



City of Swansea Aquatics Spring Long Course Open Meet 2023

Level 1 Licensed Meet
License Number: 1WL230125
(Under FINA Technical Rules and Swim Wales Laws)

Wales National Pool Swansea

Saturday 11th March 2023
Sunday 12th March 2023

Closing Date: 13th February 2023

EVENT INFORMATION AND ENTRY PACK

Please note that each event in this competition has a consideration 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 time in each age group will be scratched and their entry fee will be refunded. Swimmers who submit NO TIME will NOT be accepted.

EVENT SCHEDULE

SATURDAY 11th March 2023	SUNDAY 12th March 2023
SESSION 1	SESSION 4
101 BOYS 200M BACKSTROKE	401 GIRLS 200M BACKSTROKE
102 GIRLS 100M BUTTERFLY	402 BOYS 100M BUTTERFLY
103 BOYS 50M FREE	403 GIRLS 50M FREE
104 MIXED 800M FREE (sign-in required)	404 MIXED 1500M FREE (sign-in required)
105 GIRLS 200M BREASTSTROKE	405 BOYS 200M BREASTSTROKE
106 BOYS 200IM	406 GIRLS 200IM
SESSION 2	SESSION 5
201 GIRLS 200M FREE	501 BOYS 200M FREE
202 BOYS 50M BACKSTROKE	502 GIRLS 50M BACKSTROKE
203 GIRLS 50M BUTTERFLY	503 BOYS 50M BUTTERFLY
204 BOYS 400M FREE(sign-in required)	504 GIRLS 400M FREE (sign-in required)
205 GIRLS 100M BACKSTROKE	505 BOYS 100M BACKSTROKE
SESSION 3	SESSION 6
302 BOYS 100M FREESTYLE	602 GIRLS 100M FREESTYLE
303 GIRLS 400IM (sign-in required)	603 BOYS 400IM (sign-in required)
304 BOYS 200M BUTTERFLY	604 GIRLS 200M BUTTERFLY
305 GIRLS 50M BREASTSTROKE	605 BOYS 50M BREASTSTROKE
306 BOYS 100M BREASTSTROKE	606 GIRLS 100M BREASTSROKE

CONSIDERATION TIMES

FEMALE								
		11	12	13	14	15	16	17& Over
50 Free	CT	00:39.90	00:36.70	00:35.90	00:34.80	00:33.50	00:33.40	00:32.90
100 Free	CT	01:22.80	01:18.90	01:16.50	01:13.90	01:11.80	01:09.70	01:06.80
200 Free	CT	02:56.80	02:47.90	02:40.30	02:36.10	02:31.40	02:26.60	02:23.40
400 Free	CT		05:40.80	05:33.00	05:22.20	05:13.60	05:05.80	04:58.40
800 Free	CT		11:35.00	11:23.90	10:53.50	10:40.70	10:31.20	10:17.20
1500 Free	CT		22:29.90	21:39.60	20:59.60	20:15.80	19:51.90	19:40.80
50 Breast	CT	00:51.20	00:46.60	00:43.50	00:42.80	00:39.90	00:38.80	00:37.90
100 Breast	CT	01:48.30	01:40.20	01:36.30	01:33.90	01:30.50	01:28.30	01:24.50
200 Breast	CT	03:45.20	03:33.40	03:21.50	03:13.70	03:09.70	03:05.00	02:57.90
50 Fly	CT	00:43.50	00:40.70	00:38.60	00:36.10	00:34.90	00:33.80	00:32.40
100 Fly	CT	01:33.80	01:28.10	01:23.70	01:20.90	01:17.10	01:15.90	01:11.70
200 Fly	CT	03:30.80	03:10.80	02:59.90	02:51.90	02:48.60	02:44.10	02:37.90
50 Back	CT	00:46.00	00:43.30	00:40.90	00:38.70	00:36.60	00:34.20	00:32.90
100 Back	CT	01:37.50	01:29.10	01:26.70	01:23.40	01:20.10	01:17.40	01:13.20
200 Back	CT	03:25.80	03:09.70	02:58.30	02:52.30	02:47.80	02:40.50	02:37.60
200IM	CT	03:22.60	03:12.80	03:06.00	02:56.50	02:50.90	02:45.20	02:41.10
400IM	CT		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

CONSIDERATION TIMES

MALE								
		11	12	13	14	15	16	17& Over
50 Free	CT	00:38.90	00:36.20	00:32.50	00:31.70	00:29.90	00:29.00	00:28.30
100 Free	CT	01:22.70	01:15.60	01:13.50	01:09.80	01:06.40	01:03.80	00:59.90
200 Free	CT	02:47.80	02:41.50	02:31.90	02:26.90	02:22.40	02:16.10	02:08.90
400 Free	CT		05:35.00	05:20.00	05:09.90	05:02.60	04:49.70	04:45.20
800 Free	CT		11:20.60	11:05.00	10:39.70	10:07.00	09:43.60	09:15.40
1500 Free	CT		22:51.50	21:52.90	20:31.50	19:28.90	18:47.20	18:07.00
50 Breast	CT	00:49.70	00:47.60	00:45.30	00:42.00	00:38.80	00:36.80	00:34.90
100 Breast	CT	01:43.70	01:40.20	01:34.70	01:27.50	01:22.30	01:19.00	01:16.90
200 Breast	CT	03:36.20	03:34.40	03:25.20	03:09.70	02:59.80	02:52.90	02:47.80
50 Fly	CT	00:41.20	00:40.30	00:38.90	00:36.50	00:33.70	00:31.90	00:30.10
100 Fly	CT	01:30.10	01:28.60	01:24.20	01:17.20	01:11.70	01:09.10	01:04.90
200 Fly	CT	03:14.90	03:11.90	03:00.90	02:49.90	02:38.90	02:33.20	02:25.60
50 Back	CT	00:43.10	00:42.50	00:40.20	00:36.70	00:34.90	00:33.00	00:31.90
100 Back	CT	01:31.90	01:29.80	01:24.40	01:17.80	01:12.40	01:09.90	01:06.10
200 Back	CT	03:10.50	03:07.50	02:58.60	02:45.90	02:36.40	02:30.70	02:26.10
200IM	CT	03:12.80	03:10.90	03:01.10	02:48.00	02:39.30	02:34.80	02:28.90
400IM	CT		06:03.80	05:58.90	05:47.20	05:36.20	05:24.40	05:19.10

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, Swansea SA2 8QG
POOL	8 Lane – 50m pool – electronic timing – with anti-turbulence lane ropes A swim down facility may 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, 17yrs & over Female 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17yrs & over Note: The minimum age is 12yrs for entry to the 1500m freestyle, 800m freestyle, 400m freestyle and 400IM events.
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 time in the designated events set out in this meet pack. They can only enter the events listed on the qualifying time page.
AGE	The age of competitors will be taken as 31 st December 2023.
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	£8.00 per event entry. Full payment must accompany entries.
CLOSING DATE	Friday 13 th February 2023 (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. There will a spectator entry fee.
PROGRAMME	Available online. Details to follow.
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 onsite café will be confirmed prior to the commencement of the competition.
ELECTRONICS	Daktronics 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	Medals will be awarded to the first three places in each age group. The age groups for the events are detailed in the meet pack.
SIGN INS	<p>Sign in sheets will be used for the 400m, 800m and 1500m events. Swimmers MUST sign in to confirm that they are swimming BEFORE the start of warm up of the session the event is in. (Eg: Event 104 Mixed 800m freestyle must sign in before the start of warm up for Session 1)</p> <p>Sign in will close at precisely the start of each warm-up. FAILURE to sign in on time will mean the swimmer is removed from the event and their entry fee is forfeited.</p> <p>Swimmers will sign in at the Sign-In Desk under the scoreboard. SWIMMERS WHO HAVE NOT SIGNED IN CANNOT REPORT TO MARSHALLING</p>
WITHDRAWALS	No refund for entry fees will be made for withdrawals after the closing date (13 th February 2023) unless supported with a doctor's note. Where a medical withdrawal is necessary, the doctor's note will be accepted until midday on the day before the start of the meet. Withdrawals after this time will not be considered for refunds. No refunds will be given other than on medical grounds.
MARSHALLING	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	<p>In addition to providing a real time results service, the meet results will be posted on the Swansea Aquatics website (www.swansea-aquatics.co.uk) Results will also be passed to Swim Wales and the ASA for their reference and inclusion in rankings.</p> <p>For clubs using Hy-Tek or other software systems, a complete electronic copy of the meet results can be sent to the clubs attending the meet when the meet has concluded.</p>
CAMERAS	<p>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. NO FLASH photography is permitted.</p> <p>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.</p>

MEET OFFICE

The meet office is located on the upper floor. An Information Table will be available for spectators at the main entrance foyer.

DATA PROTECTION

Submission of entries implies consent to the holding of any personal data collected and used by City of Swansea Aquatics in accordance with the Data Protection Act 1998 and General Data Protection Regulations (GDPR) May 2018. These details may be made public, during and after the meet. All data will be recorded privately, securely stored and disposed of when no longer needed. You have the right view your personal data and request its deletion under GDPR.

POOL PASSES

Cost £15 per application (required for poolside access) Applicants (coaches, TMs) must have a valid DBS and membership number. Passes include full event access, event accreditation, seeded programme and light refreshments (does not include parking). Each club may apply for an initial 2 passes. Poolside passes are intended for use for the named individual only; misuse may result in the removal of the pass.

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

ENTRIES

Consideration times will be applied. Age Group entry times must be equal or faster than the CT. Times outside these limits, and entries with No Time submitted will be rejected. Times must be fastest long course time on British Rankings or short course time converted to long course time – whichever is faster.

ESTIMATED TIMES ARE NOT PERMITTED.

Entry times must have been obtained at a licensed meet, and random checks will be made. City of Swansea Aquatics 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 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

Electronic entries should be emailed to the above address and include an entry report, completed payment summary sheet and 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 poolside application form.

**ENTRIES
(continued)**

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

**CONFIRMED
ENTRIES**

If, however, there are spare lanes in the first heats of any events, the promoter may allow additional swimmers who are already entered into the meet, to swim in those empty lanes, as long as they have reached the relevant consideration times.

It is the responsibility of the entering club and/or swimmer to check the confirmed entry list and inform event management (meets.swanseaaquatics@gmail.com) of discrepancies or errors. This must be raised within 72 hours of the confirmed entries being published. Confirmed entries will be sent to the contact email address on the Payment Summary Sheet returned with entries.

OFFICIALS

In order to run a licensed meet at Level 1, a lot of help is required. City of Swansea Aquatics would be extremely grateful if your club have licensed officials who would be prepared to help out during the meet. If you have any officials, level J1 or J2 or above, please complete the form within the meet pack and return with your club 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 club's discretion. The referee's 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 attendees 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.

HEALTH & SAFETY

Competitive Start – Swimmers must have attained the standard Competitive Start Award in order to start from the blocks (this is the responsibility of the 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, earrings (except small 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.



MULTI CLASSIFICATION Entry Form May LC Open Meet 2023

Swimmer's Name: _____ M/F _____

Swim Wales/Swim England/Other Number: _____ D.O.B _____

Age on 31st Dec 2023: _____ Club: _____

Contact Number: _____ Contact Email: _____

Classification: _____

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: _____ @ £8.00 per event

Total Payable:£ _____

Please note this form is a provisional entry only. Confirmation of entries will be generated after the closing date 13th February 2023 as set out by City of Swansea Aquatics.

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

Parent/Guardian signature: _____

CLOSING DATE FRIDAY 13th FEBRUARY 2023
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

Email treasurer@swansea-aquatics.co.uk



Officials Details

Please fill in this form and email to meets.swanseaaquatics@gmail.com

Title / Name					
Swim Wales Swim England Other Membership		CLUB			
Contact Number					
Email					
Affiliated Club					
Qualification Please Indicate (please insert 'w' if you are on a workbook)		J1	J2	J2S	Referee

Availability – Please indicate the day(s) and session(s) you would be available to attend

SESSION	Saturday 11 th March	SESSION	Sunday 12 th March
1		4	
2		5	
3		6	

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

Poolside 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/Swim England/Other Number
- ii. Photograph

Please complete the following:

- 1) Full Name: _____
- 2) Swim Wales/Swim England/Other Number: _____
- 3) Position (coach, TM, poolside helper) _____
- 4) Club: _____
- 5) 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 Poolside Passes required: x £15 = £ _____

Total Number of Entries @ £8.00 per event = £ _____

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

REFERENCE: Please use SASP23 followed by your four-digit team code
Eg: City of Swansea Aquatics would be "SASP23SWAY"

In either case, payment should be returned with a copy of all entries no later than the **closing date of Friday 13th February 2023**

Your return should include electronic entries and paper copies of entry forms (Multi Class only).

These should be submitted to:

Karen Hewitt
c/o Swansea Aquatics
29 Tirmynydd
Three Crosses
Swansea
SA4 3PP

treasurer@swansea-aquatics.co.uk

PLEASE REMEMBER WE NEED THE HELP OF YOUR OFFICIALS