



## **LEVEL 3 NEW YEAR LONG COURSE OPEN MEET** **Saturday 7<sup>th</sup> and Sunday 8<sup>th</sup> January 2023**

Licence number 2WL230006

**Cardiff International Pool - CF11 0JS**

**ENTRIES WILL CLOSE MIDNIGHT Friday 2<sup>nd</sup> December 2022**

**All session Times will be confirmed after the closing date**  
**(Estimated times are 8.30am warm up 12.30pm warm up and 3.30pm warm up)**

(Under FINA Technical Rules and Swim Wales Laws)

Level 3 for entry into local and regional competitions. 50m, 10 lane pool with anti-wave ropes and electronic timing. Large spectator seating area and spacious Cafeteria.

**All events from 50m to 400m**  
**All events are heat declared winners**  
**All events are subject to entry times being achieved.**  
**Club entries of over 5 to be via HY-TEK entry file**  
**(see website for details)**  
**Clubs are kindly requested to provide officials to assist us**  
**in the smooth running of the Meet.**

**Age as of 7<sup>th</sup> January 2023**

Open meet information/entry pack can be downloaded from the website  
[www.rctperformanceswimsquad.co.uk](http://www.rctperformanceswimsquad.co.uk) or e-mail us at [gala@rctperformanceswimsquad.co.uk](mailto:gala@rctperformanceswimsquad.co.uk)

Entries will be on a "first come, first served" basis.  
Entry Fee - £8.00 per event



## PROGRAMME OF EVENTS

### Cardiff International Pool - CF11 0JS

**SATURDAY 7<sup>th</sup> January 2023**

Session 1			
Event No	Event	Gender	Ages
1	400m Freestyle	Female	11&12yrs, 13&14yrs, 15/over
2	400m IM	Male	11&12yrs, 13&14yrs, 15/over
3	200m Breaststroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
4	50m Butterfly	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
5	100m Backstroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
Session 2			
Event No	Event	Gender	Ages
6	50m Backstroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
7	200m Freestyle	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
8	200m IM	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
9	50m Breaststroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
10	100m Butterfly	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
Session 3			
Event No	Event	Gender	Ages
11	200m Butterfly	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
12	200m Backstroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
13	100m Breaststroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
14	100m Freestyle	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
15	50m Freestyle	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over

## PROGRAMME OF EVENTS

### Cardiff International Pool - CF11 0JS

**Sunday 8<sup>th</sup> January 2022**



Session 4			
Event No	Event	Gender	Ages
16	400m Freestyle	Male	11&12yrs, 13&14yrs, 15/over
17	400m IM	Female	11&12yrs, 13&14yrs, 15/over
18	200m Breaststroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
19	50m Butterfly	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
20	100m Backstroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
Session 5			
Event No	Event	Gender	Ages
21	50m Backstroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
22	200m Freestyle	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
23	200m IM	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
24	50m Breaststroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
25	100m Butterfly	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
Session 6			
Event No	Event	Gender	Ages
26	200m Butterfly	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
28	200m Backstroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
28	100m Breaststroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
29	100m Freestyle	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
30	50m Freestyle	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over



**Long Course Meet 2023**  
**Entrants must be slower than the cut off times – Female**

Event		9/10	11	11/12	13	13/14	15+	16	17+
<b>50 FC</b>	Slower Than	33.50		29.0		28.00	26.74		
<b>100 FC</b>	Slower Than	1.08.00		1.02.64		59.94	57.36		
<b>200 FC</b>	Slower Than	2.23.00		2.14.88		2.09.06	2.01.85		
<b>400 FC</b>	Slower Than	N/A		4.43.2		4.31.06	4.21.59		
<b>50 BC</b>	Slower Than	39.00		34.50		32.50	30.00		
<b>100 BC</b>	Slower Than	1.19.00		1.11.3		1.07.85	1.04.26		
<b>200 BC</b>	Slower Than	2.47.00		2.34.32		2.26.87	2.21.84		
<b>50 BRS</b>	Slower Than	42.00		38.00		37.00	34.50		
<b>100 BRS</b>	Slower Than	1.24.00		1.19.89		1.16.96	1.12.33		
<b>200 BRS</b>	Slower Than	3.05.00		2.51.67		2.44.13	2.36.74		
<b>50 Fly</b>	Slower Than	37.00		33.00		30.50	30.00		
<b>100 Fly</b>	Slower Than	1:16.00		1.09.28		1.05.25	1.03.43		
<b>200 Fly</b>	Slower Than	2.40.00		2.35.79		2.24.06	2.20.60		
<b>200 IM</b>	Slower Than	2.41.00		2.31.56		2.25.02	2.21.29		
<b>400 IM</b>	Slower Than	N/A		5.20.72		5.06.73	5.00.71		



**Long Course Meet 2023**  
**Entrants must be slower than the cut off times – Male**

Event		9/10	11	11/12	13	13/14	15+	16	17+
<b>50 FC</b>	Slower Than	33.00		28.50		25.70	24.13		
<b>100 FC</b>	Slower Than	1.06.00		1.00.99		55.67	53.21		
<b>200 FC</b>	Slower Than	2.21.00		2.10.32		1.59.22	1.54.32		
<b>400 FC</b>	Slower Than	N/A		4.39.12		4.16.81	4.00.58		
<b>50 BC</b>	Slower Than	37.50		33.50		30.00	28.00		
<b>100 BC</b>	Slower Than	1:16.00		1.09.38		1.02.73	59.03		
<b>200 BC</b>	Slower Than	2.35.00		2.26.52		2.11.15	2.06.45		
<b>50 BRS</b>	Slower Than	40.00		37.00		33.5	29.5		
<b>100 BRS</b>	Slower Than	1.26.00		1.17.19		1.10.94	1.04.36		
<b>200 BRS</b>	Slower Than	2.58.00		2.51.32		2.34.76	2.21.95		
<b>50 FLY</b>	Slower Than	36.00		31.00		28.00	26.00		
<b>100 FLY</b>	Slower Than	1:13.00		1.08.00		1.00.18	56.19		
<b>200 FLY</b>	Slower Than	2.37.00		2.30.61		2.15.60	2.04.07		
<b>200 IM</b>	Slower Than	2.37.00		2.32.92		2.20.07	2.12.22		
<b>400 IM</b>	Slower Than	N/A		5.18.28		4.52.36	4.34.81		



## **General Event Information**

### **ENTRIES**

All entries to be submitted online via Hy-Tek The summary of entries should be sent together with one Club cheque made payable to **RCT Performance Swim Squad**

**Bacs payment sort code 30 91 18 account 02563840**

Entries will be rejected for the following reasons: They are received without the relevant fee, incorrectly completed, Improved entry times, Received after the closing date

### **ENTRY FEES**

£8 per event

Weekend coaches pass £20 to includes lunch and refreshments

**MARSHALLING** Swimmers must make themselves available for marshalling as soon as advised by the public address system. It is the club coaches and the swimmers own responsibility to make sure they report to marshalling at an appropriate time. Once in marshalling swimmers are under the direction of the marshals and must remain within the marshalling area. Marshals will not search for swimmers who fail to initially respond to marshalling or who leave the marshalling area before the start of their race.

**OFFICIALS** Visiting clubs are requested to provide at least one qualified official per session, and their details (together with their qualification) should be forwarded with the entry information. Meals and refreshments will be provided.

**MEDALS** Medals will be awarded for top three places in each age group.

### **Spectator Admission Charges**

£15.00 for a weekend pass £10.00 per day £5.00 per session

Electronic programmes will be available as a download free of charge. There will be a very limited number of weekend programs to purchase subject to availability.

### **CAR PARKING**

There is free car parking please car share if possible

**REFRESHMENTS** There is a coffee shop on site. There are also vending machines and Morrisons is near by

### **MEET CO-ORDINATOR**

A meet coordinator will be available for the duration of the event and can be contacted on 07989453376

**SWIM DOWN** Unfortunately there is no swim down facility

**MOBILE PHONES - CAMERA USE** see attached policy

**Health and safety** please refer to attached



**PAYMENT FORM**

<b>Club</b>	
<b>Contact Address</b>	
<b>Tel:</b>	
<b>E-Mail</b>	

	<b>Number of swimmers/events</b>	<b>Total payment</b>
<b>Individual events entered @ £10 per event</b>		
<b>Coaches passes @ £20</b>		
<b>Total</b>		

**Bacs payment to RCT performance Swim Squad  
Sort code 30 91 18 Account number 02563840**

Please e-mail completed summary form, Hy-Tek files and reports (Details of Bacs payment and event entries) to [gala@rctperformanceswimsquad.co.uk](mailto:gala@rctperformanceswimsquad.co.uk)

Email : [gala@rctperformanceswimsquad.co.uk](mailto:gala@rctperformanceswimsquad.co.uk)

I confirm all swimmers are current members of Swim Wales/ ASA / Scottish Swimming, or a member of a FINA affiliated Country and have paid the appropriate membership fee.

I declare that only our team members who have reached the standard of the ASA 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: .....



## New Year Long Course Open Meet Paper Entry Form

**Name:** \_\_\_\_\_ **Club:** \_\_\_\_\_

**Male/Female D.O.B** \_\_\_\_\_ **Age at (last day of Meet)** \_\_\_\_\_ **WASA** \_\_\_\_\_

Total number of entries @ £8 No: \_\_\_\_\_ Total £'s: \_\_\_\_\_

**Note:** This form should be completed for each individual swimmer where Hy-Tek files are not available and less than 6 swimmers are being entered. Entry forms should be sent with a completed payment form as per the payment form instruction.

Session 1			
Event No	Event	Gender	Entry Time
1	400m Freestyle	Female	
2	400m IM	Male	
3	200m Breaststroke	Female	
4	50m Butterfly	Male	
5	100m Backstroke	Male	
Session 2			
Event No	Event	Gender	Entry Time
6	50m Backstroke	Female	
7	200m Freestyle	Male	
8	200m IM	Female	
9	50m Breaststroke	Male	
10	100m Butterfly	Female	
Session 3			
Event No	Event	Gender	Entry Time
11	200m Butterfly	Male	
12	200m Backstroke	Female	
13	100m Breaststroke	Male	
14	100m Freestyle	Female	
15	50m Freestyle	Male	
Session 4			
Event No	Event	Gender	Entry Time
16	400m Freestyle	Male	
17	400m IM	Female	
18	200m Breaststroke	Male	
19	50m Butterfly	Female	
20	100m Backstroke	Female	
Session 5			
Event No	Event	Gender	Entry Time
21	50m Backstroke	Male	
22	200m Freestyle	Female	
23	200m IM	Male	
24	50m Breaststroke	Female	
25	100m Butterfly	Male	
Session 6			
Event No	Event	Gender	Entry Time
26	200m Butterfly	Female	
28	200m Backstroke	Male	
28	100m Breaststroke	Female	
29	100m Freestyle	Male	
30	50m Freestyle	Female	





## Coach / Team Managers Weekend Pass

**Club Name** \_\_\_\_\_

Name	Address	Role eg coach/ team manager	WASA Number	DBS Number

**£20** made payable to 'RCT Performance Swim Squad' for EACH pass required. The pass includes lunch and refreshments. Passes will not be available to purchase on the day they must be purchased in advance. There will be No access to the changing village or poolside without a coach pass.

**Please include a passport size photo for each coach/chaperone pass**

All completed forms to be returned to: Email : [gala@rctperformanceswimsquad.co.uk](mailto:gala@rctperformanceswimsquad.co.uk)



### **Camera use Video and Photography.**

- a) Swim Wales is aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of a child/children which may present a risk of harm to the child/children concerned.
- b) The use of such equipment is difficult to control but we can all be vigilant. If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team present on site.
- c) Swim Wales may use photographs taken at this event as promotional material and used across public forums including our website and social media accounts.
- d) Should you wish to refuse photographic permission please contact the event management team on site.
- e) The full Swim Wales photography guidance policy can be found on the Swim Wales website  
<http://www.swimwales.org/key-documents/events/swim-wales/photographic-policy>

**This meet is also subject to the pools own photographic policy information which will be available on the day at the help desk. At the time of going to licencing parents and coaches wishing to take photographs need to register with the main reception desk at the pool.**



### **HEALTH & SAFETY**

- a) All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.
- b) It is the responsibility of the swimmer and/or parent/guardian/coach to declare to the referee any disability or medical condition that could present a health or safety risk.
- c) If such a disability or medical condition exists, swimmers must produce a medical note confirming that their participation presents no health or safety problems.
- d) Footwear **MUST** be worn on poolside, on the Balcony and throughout the building.
- e) The Front 5 rows on the Balcony will be for swimmers – spectators are not allowed in this area.
- f) Swimmers are advised not to use the elevators without an adult.
- g) Stairways on the Balcony are to be kept **CLEAR** at **ALL TIMES** and should not be used to sit on.
- h) An anticlockwise one way system will be in force on the poolside
- i) The health, safety and wellbeing of all swimmers, officials, volunteers, spectators and visitors is paramount – all Health and Safety rules / regulations/ requirements must be complied with at all times.
- j) A full risk assessment will be carried out in accordance with the Swim Wales Meet License Report Pack.
- k) A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet is available from the duty manager throughout the duration of the Meet. 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.
- l) Unacceptable Behaviour:  
Behaviour 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.
- m) 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.
- n) 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).  
RCT Performance swim squad will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.
- o) Sufficient Pool Accreditation will be available for clubs to maintain adequate supervision of their athletes (As a guide, a ratio of 1:10 should be considered as the minimum required where athletes
  
- p) By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited professional photographer may be used for promotional purposes by RCT performance Swim Squad or partner organisations
  
- q) Swimmers are warned that doping controls may take place during this competition and by submitting entries, swimmers/parents/guardians are thereby giving consent to any random control methods. Further information can be found at [www.100percentme.co.uk](http://www.100percentme.co.uk)



## Promoters Conditions

1. The meet will be swam under the following rules and conditions: FINA Technical Rules and Swim Wales Laws.
2. All entrants must be members of an Affiliated club, amateurs as defined by Swim Wales Laws and hold a valid Swim Wales/ASA membership number.
3. The promoters reserve the right to limit entry in the interests of safety and timely completion of the meet.
4. Over the top starts will, where necessary or appropriate, be used during this meet.
5. Entries should be submitted electronically using Hy-Tek Team Manager software. The events file for input into TM is available upon request from RCT Performance Swim Squad No entries will be accepted without the correct full payment.
6. **All entries must also include a payment summary sheet, completed coach/chaperone accreditation forms where appropriate and a SAE of at least A5 for return of confirmed entries and the timetable. Or email address**
7. Age groups 9/10,11/12,13/14,15 over Upper cut off times apply
8. Age is at the last day of the meet.
9. No swimmer may enter events "Out of Age".
10. All withdrawals must be notified to the gala secretary via email no later than 5pm the day before the competition.
11. Coach's/chaperone passes will include refreshments and a weekend programme. All applications for this pass must include WASA/ASA number and DBS check details for verification and a passport sized photo. **Passes must be worn at all times when poolside or in the changing rooms.** The closing date for passes is the same as for entries, and passes will not be available on the day of the meet. Coaches/chaperone's without a valid pass will not be permitted poolside or allowed into the changing rooms.
12. **Visiting clubs are requested to provide at least one qualified official per session, and their details (together with their qualification) should be forwarded with entry information. Refreshments will be provided.**
13. Marshalling will take place, and competitors must report promptly to this area
14. The safety rules of the pool must be adhered to at all times. Anyone not adhering to these rules (which will be read out at the start of each session) may be removed from the pool.
15. Individual teams/coaches will be responsible for their own swimmers in all areas outside the pool including the changing rooms.
16. All valuables/clothing etc. left in the changing rooms will be entirely at the owner's risk.



17. Events will be swum in heats, slowest to fastest.
18. **Anyone wishing to use video or still cameras will need to adhere to the photographic policy**
19. DATA PROTECTION – RCT Performance Swim Squad uses a computer to record entries and results. By submitting entries and accepting entry to the meet, consent is thereby given (as required under the Data Protection Act) to the holding of personal information in a computer/s. Personal data recorded, such as name, club, date of birth and times may be made public during or after the meet.
20. Warm up and start times will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.
21. The promoters reserve the right to remove anyone for misconduct.
22. The promoters reserve the right to remove or amend any of the above conditions as required.
23. In the event that the Meet becomes oversubscribed we will filter entries on a first come first served basis.
24. The promoters reserve the right to cancel the competition if sufficient entries are not received to make it viable.
25. Refunds will only be made if a valid medical certificate is produced and received via email no later than **5pm on Friday 6<sup>th</sup> Jan 2023**. This should be scanned and emailed to;- [gala@rctperformanceswimsquad.co.uk](mailto:gala@rctperformanceswimsquad.co.uk)



## Meet Entry Checklist

Your entry envelope should contain the following:-

- Summary sheet completed
- HyTek reports (fees and event entries)
- Bacs payment /Cheque for entries
- Coaches passes
- Officials list

Email all to [gala@rctperformanceswimsquad.co.uk](mailto:gala@rctperformanceswimsquad.co.uk)

**Bacs payment to RCT performance Swim Squad**  
**Sort code 30 91 18**  
**Account number 02563840**

PLEASE NOTE your entry is not accepted until the summary and paperwork are received by the Meet Secretary.

Incomplete entries will NOT be accepted.

For full terms and conditions of entry please refer to our Promoters Conditions provided with the entry pack.