



**ABERTILLERY**



**&**

# HEADS OF THE VALLEY SWIMMING CLUBS

## **GREATER GWENT** **FASTWATER OPEN MEET**

(Under FINA Technical Rules & Swim Wales Laws)

**16<sup>th</sup> Annual**

REGIONAL POOL, INTERNATIONAL SPORTS VILLAGE,  
NEWPORT. SOUTH WALES

**21<sup>st</sup> & 22<sup>nd</sup> OCTOBER 2023**

25M POOL, 8 LANE, ANTI WAVE LANE ROPES, ELECTRONIC TIMING

**All Strokes, 50m, 100m, 200m,  
400m FREE, 400m IM  
Plus Skins event.**

**LICENSE NUMBER:**

**Entries Close on 19th September 2023**

**There will be no programs for sale on the day of the meet.  
Please download the program from the organisers Web Sites.**

**HEADS OF THE VALLEY  
& ABERTILLERY SWIMMING CLUBS  
GREATER GWENT FASTWATER OPEN MEET 2023**

**Meet Information**

Ages as on the last day of meet (22nd October 2023).

**Age Groups (Main Competition) Level 2**

The following age groups for males and females:

Male :- 9/11, 12/13, 14/15 and 16/Over

Female :- 9/10, 11/12, 13/14 and 15/Over

**Events**

Freestyle 50m / 100m / 200m / 400m

Backstroke 50m / 100m / 200m

Breaststroke 50m / 100m / 200m

Butterfly 50m / 100m / 200m

Ind Medley 200m / 400m

**Skins Competition**

There will be skins events for the following age groups

Girls ages 10-12yrs & Girls age 13yrs plus (Sunday)

Boys ages 11-13yrs & Boys age 14yrs plus (Saturday)

Entries for the skins events will be chosen from the fastest eight times achieved in the 200 IM earlier that day. Strokes for the skins events will be chosen at random on the night. There will be a maximum of 2 competitors eliminated during each round.

**NOTE :-** Strokes for the skins events will be chosen by an official at the start of every skins race. All Four strokes will be placed into a bag at the start. There will be two sets, one for each age group.

The official will select one from the bag and that will be the stroke swum for the next race.

That stroke is not replaced and another stroke will be selected for subsequent races. The final race will be selected by placing all strokes back into the bag and the official selecting the final stoke for this race.

## Sessions

The program will take place over 6 sessions.

Session times will be confirmed following receipt of entries and notified to Clubs via e-mail.

Details will also be posted on the following web pages :

[www.hvsc.co.uk](http://www.hvsc.co.uk)

[www.abertilleryswimming.com](http://www.abertilleryswimming.com)

General enquiries can be made by e-mailing your queries to either of the above web links or [Greatergwent@gmail.com](mailto:Greatergwent@gmail.com)

## **Awards**

Awards will be made to the fastest 3 in each age group competition for all events.

Cash prizes will be made for the winner/runner up of the skins events.

## **Coach Passes**

Coach passes will be issued as per Promoter's Conditions. Only pass holders and officials will be allowed on poolside.

Coach passes purchased on the day, will cost £25 per weekend.

## **OFFICIALS**

Attending clubs are requested to provide at least one qualified official per session, and their details (together with their qualification) be forwarded with meet entry or directly to [lukehart.swim@gmail.com](mailto:lukehart.swim@gmail.com) Refreshments will be provided.

## Entries

Qualifying and Consideration times are attached.

Entries to events may have to be restricted.

It is the responsibility of each club to ensure that their swimmers' entries are accurate.

Random checks will be made against the current ASA ranking database.

Entry times may be submitted as either long or short course – no conversions will be carried out by the organisers.

Electronic entries will be available for this event.

Entries will not be entered into the system until payment is received in **Full**.

The entry fee will be :-

**£8.00** per event for electronic entries via Team Manager or TM lite

**NO PAPER ENTRIES WILL BE ACCEPTED FOR THIS MEET.**

**Note :-**

**TeamLite can be downloaded free of charge from**

<http://www.hy-tekLtd.com/downloads.html>

**Entries will be rejected for the following reasons:**

- They are received without the relevant fee.
- Incorrectly completed.
- Outside the consideration entry times.
- Received after the closing date of 19th September 2023.
- Entries submitted on **Papercopy**.
- All entries not accepted will be refunded in full except for the **above reasons**.

We are operating a single cheque/BACS system for both entry and refunds for each club, as per meet conditions.

**NOTE:-**

**NO REFUNDS** will be made on withdrawals from the event after the **CLOSING DATE**.

All forms must be completed in capitals as per Promoter's Conditions and sent to:-

**Phillip Jehu**

**4 Gwladys Street**

**Pant**

**Merthyr Tydfil**

**CF48 2AU**

e-mail :- [Phillipjehu@aol.com](mailto:Phillipjehu@aol.com)

**Electronic entries** to be sent to :- [Greatergwent@gmail.com](mailto:Greatergwent@gmail.com)

## Results

These will be posted on [www.hvsc.co.uk](http://www.hvsc.co.uk) & [www.abertilleryswimming.com](http://www.abertilleryswimming.com) web sites as soon as practicable after the event.

Results will be issued to SwimWales and the ASA Rankings after the event as per license conditions.

## **Facilities**

### **Spectators**

The spectator area may be cleared at the end of each session. All personal belongings are to be removed at the end of every session. This is to allow the area to be cleared of all unwanted debris. Entry for spectators will be 15 minutes after start of warm up (sessions 1 and 4). On the second day, weekend pass holders will be called to come through to reduce the congestion in the foyer, which is a prerequisite of the booking conditions.

### **Coaches / Chaperone Passes**

- £25.00 per weekend – Food Included (both days)

### **Car Parking**

There is a free car park with ample overflow car parks nearby.

### **Refreshments**

There is a cafeteria on site which sells snacks. Vending machines are also available for drinks. There is also a local cricket club where food and refreshments are available nearby.

**NOTE**:-The organisers have no control on the opening times for these facilities

### **Meet Contact**

The Meet Promoter will be in attendance throughout the Meet and may be contacted on:

**Name :- Phillip Jehu**

**E-Mail :- [Greatergwent@gmail.com](mailto:Greatergwent@gmail.com) or [Phillipjehu@aol.com](mailto:Phillipjehu@aol.com)**

Heads Of The Valley and Abertillery SC  
Greater Gwent Fastwater Open Meet 21<sup>st</sup> & 22<sup>nd</sup> October 2023.  
Age Group Qualifying And Consideration Times

	BOYS EVENTS							
	9/11yrs		12/13yrs		14/15yrs		16yrs+	
	CT	QT	CT	QT	CT	QT	CT	QT
50m Freestyle	47.8	35.9	42.9	32.1	41.5	29.1	40.6	28.3
100m Freestyle	01:48.0	1:17.8	01:37.2	1:08.9	01:31.2	1:03.1	01:27.6	1:01.2
200m Freestyle	03:58.7	2:48.8	03:41.2	2:30.1	03:27.5	2:17.2	03:22.5	2:13.2
400m Freestyle	08:53.0	5:53.3	08:21.8	5:16.4	07:55.8	4:50.1	07:44.1	4:42.1
50m Backstroke	55.6	41.2	46.9	36.5	43.8	33.1	42.1	31.9
100m Backstroke	02:03.6	1:27.6	01:46.8	1:17.3	01:40.8	1:09.8	01:40.8	1:07.8
200m Backstroke	04:33.7	3:06.9	04:10.0	2:45.9	03:53.7	2:30.4	03:50.0	2:26.5
50m Breaststroke	58.2	46.5	51.3	40.7	47.0	36.8	45.7	35.6
100m Breaststroke	02:18.0	1:40.1	02:03.6	1:27.4	01:58.8	1:19.1	01:54.0	1:16.6
200m Breaststroke	05:01.2	3:35.1	04:33.7	3:09.5	04:17.5	2:51.5	04:13.8	2:47.0
50m Butterfly	52.9	39.6	47.5	35.3	44.5	31.7	42.9	30.9
100m Butterfly	02:14.4	1:27.6	01:52.8	1:16.7	01:46.8	1:09.0	01:44.4	1:07.3
200m Butterfly	04:52.5	3:11.7	04:22.5	2:49.5	04:03.7	2:31.8	04:00.0	2:28.3
200m Ind Medley	04:41.3	3:11.0	04:20.0	2:50.4	04:07.5	2:34.3	04:05.0	2:30.3
400m Ind Medley	10:04.5	6:45.5	09:26.8	6:00.4	09:09.9	5:26.4	09:00.8	5:18.1

	GIRLS EVENTS							
	9/10yrs		11/12yrs		13/14yrs		15yrs+	
	CT	QT	CT	QT	CT	QT	CT	QT
50m Freestyle	48.5	38.5	43.7	34.7	42.5	32.4	41.5	31.7
100m Freestyle	01:45.9	1:24.6	01:39.3	1:14.3	01:36.0	1:09.5	01:34.4	1:08.3
200m Freestyle	04:05.7	3:00.4	03:47.5	2:39.9	03:39.5	2:29.6	03:32.3	2:26.6
400m Freestyle	09:20.9	6:22.2	08:41.5	5:33.0	08:18.3	5:12.5	08:08.9	5:06.2
50m Backstroke	57.1	43.8	49.4	39.3	46.7	36.5	45.2	35.9
100m Backstroke	02:00.0	1:35.2	01:54.0	1:22.7	01:49.2	1:17.0	01:46.6	1:15.3
200m Backstroke	04:49.1	3:21.8	04:21.3	2:56.3	04:08.5	2:44.8	04:04.1	2:41.1
50m Breaststroke	01:02.3	50.0	55.2	44.0	51.3	40.8	49.1	39.8
100m Breaststroke	02:24.0	1:48.8	02:08.9	1:34.4	02:02.2	1:26.5	02:01.0	1:25.1
200m Breaststroke	05:12.6	3:51.5	04:47.0	3:22.4	04:31.8	3:06.7	04:29.3	3:03.5
50m Butterfly	55.3	42.4	49.8	37.9	47.1	35.2	46.8	34.4
100m Butterfly	02:02.4	1:36.0	01:54.1	1:22.4	01:49.6	1:16.3	01:47.5	1:15.1
200m Butterfly	04:47.3	3:32.8	04:29.6	3:00.7	04:18.5	2:46.7	04:16.6	2:43.0
200m Ind Medley	05:01.4	3:25.6	04:31.5	3:00.6	04:23.7	2:48.7	04:20.4	2:45.5
400m Ind Medley	10:48.3	7:19.7	09:55.6	6:19.9	09:38.7	5:53.8	09:30.5	5:47.3

CT: Consideration time

QT: Qualifying Time

**Note :- If a swimmer has a time faster than the QT time, they will be guaranteed entry.**

**HEADS OF THE VALLEY AND ABERTILLERY  
SC GREATER GWENT FASTWATER OPEN  
MEET 2 1<sup>st</sup> & 22<sup>nd</sup> October 2023  
PROGRAM OF EVENTS**

***DAY 1***

<b><u>SESSION 1</u></b>						
<b><u>Event#</u></b>	<b><u>Distance</u></b>	<b><u>Stroke</u></b>	<b><u>Sex</u></b>	<b><u>Age Groups</u></b>	<b><u>Type</u></b>	
11	400	Freestyle	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
12	200	Butterfly	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
13	50	Freestyle	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
14	50	Backstroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
15	200	Backstroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
16	100	Freestyle	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age

**SESSION 2**

<b><u>Event#</u></b>	<b><u>Distance</u></b>	<b><u>Stroke</u></b>	<b><u>Sex</u></b>			
21	200	IM	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
22	400	IM	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
23	100	Butterfly	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
24	50	Butterfly	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
25	50	Breaststroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
101	50	SKINS	Male	10-13yrs & 14yrs plus	Final	Age

**SESSION 3**

<b><u>Event#</u></b>	<b><u>Distance</u></b>	<b><u>Stroke</u></b>	<b><u>Sex</u></b>			
31	200	Freestyle	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
32	200	Breaststroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
33	100	Breaststroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
34	100	Backstroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age

**HEADS OF THE VALLEY AND ABERTILLERY  
SC GREATER GWENT FASTWATER OPEN  
MEET 2 1<sup>st</sup> & 22<sup>nd</sup> October 2023  
PROGRAM OF EVENTS**

***DAY 2***

<b><u>SESSION 4</u></b>						
<b><u>Event#</u></b>	<b><u>Distance</u></b>	<b><u>Stroke</u></b>	<b><u>Sex</u></b>	<b><u>Age Groups</u></b>	<b><u>Type</u></b>	
41	400	Freestyle	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
42	200	Butterfly	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
43	50	Freestyle	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
44	50	Backstroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
45	200	Backstroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
46	100	Freestyle	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age

**SESSION 5**

<b><u>Event#</u></b>	<b><u>Distance</u></b>	<b><u>Stroke</u></b>	<b><u>Sex</u></b>			
51	200	IM	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
52	400	IM	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
53	100	Butterfly	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
54	50	Butterfly	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
55	50	Breaststroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
111	50	SKINS	Female	10-12yrs & 13yrs plus	Final	Age

**SESSION 6**

<b><u>Event#</u></b>	<b><u>Distance</u></b>	<b><u>Stroke</u></b>	<b><u>Sex</u></b>			
61	200	Freestyle	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
62	200	Breaststroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
63	100	Breaststroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
64	100	Backstroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age



**HEADS OF THE VALLEY AND ABERTILLERY SWIMMING CLUBS**  
**GREATER GWENT FASTWATER OPEN MEET**  
Promoters Conditions

The meet will be held under FINA Technical Rules and Swim Wales Laws, and has been licensed by Swim Wales as a Level 2 meet for entry into National Competitions and Championships.

The Licence Number **XXXXXX**- Age Group Event - **Level 2**

There will be over the top starts where the referee and promoter feel it is appropriate. The achievement of the standard of the Competitive Start Award is essential before swimmers are permitted to perform racing dives in competition.

Events will take place as shown on the attached programme of events.

The Promoter reserve the right to amend the programme of events and to restrict entries to comply with meet licencing rules. Should these changes be necessary, clubs will be notified via e-mail and meet web page.

Electronic entries to be made using TM Lite or TM files, together with payment before/on the closing date. The club closing date will be 19th September 2023. Entries received after this time cannot be guaranteed for consideration.

The entry fee will be **£8.00** per event for electronic entries (TM lite or TM). This meet will be requiring a single cheque to be made payable to "Blaenau Gwent Open" from each participating club for entries. Any returned entries fees will be issued via a single cheque.

A cardless entry system will be in operation. All events are Heat Declared Winners (HDW), except for the skins events. There is strictly no diving until instructed to do so. Swimmers are to exit the pool at the sides. All competitors must be a member of an affiliated club or amateurs defined by Swim Wales.

This will be a **paperless meet** and as such there will be limited printed programmes available to purchase at the meet. Programmes will be first come first served. The meet organiser will produce a master copy of the program and display at the venue. There will be an opportunity to print the complete program prior to the event from the organisers web sites. Also, the complete program will be e-mailed to the competition secretary of each club attending.

Attending clubs are requested to provide at least one qualified official per session. Officials on workbooks will not be excluded. Expenses can be claimed for a minimum of two or more sessions per day. Maximum claimable for all weekend is £50.00 or at the discretion of the meet manager. This is for all officials and volunteer's helping out at the event.

Coaches/Chaperone Passes will include start sheets and programmes. A two-day pass will cost £25 with food. All requests for passes are to be accompanied with DBS verification and Photograph. Passes must be displayed at all times.

Passes will be available on the day at a cost of £25 per weekend (Food Option not available). Two form's of ID are required, one of which must be a current **DBS, the other photo ID.**

Coaches / Chaperones will be responsible for Swimmers making themselves available for marshalling. Failure to do so is not the responsibility of the meet organiser and a late swimmer will forfeit his/her swim if their heat has been swum.

All valuables, clothing and items of importance left within the building will be the owners' risk entirely. Individual teams / coaches will be responsible for their own swimmers and members in all areas within the building and outside at all times.

### **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 / or the Normal Operating Procedures & Emergency Action Plan for the facility hired for this meet. Any emergency will be under the control of the facility management and all at the meet to follow their advice at all times.

### **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.

The Promoter reserves the right to remove anyone from the building for misconduct and Unacceptable behaviour. The Governing Body will be informed after the event.

### **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).

Swimmers who have not attained the standard of the Competitive Start Award must lower themselves into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.

### **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, wrist bands, ear-rings (except studs), and rings (except wedding bands).

### **Video and Photography.**

Anyone wishing to use video equipment, still cameras or mobile phones with camera facilities, must apply for a camera pass before entering the spectator's gallery. You will be asked to provide identification. Camera pass to be always on display when using photographic equipment. This includes; but is not limited to:-

Still cameras, Cine Cameras, Video cameras Camera / video enabled mobile phones and Camera enabled PDA's

On accepting the promoter's conditions – Photographs taken by any 'Professional Photographer' may be used for promotional purposes.

**NB: Please note that camera equipment as indicated above cannot be used in the changing village.**

### **Data Protection**

Both Clubs as hosts of this Meet will be using Computers to record entries and results. By the submission of entries and accepting these conditions, consent is hereby given to the holding of personal information on computer(s). (As required under the Data Protection Act 1984) e.g. name, club, and date of birth and times. This information may be published following the Meet.

The Promoter reserves the right to amend or remove any of the meet information or any of the above conditions.

**THE PROMOTER'S DECISION IS FINAL**