



# **SOUTH EAST WALES**

## **SUB-REGIONAL**

## **COMPETITION 2018**

AT

**South East Wales Regional Pool  
Newport International Sports Village  
Velodrome Way  
Newport, NP19 4RA**

ON

**23<sup>rd</sup> to 25<sup>th</sup> November 2018**

**Warm up times to be decided**

**CLOSING DATE**  
**FRIDAY 26 OCTOBER 2018**

### **EVENT INFORMATION AND ENTRY FORMS**

Licence Number: 3WL190046



## MEET INFORMATION

### Entries

All forms must be completed in full and returned together with the relevant entry fee through your club to Steven Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA. **Where electronic entry is used, entry forms to be kept by the club**

Entries will be rejected for the following reasons:

- They are received without the relevant fee
- Incorrectly completed (Registration number must be included)
- Received after the closing date of FRIDAY 2<sup>6th</sup> October 2018 for Individual Events
- Received after 2<sup>nd</sup> NOVEMBER 2018 for Relay Events.
- Please note that each event in this competition has an UPPER CUT OFF TIME.
- A swimmer who has already achieved a time EQUAL TO OR FASTER THAN the Upper Cut Off Time for a particular event is not eligible to swim in that event.
- The UPPER CUT OFF TIMES will be the QUALIFYING TIME for the Regional Championships. Should the competition be oversubscribed swimmers will be scratched based on a formula of UCT+x%, until the optimum timings are achieved. The maximum will be the Consideration Time for the Regional Championships. Those swimmers who are scratched will then be classed as ALTs and may be offered any places which become available because of a withdrawal.

### Ages are as 31<sup>st</sup> December 2018

- Please be aware that the age group for the Regional Championships will be as at 31<sup>st</sup> December 2019

Individual Age Groups Girls 10, 11, 12, 13, 14, 15 & Over

Boys 10, 11, 12, 13, 14, 15 & Over

### Events

Girls 50m, 100m, 200m, 400m, 800m  
50m, 100m, 200m Backstroke  
50m, 100m, 200m Breaststroke  
50m, 100m, 200m Butterfly  
200m, 400m, I.M.

Boys 50m, 100m., 200m, 400m, 1500m  
50m, 100m, 200m Backstroke  
50m, 100m, 200m Breaststroke  
50m, 100m, 200m Butterfly  
200m, 400m, I.M.

**Entry fee is £5.00 per individual event is submitted electronically**

**Entry fee for paper entries £6.00.**

### Relay Age Groups and Events

Girls and Boys Freestyle and Mixed Freestyle 10/11: 10/13 : 10/15 : 10 & over

Girls and Boys Medley (2 Girls and 2 Boys in any order) 10/11 : 10/13 : 10/15 : 10 & over

**Entry fee for relay events is £7.50**

### Medals and Awards

Medals will be awarded for 1<sup>st</sup> - 3<sup>rd</sup> places in individual age categories (15 & Over is one category)

### Spectators

Admission charges: £3.00 per session

£7.00 per day

£12.00 per weekend

Excluding programme

**Please Note: The Spectator Area must be cleared at the end of each session**

### Car Parking

There is on-site parking available at the Pool. The Newport Stadium car park may also be used.

### Refreshments

There is a cafeteria selling snacks and drinks etc. We have no control over this facility. Refreshments also available from Newport Cricket Club

### Mobile Phones

Mobile phones must **not** be used in the building **at all**.

### Meet Office

A Meet Office will be open for the duration of the Meet and can be contacted on 07736 020688 during the competition, and at other times on 01443 205198

**Session Times** To be confirmed following receipt of entries and will be sent electronically. If a paper copy is required please enclose a stamped address envelope.

## **GENERAL CONDITIONS and MEET PROCEDURE**

**1. The Promoters** are S.E.W. REGION. The promoter can be contacted by email [sewregion@yahoo.co.uk](mailto:sewregion@yahoo.co.uk)

- a) The Meet will be swum under FINA Technical Rules and Swim Wales Laws and Disciplinary Code.
- b) No alcohol or tobacco advertising is permitted on any clothing.
- c) All decisions made by the Lead Referee will be final and binding

### **2. Swim Wales Regional Competitions Eligibility**

- a) Entries may only be accepted from competitors registered as members of clubs holding either, primary or multi registration Welsh membership within South East Region.
- b) Swimmers may only swim for one club during these championships
- c) Competitors must have been registered members of the Club in whose name they are entered at least 30 days prior to the entry closing date for entries for the Championships (including relays)
- d) Competitors who compete in ASA County Championships will not be accepted to swim in the following annual cycle of Regional Competitions:
  - a. The Junior Development Meet in May/June.
  - b. The Sub Regional Championships in November/December.
  - c. The Regional Championships in February the following year i.e. ASA County Championships in 2018 means they would not be accepted for the Swim Wales Regional Championships in 2019.

### **3. Events**

- a) Events will be held as shown on the attached programme of events. The Lead Referee with the Referee may decide, where necessary or appropriate to allocate swimmers adjacent lanes.
- b) Time trials will not be permitted.
- c) All events are HDW.

### **4. Entries**

- a) All entries shall be returned electronically where possible, to [sewregion@yahoo.co.uk](mailto:sewregion@yahoo.co.uk) or, by post to Mr Steven Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA, by the relevant closing date, accompanied by the appropriate entry fee.
- b) TM File will be available on the Swim Wales Web Site or from Steven Hathway.
- c) All entries not submitted electronically should include a stamped addressed envelope.
- d) The Organisers may request validation of any stated Entry Time.
- e) Long Course Entry Times will be amended to Short Course by Hy-Tek.

### **5. Withdrawals**

- a) Competitors who wish to withdraw from an event should do so by notifying the Meet Office by 5pm the evening before the event.

### **6. Relays**

- a) **Clubs may enter up to TWO relay teams both being eligible for medals**
- b) **Only swimmers who have swum in individual events can be considered by the clubs for their relay teams**
- c) Relay Forms must be submitted by the start of the warm up of the relay session. Failure to do so may result in the disqualification of the team.
- d) A separate form must be completed for EACH team per event.
- e) Swimmers names must be submitted in the swimming order.
- f) Relay teams failing to swim in the submitted order will be disqualified.
- g) If it can be proved to the referee that a member of a Relay Team is incapacitated through ill health or accident, the referee may use their discretion and allow a substitute to swim.

### **7. Trophies and Medals**

- a) Placing of competitors shall be determined from performances.
- b) Failure of a swimmer or deputy to attend the appropriate presentation, may result in the swimmer forfeiting his/her award.

### **8. Presentatio**

- a) The Lead Referee may decide to carry out presentations during the session.
- b) Competitors must report to the Presentation Marshall immediately after announcements have been made.
- c) Appropriate clothing, i.e. t shirt, full tracksuit and appropriate footwear must be worn for the presentation.
- d) Awards may not be presented if a swimmer is inappropriately dressed.
- e) If there are no presentations then medals should be collected from the medal table as soon as possible.

## **9. Officials and Helpers**

- a) Clubs will be designated for each of the Regional Competitions to provide all Volunteers.
- b) At least two Officials per club per session should be provided, where-ever possible.
- c) Officials will be required to follow the protocol which can be down loaded from the Swim Wales web site.

## **10. Heats**

- a) Competitors shall be placed in graduated time order; **slow to fast**
- b) Coaches should ensure swimmers must make themselves available for marshalling at least 2 events prior to the event they are competing in. Please do not rely on the public address system.

## **11. Starts**

- a) Over the top starts will, where necessary or appropriate, be used during the Meet.

## **12. Coaches/Chaperones passes**

- a) The Swim Wales' Child Welfare Policy (Y Plant), indicates that swimmers should be supervised by CRB/DBS checked personnel at a ratio of 10:1 and with a minimum of 2 adults at all times. COACHES shall not be counted as chaperones. However each club is responsible for ensuring that their swimmers are adequately supervised.
- b) All Coaches/Team Managers and Chaperones must have relevant individual accreditation.
- c) 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 a photograph sent by e-mail to [sewregion@yahoo.co.uk](mailto:sewregion@yahoo.co.uk) ) if not already on file.
- d) Passes must be person specific and **will not be interchangeable/transferable.**
- e) Passes will need to be worn at all times. Anyone without a pass will be asked to leave poolside/changing village.
- f) The closing date for passes will be the same as the closing date for entries. Applications will not be accepted on the day. Passes are required for Health & Safety Reasons and Insurance Purposes.
- g) Swim Wales Head Coach Annual Pass will be allowed, provided that the information that one will be used is sent to the promoters
- h) Refreshments will be provided for all COACHES, TEAM MANAGERS, CHAPERONES and EVENT STAFF, who have requested them on the relevant form. Passes will be issued and must be produced at the relevant meal.

## **13. Health and Safety**

- a) The health, safety and 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.
- b) A full risk assessment must be carried out in accordance with the Swim Wales Meet Licence Report Pack.
- c) A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet must be obtained in advance, and must be available throughout the duration of meet.
- d) 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.
- e) All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.
- f) Footwear must be worn on poolside, the balcony, and throughout the building
- g) **It is the responsibility of the swimmer and/or parent/guardian to declare to the referee any disability or medical condition that could present a health or safety risk.**
- h) **If the competitor has a disability classification this should be disclosed when the entries are submitted. There are no Multi Classification events in this meet**
- i) **If the competitor holds a certificate of disability, this should be presented to the referee prior to the race.**
- j) The front 5 rows of the balcony will be for swimmers/teams - spectators are not allowed in this area.
- k) Swimmers are advised not to use the elevators without an adult.
- l) Stairways are to be kept clear at ALL TIMES and should not be used to sit on.
- m) A one way system round the pool will be in force.

## **14. Jewellery**

- a) 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, but not limited to, watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings (except wedding bands).
- b) Swim Wales/South East Region will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

## **15. Unacceptable Behaviour**

- a) Behaviour becomes “unacceptable” when it is considered “Offensive” to others; this includes, but is not limited to, the following:

Theft, wilful damage to property and / or equipment, acts of vandalism, abuse of alcohol and / or drugs, bullying, offensive language, aggressive / violent acts, threatening behaviour, all breaches of safety practices, failure to comply with instructions / directions, actions that bring the sport of swimming into disrepute.

#### **16. Competitive Start Award**

- a) 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).
- b) Swimmers who have not attained the standard of the Competitive Start Award must lower themselves over the side into the water, on the long whistle by the Referee before starting at an appropriate place.

#### **17. CAMERA USE**

##### **SWIM WALES PHOTOGRAPHY GUIDANCE POLICY**

The Swim Wales Guidance Policy is in operation at all S.E.Wales Regional Competitions. It may be viewed at [www.swimwales.org/key-documents](http://www.swimwales.org/key-documents) or available on request from the organisers

Anyone wishing to use cameras or videoing equipment will be required to provide proof of identity and sign the camera log at the Pool reception desk. This includes, but is not limited to:

Still cameras, cine cameras, video cameras, camera/video enabled mobile phones, camera enabled PDAs.

#### **18. Data Protection**

- a) The Region, along with the Governing Body, may 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 relating to the sport of Swimming as required by the current Data Protection Act.
- c) Professional photographers may be present and by entering this competition you are agreeing that photographs may be taken

#### **19. The organisers**

- a) retain the right to amend these conditions later if necessary, without notice
- b) retain the right to return entries in the event of the competition being oversubscribed.
- c) retain the right to pre-seed events
- d) retain the right to amalgamate heats.
- e) retain the right to exclude anyone from the Meet who contravenes Condition 15a.

**SOUTH EAST WALES**  
**SUB REGIONAL COMPETITION**  
**23<sup>rd</sup> - 25<sup>th</sup> NOVEMBER 2018**  
**PROGRAMME OF EVENTS**

<b>SESSION 1 Friday 23<sup>rd</sup> W/up 5.30pm for 6.00pm</b>				
Event	Age	M/F	Distance	Stroke
1	10 & Over	M	1500m	Freestyle
2	10 & Over	F	800m	Freestyle
<b>SESSION 2 Saturday 24<sup>th</sup> W/up 8.30am – 9.30am</b>				
3	10 & Over	M	50m	Freestyle
4	10 & Over	F	50m	Freestyle
5	10 & Over	M	400m	I.M.
6	10 & Over	F	400m	I.M.
7	10, 11, 12	M	100m	Butterfly
8	10, 11, 12	F	100m	Butterfly
9	13, 14, 15+	M	200m	Backstroke
10	13, 14, 15+	F	200m	Backstroke
11	10 & Over	M	50m	Breaststroke
12	10 & Over	F	50m	Breaststroke
<b>SESSION 3 Saturday 24<sup>th</sup> Warm up TBC</b>				
13	10 & Over	M	50m	Backstroke
14	10 & Over	F	50m	Backstroke
15	10 & Over	M	400m	Freestyle
16	13, 14, 15+	F	100m	Breaststroke
17	13, 14, 15+	M	100m	Breaststroke
18	10, 11, 12	F	200m	Freestyle
19	10, 11, 12	M	100m	Freestyle
<b>SESSION 4 Saturday 24<sup>th</sup> Warm up TBC</b>				
20	10 & Over	F	50m	Butterfly
21	10 & Over	M	50m	Butterfly
22	13, 14, 15+	F	100m	Freestyle
23	13, 14, 15+	M	100m	Freestyle
24	10, 11, 12	F	100m	Backstroke
25	10, 11, 12	M	100m	Backstroke
26	13, 14, 15+	F	200m	Butterfly
27	13, 14, 15+	M	200m	Butterfly
28	10, 11, 12	F	200m	Breaststroke
29	10, 11, 12	M	200m	Breaststroke

<b>SESSION 5 Sunday 25<sup>th</sup> W/up 8.30am for 9.30am</b>				
Event	Age	M/F	Distance	Stroke
30	13, 14, 15+	F	100m	Butterfly
31	13, 14, 15+	M	100m	Butterfly
32	10, 11, 12	F	200m	Backstroke
33	10, 11, 12	M	200m	Backstroke
34	13, 14, 15+	F	200m	Freestyle
35	13, 14, 15+	M	200m	Freestyle
36	10, 11, 12	F	100m	Breaststroke
37	10, 11, 12	M	100m	Breaststroke
<b>SESSION 6 Sunday 25<sup>th</sup> Warm up TBC</b>				
38	10 & Over	F	400m	Freestyle
39	13/14, 15+	M	100m	Backstroke
40	13, 14, 15+	F	100m	Backstroke
41	10, 11, 12	M	200m	Butterfly
42	10, 11, 12	F	200m	Butterfly
43	13, 14, 15+	M	200m	Breaststroke
44	13, 14, 15+	F	200m	Breaststroke
45	10, 11, 12	M	200m	Freestyle
46	10, 11, 12	F	100m	Freestyle
<b>SESSION 7 Sunday 25<sup>th</sup> Warm up TBC</b>				
47	10 & Over	M	200m	I.M.
48	10 & Over	F	200m	I.M.
<b>RELAYS</b>				
49	10/11	M	4 x 50	Freestyle
50	10/11	F	4 x 50	Freestyle
51	10/13	M	4 x 50	Freestyle
52	10/13	F	4 x 50	Freestyle
53	10/15	M	4 x 50	Freestyle
54	10/15	F	4 x 50	Freestyle
55	10 & Over	M	4 x 50	Freestyle
56	10 & Over	F	4 x 50	Freestyle
57	10/11	M	4 x 50	Medley
58	10/11	F	4 x 50	Medley
59	10/13	M	4 x 50	Medley
60	10/13	F	4 x 50	Medley
61	10/15	M	4 x 50	Medley
62	10/15	F	4 x 50	Medley
63	10 & Over	M	4 x 50	Medley
64	10 & Over	F	4 x 50	Medley
65	10/11	2M2F	4 x 50	Freestyle
66	10/13	2M2F	4 x 50	Freestyle
67	10/15	2M2F	4 x 50	Freestyle
68	10 & Over	2M2F	4 x 50	Freestyle
69	10/11	2M2F	4 x 50	Medley
70	10/13	2M2F	4 x 50	Medley
71	10/15	2M2F	4 x 50	Medley
72	10 & Over	2M2F	4 x 50	Medley

**SOUTH EAST WALES SUB REGIONAL COMPETITION 2018 - UPPER CUT OFF TIMES - 25m POOL**

BOYS							Event	GIRLS						
10yrs	11yrs	12yrs	13yrs	14yrs	15/16yrs	17+		10yrs	11yrs	12yrs	13yrs	14yrs	15/16yrs	17+
38.0	35.9	33.9	32.10	30.40	28.3	27.8	50m Free	38.5	36.5	34.7	33.3	32.4	31.3	31.3
1:22.9	1:17.8	1:13.2	1:08.9	1:05.4	1.01.2	1:00.1	100m Free	1:24.6	1:18.7	1:14.3	1:11.5	1:09.5	1.07.1	1:06.9
2:59.3	2:48.8	2:39.1	2:30.1	2:22.5	2.13.2	2:11.1	200m Free	3:00.4	2:49.6	2:39.9	2:33.6	2:29.6	2.24.6	2:23.2
6:18.0	5:53.3	5:34.0	5:16.4	5:01.5	4.42.1	4:36.7	400m Free	6:22.2	5:52.9	5:33.0	5:20.5	5:12.5	5.03.1	5:00.5
13:26.1	12:28.4	11:41.1	11:01.8	10:31.3	9.51.2	9:40.2	800m Free	13:36.7	12:09.5	11:29.3	10:58.3	10:40.8	10.23.5	10:20.7
25:54.8	23:50.5	22:01.7	20:52.8	19:55.5	18.40.6	18:21.9	1500m Free	26:15.9	23:27.7	22:10.0	21:10.1	20:51.7	20.03.0	19:57.7
49.60	46.5	43.7	40.7	38.6	35.6	35.0	50m Breast	50.0	46.7	44.0	42.1	40.8	39.4	39.1
1:48.1	1:40.1	1:33.8	1:27.4	1:22.7	1.16.6	1:15.1	100m Breast	1:48.8	1:40.2	1:34.4	1:29.8	1:26.5	1.24.3	1:23.1
3:51.2	3:35.1	3:22.5	3:09.5	2:58.9	2.47.0	2:43.0	200m Breast	3:51.5	3:34.9	3:22.4	3:12.8	3:06.7	3.01.6	3:00.2
42.4	39.6	37.5	35.3	33.4	30.9	30.1	50m Fly	42.4	40.1	37.9	36.4	35.2	34.0	33.9
1:35.9	1:27.6	1:22.0	1:16.7	1:12.3	1.07.3	1:05.6	100m Fly	1:36.0	1:28.0	1:22.4	1:19.0	1:16.3	1.14.1	1:13.3
3:30.4	3:11.7	3:00.8	2:49.5	2:40.1	2.28.3	2:23.9	200m Fly	3:32.8	3:13.9	3:00.7	2:52.6	2:46.7	2.41.2	2:39.3
43.6	41.2	39.0	36.5	34.8	31.9	31.5	50m Back	43.8	41.4	39.3	37.7	36.5	35.3	35.1
1:34.7	1:27.6	1:22.5	1:17.3	1:13.0	1.07.8	1:06.3	100m Back	1:35.2	1:28.1	1:22.7	1:19.2	1:17.0	1.14.4	1:14.0
3:19.7	3:06.9	2:56.5	2:45.9	2:37.0	2.26.5	2:24.0	200m Back	3:21.8	3:06.3	2:56.3	2:49.6	2:44.8	2.38.7	2:37.2
3:25.1	3:11.0	3:00.5	2:50.4	2:40.7	2.30.3	2:27.3	200m IM	3:25.6	3:11.4	3:00.6	2:53.8	2:48.7	2.43.4	2:42.0
7:20.2	6:45.5	6:20.9	6:00.4	5:40.6	5.18.1	5:12.2	400m IM	7:19.7	6:43.6	6:19.9	6:03.90	5:53.8	5.42.6	5:40.6

1500m & 800m Freestyle events may be restricted to three heats.

**YOU ARE NOT ELIGIBLE TO ENTER AN EVENT IF YOU HAVE ALREADY ACHIEVED A TIME THAT IS THE SAME AS OR FASTER THAN THE ABOVE**