

CITY OF SWANSEA
AQUATIC CLUB



Swansea Aquatics

2022 Spring Long Course Open Meet

Level 1 Licensed Meet
Licence Number: 1WL220059
(Under FINA Technical Rules and Swim Wales Laws)

Wales National Pool

Swansea

Saturday 12th March 2022
Sunday 13th March 2022

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Closing Date: 11th February 2022

EVENT INFORMATION AND ENTRY PACK

AMENDED 19th December 2021
THIS MEET IS NOT FIRST COME FIRST SERVED

Please note that each event in this competition has a qualifying time. In the event of the Meet being oversubscribed City of Swansea Aquatics reserves the right to return entries. In this case, the slowest entry times in each age group will be scratched and their entry fee will be refunded. Swimmers who submit NO TIME will NOT be accepted.

Programme of Events

SATURDAY – 12TH MARCH 2022

Session 1 – Warm Up TBC

1. Female 12 & Over 800m Freestyle
 2. Male 12 & Over 1500m Freestyle
-

Session 2 – Warm up TBC

3. Female 11 & Over 100m Breastroke
 4. Male 11 & Over 200m Backstroke
 5. Female 11 & Over 200m I.M
 6. Male 11 & Over 100m Freestyle
 7. Female 11 & Over 200m Butterfly
 8. Male 12 & Over 400m I.M
 9. Female 11 & Over 50m Freestyle
 10. Male 11 & Over 50m Butterfly
-

Session 3 – Warm up TBC

11. Male 11 & Over 100m Butterfly
12. Female 11 & Over 200m Freestyle
13. Male 11 & Over 200m Breastroke
14. Female 11 & Over 100m Backstroke
15. Male 11 & Over 400m Freestyle
16. Female 11 & Over 50m Breastroke
17. Male 11 & Over 50m Backstroke

SUNDAY – 13TH MARCH 2022

Session 4 – Warm Up TBC

18. Male 12 & Over 800m Freestyle
 19. Female 12 & Over 1500m Freestyle
-

Session 5 – Warm up TBC

20. Male 11 & Over 100m Breastroke
 21. Female 11 & Over 200m Backstroke
 22. Male 11 & Over 200m I.M
 23. Female 11 & Over 100m Freestyle
 24. Male 11 & Over 200m Butterfly
 25. Female 12 & Over 400m I.M
 26. Male 11 & Over 50m Freestyle
 27. Female 11 & Over 50m Butterfly
-

Session 6 – Warm up TBC

28. Female 11 & Over 100m Butterfly
29. Male 11 & Over 200m Freestyle
30. Female 11 & Over 200m Breastroke
31. Male 11 & Over 100m Backstroke
32. Female 11 & Over 400m Freestyle
33. Male 11 & Over 50m Breastroke
34. Female 11 & Over 50m Backstroke

Qualification Times

MALE								
		11	12	13	14	15	16	17 & Over
50 Free	QT	00:38.20	00:34.90	00:32.30	00:30.70	00:29.60	00:28.20	00:27.40
100 Free	QT	01:21.70	01:14.60	01:11.50	01:05.80	01:03.40	01:01.80	00:59.60
200 Free	QT	02:40.80	02:41.00	02:30.20	02:25.90	02:20.40	02:15.50	02:08.20
400 Free	QT	05:50.00	05:38.10	05:17.00	05:09.70	05:02.60	04:57.70	04:50.00
800 Free	QT		11:20.60	11:05.00	10:36.70	10:10.00	09:43.60	09:15.40
1500 Free	QT		22:20.50	20:19.00	19:50.50	19:09.60	18:40.20	18:07.00
50 Breast	QT	00:46.50	00:45.60	00:42.30	00:39.00	00:37.60	00:36.30	00:34.90
100 Breast	QT	01:42.70	01:37.20	01:31.70	01:25.50	01:21.30	01:19.00	01:17.80
200 Breast	QT	03:35.20	03:30.40	03:18.20	03:10.70	03:01.80	02:54.90	02:49.80
50 Fly	QT	00:39.00	00:37.30	00:35.30	00:32.50	00:31.10	00:30.60	00:29.70
100 Fly	QT	01:29.10	01:25.10	01:18.20	01:13.20	01:10.70	01:07.10	01:03.90
200 Fly	QT	03:10.90	03:05.90	02:50.20	02:40.90	02:38.90	02:34.80	02:25.40
50 Back	QT	00:42.50	00:40.50	00:36.90	00:34.70	00:33.70	00:32.00	00:30.90
100 Back	QT	01:29.90	01:26.10	01:19.40	01:15.60	01:12.40	01:08.90	01:05.50
200 Back	QT	03:09.50	03:01.50	02:49.60	02:41.90	02:36.40	02:32.70	02:25.10
200IM	QT	03:12.80	03:03.60	02:50.10	02:43.00	02:38.00	02:33.80	02:27.40
400IM	QT		06:31.80	05:56.80	05:45.90	05:35.20	05:32.20	05:25.40

ENTRIES SUBMITTED WITHOUT A TIME WILL NOT BE ACCEPTED

Qualification Times

FEMALE								
		11	12	13	14	15	16	17 & Over
50 Free	QT	00:38.60	00:36.00	00:34.00	00:32.70	00:31.10	00:30.70	00:29.90
100 Free	QT	01:20.80	01:17.70	01:14.80	01:12.50	01:10.40	01:07.40	01:04.30
200 Free	QT	02:53.80	02:43.50	02:38.30	02:33.60	02:29.40	02:24.60	02:18.00
400 Free	QT	06:01.00	05:38.80	05:24.00	05:19.20	05:12.60	05:03.80	04:56.40
800 Free	QT		11:35.00	11:23.90	10:53.50	10:36.70	10:29.20	10:10.20
1500 Free	QT		22:29.90	21:37.60	20:56.60	19:59.80	19:47.90	19:32.80
50 Breast	QT	00:51.20	00:46.60	00:43.50	00:42.80	00:39.60	00:38.60	00:36.70
100 Breast	QT	01:50.30	01:40.20	01:36.30	01:33.40	01:29.50	01:27.30	01:24.50
200 Breast	QT	03:55.20	03:30.40	03:18.50	03:10.70	03:07.70	03:01.00	02:55.00
50 Fly	QT	00:44.50	00:39.50	00:36.30	00:35.10	00:34.10	00:32.80	00:30.90
100 Fly	QT	01:33.80	01:28.10	01:23.70	01:18.90	01:16.10	01:12.00	01:08.10
200 Fly	QT	03:34.60	03:11.80	02:59.90	02:49.90	02:36.90	02:31.00	02:25.90
50 Back	QT	00:46.00	00:40.30	00:38.90	00:36.70	00:35.70	00:34.20	00:32.80
100 Back	QT	01:37.50	01:27.10	01:23.70	01:19.60	01:17.10	01:14.40	01:10.50
200 Back	QT	03:26.80	03:09.70	02:58.30	02:51.30	02:44.80	02:39.50	02:34.60
200IM	QT	03:29.60	03:12.80	03:06.00	02:53.50	02:48.90	02:40.20	02:35.10
400IM	QT		06:42.70	06:12.50	05:49.20	05:42.20	05:38.90	05:29.60

ENTRIES SUBMITTED WITHOUT A TIME WILL NOT BE ACCEPTED

Para Long Course Qualification Times – Level 1

For all entries, please see the attached entry form with the meet pack.

Male														
Events	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50m Freestyle	02.10.58	01.24.24	00.59.05	00.55.40	00.47.91	00.41.52	00.39.93	00.37.34	00.36.40	00.32.98	00.37.13	00.33.80	00.33.89	00.35.56
100m Freestyle	03.46.74	03.27.68	02.33.22	02.00.47	01.46.30	01.32.69	01.26.70	01.21.38	01.19.79	01.12.07	01.23.27	01.15.10	01.14.97	01.16.71
200m Freestyle	07.11.06	05.13.17	04.44.34	04.17.33	03.44.91									02.43.21
400m Freestyle						07.12.47	06.49.53	06.21.89	06.05.93	05.42.48	06.33.47	05.54.38	05.50.70	06.03.50
50m Backstroke	01.42.47	01.10.32	01.01.55	01.02.19	00.54.49									
100m Backstroke	03.26.43	02.33.66				01.44.69	01.40.03	01.30.55	1.30.24	01.23.12	01.35.59	01.25.27	01.23.37	01.27.07
50 Breaststroke	04.54.34	01.16.01	01.09.19											
100 Breaststroke				02.14.92	02.10.77	01.55.82	01.52.29	01.42.98	01.32.13		01.42.03	01.35.63	01.33.39	01.34.68
50 Butterfly	00.00.00	03.21.85	01.58.87	01.06.39	00.49.87	00.43.25	00.42.10							
100 Butterfly								01.25.43	01.23.79	01.19.10	01.28.73	01.21.27	01.20.16	01.24.24
200 IM					5.00.36	03.45.95	0.39.34	03.17.67	03.12.81	03.02.67	03.26.95	03.09.15	03.10.81	03.06.03

Female														
Events	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50m Freestyle	1.57.75	1.39.99	1.05.30	00.56.71	00.52.07	00.48.17	00.46.56	00.42.74	00.40.45	00.38.81	00.43.16	00.39.73	00.39.20	00.39.96
100m Freestyle	05.49.48	04.47.15	02.12.80	02.18.00	01.54.76	01.44.20	01.41.93	01.31.22	01.27.93	01.25.30	01.35.63	01.25.53	01.24.57	01.25.53
200m Freestyle	09.16.40	09.44.28	04.56.77	04.44.28	03.59.92									02.55.88
400m Freestyle						07.29.92	07.32.44	06.45.09	06.37.12	06.23.99	07.33.26	07.10.70	06.34.66	07.01.93
50m Backstroke	03.10.27	1.33.45	1.11.99	1.12.27	1.03.45									
100m Backstroke	06.17.03	03.14.11				02.00.50	01.57.07	01.49.37	01.38.94	01.36.50	01.52.41	01.40.76	01.35.90	01.32.86
50 Breaststroke	03.10.15	02.00.25	01.24.87											
100 Breaststroke				02.40.30	02.27.29	02.15.97	02.10.51	01.52.84	01.47.62		01.59.66	01.53.75	01.46.72	01.48.29
50 Butterfly	00.00.00	03.15.71	02.08.37	02.05.57	01.04.04	00.51.53	00.49.64							
100 Butterfly								01.38.74	01.36.89	01.34.47	01.55.91	01.37.94	01.30.89	01.38.14
200 IM					05.04.67	04.17.22	04.17.84	03.49.98	03.38.76	03.31.32	04.00.77	03.51.20	03.25.23	03.25.09

NOTE: There are no Para Swimming Consideration Standards in 200m Breaststroke, 200m Butterfly, 200m Backstroke and 400IM

VENUE	Wales National Pool, Sketty Lane, Swansea, SA2 8QG
POOL	8 Lane – 50m pool – electronic timing – with anti-turbulence lane ropes A swim down facility will be available during the meet; however it may be restricted during busy times of the meet.
AGE GROUPS	Male 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17 & Over Female 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17 & Over
MC EVENTS	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 qualifying times in the designated events set out in this meet pack. They can only enter the events listed on the qualifying time page. All MC entries are to be submitted using the MC entry form provided within the meet pack. Do not enter para swimmers using the meet entry file
AGE AS DATE	Sunday 13 th March 2022 (age as of last day of Meet)
EVENTS	All Events will be Heat Declared Winner (HDW) The events are detailed in the programme of events and will be swum to the published age groups unless otherwise stated.
ENTRY FEE	£7.50 Per Entry. Full payment must accompany entries.
CLOSING DATE	Friday 11th February 2022 (Late entries will not be accepted)
SPECTATOR ENTRY	Attendance of spectators onsite will be confirmed prior to commencement of the competition. Spectators may be restricted due to site capacity and safety mitigations of the site.
CAR PARK	Car parking facilities are available as a pay and display. We regret that Swansea Aquatics are not responsible for setting the price of parking nor do we receive any money from the use of the car park.
REFRESHMENTS	Access to the café and facilities will be confirmed prior to commencement of the competition.
MOBILE PHONES	Swimmers, parents and coaches are reminded that the use of mobile phones for photography and filming is not allowed inside the Wales National Pool building . The use of all photographic equipment and mobile phones are controlled at this Meet. NO FLASH photography is permitted.
ELECTRONICS	Daktonics electronic timing system with electronic display
STARTS	Over the top starts will be used in the heats and wherever possible
SEEDING	Events will be seeded based on the submitted entry and achieved prelim times on a spear headed basis and will be swum slowest to fastest.

**AWARDS
WITHDRAWALS**

Awards will be given to the first three places in each age group.

All withdrawals prior to the start of the meet must be notified via email to meets.swanseaaquatics@gmail.com by 5pm on Friday 11th March 2022.

No refunds will be made for withdrawals other than on medical grounds. A medical note must be provided before refunds can be authorised.

MARSHALLING

There will be no signing in for events and no entry cards 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 AT least 15 minutes prior to their event. Failure to do so may result in the place being lost and filled by an alternate or a reorganisation of the events. As a general rule it is good practice for a swimmer to report to marshalling at least 2 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

In addition to providing a real-time results service, the meet results will be posted on the Swansea Aquatics website. (Swansea-aquatics.co.uk) Results will also be passed to Swim Wales and the ASA for their reference and inclusion in rankings.

For clubs using Hy-Tek or other software systems, a complete electronic copy of the meet results can be sent to clubs attending the meet when the meet has concluded

CAMERAS

The use of all photographic equipment and mobile phones are controlled at the 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. 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 use of all photographic equipment and mobile phones are controlled at this Meet. NO FLASH photography is permitted.

The publishing of a photograph of a swimmer under 18 years, either on a noticeboard or in a published article or video recording (including live streaming) of the meet will 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 Swansea Aquatics 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 and 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 and request its deletion under GDPR.

MEET OFFICE

An Information Table will be available in the main foyer.

POOL PASSES

£15 per pool pass (required for coaches/team managers) to include results and light refreshments. Passes will be required to gain access and must be worn at all times whilst on poolside.

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

Coach passes/pack will be issued from the Information table in the main foyer before the start of the meet.

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

ENTRIES

Qualifying times will be applied. Age Group entry times must be equal or faster than the QT. Entry Times outside these limits, and entries with 'No Time' submitted will be rejected.

ESTIMATED TIMES ARE NOT PERMITTED.

Entry Times must have been obtained at a licenced meet, and random checks will be made. City of Swansea Aquatics Swimming Club may request validation of any stated entry time. 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 Forms/Payment to:
Karen Hewitt, c/o Swansea Aquatics,
29 Tirmynydd Road, Three Crosses, Swansea, SA4 3PP
treasurer@swansea-aquatics.co.uk

A manual entry form can be found within the meet pack. This is ONLY to be used in exceptional circumstances where it is NOT possible to use the meet entry file provided. Please do not use this form for any MC entries, use the MC entry form provided.

Electronic entries should be emailed to the above address and include an entry report, completed summary sheet and any poolside pass applications. All electronic entries will be acknowledged with receipt confirmation. For emailed electronic entries, the sent date on the email will be classed as the date submitted; likewise, for posted entries, the posted date will be classed as the entry date.

NO LATE ENTRIES WILL BE ACCEPTED.

Entries will NOT be processed unless full payment has been received along with completed entries, officials form and coach application form.

The Club reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded. Please provide an email address on the summary sheet and confirmed entries will be sent via email.

OFFICIALS

Each club is kindly asked to bring one judge and one timekeeper. Please complete the attached form and return with your entries.

GENERAL

The meet organiser 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 Swim Wales, ASA and FINA laws or technical rules will be at the clubs discretion. The referees decision will be final.

APPEALS

Any appeals must be submitted in accordance with FINA procedures and will be handled appropriately.

HEALTH & SAFETY

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.

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.

Unacceptable Behaviour - 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.

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).

Jewellery - 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, wristbands, ear-rings (except studs), and rings (except wedding bands).

City of Swansea Aquatics will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

Important Meet Information

All persons attending the event must ensure compliance with any covid restrictions and social distancing guidance in place nationally and locally at the time of the event. Any relevant information will be posted to our website prior to the event.

It is the responsibility of the individuals attending to ensure that they have seen any such guidance.

- a. Local or national restrictions which result in an inability for these events to take place will result in cancellation of activity
- b. As required and deemed appropriate, event organisers may implement levels of restrictions and/or rules to ensure all attendees are kept safe
- c. Attendees failing to adhere to restrictions and/or rules in place will be asked to remove themselves from site, entries will not be refunded, and further action may be taken
- d. In event of event cancellation refunds will be provided for race entries only
- e. Swansea Aquatics in partnership with delivering organisations, reserve the right to cancel the event as deemed appropriate
- f. Entries are not guaranteed until confirmed by event management and swims may be scratched to ensure sessions operate within restrictions
- g. If required a further FAQ document will be produced.



2022 Spring Long Course Open
Meet Multi Classification Entry Form

Swimmers Name: _____

Swim Wales/ASA/Other : _____ D.O.B: _____

Age on Last Day of Meet (13/03/22): _____ Male/Female : _____

Club : _____ Classification : _____

Contact Telephone Number: _____

Contact Email Address: _____

Event	Event Number	Entry Time	Event	Event Number	Entry Time
50m Freestyle			50m Backstroke		
100m Freestyle			100m Backstroke		
200m Freestyle			50m Breaststroke		
400m Freestyle			100m Breaststroke		
200 IM			50m Butterfly		
			100m Butterfly		

Number of Events entered: _____ @ £7.50 per event

Total Payable: £ _____

Please note this form is a provisional entry only. Confirmation of entries will be generated after the closing date 11th February 2022 as set by Swansea Aquatics.

I declare that the above information is correct and agree to abide by the Meet conditions.

Parent/Guardian signature : _____

CLOSING DATE 11th FEBRUARY 2022

ENTRIES MUST BE SUBMITTED WITH FULL CLUB PAYMENT

NO ENTRIES WILL BE ACCEPTED WITHOUT PAYMENT

NO LATE ENTRIES WILL BE ACCEPTED

Entries to Karen Hewitt, c/o Swansea Aquatics, 29 Tirmynydd Road, Three Crosses, Swansea SA43PP



Spring Open Meet 2022

Saturday 12th & Sunday 13th March 2022

Wales National Pool, Swansea

Swimmers Name: _____

Swim Wales/ASA/Other : _____ D.O.B: _____

Age on Last Day of Meet (13/03/22): _____ Male/Female : _____

Club : _____ Classification : _____

Contact Telephone Number: _____

Contact Email Address: _____

Event	Event Number	Entry Time	Event	Event Number	Entry Time
50m Freestyle			200m Freestyle		
50m Butterfly			200m Butterfly		
50m Backstroke			200m Backstroke		
50m Breaststroke			200m Breaststroke		
100m Freestyle			200m I.M		
100m Butterfly			400m Freestyle		
100m Backstroke			400m I.M		
100m Breaststroke			800m Freestyle		
			1500m Freestyle		

Number of Events entered: _____ @ £7.50 per event

Total Payable: £ _____

Please note this form is a provisional entry only. Confirmation of entries will be generated after the closing date 11th February 2022 as set by Swansea Aquatics.

I declare that the above information is correct and agree to abide by the Meet conditions.

Parent/Guardian signature : _____

CLOSING DATE Monday 11th February 2022

ENTRIES MUST BE SUBMITTED WITH FULL CLUB PAYMENT

NO ENTRIES WILL BE ACCEPTED WITHOUT PAYMENT

NO LATE ENTRIES WILL BE ACCEPTED

Entries to Karen Hewitt, c/o Swansea Aquatics, 29 Tirmynydd Road, Three Crosses, Swansea SA43PP

Officials Details

Please fill in the details below and return with your completed entries and payment.

Title / Name					
Membership No		Club			
Contact Number / s					
E-mail					
Affiliated Club					
Qualification Please Indicate (Please insert a 'w' if you are on a workbook)	TK	J1	J2	J2S	Referee

Availability – please indicate the day and session you would be available to attend.

Session	Saturday	Sunday
1		
2		
3		

Thank you for supporting our event-it would not be possible without you!

Coach Pass Application Form (Coaches, Team Managers and Poolside Helpers)

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

- i. Swim Wales / ASA Number
- ii. DBS Number
- iii. Photograph

The only exception to the above requirements will be if all three 3 items are already lodged with Swim Wales. If these are already with Swim Wales, the name of the applicant will be sufficient and the remaining items will be obtained from Swim Wales.

Please complete the following:

1) Full Name: _____

2) Do you have a Swim Wales No., DBS No., and Photograph already with Swim Wales?

YES

NO

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

Swim Wales / ASA Number: _____

DBS Number: _____

Photograph Enclosed?

YES

NO

Payment Summary Sheet

Please complete the following Payment Summary Sheet and return with entries.

Contact Name and Tel. No: _____

Email Address: _____

Club: _____

Number of Coach Passes Required X £15 = £ _____

Total Number of Entries @ £7.50 per event = £ _____

Total Amount Enclosed: £ _____

Please enclose a single cheque to cover all the club's entries. This should be made payable to 'Swansea Aquatics'.

Alternatively, payment can be made via BACS to Swansea Aquatics:

SORT CODE: 20-51-32 ACCOUNT NUMBER: 50179817

In either case, payment should be returned with a copy of all entries no later than the

Closing date of Friday 11th February 2022.

Your return should include electronic entries and paper copies of entry forms.

These should be submitted to:

Karen Hewitt

c/o Swansea Aquatics

29 Tirmynydd Road

Three Crosses

Swansea

SA4 3PP

treasurer@swansea-aquatics.co.uk