



BRIDGEND COUNTY
SWIM SQUAD

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Bridgend County Swim Squad's Level 3 Long Course Meet

(Licence No:- 3WL200057)



Saturday 30th & Sunday 31st May 2020

Closing Date: Monday 4th May 2020

A Fantastic way for all Non-National Qualifiers and Future National Swimmers to attend a quality Long Course Meet and gain experience

(Under FINA Technical Rules and SWIM WALES Laws)

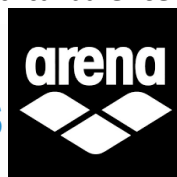
Wales National Pool, Swansea

Swansea University
Sketty Lane
Swansea
SA2 8QG

8 Lane 50m Pool

4 Lane 25m Swim Down Pool Available all day
Wedge Blocks & Anti-turbulence Lane Ropes

SOLO
SPORTS



Saturday 30th & Sunday 31st May 2020

(Under FINA Technical Rules and SWIM WALES Laws)

- Venue:** Wales National Pool, Swansea
- Pool:** 8 Lane, 50m pool – 25m Swim Down facility – Wedge Blocks -
Electronic timing - with anti-turbulence lanes
- Age Groups:** Boys: 9/10, 11, 12, 13, 14, 15, 16 & Over
Girls: 9/10, 11, 12, 13, 14, 15, 16 & Over
- Age as at:** Sunday 31st May 2020
- Events:** All events will be Heat Declared Winner
50m Butterfly, Backstroke, Breaststroke & Freestyle
100m Butterfly, Backstroke, Breaststroke, Freestyle
200m Butterfly, Backstroke, Breaststroke, Freestyle & Individual Medley
400m Freestyle & Individual Medley
800m/1500m Freestyle (800m 3 Heats Only, 1500m 2 Heats Only)
- Awards:** Medals will be awarded for 1st– 3rd places in all age group categories
Additional awards will be made to Best Male and Best Female Overall (*Decided point scoring system as 10 for 1st place to 1 point for 10th place*)
- Entry Fee:** £7.50per individual event, £9.00per 800/1500 individual event
- Entries:** Internal Entries to be entered through the ACTIVE System by the closing date.
External Entries should be emailed to bcss-competitionentries@bridgendcounty.co.uk
Entries for the 800/1500 Free will be 11 & Over only, fastest swimmers will be selected.
- Payment to be made by BACS. The promoter reserves the right to reject entries for the following reasons:
- They are received without the relevant fee
 - Incorrectly completed
 - Received after the closing date of Monday 4th May 2020

NO LATE ENTRIES WILL BE ACCEPTED AND THERE WILL NO BE ENTRIES ON THE DAY

No refunds will be made for withdrawals after the closing date of Monday 4th May 2020 other than on medical grounds. A medical note must be provided on or before Sunday 31st May 2020.

Closing date: Monday 4th May 2020 (No late entries will be accepted)

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

Starts: Over the top starts will, where necessary or appropriate, will be used during the Meet.

Spectators: £5.00 per session, £8.00 per day, £15.00 for weekend, £2.00 a Programme.

Car Parking: There is on-site parking available at the Pool at a cost.

Refreshments: There is a cafeteria selling snacks and drinks etc. Vending machines are also available. We have no control over these facilities.

Officials: Any clubs sending 10 or more swimmers MUST provide a minimum of 1 official. Clubs must provide an official list at least 1 week before the start of the meet.

Session Times: Session times will be finalised once all entries have been processed and swimmers 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

Meet Results: The Meet results will be posted on the BCSS website within 72 hours of the meet closing. Results will also be passed to Swim Wales and ASA for their reference and inclusion in rankings.

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 Newport Regional Pool & Tennis Centre.

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). BCSS will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

Swimmers who are unable to execute a competitive dive start must not use the blocks at any time during this meet. All swimmers using blocks must be competent and hold an ASA Competitive Start Award. Coaches and Team Managers have the responsibility to ensure this is the case at all times during the meet.

All coaches and team managers must have a poolside pass to have access on poolside.

Conduct: 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. 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.

Data Protection: 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.

Camera Use: The use of all photographic equipment 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) at the Meet.

Mobile phones that have a camera facility/hardware are recognised as a camera or photographic device. Bridgend County Swim Squad follow Swim Wales guidance which does not support the banning of phones, it 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.

Mobile Phones: Swimmers, parents and coaches are reminded that the use of mobile phones is not allowed inside Newport Regional Pool & Tennis Centre.

Scratches: If the meet becomes oversubscribed, then entries with "No Time" and slower entries will be scratched first. Repayment will be allocated for these events.

Withdrawals: Competitors who wish to withdraw from an event must do so by notifying either their coach or Matthew Hickman by e-mail to **bcss-competitionentries@bridgendcounty.co.uk** or during the meet at the Meet Office.

Programme of Events

Day 1

Saturday 30th May				
Session 1 - Warm up 8.30am, Session Start 9.30am (approx)				
1	Male	400	Free	9/10, 11, 12, 13, 14, 15, 16&Over
2	Female	400	IM	9/10, 11, 12, 13, 14, 15, 16&Over
3	Male	200	Brs	9/10, 11, 12, 13, 14, 15, 16&Over
4	Female	50	Fly	9/10, 11, 12, 13, 14, 15, 16&Over
5	Male	50	Back	9/10, 11, 12, 13, 14, 15, 16&Over
6	Female	100	Back	9/10, 11, 12, 13, 14, 15, 16&Over
Session 2 - Warm Up (TBA), Session Start (TBA)				
7	Male	200	Free	9/10, 11, 12, 13, 14, 15, 16&Over
8	Female	200	IM	9/10, 11, 12, 13, 14, 15, 16&Over
9	Male	50	Brs	9/10, 11, 12, 13, 14, 15, 16&Over
10	Female	100	Fly	9/10, 11, 12, 13, 14, 15, 16&Over
11	Male	1500	Free	11, 12, 13, 14, 15, 16&Over
Session 3 - Warm Up (TBA), Session Start (TBA)				
12	Male	200	Fly	9/10, 11, 12, 13, 14, 15, 16&Over
13	Female	200	Back	9/10, 11, 12, 13, 14, 15, 16&Over
14	Male	100	Brs	9/10, 11, 12, 13, 14, 15, 16&Over
15	Female	50	Free	9/10, 11, 12, 13, 14, 15, 16&Over
16	Male	100	Free	9/10, 11, 12, 13, 14, 15, 16&Over

Programme of Events

Day 2

Sunday 31st May				
Session 4 - Warm up 8.30am, Session Start 9.30am (approx)				
17	Female	400	Free	9/10, 11, 12, 13, 14, 15, 16&Over
18	Male	400	IM	9/10, 11, 12, 13, 14, 15, 16&Over
19	Female	200	Brs	9/10, 11, 12, 13, 14, 15, 16&Over
20	Male	50	Fly	9/10, 11, 12, 13, 14, 15, 16&Over
21	Female	50	Back	9/10, 11, 12, 13, 14, 15, 16&Over
22	Male	100	Back	9/10, 11, 12, 13, 14, 15, 16&Over
Session 5 - Warm Up (TBA), Session Start (TBA)				
23	Female	200	Free	9/10, 11, 12, 13, 14, 15, 16&Over
24	Male	200	IM	9/10, 11, 12, 13, 14, 15, 16&Over
25	Female	50	Brs	9/10, 11, 12, 13, 14, 15, 16&Over
26	Male	100	Fly	9/10, 11, 12, 13, 14, 15, 16&Over
27	Female	800	Free	11, 12, 13, 14, 15, 16&Over
Session 6 - Warm Up (TBA), Session Start (TBA)				
28	Female	200	Fly	9/10, 11, 12, 13, 14, 15, 16&Over
29	Male	200	Back	9/10, 11, 12, 13, 14, 15, 16&Over
30	Female	100	Brs	9/10, 11, 12, 13, 14, 15, 16&Over
31	Male	50	Free	9/10, 11, 12, 13, 14, 15, 16&Over
32	Female	100	Free	9/10, 11, 12, 13, 14, 15, 16&Over

UPPER QUALIFYING TIMES

Swimmers only qualify for events if they are SLOWER than cut off

BOYS	9/10	11	12	13	14	15	16/O
50 Free	33.00	29.50	28.00	27.60	27.00	25.90	24.50
100 Free	1.05.50	1.02.20	1.01.80	58.60	56.50	54.40	53.10



200 Free	2.18.00	2.14.10	2.10.70	2.07.20	2.03.00	1.58.50	1.57.20
400 Free	5.00.00	4.50.00	4.43.10	4.29.40	4.30.80	4.12.40	4.05.80
50 Back	37.50	34.30	33.50	31.90	30.00	28.40	27.50
100 Back	1.16.00	1.11.20	1.09.50	1.03.80	1.02.90	1.00.20	59.00
200 Back	2.36.00	2.29.10	2.25.50	2.17.00	2.11.20	2.07.40	2.05.50
50 Breast	40.00	38.00	37.00	34.90	33.50	32.60	31.30
100 Breast	1.26.00	1.23.40	1.20.10	1.15.70	1.12.90	1.10.30	1.09.10
200 Breast	3.00.00	2.55.10	2.51.50	2.44.20	2.38.70	2.31.40	2.28.60
50 Fly	36.00	34.50	32.60	31.30	27.70	26.30	25.50
100 Fly	1.13.00	1.10.50	1.08.00	1.04.20	1.00.20	57.20	56.20
200 Fly	2.37.00	2.33.20	2.30.70	2.26.00	2.15.90	2.05.40	2.04.00
200 IM	2.40.00	2.37.20	2.32.90	2.25.80	2.22.00	2.12.20	2.11.00
400 IM	5.45.00	5.22.50	5.18.30	4.55.00	4.50.20	4.40.50	4.35.00

GIRLS	9/10	11	12	13	14	15	16/O
50 Free	33.50	29.40	28.90	28.50	28.00	26.70	26.20
100 Free	1.08.90	1.04.90	1.02.50	1.00.80	59.90	57.40	57.00
200 Free	2.23.40	2.16.00	2.14.80	2.11.60	2.09.20	2.01.90	1.59.90
400 Free	4.58.00	4.50.10	4.44.00	4.36.80	4.31.00	4.21.50	4.16.00
50 Back	39.50	36.00	34.50	33.10	32.50	30.00	29.00
100 Back	1.19.10	1.15.20	1.11.20	1.09.00	1.07.80	1.04.20	1.02.00
200 Back	2.47.60	2.39.00	2.34.30	2.29.90	2.27.00	2.21.90	2.18.50
50 Breast	42.50	39.50	38.00	37.50	37.00	34.50	33.80
100 Breast	1.24.80	1.21.00	1.19.90	1.18.20	1.16.80	1.12.30	1.10.10
200 Breast	3.05.00	2.54.00	2.51.70	2.47.60	2.44.10	2.36.70	2.34.00
50 Fly	37.50	34.90	33.00	31.90	30.40	30.50	29.00
100 Fly	1.16.90	1.12.00	1.09.30	1.07.00	1.05.20	1.03.00	1.02.00
200 Fly	2.40.00	2.38.50	2.35.70	2.29.00	2.25.00	2.22.40	2.20.60
200 IM	2.40.50	2.34.00	2.31.50	2.28.40	2.25.20	2.20.20	2.18.80
400 IM	5.45.00	5.30.10	5.20.80	5.14.40	5.05.50	4.55.70	4.53.50

***Only 3 heats of 800 (fastest 24 swimmers selected) and 2 heats of 1500 (Fastest 16 swimmers selected) from all entries. Swimmers must be 11 or over to enter.**

Club Entry Summary Form



CLUB NAME	
CLUB CONTACT	
ADDRESS	
CONTACT NUMBER	
EMAIL ADDRESS	
<p>Method of entry is via the Hy-Tek File that can be sent to bcss-competitionentries@bridgendcounty.co.uk</p>	
TOTAL ENTRIES	<p>@£7.50 per Entry =.....</p> <p>@£9.00 per 800/1500 =.....</p>
TOTAL COACH PASSES	@£15.00 per pack =.....
TOTAL PAYMENT	
<p>Method of payment is via BACS BCSS Bank Details</p> <p>Lloyds Bank / 30-91-18 / 03353750</p> <p>Please use Reference "BCSM" followed by your Club Code for the BACS Payment</p> <p><i>I certify that all of the above details are correct and that our Club understands and will abide by the meet conditions. Signed on behalf of all the swimmers.</i></p>	
SIGNATURE..... DATE.....	

INDIVIDUAL ENTRY FORM

Swimmer Name	
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DOB		
Male/Female		
ASA/WASA Number		
Club		
<u>Event</u>	<u>Tick</u>	<u>Entry Time</u>
50m Freestyle		
100m Freestyle		
200m Freestyle		
400m Freestyle		
800m Freestyle		
1500m Freestyle		
50m Backstroke		
100m Backstroke		
200m Backstroke		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
50m Butterfly		
100m Butterfly		
200m Butterfly		
200m Individual Medley		
400m Individual Medley		
Number of Entries @£7.50/@£9.00		
TOTAL		

**COACH / TEAM MANAGER APPLICATION
FORM**

Coach / Team Manager Passes cost £15.00. This will allow coaches/team managers access to poolside, Lunch and poolside refreshments throughout the day

	APPLICATION 1	APPLICATION 2	APPLICATION 3
FULL NAME			
DOB			
NAME OF CLUB			
POSITION AT CLUB			
ASA/WASA NUMBER			
I CERTIFY THAT ALL ABOVE NAMED PERSONS ARE DBS CHECKED			
SIGNATURE:.....		DATE:.....	

***PLEASE ENSURE THIS IS SENT ALONG WITH YOUR
CLUB ENTRIES***

OFFICIAL APPLICATION FORM

<p>Clubs are asked to provide the below sheet for officials attending the meet. If more than 3, please can you send more sheets. Thank you in supporting the meet.</p>			
	APPLICATION 1	APPLICATION 2	APPLICATION 3
FULL NAME			
NAME OF CLUB			
LEVEL OF QUALIFICATION			
ASA/WASA NUMBER			
<p>I CERTIFY THAT ALL ABOVE NAMED PERSONS ARE DBS CHECKED</p>			
SIGNATURE:.....		DATE:.....	

PLEASE ENSURE THIS IS SENT ALONG WITH YOUR CLUB ENTRIES