



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CARDIFF INTERNATIONAL OPEN MEET

CITY OF CARDIFF SWIMMING CLUB 20

LONG COURSE LEVEL 1 MEET 20



Friday 24 Saturday 25 Sunday 26 April 2020



Licence Number: 1WL200099

(Under FINA Technical Rules & Swim Wales Laws)

Event Information and Entry Forms

CARDIFF
INTERNATIONAL
POOL & GYM

ALL SESSION TIMES TO BE CONFIRMED



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CITY OF CARDIFF SWIMMING CLUB

12th CARDIFF INTERNATIONAL OPEN MEET 2020

LICENCE NUMBER 1WL200099
(under FINA Technical Rules and Swim Wales Laws)

FRIDAY SATURDAY & SUNDAY | 24 - 26th April 2020

This is a Level 1 Licensed Meet to enable swimmers to qualify for the British Summer Championships & Summer National Finals

Only electronic entries will be accepted for this meet

VENUE	Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS		
POOL	10 Lane – 50m pool – electronic timing – with anti-turbulence lane ropes		
AGE GROUPS	OPEN	Male & Female and Para Swimmers	
	Male & Female	Heats & Finals	- 11/12yrs, 13yrs+
	Male & Female	HDW	- 11/12yrs, 13yrs, 14yrs, 15yrs+
	Minimum age for entry is 11 years		
AGE AT DATE	26 April 2020		

EVENTS

50m	Backstroke Breaststroke Butterfly Freestyle	Heats & Finals	Open only
100m	Backstroke Breaststroke Butterfly Freestyle	Heats & Finals	11/12yrs, 13yrs+
200m	Backstroke Breaststroke Butterfly Freestyle	Heats & Finals	11/12yrs, 13yrs+
200m	Individual Medley	Heats & Finals	11/12yrs, 13yrs+
400m	Freestyle	HDW	11/12yrs, 13yrs, 14yrs, 15yrs+
400m	Individual Medley	HDW	13yrs, 14yrs, 15yrs+
800m	Freestyle <i>up to 5 female heats & 2 male heat</i>	HDW	13yrs, 14yrs, 15yrs+
1500m	Freestyle <i>up to 4 male heats & 1 female heat</i>	HDW	13yrs, 14yrs, 15yrs+

NOTE Para Swimmers can only enter events with para swimmer consideration standards as set out below

remembering | Keith Bewley



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

PROMOTER'S CONDITIONS

AWARDS

Medals will be given to the first 3 places in each age category after the completion of HDW heats.

For the 100m & 200m events, medals will be awarded to the first three places from the Finals. The fastest 20 swimmers aged 13yrs & over will compete in A & B Finals and there will be finals for swimmers aged 11/12yrs.

In the 50m events medals will be awarded to the first three places from each Open Final. Prize money of £50:00 (which will be sent to respective clubs after the Meet via BACS payment) will be awarded to the winners in each of the Open 50m events.

Additional awards will be made to the Top Male, Top Female and Top Visiting Club, based upon accumulated points.

Competitors will only receive an award if they have achieved the qualifying standard.

Swimmers must ensure that they are suitably clothed (t shirt and shorts) when receiving awards.

ENTRIES

Qualifying and Consideration times will be applied to all events. All entry times must be faster than the CT. Entry Times outside these limits, and entries with 'No Time' submitted will be rejected.

The sport of swimming for athletes with impairment is governed by the IPC, and co-ordinated by the World Para Swimming Technical Committee, using the International Swimming Federation's (FINA) modified rules.

"It is important that within the competitive programme, individuals are able to compete in events which are appropriate to their stage of development and talents".

Entry Times must have been obtained at a licenced meet, and random checks will be made against the ASA Online Rankings Database. City of Cardiff Swimming Club may request validation of any stated entry time.

Para swimmer entry will only be accepted from classified swimmers with British/IPC classification. Swimmers without a classification will not be able to compete.

Para swimmers will be integrated into events in accordance with their entry time which must be faster than the para swimmer consideration standards in the designated events set out in this meet pack. They can only enter the events listed in these standards.

If swimmers are found to have entered the meet with any false or made up times, they will be disqualified from all events that they have entered and their entry fees will be forfeited.

Entry times may be submitted as short course or long course times using the Hy-Tek entry file but will be converted to long course times using Hy-Tek's Meet Manager software. Estimated times are not permitted.



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

The electronic event entry file can be obtained from the Cardiff International Open Meet page on our website: www.cardiffswimming.co.uk

Electronic entries/enquiries to be emailed: ccsc.homemeets@gmail.com

Electronic entries must be produced from Hy-Tek's Team Manager or Team Manager Lite software. Team Manager Lite application and instructions can be downloaded free of charge from www.hy-tekltd.com/downloads

Para swimmers are allocated Exception Codes, which prevent them from being disqualified for rule infringement due to the nature of their impairment.

The promoter will be responsible for having up to date information about each swimmer at entry and will provide this to the meet referee prior to the commencement of the meet. In order to comply with this, we will confirm the information to para swimmers and request that they/clubs confirm it is correct and up to date.

Clubs are requested to send all entries with an entry report, completed summary sheet and any poolside applications at the same time with one payment, preferably via BACS transfer, to cover all swimmers and coach passes.

BACS details are available upon request for payment of entry fees and passes.

Electronic entries will be acknowledged with receipt confirmation. No entries will be processed until full and complete payment is received.

Manual entries may be accepted at the promoter's discretion, incurring an administration fee of £8.75/swimmer.

There will be no Time Trials or Exhibition Swims permitted at this event and there will be no entries on the day. Entry forms are to be retained by the club and there will be no entry cards for this event.

Please ensure that you put adequate postage on posted entries. Envelopes with insufficient postage will not be collected from the Royal Mail depot.

Entries will be rejected for the following reasons:

- ❖ Incorrectly completed and received without the relevant fee
- ❖ Outside the consideration entry times or entry submitted with No Time
- ❖ Improved entries
- ❖ Received after the closing date WEDNESDAY 25 March 2020 at 20:00

NO LATE ENTRIES WILL BE ACCEPTED | NO ENTRIES ON THE DAY

The Promoter reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded to club in question.

City of Cardiff Swimming Club reserves the right to return entries if the meet is oversubscribed. In this case, the slowest entry times in each age group will be rejected and swimmers will be scratched at the promoter's discretion.

City of Cardiff Swimming Club reserves the right to cancel the event if the meet is under subscribed.



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

City of Cardiff Swimming Club reserves the right to move events (as a last resort) if the meet is oversubscribed in order to comply with timing requirements set out by Meet Licensing.

On receipt of all entries City of Cardiff Swimming Club will run a competition entry check to ensure all entrants are current members of their club and their details exactly match with the records held on Rankings.

Clubs will be notified of any "non-matches" or other issues detected. They must provide updated swimmer information. There is a chance that non-matched swimmers will not have their results added to Rankings who no longer will add any failed result.

ENTRY PRICING

£8.75 per event.

CLOSING DATE

WEDNESDAY 25 MARCH 2020 Time: 20:00 (No late entries will be accepted)

SPECTATOR ENTRY

Full weekend programme £5.00.
There is spectator entry & car parking fee on each day.

SEEDING

HDW Heats

All events will be spearheaded and swum slow to fast, based on entry times.

Preliminary Heats & Finals – A B & 11/12yrs

The placing of competitors in the heats will be multi age, spearheaded, and swum slowest to fastest, with the three fastest heats being cyclically seeded.

For 100/200m events, there will be three sets of finals; A & B & 11/12yrs run in 8 lanes. 50m events each in 1 open final. Finalists shall be allocated lanes using the spearhead principle from the results of the heats.

WITHDRAWALS

All withdrawals must be notified via email ccsc.homemeets@gmail.com before the commencement of the meet.

During the gala, all withdrawals must be notified in writing to the meet office by no later than 5:00pm on the day before competition.

No refunds will be made for withdrawals after the entry deadline other than on medical grounds. A medical note must be provided on or before 26 May 2020.

FINALS: withdrawal

Withdrawals from finals including reserves must be made at the withdrawal desk (located outside the Meet Office) within 15 minutes of the last heat completed in each session. For the top forty swimmers after e110, e410, e706.

Swimmers in the residue of these heats can still qualify for finals (space permitting) and should follow the above procedure at the end of sessions 2, 5 & 8.

A list of confirmed finalists will be available around 30 minutes after the closure of the withdrawal desk. There are no alternates once the finalists have been posted.

SESSION TIMES

Session timing will be finalised once all entries have been processed and swimmers/clubs will be notified accordingly. Please note that it is the swimmers` responsibility to present themselves, ready to swim, to the Marshalling Area prior to the start of their event.



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

OFFICIALS

Visiting clubs bringing a team of 10 or more swimmers are requested to provide at least one qualified official per session and their details (together with their qualification) are to be forwarded with the entry information. Meals and refreshments will be provided.

POOLSIDE PASSES £25.00/pass Lunch included

Passes must be purchased in advance of the Meet for all coaches, chaperones, personal care attendants and team managers who require poolside access and are to be worn at all times to gain access to and whilst on poolside. Para swimmers' personal care attendants will be entitled to one free Pass. A maximum of 5 "Club Staff" will be permitted poolside for each club.

Swim Wales passes may be used for identification; however, a poolside pass must be purchased. Passes will only be issued on receipt of Swim Wales/ASA registration number, a DBS number and a jpeg/passport photo.

All coaches, chaperones, personal care attendants & team managers must conform to the ASA child protection procedures and complete the form in this Meet Pack.

THERE IS NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS. PASSES MUST BE PURCHASED IN ADVANCE, NOT ON THE DAY.

STARTS

Over the top starts will be used wherever possible.

ELECTRONICS

Omega electronic timing system with electronic display provided by Swiss Timing.

EVENTS

There will be up to 4 heats in each morning session for the fastest 40 seeded swimmers. Remaining swimmers will compete in the middle session. Swimmers will be advised in which session they are competing in after the entry deadline.

SESSION ONE FRIDAY Warm up & Session Times TBC			SESSION TWO FRIDAY Warm up & Session Times TBC		
101 Heats	Male	200m Backstroke	107 Heats	Male	50m Backstroke
102 Heats	Female	100m Backstroke	108 Heats	Female	50m Breaststroke
103 Heats	Male	200m Freestyle	109 Heats	Male	50m Freestyle
104 Heats	Female	200m Butterfly	110 Heats	Female	50m Butterfly
105 Heats	Male	100m Breaststroke	101 Heats	Male	200m Backstroke
106 Heats	Female	100m Freestyle	102 Heats	Female	100m Backstroke
107 Heats	Male	50m Backstroke	103 Heats	Male	200m Freestyle
108 Heats	Female	50m Breaststroke	104 Heats	Female	200m Butterfly
109 Heats	Male	50m Freestyle	105 Heats	Male	100m Breaststroke
110 Heats	Female	50m Butterfly	106 Heats	Female	100m Freestyle
SESSION THREE FRIDAY Warm up & Session Times TBC					
301 HDW	Male	400m IM	up to 5 heats of female 800m Freestyle and 2 heats of male 800m freestyle		
302 HDW	Female	800m Freestyle			
303 HDW	Male	800m Freestyle			
FRIDAY A B & 11/12 yrs. FINALS					
101 Finals	Male	200m Backstroke	106 Finals	Female	100m Freestyle
102 Finals	Female	100m Backstroke	107 Finals	Male	50m Backstroke
103 Finals	Male	200m Freestyle	108 Finals	Female	50m Breaststroke
104 Finals	Female	200m Butterfly	109 Finals	Male	50m Freestyle
105 Finals	Male	100m Breaststroke	110 Finals	Female	50m Butterfly



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

SESSION FOUR SATURDAY Warm up & Session Times TBC			SESSION FIVE SATURDAY Warm up & Session Times TBC		
401 Heats	Female	100m Butterfly	407 Heats	Female	50m Freestyle
402 Heats	Male	200m Butterfly	408 Heats	Male	50m Butterfly
403 Heats	Female	200m Breaststroke	409 Heats	Female	50m Backstroke
404 Heats	Male	100m Backstroke	410 Heats	Male	50m Breaststroke
405 Heats	Female	200m Freestyle	401 Heats	Female	100m Butterfly
406 Heats	Male	100m Freestyle	402 Heats	Male	200m Butterfly
407 Heats	Female	50m Freestyle	403 Heats	Female	200m Breaststroke
408 Heats	Male	50m Butterfly	404 Heats	Male	100m Backstroke
409 Heats	Female	50m Backstroke	405 Heats	Female	200m Freestyle
410 Heats	Male	50m Breaststroke	406 Heats	Male	100m Freestyle
SESSION SIX SATURDAY Warm up & Session Times TBC					
601 HDW	Female	400m IM			
602 HDW	Male	1500m Freestyle	up to 4 heats of male 1500m Freestyle		
603 HDW	Female	1500m Freestyle	and 1 heat of female 1500m freestyle		
SATURDAY A B & 11/12 yrs. FINALS					
401 Finals	Female	100m Butterfly	406 Finals	Male	100m Freestyle
402 Finals	Male	200m Butterfly	407 Finals	Female	50m Freestyle
403 Finals	Female	200m Breaststroke	408 Finals	Male	50m Butterfly
404 Finals	Male	100m Backstroke	409 Finals	Female	50m Backstroke
405 Finals	Female	200m Freestyle	410 Finals	Male	50m Breaststroke
SESSION SEVEN SUNDAY Warm up & Session Times TBC			SESSION EIGHT SUNDAY Warm up & Session Times TBC		
701 Heats	Female	100m Breaststroke	701 Heats	Female	100m Breaststroke
702 Heats	Male	200m Breaststroke	702 Heats	Male	200m Breaststroke
703 Heats	Female	200m IM	703 Heats	Female	200m IM
704 Heats	Male	200m IM	704 Heats	Male	200m IM
705 Heats	Female	200m Backstroke	705 Heats	Female	200m Backstroke
706 Heats	Male	100m Butterfly	706 Heats	Male	100m Butterfly
SESSION NINE SUNDAY Warm up & Session Times TBC					
901 HDW	Female	400m Freestyle			
902 HDW	Male	400m Freestyle			
SUNDAY A B & 11/12 yrs. FINALS					
701 Finals	Female	100m Breaststroke	704 Finals	Male	200m IM
702 Finals	Male	200m Breaststroke	705 Finals	Female	200m Backstroke
703 Finals	Female	200m IM	706 Finals	Male	100m Butterfly

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.

For clubs using Hy-Tek, a complete electronic copy of the Meet results can be obtained following the Meet. For all other clubs a PDF copy of the Meet results can be obtained following the Meet. Any Clubs wishing to use this service should provide their e-mail details to the Meet Office during or prior to the Meet.



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CAR PARKING

Car parking places are provided close to the Cardiff International Pool and details will be confirmed in due course.

REFRESHMENTS

The Café, which provides a catering facility serving refreshments for swimmers, spectators and coaches, will operate throughout this Meet.

Refreshments may not be taken onto the poolside. There are also local facilities located near Cardiff International Pool.

HEALTH & SAFETY

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 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.

The front four rows of the spectator area are reserved for swimmers and coaches only seated in their Clubs. **Swimmers are asked not to enter the spectators' area or balcony/foyer whilst they are competing.**

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 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

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

Unacceptable behavior 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.



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.

SWIM SHOP

A Swim Shop will be in operation throughout the Meet.

CAMERA USE

The use of all photographic equipment and mobile phones are 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) at the Meet. Mobile phones that have a camera facility/hardware are recognized as a camera or photographic device. City of Cardiff Swimming Club follow 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

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.

ACCOMMODATION

A range of online bookable hotels is available in categories from two to five stars, and most hotels and B&B's are only a short walk from the city's visitor attractions, shops and rail station. To reserve accommodation online visit www.visitcardiff.com/accommodation-in-cardiff

GENERAL

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

APPEALS

Any appeals must be submitted in accordance with FINA 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/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



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CARDIFF INTERNATIONAL OPEN MEET 2020

Cardiff International Pool, Cardiff
24 25 26 April 2020

LICENCE NUMBER 1WL200099
(under FINA Technical Rules and Swim Wales Laws)

LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

FEMALE								
AGE		11	12	13	14	15	16	17+ OPEN
50m Freestyle	QT	37.30	35.40	34.00	32.90	32.20	31.90	31.80
	CT	39.30	37.40	36.00	34.90	34.20	33.90	
100m Freestyle	QT	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80	1:08.10
	CT	1:23.30	1:19.20	1:16.70	1:14.70	1:13.60	1:12.80	
200m Freestyle	QT	2:51.30	2:42.50	2:36.20	2:32.10	2:29.10	2:27.50	2:25.80
	CT	2:57.30	2:48.50	2:42.20	2:38.10	2:35.10	2:33.50	
400m Freestyle	QT	5:56.40	5:38.80	5:26.30	5:18.00	5:12.80	5:09.20	5:06.30
	CT	6:04.40	5:46.80	5:34.30	5:26.00	5:20.80	5:17.20	
800m Freestyle	QT			11:10.80	10:56.00	10:45.50	10:36.00	10:35.10
	CT			11:25.80	11:21.00	11:20.50	11:01.00	
1500m Freestyle	QT			21:30.40	21:00.80	20:43.10	20:22.90	20:22.90
	CT			22:00.40	21:30.80	21:13.10	20:52.90	
50m Breaststroke	QT	47.80	45.00	43.10	41.50	40.60	40.10	39.80
	CT	49.80	47.00	45.10	43.50	42.60	42.10	
100m Breaststroke	QT	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10	1:25.20
	CT	1:45.60	1:39.20	1:34.80	1:32.50	1:31.50	1:30.10	
200m Breaststroke	QT	3:36.60	3:24.90	3:15.50	3:09.50	3:06.70	3:05.80	3:04.00
	CT	3:42.60	3:30.90	3:21.50	3:15.50	3:12.70	3:11.80	
50m Butterfly	QT	40.70	38.60	36.70	35.70	34.80	34.20	34.20
	CT	42.70	40.60	38.70	37.70	36.80	36.20	
100m Butterfly	QT	1:27.90	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80	1:14.00
	CT	1:31.90	1:26.60	1:23.10	1:21.20	1:19.50	1:18.80	
200m Butterfly	QT	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30	2:41.30
	CT	3:18.60	3:07.70	2:59.50	2:54.00	2:51.70	2:49.30	
50m Backstroke	QT	43.10	40.90	39.40	38.00	37.00	36.60	36.30
	CT	45.10	42.90	41.40	40.00	39.00	38.60	
100m Backstroke	QT	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10	1:16.30
	CT	1:33.90	1:28.50	1:25.70	1:23.60	1:21.90	1:21.10	
200m Backstroke	QT	3:11.00	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90	2:42.80
	CT	3:17.00	3:06.60	3:00.30	2:55.80	2:51.80	2:49.90	
200m I/M	QT	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90	2:45.50
	CT	3:20.30	3:09.30	3:02.80	2:58.30	2:54.90	2:52.90	
400m I/M	QT			6:10.60	6:02.00	5:55.20	5:50.80	5:48.70
	CT			6:16.60	6:08.00	6:01.20	5:56.80	

QT = Qualification Time

CT = Consideration Time

Set in individual ages (age groups detailed on p2)

Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software.
The organisers reserve the right to return entries.



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CARDIFF INTERNATIONAL OPEN MEET 2020

Cardiff International Pool, Cardiff

24 25 26 April 2020

LICENCE NUMBER 1WL200099

(under FINA Technical Rules and Swim Wales Laws)

LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

MALE								
AGE		11	12	13	14	15	16	17+ OPEN
50m Freestyle	QT	37.00	34.90	33.00	31.30	29.70	28.70	28.40
	CT	39.00	36.90	35.00	33.30	31.70	30.70	
100m Freestyle	QT	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60	1:01.50
	CT	1:22.80	1:17.70	1:13.80	1:10.90	1:08.40	1:06.60	
200m Freestyle	QT	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30	2:13.70
	CT	2:57.30	2:46.80	2:38.60	2:31.60	2:26.70	2:22.30	
400m Freestyle	QT	5:56.00	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10	4:44.60
	CT	6:04.00	5:46.10	5:29.80	5:15.00	5:05.60	4:57.10	
800m Freestyle	QT			11:12.80	10:42.50	10:21.80	10:05.00	9:55.50
	CT			11:37.80	11:07.50	10:46.80	10:30.00	
1500m Freestyle	QT			21:16.60	20:19.00	19:37.10	19:07.70	18:49.00
	CT			21:46.60	20:49.00	20:07.10	19:37.70	
50m Breaststroke	QT	48.20	44.60	41.80	39.70	37.80	36.80	35.80
	CT	50.20	46.60	43.80	41.70	39.80	38.80	
100m Breaststroke	QT	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:17.00
	CT	1:45.50	1:38.70	1:32.80	1:28.60	1:25.40	1:22.90	
200m Breaststroke	QT	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60	2:47.00
	CT	3:45.10	3:31.20	3:18.50	3:08.50	3:01.40	2:57.60	
50m Butterfly	QT	40.80	38.10	35.90	34.00	32.20	31.40	30.60
	CT	42.80	40.10	37.90	36.00	34.20	33.40	
100m Butterfly	QT	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80	1:06.50
	CT	1:31.70	1:25.50	1:20.80	1:16.80	1:13.80	1:11.80	
200m Butterfly	QT	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40	2:27.60
	CT	3:18.50	3:05.90	2:55.90	2:46.90	2:40.40	2:36.40	
50m Backstroke	QT	43.20	40.50	38.20	36.10	34.50	33.50	32.70
	CT	45.20	42.50	40.20	38.10	36.50	35.50	
100m Backstroke	QT	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30	1:09.30
	CT	1:33.80	1:28.10	1:23.20	1:19.00	1:16.20	1:14.30	
200m Backstroke	QT	3:12.00	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40	2:28.60
	CT	3:18.00	3:06.70	2:56.30	2:48.30	2:42.00	2:37.40	
200m I/M	QT	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90	2:31.00
	CT	3:20.30	3:08.80	2:58.70	2:50.80	2:44.40	2:39.90	
400m I/M	QT			6:06.40	5:49.30	5:36.20	5:27.60	5:22.60
	CT			6:12.40	5:55.30	5:42.20	5:34.60	

QT = Qualification Time

CT = Consideration Time

Set in individual ages (age groups detailed on p2)

**Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software.
The organisers reserve the right to return entries.**



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CARDIFF INTERNATIONAL OPEN MEET 2020

Cardiff International Pool, Cardiff

24 25 26 April 2020

LICENCE NUMBER 1WL200099

(under FINA Technical Rules and Swim Wales Laws)

PARA SWIMMING CONSIDERATION STANDARDS (BPSIM)

50m Free	M	F	100 Free	M	F	200 Free	M	F
S1	02:10.58	01:57.75	S1	03:46.74	05:49.48	S1	07:11.06	09:16.40
S2	01:24.24	01:39.99	S2	03:27.68	04:47.15	S2	05:13.17	09:44.28
S3	00:59.05	01:05.30	S3	02:33.22	02:12.80	S3	04:44.34	04:56.77
S4	00:55.40	00:56.71	S4	02:00.47	02:18.00	S4	04:17.33	04:44.28
S5	00:47.91	00:52.07	S5	01:46.30	01:54.76	S5	03:44.91	03:59.92
S6	00:41.52	00:48.17	S6	01:32.69	01:44.20	S14	02:43.21	02:55.88
S7	00:39.93	00:46.56	S7	01:26.70	01:41.93			
S8	00:37.34	00:42.74	S8	01:21.38	01:31.22			
S9	00:36.40	00:40.45	S9	01:19.79	01:27.93			
S10	00:32.98	00:38.81	S10	01:12.07	01:25.30			
S11	00:37.13	00:43.16	S11	01:23.27	01:35.63			
S12	00:33.80	00:39.73	S12	01:15.10	01:25.53			
S13	00:33.89	00:39.20	S13	01:14.97	01:24.57			
S14	00:35.56	00:39.96	S14	01:16.71	01:25.53			

50m Back	M	F	100 Back			400 Free	M	F
S1	01:42.47	03:10.27	S1	03:26.43	06:17.03	S6	07:12.47	07:29.92
S2	01:10.32	01:33.45	S2	02:33.66	03:14.11	S7	06:49.53	07:32.44
S3	01:04.55	01:11.99	S6	01:44.69	02:00.50	S8	06:21.89	06:45.09
S4	01:02.19	01:12.27	S7	01:40.03	01:57.07	S9	06:05.93	06:37.12
S5	00:54.49	01:03.45	S8	01:30.55	01:49.37	S10	05:42.48	06:23.99
			S9	01:30.24	01:38.94	S11	06:33.47	07:33.26
			S10	01:23.12	01:36.50	S12	05:54.38	07:10.70
			S11	01:35.59	01:52.41	S13	05:50.70	06:34.66
			S12	01:25.27	01:40.76	S14	06:03.50	07:01.93
			S13	01:23.37	01:35.90			
			S14	01:27.07	01:32.86			

50m brst	M	F	100 Brst	M	F	200m IM	M	F
S1	04:54.34	03:10.15	S4	02:14.92	02:40.30	S5	05:00.36	05:04.67
S2	01:16.01	02:00.25	S5	02:10.77	02:27.29	S6	03:45.95	04:17.22
S3	01:09.19	01:24.87	S6	01:55.82	02:15.97	S7	03:39.34	04:17.84
			S7	01:52.29	02:10.51	S8	03:17.67	03:49.98
			S8	01:42.98	01:52.84	S9	03:12.81	03:38.76
			S9	01:32.13	01:47.62	S10	03:02.67	03:31.32
			S11	01:42.03	01:59.66	S11	03:26.95	04:00.77
			S12	01:35.63	01:53.75	S12	03:09.15	03:51.20
			S13	01:33.39	01:46.72	S13	03:10.81	03:25.23
			S14	01:34.68	01:48.29	S14	03:06.03	03:25.09

50m Fly	M	F	100m Fly	M	F	NOTE NO PARA SWIMMING CONSIDERATION STANDARDS in 200m Brst 200m back 200m Fly & 400m IM	
S1			S8	01:25.43	01:38.74		
S2	03:21.85	03:15.71	S9	01:23.79	01:36.89		
S3	01:58.87	02:08.37	S10	01:19.10	01:34.47		
S4	01:06.39	02:05.57	S11	01:28.73	01:55.91		
S5	00:49.87	01:04.04	S12	01:21.27	01:37.94		
S6	00:43.25	00:51.53	S13	01:20.16	01:30.89		
S7	00:42.10	00:49.64	S14	01:24.24	01:38.14		



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CARDIFF INTERNATIONAL OPEN MEET 2020

Cardiff International Pool, Cardiff

24 25 26 April 2020

LICENCE NUMBER 1WL200099

(under FINA Technical Rules and Swim Wales Laws)

Coaches/Team Managers/ Chaperone/Pass - Application Form

PLEASE FULLY COMPLETE EACH SECTION

Name of Club		
ADDRESS & EMAIL		
Full Name & Position	Swim Wales/ASA/Scottish Swimming Affiliation No.	DBS Number
1		
2		
3		
4		
5		
EITHER ENCLOSE OR EMAIL JPEG PHOTOGRAPH FOR EACH PERSON		

The above-named person is authorised to hold a pass for this club & **ALL REQUESTED INFO IS PROVIDED**

CLUB SECRETARY.....SIGNED:

Please note only members affiliated to Swim Wales/Scottish Swimming/ASA or a member of a FINA affiliated country will be eligible for a coach's pass.

Only applications with photographs will be accepted.

Could applicants please write their full name on the rear of the photographs.

Please send a BACS transfer in the sum of £25.00 (or cheque made payable to City of Cardiff Swimming Club) per pass requested.

There will be no access to the poolside without a coach's pass.

Passes will be restricted to a maximum of 5 passes per club and are non-transferable.

All completed forms to be returned to

Stephen Jones

18 Nasturtium Way CARDIFF CF23 8SF

EMAIL: ccsc.homemeets@gmail.com

CLOSING DATE: WEDNESDAY 25 MARCH 2020.



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CARDIFF INTERNATIONAL OPEN MEET 2020

Cardiff International Pool, Cardiff

24 25 26 April 2020

LICENCE NUMBER 1WL200099

(under FINA Technical Rules and Swim Wales Laws)

Meet Entry Summary Sheet

This Form must be fully completed and returned with the Hy-Tek Meet Entry Fee Report and Entry File, unless already emailed to ccsc.homemeets@gmail.com or stephen.jones@westernretail.co.uk

Name of Club		Club Code
Contact Name		CLUB BANK INFO
Address		Bank Sort Code Account No.
TEL No./Mobile		
E Mail		
TEAM SIZE		
No. Of Individual Entries	@ £8.75 per event	£
No. Of Coaches Passes	@ £25.00 each	£
Total payment made payable to City of Cardiff Swimming Club		£.....

It is requested that a single payment via BACS is made for the complete club entry. Details of your Club's bank is to be provided in the box above so we can issue a refund if required.

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the Meet Management for this event.

Club Secretary Signature Date:

Entries, payments and supporting reports, and poolside pass applications should be sent to:

Stephen Jones
18 Nasturtium Way
CARDIFF CF23 8SF

CLOSING DATE: WEDNESDAY 25 MARCH 2020.



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CARDIFF INTERNATIONAL OPEN MEET 2020

Cardiff International Pool, Cardiff

24 25 26 April 2020

LICENCE NUMBER 1WL200099

(under FINA Technical Rules and Swim Wales Laws)

Officials Nomination Form

PLEASE ACCESS SWIM MEET:

<https://www.swim-meet.com/Availability/>

& SELECT THIS MEET TO REGISTER YOUR AVAILABILITY

ALTERNATIVELY COMPLETE THIS FORM IN BLOCK CAPITALS

Name of Club		Club Code
Full Name		
Qualification (J1 J2 J2S Referee)		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.		DBS Number:

Available Sessions

FRIDAY	1	<input type="text"/>	2	<input type="text"/>	3	<input type="text"/>	FINALS	<input type="text"/>
SATURDAY	4	<input type="text"/>	5	<input type="text"/>	6	<input type="text"/>	FINALS	<input type="text"/>
SUNDAY	7	<input type="text"/>	8	<input type="text"/>	9	<input type="text"/>	FINALS	<input type="text"/>

All completed forms to be e-mailed to Jim McCulloch: cardiffofficials@btinternet.com