.20	35.20	34.50	50m Freestyle
UCT AA	50.00	45.90	43.00	40.60	39.10	38.10	37.30	37.00	50m Breaststroke
UCT B	1:03.40	58.80	54.30	50.60	47.60	45.50	44.20	43.40	50m Breaststroke
UCT AA	42.90	39.00	36.90	35.00	33.80	32.90	32.20	32.00	50m Butterfly
UCT B	54.30	49.90	46.50	43.50	41.00	39.30	38.10	37.40	50m Butterfly
UCT AA	43.60	40.20	38.10	36.20	35.00	34.10	33.70	33.30	50m Backstroke
UCT B	55.50	51.70	48.10	45.10	42.60	40.80	39.80	38.90	50m Backstroke

Short Course times will be converted by Hy-tek to conform to the above Long Course Times