



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CO CARDIFF celebrating 50 years

## CITY OF CARDIFF SWIMMING CLUB CLUB CHAMPIONSHIPS 2024

SHORT COURSE | LEVEL 3 MEET



Saturday 21 Sunday 22 September 2024

venue



event information | session times to be confirmed



**Licence Number: 3WL241871**  
(Under World Aquatics Technical Rules & Swim Wales Laws)

**REMEMBERING | KEITH BEWLEY**



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

# City of Cardiff Swimming Club Club Championships 2024

LICENCE NUMBER 3WL241871

(under World Aquatics Technical Rules and Swim Wales Laws)

**Saturday 21 & Sunday 22 September 2024**

This is a Level 3 short course licensed meet  
This season the club celebrates 50 years and the Club Champs gives every swimmer the chance to secure a time for the year ahead

**VENUE:** Cardiff International Pool, Olympian Drive, Cardiff. CF11 0JS

**POOL:** 10 Lane 25m pool | Omega electronic timing | anti-turbulence lane ropes

**AGE GROUPS:** 7yrs, 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & Over  
Female athletes with a birth sex of female.  
Open/Male athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the female category

**AGE AS AT:** 22 September 2024 | Minimum age for entry is 7 years

**EVENTS:** All events will be Heat Declared Winner | All age groups

50m	Freestyle, Backstroke, Breaststroke, Butterfly	(7yrs+)
100m	Freestyle, Backstroke, Breaststroke, Butterfly	(8yrs+)
200m	Freestyle, Backstroke, Breaststroke, Butterfly	(8yrs+)
400m	Freestyle	(10yrs+)
800m & 1500m	Freestyle	(12yrs+)
100m	Individual Medley	(8yrs-11yrs)
200m	Individual Medley	(8yrs+)
400m	Individual Medley	(12yrs+)

**RELAYS:** Teams from Y Ddraig Goch, Y Ddraig Felen, Y Ddraig Werdd & Y Ddraig Las race across the meet

## Officials & Poolside Volunteering

**OFFICIALS: PLEASE ACCESS SWIM MEET:** <https://www.swim-meet.com/Availability/?m=3189>  
& SELECT THIS MEET TO REGISTER YOUR AVAILABILITY

In order to run our meets and comply with our License, new regulations mean the clubs require a significant number of parents to support our home meets across the season by signing up to officiate. Full training is provided along with support at every stage. Please contact via your Class Manager.

**PARENTS CAN VOLUNTEER VIA SWIM MANAGER EVENTS SECTION for the various poolside roles.**



# City of Cardiff Swimming Club

## Clwb Nofio Dinas Caerdydd

City of Cardiff swimming club  
clwb nofio Dinas Caerdydd

### PROGRAMME OF EVENTS

SATURDAY SESSION ONE WARM UP 08:30 START 09:15			SUNDAY SESSION FOUR WARM UP 08:30 START 09:15		
102 HDW	Mixed 7-10	50m Backstroke	402 HDW	Mixed 7-10	50m Breaststroke
103 HDW	Male	200m Backstroke	403 HDW	Female	200m Backstroke
104 HDW	Female	100m Breaststroke	404 HDW	Male	100m Breaststroke
105 HDW	Male	200m IM	405 HDW	Female	200m IM
101 HDW	Mixed 12+	800m Freestyle	401 HDW	Mixed 12+	1500m Freestyle
106	Female 10&U	4x50 Free RELAY	406	Male 10 &U	4x50 Medley RELAY
107	Male 10&U	4x50 Free RELAY	407	Female 10&U	4x50 Medley RELAY
108	Female 11-12	4x50 Free RELAY	408	Male 11-12	4x50 Medley RELAY
109	Male 11-12	4x50 Free RELAY	409	Female 11-12	4x50 Medley RELAY

### 12:00 SYNCHRO DISPLAY

SATURDAY SESSION TWO WARM UP 12:35 START 13:10			SUNDAY SESSION FIVE WARM UP 12:15 START 12:55		
201 HDW	Female 10+	400m Freestyle	501 HDW	Male 10+	400m Freestyle
202 HDW	Mixed 7-10	50m Butterfly	502 HDW	Mixed 7-10	50m Freestyle
203 HDW	Male	200m Breaststroke	503 HDW	Female	200m Breaststroke
204 HDW	Female	100m Freestyle	504 HDW	Male	100m Freestyle
205 HDW	Male	100m Butterfly	505 HDW	Female	100m Butterfly
206 HDW	Female 11+	50m Butterfly	506 HDW	Male 11+	50m Butterfly
207 HDW	Male 11+	50m Breaststroke	507 HDW	Female 11+	50m Breaststroke
208	Female 13-14	4x50 Free RELAY	508	Male 13-14	4x50 Medley RELAY
209	Male 13-14	4x50 Free RELAY	509	Female 13-14	4x50 Medley RELAY
210	Female 15yr+	4x50 Free RELAY	510	Male 15yr+	4x50 Medley RELAY
211	Male 15yr+	4x50 Free RELAY	511	Female 15yr+	4x50 Medley RELAY

SATURDAY SESSION THREE WARM UP 15:30 START 16:15			SUNDAY SESSION SIX WARM UP 15:30 START 16:15		
301 HDW	Male 12+	400m IM	601 HDW	Female 12+	400m IM
302 HDW	Female 8-11	100m IM	602 HDW	Male 8-11	100m IM
303 HDW	Male	200m Freestyle	603 HDW	Female	200m Freestyle
304 HDW	Female	200m Butterfly	604 HDW	Male	200m Butterfly
305 HDW	Male	100m Backstroke	605 HDW	Female	100m Backstroke
306 HDW	Female 11+	50m Backstroke	606 HDW	Male 11+	50m Backstroke
307 HDW	Male 11+	50m Freestyle	607 HDW	Female 11+	50m Freestyle

Warm Down pool may be available during the meet – subject to sufficient lifeguards being available.

### PROMOTER'S CONDITIONS

#### AWARDS

Medals will be given to the first 3 places in each age category. Swimmers must ensure that they are suitably clothed (t-shirt and shorts) when receiving awards. Medals will only be available on the day and can be collected from the medal table on poolside.

#### CLOSING DATE

**WEDNESDAY 4 SEPTEMBER 2024**

#### ENTRY FEE

£6.50 per event + admin fee.



## City of Cardiff Swimming Club

## Clwb Nofio Dinas Caerdydd

### **ELECTRONICS STARTS**

Omega electronic timing system with electronic display provided by Swiss Timing. Over the top starts will be used wherever possible.

### **SEEDING**

All events will be spearheaded and swum slow to fast, based on entry times. Entry times will be taken from the club database for seeding. If no time is held on the database, then swimmers will be entered with a 'no time'.

### **SPECTATORS**

Tickets are be available via OrderWhizz from 5pm 12 Sept 2024.  
<https://buy.orderwhizz.com/ccsc/events/co-cardiff-club-championships-2024>  
Ticket prices: Weekend pass £20.00 Tickets/session £5.00  
The meet programme £2.50.

### **NO REFUNDS ONCE TICKETS PURCHASED | NO ACCESS WITHOUT A TICKET**

### **SESSION TIMES**

Session timings are detailed above. Head Coach will provide details of the warm ups, which are broadly in two 20min sessions using the competition pool & four lane pool. Sadly, the six lane pool is not in use due to a maintenance issue. Please note that it is the swimmers' responsibility to present themselves to the Marshalling area ready to swim prior to the start of their event.

### **WITHDRAWALS**

All withdrawals must be notified before the commencement of the meet. No refunds will be made for any withdrawals made after the entry deadline other than on medical grounds. A Doctor's note only must be provided on or before 30 September 2024 in order for an entry fee credit to be given.

### **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.

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.

### **HEALTH & SAFETY**

All swimmers, officials, volunteers, 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. **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



## City of Cardiff Swimming Club

## Clwb Nofio Dinas Caerdydd

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**

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 behaviour, all breaches of safety practices, failure to comply with instructions/directions, actions that bring the sport of swimming into disrepute. Unacceptable behaviour 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.

### **CAMERAS MOBILE PHONES**

The use of all photographic equipment and mobile phones is 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 that have a camera facility/hardware are recognised as a camera or photographic device).

City of Cardiff Swimming Club follows 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.

### **MARSHALLING**

Swimmers will be called to marshalling. It is the responsibility of the swimmer/coaches to ensure that they attend marshalling once called. Swimmers will then be directed to the standing zones ahead of their heat

### **SWIMPATH**

Will be attending the gala so a great chance to stock up on those essential swimming items.

### **CAR PARKING**

Cardiff International Pool car parks are in use. Do not park anywhere else as traffic wardens operate in the area and freely dish out tickets to those parked illegally.

### **EVENT PROTOCOLS**

In order to try and run a safe meet for all participants please follow these protocols detailed below. Welsh Govt. have removed covid restrictions, but please stay safe and consider others as new strains are circulating

- Please leave plenty of time to arrive before each session.
- If you have any illness symptoms, do not enter the building and inform your club/coach. If you have come into contact with anyone with known coronavirus, do not attend the meet.

Whilst it is no longer a legal requirement to wear a mask indoors or socially distance, all participants may choose to wear a mask. We ask everyone to respect these wishing to remain socially distant.

### **RELAY EVENTS**

Team selection will be notified by the Coaching team. Points will be scored in each relay event and the Team with the highest accumulated points total will win the Shield for their house. (No medals are to be awarded).



# City of Cardiff Swimming Club

## Clwb Nofio Dinas Caerdydd

### 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.

### GENERAL

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

### APPEALS

Any appeals must be submitted in accordance with World Aquatics 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**

---

