



Torfaen Dolphins

LEVEL 3 LONG COURSE MEET 16th & 17th June 2018

Cardiff International Pool - CF11 0JS

ENTRIES WILL CLOSE MIDNIGHT SUNDAY 6th May 2018

All session Times will be confirmed after the closing date (Estimated times are 8.00am warm up 10.45am warm up and 3.15pm warm up).

(Held under ASA Laws and Regulations and Asa Technical Rules of racing)
(License Number: 3WL180735)

Level 3 for entry into local and regional competitions. 50m, 10 lane pool with anti-wave ropes and electronic timing. Large spectator seating area and spacious Cafeteria.

**All events from 50m to 400m
All events are heat declared winners
All events are subject to entry times being achieved.
Club entries of over 5 to be via HY-TEK entry file (see website for details)
Clubs are kindly requested to provide an official/s to assist us in the smooth running of the Meet.**

Age as 17th June 2018

Awards will be given in the following age groups:
9&10yrs, 11&12yrs, 13&14yrs, 15/over

There will also be awards for top girl and top boy in each age group.

Open meet information/entry pack can be downloaded from the website www.torfaendolphins.com or e-mail us at competition@torfaendolphins.com

Entries will be on a "first come, first served" basis -Entry Fee - £7.50 per event

It is the responsibility of the entering team to check all entries have been received No later than the closing date, also you will receive confirmation of accepted entries two weeks later, again please check with us if you have heard nothing (these checks are purely a backup for us to ensure entries do not go missing)



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PROGRAMME OF EVENTS

Cardiff International Pool - CF11 0JS

SATURDAY 16th June 2018

Session 1			
Event No	Event	Gender	Ages
1	400m Freestyle	Female	11&12yrs, 13&14yrs, 15/over
2	400m IM	Male	11&12yrs, 13&14yrs, 15/over
3	200m Breaststroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
4	50m Butterfly	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
Session 2			
Event No	Event	Gender	Ages
5	100m Backstroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
6	50m Backstroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
7	200m Freestyle	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
8	200m IM	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
9	50m Breaststroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
Session 3			
Event No	Event	Gender	Ages
10	100m Butterfly	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
11	200m Butterfly	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
12	200m Backstroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
13	100m Breaststroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
14	50m Freestyle	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
15	100m Freestyle	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over



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PROGRAMME OF EVENTS

Cardiff International Pool - CF11 0JS

Sunday 17TH June 2018

Session 4			
Event No	Event	Gender	Ages
16	400m Freestyle	Male	11&12yrs, 13&14yrs, 15/over
17	400m IM	Female	11&12yrs, 13&14yrs, 15/over
18	200m Breaststroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
19	50m Butterfly	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
Session 5			
Event No	Event	Gender	Ages
20	100m Backstroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
21	50m Backstroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
22	200m Freestyle	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
23	200m IM	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
24	50m Breaststroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
Session 6			
Event No	Event	Gender	Ages
25	100m Butterfly	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
26	200m Butterfly	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
28	200m Backstroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
28	100m Breaststroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
29	50m Freestyle	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
30	100m Freestyle	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over



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Long Course Meet 2018 Entrants must be slower than the cut off times – Female

Event		9/10	11	11/12	13	13/14	15+	16	17+
50 FC	Slower Than	33.50		29.0		28.00	26.74		
100 FC	Slower Than	1.08.00		1.02.64		59.94	57.36		
200 FC	Slower Than	2.23.00		2.14.88		2.09.06	2.01.85		
400 FC	Slower Than	N/A		4.43.2		4.31.06	4.21.59		
50 BC	Slower Than	39.00		34.50		32.50	30.00		
100 BC	Slower Than	1.19.00		1.11.3		1.07.85	1.04.26		
200 BC	Slower Than	2.47.00		2.34.32		2.26.87	2.21.84		
50 BRS	Slower Than	42.00		38.00		37.00	34.50		
100 BRS	Slower Than	1.24.00		1.19.89		1.16.96	1.12.33		
200 BRS	Slower Than	3.05.00		2.51.67		2.44.13	2.36.74		
50 Fly	Slower Than	37.00		33.00		30.50	30.00		
100 Fly	Slower Than	1:16.00		1.09.28		1.05.25	1.03.43		
200 Fly	Slower Than	2.40.00		2.35.79		2.24.06	2.20.60		
200 IM	Slower Than	2.41.00		2.31.56		2.25.02	2.21.29		
400 IM	Slower Than	N/A		5.20.72		5.06.73	4.55.71		



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Long Course Meet 2018 Entrants must be slower than the cut off times – Male

Event		9/10	11	11/12	13	13/14	15+	16	17+
50 FC	Slower Than	33.00		28.50		25.70	24.13		
100 FC	Slower Than	1.06.00		1.00.99		55.67	53.21		
200 FC	Slower Than	2.21.00		2.10.32		1.59.22	1.54.32		
400 FC	Slower Than	N/A		4.39.12		4.16.81	4.00.58		
50 BC	Slower Than	37.50		33.50		30.00	28.00		
100 BC	Slower Than	1:16.00		1.09.38		1.02.73	59.03		
200 BC	Slower Than	2.35.00		2.26.52		2.11.15	2.06.45		
50 BRS	Slower Than	40.00		37.00		33.5	29.5		
100 BRS	Slower Than	1.26.00		1.17.19		1.10.94	1.04.36		
200 BRS	Slower Than	2.58.00		2.51.32		2.34.76	2.21.95		
50 FLY	Slower Than	36.00		31.00		28.00	26.00		
100 FLY	Slower Than	1:13.00		1.08.00		1.00.18	56.19		
200 FLY	Slower Than	2.37.00		2.30.61		2.15.60	2.04.07		
200 IM	Slower Than	2.37.00		2.32.92		2.20.07	2.12.22		
400 IM	Slower Than	N/A		5.18.28		4.52.36	4.34.81		



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Level 3 Open Meet – Promoters conditions

1. The Hy-Tek Team Manager Lite application and instructions can be downloaded free of charge from www.hy-tektd.com/downloads
2. The meet will be held under ASA Laws and ASA Technical Rules and has been Licensed Level 3. .
3. Cut off times will be applied to all events. Entries of 6 or more swimmers from the same Club must be made electronically (HY Tek). Entries of 5 or less swimmers from the same club may be made using the official meet entry form. Entries (including summary and cheque) must reach the Meet Secretary by the closing date – No late entries will be accepted.
4. All competitors must be members of an affiliated club, registered Category 2 with the ASA and may compete in the name of one club only.
5. The promoter reserves the right to accept or reject entries and also restrict entries in order to complete the meet within the time available. If the meet is oversubscribed, entries will be accepted on a first come first served basis, allowing for an equal balance of swimmers across the age groups
6. As soon as possible after the closing date, club list sheets will be emailed to club secretary for accepted entries, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or available for collection by Clubs on the day.
7. Incorrect or incomplete entries will be rejected. There will be no refunds for withdrawals after the closing date.
8. The age groups are: 9&10, 11&12, 13&14, 15 and over - ages as at the last day of the meet
9. The pool is 50m and the meet will be swum long course. Anti-wave devices will be in place and electronic timing/placing will be used.
10. Weekend Event programme will be available and there is an entry fee for adult spectators.
11. Entries and results for this meet will be held on computer. As required by the Data Protection Act 1998 submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the meet.
12. The one start rule will be in operation during this event.
13. The meet will be run without cards. Heats will be pre-seeded.
14. Swimmers should report to the competitors' stewards' eight heats prior to their own. In events of 200m or over this drops to 6 heats before.
15. All events are HDW..
16. In accordance with recommendations of the ASA child protection policy, any person wishing to use video, zoom or close range photography, including mobile phones that have photographic capabilities should first register their details at the spectator entrance.
17. Neither the promoter or Cardiff International Pool accept any liability for any loss or damage to personal belongings.
18. Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. Prior to commencement refunds may apply at the promoters discretion.
19. Any swimmer breaking these conditions will be liable to disqualification from any or all events.
20. There will be medals in every event for the first three overall swimmers in each age group i.e. 9/10, 11/12 etc. Any disqualified swimmer will not receive awards.
21. Awards will be made to the top boy and top girl swimmer using a points system based on swimmers achieving 1 to 10th places in each event
22. Refunds will also be given for medical reasons on production of a Doctor's note only.
23. The promoters reserve the right to refuse admission to any competitor or spectator.
24. Coaches Passes will not be sold on the day. No pass - no admission to poolside
25. Entry times shall be converted at the time of entry by the clubs to 50m Pool times. All times submitted must be truthful and correct as define by the ASA Code of Conduct. Entry times may be checked against ASA rankings.
26. Over the top starts may be used at the promoter's discretion.
27. The organisers reserve the right to allow entries on the weekend of the Meet subject to availability and time.



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HEALTH & SAFETY

- a) All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.
- b) 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.
- c) If such a disability or medical condition exists, swimmers must produce a medical note confirming that their participation presents no health or safety problems.
- d) Footwear **MUST** be worn on poolside, on the Balcony and throughout the building.
- e) The Front 5 rows on the Balcony will be for swimmers – spectators are not allowed in this area.
- f) Swimmers are advised not to use the elevators without an adult.
- g) Stairways on the Balcony are to be kept **CLEAR** at **ALL TIMES** and should not be used to sit on.
- h) An anticlockwise one way system will be in force on the poolside
- i) 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.
- j) A full risk assessment will be carried out in accordance with the Swim Wales Meet License Report Pack.
- k) 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.
- l) 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.
- m) 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.
- n) 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).
Swim Wales will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.
- o) 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)
- p) 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 partner organisations
- q) 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