



**Nofio Sir Gar Performance Swimming's
Invitational Meet incorporating
Carmarthenshire County Championships
2022**

Level 3 licensed short course meet
Under FINA Technical Rules & Swim Wales Laws
Licence No 3WL220156

Saturday 29th January 2022

**Carmarthen Leisure Centre
Llansteffan Road
Johnstown
Carmarthen
SA313NQ**



**The meet will be swum in an 8 lane 25m pool
Electronic timing and Anti-turbulence ropes**

Closing Date: Friday 7th January 2022

Age Groups:

Boys 9/10, 11/12, 13/14,15 & over

Girls 9/10,11/12,13/14,15 & over

Age as at: 29th January 2022

Minimum age for entry 9 years

Events:

All events will be Heat Declared Winner (HDW)

50m Butterfly, Backstroke, Breaststroke & Freestyle

100m Butterfly, Backstroke, Breaststroke & Freestyle

200m Butterfly, Backstroke, Breaststroke, Freestyle & Individual Medley

400m Freestyle & Individual Medley

Awards:

There will be medals for top 3 in each event.

Carmarthenshire County Champion awards will be also be given for the highest placed Carmarthenshire swimmer of each gender in age groups 9, 10, 11, 12, 13, 14, 15 & over based on points accrued throughout the gala - The more races you do the more points are available to you!!

Acceptance Criteria:

First entries will be accepted from swimmers registered with clubs within Carmarthenshire County. Remaining places will then be filled from an open capped entry.

There are no upper or lower qualifying standards for acceptance into this meet.

Entries

£6 per individual event

Please send entries to:

Rob Williams,

12 Park Terrace,

Pontarddulais,

Swansea SA4 8HS

e-mail: robwilliams1145@gmail.com

PLEASE USE A SEPARATE ENTRY FORM FOR EACH SWIMMER, AND GROUP ENTRY FORMS INTO MALE AND FEMALE BEFORE SUBMITTING.

Electronic entries from the Hy-Tek Team Manager or swim manager software would be most welcome. The events file for input into TM is available upon request or may be downloaded from the 'Other Meets' menu item at www.westwalesswim.org.uk/ Team Manager Lite application and instructions can be downloaded free of charge from http://activesupport.force.com/hytekswimming/articles/en_US/Article/Download-and-Install-TM-Lite

Enter event numbers and latest short course times on the entry form. Long course times converted to short course times are acceptable (please use ASA tables for conversion). Entry times must be on the Swim Wales rankings. Random checks will be made. Estimated times are not permitted. As this is a Level 3 meet then entry times of no time (NT) are also welcome.

Payment to be made by BACS (BACS details will be provided on confirmation of entries) The promoter reserves the right to reject entries for the following reasons:

- The relevant entry fee is not paid
- Incorrectly completed or improved entries
- Received after the closing date of Friday 7th January 2022

CLOSING DATE: FRIDAY 7th January 2022

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

It is the responsibility of the clubs to ensure that all swimmers are current members of their club and have current Swim Wales membership.

In the event of over subscription, the event promoter has the right to scratch entries and/or change the schedule of events. Priority for inclusion will be given to swimmers registered with clubs in Carmarthenshire, after which the fastest swimmers will be scratched at the discretion of the event management.

Each club must have at least one WASA registered and DBS checked adult on poolside with the swimmers. Poolside passes can be purchased at time of submitting entries at £10 per pass. There is no access to poolside for anyone without a poolside pass. Poolside passes cannot be purchased on the day. 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.

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

Spectators

There is capacity for spectators but whether or not spectators are allowed will be confirmed with confirmation of entries.

There is free on-site parking available at the Pool

In order to run this event, we require parents from all participating clubs to volunteer to be timekeepers and qualified officials. Clubs must provide a list of volunteers when submitting their entries.

Session Times

All events will be spearheaded and swum slow to fast, based on entry times. There will be a warm-up before each session. Warm up times and details and session times will be finalised once all entries have been processed and swimmers will be notified accordingly.

Withdrawals

Competitors who wish to withdraw from an event must do so by emailing robwilliams1145@gmail.com or during the meet at the Meet Office. No refunds will be made for withdrawals after the closing date of Friday 7th January 2022 other than on medical grounds. A medical note must be provided on or before Saturday 29th January 2022.

Results

The Meet results will be emailed to clubs within 72 hours of the meet closing. Results will also be passed to Swim Wales for their reference and inclusion in rankings. Results will be available through the **Meet Mobile App** during the day (available on the app store and google play)

Health and 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 Carmarthen Leisure 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. Swimmers are not permitted to leave the pool and changing area unless fully clothed and wearing suitable footwear.

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).

Carmarthen Leisure Centre and Nofio Sir Gar 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 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, 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 maybe made public before, during or after the Meet. The use of all photographic equipment is controlled at this Meet.

Camera Use and Mobile Phones

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. Nofio Sir Gar and Carmarthen Leisure Centre 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.

During the day there will be an event photographer taking photos of various races. If you would **NOT** like your child to be photographed please notify us by emailing your child's name, age and club on nofiosirgar@outlook.com prior to the 29th January 2022.

COVID 19 Protocols

These may be subject to change and requirements will be notified with confirmation of entries.

Lateral Flow Testing (LFT) Protocols

LFTs can be used to limit the potential of infectious transmission onsite during your events. It is strongly encouraged that all attendees self-administer a lateral flow test within 24 hours before arrival following all instructions given with the LFT - these can be ordered from the NHS on the link below:

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

If your result is positive, you should not leave home and should arrange an NHS PCR test as per Government guidance.

If you have come into contact with anyone with known Coronavirus, do not enter the environment.

All attendees should be encouraged to 'check in' to the event using the NHS COVID-19 app, a QR code should be made available on site.

The welfare, wellbeing and safeguarding of participants during this event is very important to the club and there will be a Safeguarding Officer on duty during the event. Details of the officer will be displayed on the entrance desk and will be announced in the team managers meeting.

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.

Correspondence with regard to entries to: robwilliams1145@gmail.com

Other general enquiries to: nofiosirgar@outlook.com

APPEALS

Any appeals must be submitted in accordance with FINA procedures and will be handled appropriately by the Meet Director and Referees.

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Saturday 29th January 2022

Session 1				
Event No	Gender	Age Groups	Distance	Stroke
1	Mixed	9/10, 11/12, 13/14, 15+	400	I.M
2	Mixed	9/10, 11/12, 13/14, 15+	200	Backstroke
3	Mixed	9/10, 11/12, 13/14, 15+	400	Freestyle
4	Mixed	9/10, 11/12, 13/14, 15+	200	Butterfly
5	Mixed	9/10, 11/12, 13/14, 15+	200	Breaststroke

Session 2				
Event No	Gender	Age Groups	Distance	Stroke
6	Male	9/10, 11/12, 13/14, 15+	50	Backstroke
7	Female	9/10, 11/12, 13/14, 15+	50	Backstroke
8	Male	9/10, 11/12, 13/14, 15+	100	Breaststroke
9	Female	9/10, 11/12, 13/14, 15+	100	Breaststroke
10	Male	9/10, 11/12, 13/14, 15+	200	IM
11	Female	9/10, 11/12, 13/14, 15+	200	IM
12	Male	9/10, 11/12, 13/14, 15+	100	Freestyle
13	Female	9/10, 11/12, 13/14, 15+	100	Freestyle
14	Male	9/10, 11/12, 13/14, 15+	50	Butterfly
15	Female	9/10, 11/12, 13/14, 15+	50	Butterfly

Session 3				
Event No	Gender	Age Groups	Distance	Stroke
16	Female	9/10, 11/12, 13/14, 15+	50	Freestyle
17	Male	9/10, 11/12, 13/14, 15+	50	Freestyle
18	Female	9/10, 11/12, 13/14, 15+	100	Backstroke
19	Male	9/10, 11/12, 13/14, 15+	100	Backstroke
20	Female	9/10, 11/12, 13/14, 15+	200	Freestyle
21	Male	9/10, 11/12, 13/14, 15+	200	Freestyle
22	Female	9/10, 11/12, 13/14, 15+	100	Butterfly
23	Male	9/10, 11/12, 13/14, 15+	100	Butterfly
24	Female	9/10, 11/12, 13/14, 15+	50	Breaststroke
25	Male	9/10, 11/12, 13/14, 15+	50	Breaststroke

NSG Performance Swimming's
Invitational Meet incorporating
Carmarthenshire County Championships
Entry sheet - £6 per event

For all events in this meet, age groups will be as of Saturday 29th January 2022

Name: _____

Date of Birth: D D/ M M/ Y Y Y Y

Gender: Male/Female (Please delete as appropriate)

Swim Wales/ASA Registration Number: _____

Club: _____ Contact Name: _____

Contact Telephone Number: _____

Contact email address: _____

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

Total number of entries on this sheet: = _____

Entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS
robwilliams1145@gmail.com

Poolside Pass Application form

Full Name:

Name of Club:

Position (e.g. Team Manager):

Address:

Postcode:

Telephone Number:

SWIM WALES / ASA Membership No:

DBS Number:

Date of Issue:

e-mail Address:-

Coach passes will NOT be available for purchase on the day of the meet.

Please return with entries to:

Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.

robwilliams1145@gmail.com

Nofio Sir Gar is a performance swimming squad. The squad is coached by former international swimmer, Austyn Shortman and competes at regional, Welsh and British competitions. The goal of Nofio Sir Gar performance squad is to produce athletes to swim for Wales in future Commonwealth Games.

Follow NSG on the following social media platforms to keep up to date with the squad: -



@NofioSirGar



@NofioSirGar



@nofiosirgarperformancesquad

