



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

WELSH CAPITAL OPEN MEET

CITY OF CARDIFF SWIMMING CLUB 20

LONG COURSE LEVEL 1 MEET 22



Saturday 15th Sunday 16th January 2022



event information | session times to be confirmed



**NOFIO CYMRU
SWIM WALES**

Licence Number: WL220026

(Under FINA Technical Rules & Swim Wales Laws)

COMMONWEALTH GAMES QUALIFIER



City of Cardiff Swimming Club

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CITY OF CARDIFF SWIMMING CLUB

13th WELSH CAPITAL OPEN MEET 2022

LICENCE NUMBER 1WL220026
(Under FINA Technical Rules and Swim Wales Laws)

Saturday 15th & Sunday 16th January 2022

This is a Level 1 Licenced LONG COURSE Meet & Commonwealth Games qualifier

Only electronic entries will be accepted for this meet

VENUE POOL Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS
10 Lane 50m pool | Omega electronic timing | anti-turbulence lane ropes

AGE GROUPS OPEN MC/Para Swimmers
Male + Female 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & over

AGE AT DATE 16 January 2022 | Minimum age for entry is 9 years

EVENTS		(HDW Heat Declared Winner)			
HDW	50m	Backstroke	Breaststroke	Butterfly Freestyle	- All Age Groups + MC
HDW	100m	Backstroke	Breaststroke	Butterfly Freestyle	- All Age Groups + MC
HDW	200m	Backstroke	Breaststroke	Butterfly	- All Age Groups
HDW	200m	Freestyle			- All Age Groups + MC
HDW	400m	Freestyle			- All Age Groups +MC
HDW	200m	Individual Medley			- All Age Groups +MC
HDW	400m	Individual Medley			- 13yrs & Over
HDW	800m	Freestyle			- 13yrs & Over
HDW	1500m	Freestyle			- 13yrs & Over

Officials & Poolside Volunteering

In order to be able to use all 10 lanes CoCardiff require parents from all participating clubs to volunteer to be timekeepers and qualified officials at this gala. Please contact Jim McCulloch, our Officials co-ordinator.

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

SELECT THIS MEET TO REGISTER YOUR AVAILABILITY

The meet will be delivered in line with local and current Government restrictions along with Swim Wales & Legacy Leisure guidance and risk assessment. Including any limitations on capacity and entry allocations. This means that races may be limited, moved to different sessions or spaces capped. Please remain flexible in case of changes made to the weekend. Covid 19 protocols will be implemented and are detailed below.

No medals will be awarded at the gala. City of Cardiff will be running a leader board for their 2022 level 1 galas (Welsh Capital Open & Cardiff International Open). Times will be added with awards for top placed male & female swimmer in each age group & event once the galas have been completed.



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PROMOTER'S CONDITIONS

COVID 19 PROTOCOLS

Additional requirements as detailed by Welsh Government; Swim Wales & Legacy Leisure may be operated during the gala. These can include requesting all swimmers, coaches, officials, volunteers and spectators to provide via NHS text, a negative lateral flow test result within 24 hours before entering the competition pool accessed via the car park end fire escape. Masks are still to be worn inside. Swimmers to sit in designated seating & arrive "beach ready".

Full details to be supplied with the confirmed entries

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.

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.

The electronic event entry file can be obtained from the Welsh Capital 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-tek ltd.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 via BACS transfer, (BACS details available upon request) to cover all swimmers and coach passes.



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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 promotor's discretion, incurring an administration fee of £8.75/swimmer.

There will be no Time Trials or Exhibition Swims permitted at this event.

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 FRIDAY 10 December 2021 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 a particular event becomes oversubscribed. City of Cardiff Swimming Club reserves the right to cancel the event if the meet is under subscribed.

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 CLOSING DATE

£8.75 per event

FRIDAY 10 DECEMBER 2021 Time: 20:00 (No late entries will be accepted)

SPECTATORS

Subject to Swim Wales & Legacy Leisure Guidance, spectators may be permitted. The spectator fee and further details will be circulated with the confirmed entries.

The meet programme will be available to be downloaded

SEEDING

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

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.



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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 12 February 2022.

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.

STARTS

Over the top starts will be used wherever possible.

ELECTRONICS

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

PROGRAMME OF EVENTS

SATURDAY SESSION ONE Warm up & Session Times TBC			SUNDAY SESSION FOUR Warm up & Session Times TBC		
101 HDW	Male	400m IM	401 HDW	Female	400m IM
102 HDW	Female	200m Butterfly	402 HDW	Male	200m Butterfly
103 HDW	Male	200m Backstroke	4603 HDW	Female	200m Backstroke
104 HDW	Female	100m Backstroke	404 HDW	Male	100m Backstroke
WARM DOWN PERIOD			WARM DOWN PERIOD		
105 HDW	Male	50m Freestyle	405 HDW	Female	50m Freestyle
106 HDW	Female	50m Breaststroke	406 HDW	Male	50m Breaststroke

SATURDAY SESSION TWO Warm up & Session Times TBC			SUNDAY SESSION FIVE Warm up & Session Times TBC		
201 HDW	Male	400m Freestyle	501 HDW	Female	400m Freestyle
202 HDW	Female	200m Breaststroke	502 HDW	Male	200m Breaststroke
203 HDW	Male	100m Butterfly	503 HDW	Female	100m Butterfly
204 HDW	Female	100m Freestyle	504 HDW	Male	100m Freestyle
WARM DOWN PERIOD			WARM DOWN PERIOD		
205 HDW	Male	50m Backstroke	505 HDW	Female	50m Backstroke
206 HDW	Female	50m Butterfly	506 HDW	Male	50m Butterfly

SATURDAY SESSION THREE Warm up & Session Times TBC			SUNDAY SESSION SIX Warm up & Session Times TBC		
301 HDW	Male	800m Freestyle	601 HDW	Female	1500m Freestyle
302 HDW	Female	800m Freestyle	602 HDW	Male	1500m Freestyle
WARM DOWN PERIOD			WARM DOWN PERIOD		
303 HDW	Male	200m Freestyle	603 HDW	Female	200m Freestyle
304 HDW	Female	100m Breaststroke	604 HDW	Male	100m Breaststroke
305 HDW	Male	200m IM	605 HDW	Female	200m IM

The order of events may change if there are still restrictions on numbers permitted in competition pool.

MEET RESULTS

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.



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POOLSIDE PASSES

Only members affiliated to Swim Wales/Scottish Swimming/Swim England or a member of a FINA affiliated country will be eligible for a coach's pass. Passes must be purchased in advance of the Meet for all coaches, chaperones, personal care attendants and team managers who require poolside access, who must conform to the Swim England child protection procedures.

£10.00 per poolside pass - 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.

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/Swim England registration number, a DBS number and a passport photo.

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

CAR PARKING

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

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.



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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.

CAMERA USE

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 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

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 FINA procedures and will be handled appropriately by the Meet Director and Referees.



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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





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Welsh Capital Open Meet 2022

Cardiff International Pool, Cardiff
15 & 16 January 2022 | LICENCE NUMBER 1WL220026
(Under FINA Technical Rules and Swim Wales Laws)

Coaches/Team Managers/ Chaperone/Pass - Application Form

PLEASE FULLY COMPLETE EACH SECTION EITHER ENCLOSE OR EMAIL JPEG PHOTOGRAPH FOR EACH PERSON		
CLUB:	Swim Wales/Swim England/Scottish Swimming Affiliation No.	DBS Number
Full Name & Position		
1		
2		
3		
4		
5		

Meet Entry Summary Sheet

It is requested that a single payment via BACS is made for the complete club entry

Name of Club		Club Code
Contact Name/email		CLUB BANK info for refund
Address		Bank
		Sort Code
		Account No.
TEAM SIZE		
No. Of Individual Entries	@ £8.75 per event	£
No. Of Coaches Passes	@ £10.00 each	£
Total payment made payable to City of Cardiff Swimming Club		£

I declare that only our team members who have reached the standard of the Swim England 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:

This Form must be completed. Entries, payments, supporting reports, and poolside pass applications to be emailed with the Hy-Tek Meet Entry Fee Report and Entry File to ccsc.homemeets@gmail.com or stephen.jones@westernretail.co.uk or can be posted to:

Stephen Jones 18 Nasturtium Way, CARDIFF CF23 8SF
CLOSING DATE: FRIDAY 10 DECEMBER 2021 at 20:00



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Welsh Capital Open Meet 2022

Cardiff International Pool, Cardiff
15 & 16 January 2022 LICENCE NUMBER 1WL220026
(Under FINA Technical Rules and Swim Wales Laws)

LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

		FEMALE								
AGE		9	10	11	12	13	14	15	16	OPEN
50m Freestyle	QT	42.80	39.80	37.30	35.40	34.00	32.90	32.20	31.90	30.50
	CT	44.80	41.80	39.30	37.40	36.00	34.90	34.20	33.90	
100m Freestyle	QT	1:38.30	1:26.20	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80	1:07.30
	CT	1:42.30	1:30.20	1:23.30	1:19.20	1:16.70	1:14.70	1:13.60	1:12.80	
200m Freestyle	QT	3:29.10	3:04.40	2:51.30	2:42.50	2:36.20	2:32.10	2:29.10	2:27.50	2:25.80
	CT	3:35.10	3:10.40	2:57.30	2:48.50	2:42.20	2:38.10	2:35.10	2:33.50	
400m Freestyle	QT	7:20.70	6:27.40	5:56.40	5:38.80	5:26.30	5:18.00	5:12.80	5:09.20	5:06.30
	CT	7:28.70	6:35.40	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	10:48.00
	CT					11:26.80	11:12.00	11:01.50	10:52.00	
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	57.00	51.20	47.80	45.00	43.10	41.50	40.60	40.10	39.50
	CT	59.00	53.20	49.80	47.00	45.10	43.50	42.60	42.10	
100m Breaststroke	QT	2:08.70	1:50.30	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10	1:23.60
	CT	2:12.70	1:54.30	1:45.60	1:39.20	1:34.80	1:32.50	1:31.50	1:30.10	
200m Breaststroke	QT	4:27.30	3:55.50	3:36.60	3:24.90	3:15.50	3:09.50	3:06.70	3:05.80	2:59.80
	CT	4:33.30	4:01.50	3:42.60	3:30.90	3:21.50	3:15.50	3:12.70	3:11.80	
50m Butterfly	QT	48.20	44.00	40.70	38.60	36.70	35.70	34.80	34.20	33.90
	CT	50.20	46.00	42.70	40.60	38.70	37.70	36.80	36.20	
100m Butterfly	QT	1:47.70	1:37.10	1:27.90	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80	1:12.10
	CT	1:51.70	1:41.10	1:31.90	1:26.60	1:23.10	1:21.20	1:19.50	1:18.80	
200m Butterfly	QT	3:56.60	3:34.60	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30	2:38.30
	CT	4:02.60	3:40.60	3:18.60	3:07.70	2:59.50	2:54.00	2:51.70	2:49.30	
50m Backstroke	QT	50.20	46.00	43.10	40.90	39.40	38.00	37.00	36.60	35.70
	CT	52.20	48.00	45.10	42.90	41.40	40.00	39.00	38.60	
100m Backstroke	QT	1:52.00	1:37.50	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10	1:14.60
	CT	1:56.00	1:41.50	1:33.90	1:28.50	1:25.70	1:23.60	1:21.90	1:21.10	
200m Backstroke	QT	3:52.70	3:26.30	3:11.00	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90	2:39.90
	CT	3:58.70	3:32.30	3:17.00	3:06.60	3:00.30	2:55.80	2:51.80	2:49.90	
200m I/M	QT	3:55.20	3:29.60	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90	2:43.70
	CT	4:01.20	3:35.60	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	5:43.90
	CT					6:18.60	6:08.00	6:01.20	5:56.80	

QT = Qualification Time
CT = Consideration Time

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



Welsh Capital Open Meet 2022

Cardiff International Pool, Cardiff
15 & 16 January 2022 LICENCE NUMBER 1WL220026
(Under FINA Technical Rules and Swim Wales Laws)

LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

		MALE								
AGE		9	10	11	12	13	14	15	16	OPEN
50m Freestyle	QT	42.60	39.00	37.00	34.90	33.00	31.30	29.70	28.70	28.10
	CT	44.60	41.00	39.00	36.90	35.00	33.30	31.70	30.70	
100m Freestyle	QT	1:38.20	1:24.80	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60	59.50
	CT	1:42.20	1:28.80	1:22.80	1:17.70	1:13.80	1:10.90	1:08.40	1:06.60	
200m Freestyle	QT	3:23.40	3:03.60	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30	2:09.50
	CT	3:29.40	3:09.60	2:57.30	2:46.80	2:38.60	2:31.60	2:26.70	2:22.30	
400m Freestyle	QT	7:22.50	6:26.40	5:56.00	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10	4:42.50
	CT	7:30.50	6:34.40	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	18:20.00
	CT					21:48.60	20:51.00	20:09.10	19:39.70	
50m Breaststroke	QT	56.80	51.60	48.20	44.60	41.80	39.70	37.80	36.80	34.80
	CT	58.80	53.60	50.20	46.60	43.80	41.70	39.80	38.80	
100m Breaststroke	QT	2:07.70	1:50.70	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:14.80
	CT	2:11.70	1:54.70	1:45.50	1:38.70	1:32.80	1:28.60	1:25.40	1:22.90	
200m Breaststroke	QT	4:20.50	3:57.20	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60	2:42.80
	CT	4:26.50	4:03.20	3:45.10	3:31.20	3:18.50	3:08.50	3:01.40	2:57.60	
50m Butterfly	QT	48.80	43.50	40.80	38.10	35.90	34.00	32.20	31.40	29.80
	CT	50.80	45.50	42.80	40.10	37.90	36.00	34.20	33.40	
100m Butterfly	QT	1:49.40	1:35.80	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80	1:05.00
	CT	1:53.40	1:39.80	1:31.70	1:25.50	1:20.80	1:16.80	1:13.80	1:11.80	
200m Butterfly	QT	4:03.70	3:32.30	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40	2:24.70
	CT	4:09.70	3:38.30	3:18.50	3:05.90	2:55.90	2:46.90	2:40.40	2:36.40	
50m Backstroke	QT	50.30	46.00	43.20	40.50	38.20	36.10	34.50	33.50	31.90
	CT	52.30	48.00	45.20	42.50	40.20	38.20	36.50	35.50	
100m Backstroke	QT	1:49.80	1:36.90	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30	1:07.50
	CT	1:53.80	1:40.90	1:33.80	1:28.10	1:23.20	1:19.00	1:16.20	1:14.30	
200m Backstroke	QT	3:46.70	3:25.80	3:12.00	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40	2:26.70
	CT	3:52.70	3:31.80	3:18.00	3:06.70	2:56.30	2:48.30	2:42.00	2:37.40	
200m I/M	QT	3:52.00	3:29.60	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90	2:28.00
	CT	3:58.00	3:35.60	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	5:15.00
	CT					6:12.40	5:55.30	5:42.20	5:34.60	

QT = Qualification Time
CT = Consideration Time

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



Welsh Capital Open Meet 2022

Cardiff International Pool, Cardiff

15 & 16 January 2022 | LICENCE NUMBER 1WL220026

(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		