



Neath Swimming Club Long Course Open Meet

(Under FINA Technical Rules and Swim Wales Laws)

Level 1 1WL191709 and Level 3 3WL191710

Licence Meet

Saturday 19th to Sunday 20st October 2019

At

Wales National Pool, Swansea

Meet pack and details can be found at www.neathasc.co.uk

Closing date: Saturday 28th September 2019

Entries are accepted on a first come basis.

Swimmers who submit NO TIME in the level 1 section will NOT be accepted.

Neath Swimming Club
Saturday 19th October 2019

Session One

Warm up

Events

101	400m Free	Level 1	Female
102	400m Free MC	Level 1	Female
103	400m Free	Level 1	Male
104	400m Free MC	Level 1	Male
105	400m IM	Level 1	Female
106	400m IM	Level 1	Male

Session Two

Warm up

Events

201	200m IM	Level 1	Female
202	200m IM - MC	Level 1	Female
203	50m Fly	Level 3	Male
204	50m Breast	Level 3	Female
205	100m Free	Level 1	Male
206	100m Free - MC	Level 1	Male
207	100m Fly	Level 1	Female
208	100m Fly – MC	Level 1	Female
209	200m Back	Level 1	Male
210	200m Breast	Level 1	Female
211	50m Fly	Level 1	Male
212	50m Fly – MC	Level 1	Male
213	50m Free	Level 1	Female
214	50m Free – MC	Level 1	Female

Session Three**Warm up****Event**

301	50m Back	Level 3	Male
302	50m Free	Level 3	Female
303	100m Back	Level 1	Male
304	100m Back – MC	Level 1	Male
305	100m Breast	Level 1	Female
306	100m Breast-MC	Level 1	Female
307	200m Free	Level 1	Male
308	200m Free – MC	Level 1	Male
309	200m Fly	Level 1	Female
310	50m Back	Level 1	Male
311	50m Back – MC	Level 1	Male
312	50m Breast	Level 1	Female
313	50m Breast – MC	Level 1	Female
314	200m IM	Level 3	Male

Neath Swimming Club
Sunday 20st October 2019

Session Four**Warm up****Event**

401	200m IM	Level 1	Male
402	200m IM – MC	Level 1	Male
403	50m Fly	Level 3	Female
404	50m Breast	Level 3	Male
405	100m Free	Level 1	Female
406	100m Free MC	Level 1	Female
407	100m Fly	Level 1	Male
408	100m Fly – MC	Level 1	Male
409	200m Back	Level 1	Female
410	200m Breast	Level 1	Male
411	50m Fly	Level 1	Female
412	50m Fly – MC	Level 1	Female
413	50m Free	Level 1	Male
414	50m Free – MC	Level 1	Male

Session Five**Warm up****Event**

501	50m Back	Level 3	Female
502	50m Free	Level 3	Male
503	100m Back	Level 1	Female
504	100m Back – MC	Level 1	Female
505	100m Breast	Level 1	Male
506	100m Breast – MC	Level 1	Male
507	200m Free	Level 1	Female
508	200m Free – MC	Level 1	Female
509	200m Fly	Level 1	Male
510	50m Back	Level 1	Female
511	50m Back – MC	Level 1	Female
512	50m Breast	Level 1	Male
513	50m Breast – MC	Level 1	Male
514	200 IM	Level 3	Female

Neath Open Meet Information

VENUE	Wales National Pool, Sketty Lane, Swansea
POOL	8 Lanes – 50m pool – electronic timing – with anti-turbulence lane ropes A swim down facility will be available during the meet. Car parking facilities are available as a pay and display. Neath ASC are not responsible for setting the price of parking; nor do we receive any money from the use of the car park.
AGE AS DATE	Sunday 20 st October 2019 (age as of last day of Meet) All entrants must be members of an Affiliated Club and must be amateurs as defined by British Swimming and Swim Wales law
	<u>LEVEL ONE</u>
EVENTS	The <u>level one</u> events will be 100m all strokes (Freestyle, backstroke, breaststroke & butterfly) 200m all strokes (Freestyle, backstroke, breaststroke, butterfly & Individual medley) 400m Freestyle Check the qualification times for these events.
Age groups	Boys 9/10, 11/12, 13/14 and 15/over Girls 9/10, 11/12, 13/14 and 15/over
Awards	First three swimmers in each age group per event
EVENTS	50m all strokes (Freestyle, backstroke, breaststroke & butterfly)
Age group	Open category
AWARDS	First three swimmers in each event.
	<u>LEVEL ONE – Multi-Classified</u>
EVENTS	The <u>level one</u> events will be 50m all strokes (Freestyle, backstroke, breaststroke & butterfly) 100m all strokes (Freestyle, backstroke, breaststroke & butterfly) 200m Freestyle and Individual medley 400m Freestyle and Individual medley
Classifications	There is a separate file showing the qualification and classification for each event.
AWARDS	The awards will be given to the First three swimmers in each event. Awards will be calculated based on FINA points.
	<u>LEVEL 3 - Pentathlon</u>
EVENTS	The <u>level 3</u> is being run as a <u>Pentathlon</u> competition. The events will be 50m all strokes (Freestyle, backstroke, breaststroke & butterfly) plus a 200metre IM. There will be an upper cut off time for the level 3. As this will be a level three section, NT times will be accepted.

In order to qualify for overall placing in the Pentathlon, swimmers need to enter the four stroke events and the Individual Medley. Swimmers who enter less than the 5 events will only be swimming for a 'time' and medal in the individual strokes.

In the event of a disqualification, the swimmer will be given the time of the slowest swimmer in that event (including disqualified swimmers) plus 10 seconds.

When all swims have been completed, each swimmer's time for the **5 events** will be totaled up and ranked from fastest to slowest.

Age groups Boys and Girls age 8, 9, 10, 11 & 12

AWARDS First three swimmers in **each age group per event**, plus based on accumulative faster time over the five events an award for best boy and girl in each age category based on accumulative time.

ENTRIES **Electronic Entries and Payment sent to:**
Neill Golding,
101 Main Road
Bryncoch
Neath
SA10 7TL

E Mail: neillwelshss@aol.com

Electronic Entries should be emailed to the above address and include an entry report, completed Summary Sheet and any poolside passes applications. All electronic entries will be acknowledged with receipt confirmation. Please enter in subject title: "Neath Open Meet"

For emailed electronic entries, the sent date and time on the email will be classed as the date submitted; likewise, for postage entry the posted date will be classed as the entry date.

Swimmers entering the **multi classification** events need to use the **manual application form** and sent it to the above address.

NO LATE ENTRIES WILL BE ACCEPTED

No Entries will be processed without full and complete payment.

The Meet Director reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded and a single cheque will be made payable to club in question Please enclose a SAE for return of entry confirmations; alternatively enter an email address on the summary sheet and a confirmation will be sent via email. If the meet is full the entries will be limited on first come basis.

ENTRY PRICING £6.50 Per Event for level 1
£5.00 Per Event for level 3

CLOSING DATE **Saturday 28th September 2019** (No late entries will be accepted). Entry is accepted on a first come basis.

REFUNDS Refunds for entry fees will only be made on receipt of a valid Doctors Certificate. **Notification needs to be received before the meet commences.**

POOLSIDE PASSES £15 pool pass – includes start sheets and refreshments

Each club may apply for an initial 3 passes with photos. Passes will only be issued with a current CRB check, copies must be sent on application, or shown on the day.

Additional passes may be purchased based upon the number of swimmers present at the meet. Passes must be worn at all times whilst on poolside and will be required to gain access.

Swim Wales passes may be used for identification. However, a poolside pass must still be purchased.

Coaches' passes/packs will be issued from the Meet Office before the start of the meet.

THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS

HEALTH & SAFETY	<p>A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet can be obtained in advance.</p> <p>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.</p> <p>Unacceptable Behavior - 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.</p> <p>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).</p> <p>Jewellery - “For safety and security reasons, the wearing of jewelry is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wristbands, ear-rings (except studs), and rings (except wedding bands).</p>
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Neath ASC will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged

STARTS	Over the top starts will be used in the heats and wherever possible
SEEDING	Events will be pre-seeded based on submitted entry and achieved preliminary times on a slowest to fastest basis.
WITHDRAWALS	<p>The Swimmer, and/or Coach will not need to complete a withdrawal form, as the meet will be pre-seeded and the lane will remain empty.</p> <p>Where possible the meet organiser(s) will endeavour to fill any withdrawals from any alternative list or deck entries.</p>
MARSHALLING	As this is a pre-seeded meet no entry cards will be used. Marshalling will be in place at various points of the pool deck. It is the SWIMMERS responsibility to report to marshalling for the event. Failure to do so may result in the place being lost and filled by an alternate or a re-organisation of the events. As a general rule it is good practice for a swimmer to report to marshalling at least 5 events before their race.
DRUG TESTING	Testing may take place at this event and the willingness, if selected, to be tested under the current Swim Wales/ASA procedures is implicit by the submission of an entry form
MEET RESULTS	The meet results will be posted on the Neath ASC website within 48 hours of the meet closing. Results will also be passed to Swim Wales and ASA for their reference and inclusion in rankings.

For club's using Hy-Tek or other software systems, a complete electronic copy of the meet results can be obtained following the meet. Any clubs wishing this service should provide their e-mail details to the meet office during or prior to the meet.

SPECTATORS **£3.00 per session or £5 for the day**

REFRESHMENTS The cafe, which provides a catering facility, serving refreshments for swimmers and spectators, will operate throughout this meet. Food and drink may not be taken onto the poolside.

SWIM SHOP Wales National Pool operates their own swim shop during their opening hours.

MOBILE PHONES Swimmers, parents and coaches are reminded that the use of mobile phones **is not allowed inside the WNP building**. This policy is actively enforced and all visitors are asked to comply.

CAMERAS Under Child protection laws anyone wishing to film or photograph during the event is required to register their camera for use. This can be done by completing a registration form at the meet office where you will be issued with a tag which will need to be attached to the registered camera.

Please note that each individual camera will need to be registered and no passes will be issued without photo identification.

MEET OFFICE A Meet Office will be open for the duration of the meet and in case of emergency can be contacted on 01792 513614.

The promoter reserves the right to make any alterations to these conditions if necessary and all participants will be notified. Any matter not covered by these conditions or by ASA laws or technical rules will be at the promoter's discretion.

LEVEL One – Multi Classified Entry form

Use this application form to enter the multi classification section of the meet. There is qualifying times for the level one for multi classified and this section will be run as an open section.

Manual Entry Form

LAST NAME:..... FIRSTNAME:.....MIDDLE INITIAL:.....

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:.....

POST CODE:.....

TEL:..... EMAIL:.....

CLUB:.....

REG NUMBER:.....

COST: £6.50 PER EVENT

PAYMENT TO: Neath ASC Open Meet

Disability Level

S	SB	SM

Event	Event #	Entry Time	LC	SC	Achieved
Freestyle	50				
	100				
	200				
	400				
Backstroke	50				
	100				
Breaststroke	50				
	100				
Butterfly	50				
	100				
Individual Medley	200				

Pentathlon ENTRY FORM – LEVEL THREE

There are upper qualifying times for the Pentathlon - level three.

LAST NAME:..... FIRSTNAME:.....MIDDLE INITIAL:.....

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:.....

POST CODE:.....

TEL:..... EMAIL:.....

CLUB:.....

REG NUMBER:.....

COST: £5 PER EVENT

PAYMENT TO: Neath ASC Open Meet

Event		Event #	Entry Time	LC	SC	Achieved
Freestyle	50					
Backstroke	50					
Breaststroke	50					
Butterfly	50					
IM	200					

ENTRY FORM – Level One

NB: Entry Qualifying Times/Consideration Times apply for these events

LAST NAME:..... FIRSTNAME:.....MIDDLE INITIAL:.....

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:..... POST CODE:.....

TEL:..... EMAIL:.....

CLUB:.....REG NUMBER:.....

COST: £6.50 PER EVENT

PAYMENT TO: Neath ASC Open Meet

Event	Event #	Entry Time	LC	SC	Achieved
Freestyle	50				
	100				
	200				
	400				
Backstroke	50				
	100				
	200				
Breaststroke	50				
	100				
	200				
Butterfly	50				
	100				
	200				
Individual Medley	200				

Coach Pass Application Form

(Coaches, Team Managers & Poolside Helpers)

Please note that all applications for poolside passes from Coaches, Team Managers, Poolside Helpers, etc. must be accompanied by the persons:

- i. WASA Number
- ii. CRB Number
- iii. Photograph

The only exception to the above requirements will be if **ALL 3 ITEMS** are already lodged with the WASA office. If these are already with WASA, the name of the applicant will be sufficient and the remaining items will be obtained from WASA.

Please complete the following:

1) Full Name:

2) WASA No., CRB No., & Photograph already with WASA?

YES:

NO:

If the answer to Question 2 is **NO** then please complete the following:

WASA Number:

CRB Number:

Photograph Enclosed?

YES:

NO:

Payment Summary Sheet

This payment summary sheet must be completed and sent with all entries and/or payment of entries.

Contact Name & Tel. No: _____

Club: _____

Number of Coach Passes X £10.00 = £

Number of Coach Passes (includes refreshments) X £15.00 = £

Total Entries – Level 1 X £6.50 = £

Total Entries – Level 3 X £5.00 = £

Total Amount Enclosed: £

Payment can be made via a single cheque to cover all the club entries. This should be made payable to 'Neath Swimming Club Open Meet'.

Bank Transfer will also be accepted to:

Name of Bank: HSBC

A/C Name: Neath Swimming Club Open Meet

Sort Code: 40-34-03

A/C No. 31742256

Name of Club as Reference: _____

Confirmation date of when bank transfer made: _____

All entries should be received **no later than Saturday 28th September 2019.
Entries will be accepted on a first come basis.**

All electronic and paper copies of entry forms need to be submitted to: -

Neill Golding

email address: neillwelshss@aol.com

101 Main Road

Bryncoch

Neath

SA10 7TL

Mob: 07930697624