



SOUTH EAST WALES

SUB-REGIONAL COMPETITION 2019

AT

**South East Wales Regional Pool
Newport International Sports Village
Velodrome Way
Newport, NP19 4RA**

ON

22nd to 24th November 2019

Warm up times to be advised

**CLOSING DATE
FRIDAY 25th OCTOBER 2019**

EVENT INFORMATION AND ENTRY FORMS

Licence Number: 3WL190046



MEET INFORMATION

Entries

All forms must be completed in full and returned together with the relevant entry fee through your club to Steven Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA. **Where electronic entry is used, entry forms to be kept by the club**

WITH THE EXCEPTION OF THE BOYS 800m and GIRLS 1500m FREESTYLE (see attached note), entries will be rejected for the following reasons:

- They are received without the relevant fee
- Incorrectly completed (Registration number must be included)
- Received after the closing date of FRIDAY 25th October 2019
- A swimmer who has already achieved a time EQUAL TO OR FASTER THAN the Upper Cut Off Time for an event is not eligible to swim in that event.
- **NOTE**
- The UPPER CUT OFF TIME will be the QUALIFYING TIME for the Regional Championships. Should the competition be oversubscribed swimmers will be scratched based on a formula of UCT+x%, until the optimum timings are achieved. The maximum UCT + x% will be the Consideration Time for the Regional Championships. Those swimmers who are scratched will be classed as ALTs and may be offered any places which become available because of a withdrawal. No ALTs will be offered places after 6.00pm of Thursday 24th November.

Ages are as 31st December 2019

- *Please be aware that the age group for the Regional Championships will be as at 31st December 2020*

Individual Age Groups Girls 10, 11, 12, 13, 14, 15 & Over

Boys 10, 11, 12, 13, 14, 15 & Over

Events

Girls 50m, 100m, 200m, 400m, 800m, 1500m
50m, 100m, 200m Backstroke
50m, 100m, 200m Breaststroke
50m, 100m, 200m Butterfly
200m, 400m, I.M.

Boys 50m, 100m, 200m, 400m, 800m, 1500m
50m, 100m, 200m Backstroke
50m, 100m, 200m Breaststroke
50m, 100m, 200m Butterfly
200m, 400m, I.M.

Entry fee is £5.00 per individual event is submitted electronically
Entry fee for paper entries £6.00.

Medals and Awards

Medals will be awarded for 1st - 3rd places in individual age categories (15 & Over is one category)

Spectators

Admission charges: £3.00 per session

£7.00 per day

£12.00 per weekend

Excluding programme

Please Note: The Spectator Area must be cleared at the end of each session

Car Parking

There is on-site parking available at the Pool. The Newport Stadium car park may also be used.

Refreshments

There is a cafeteria selling snacks and drinks etc. We have no control over this facility. Refreshments also available from Newport Cricket Club

Mobile Phones

Mobile phones must **not** be used in the building **at all**.

Meet Office

A Meet Office will be open for the duration of the Meet and can be contacted on 07858064877 during the competition, and at other times on 01443 205198

Session Times To be confirmed following receipt of entries and will be sent electronically. If a paper copy is required please enclose a stamped address envelope.

GENERAL CONDITIONS and MEET PROCEDURE

1. The Promoters are S.E.W. REGION. The promoter can be contacted by email sewregion@yahoo.co.uk

- a) The Meet will be swum under FINA Technical Rules and Swim Wales Laws and Disciplinary Code.
- b) No alcohol or tobacco advertising is permitted on any clothing.
- c) All decisions made by the Lead Referee will be final and binding

2. Swim Wales Regional Competitions Eligibility

- a) Entries may only be accepted from competitors registered as members of clubs holding either, primary or multi registration Welsh membership within South East Region.
- b) Swimmers may only swim for one club during these championships
- c) Competitors must have been registered members of the Club in whose name they are entered at least 30 days prior to the entry closing date for entries for the Championships
- d) Competitors who compete in ASA County Championships will not be accepted to swim in the following annual cycle of Regional Competitions:
 - a. The Junior Development Meet in May/June.
 - b. The Sub Regional Championships in November/December.
 - c. The Regional Championships in February the following year i.e. ASA County Championships in 2019 means they would not be accepted for the Swim Wales Regional Championships in 2020.

3. Events

- a) Events will be held as shown on the attached programme of events. The Lead Referee with the Referee may decide, where necessary or appropriate to allocate swimmers adjacent lanes.
- b) Time trials will not be permitted.
- c) All events are HDW.

4. Entries

- a) All entries shall be returned electronically where possible, to sewregion@yahoo.co.uk or, by post to Mr Steven Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA, by the relevant closing date, accompanied by the appropriate entry fee.
- b) TM Entry File will be available on the Swim Wales Web Site or from Steven Hathway.
- c) Entry times will not be altered after the closing date.
- d) The Organisers may request validation of any stated Entry Time.
- e) Long Course Entry Times will be amended to Short Course by Hy-Tek. Meet Manager

5. Withdrawals

- a) Competitors who wish to withdraw from an event should do so by notifying the Meet Office by 5pm of the evening before the event.

6. Trophies and Medals

- a) Placing of competitors shall be determined from performances.
- b) Failure of a swimmer or deputy to attend the appropriate presentation may result in the swimmer forfeiting his/her award.

7. Presentation

- a) The Lead Referee may decide to carry out presentations during the session.
- b) Competitors must report to the Presentation Marshall immediately after announcements have been made.
- c) Appropriate clothing, i.e. t shirt, full tracksuit and appropriate footwear must be worn for the presentation.
- d) Awards may not be presented if a swimmer is inappropriately dressed.
- e) If there are no presentations then medals should be collected from the medal table as soon as possible.

8. Officials and Helpers

- a) Clubs will be designated for each of the Regional Competitions to provide all Volunteers.
- b) At least two Officials per club per session should be provided, where-ever possible.
- c) Officials will be required to follow the protocol which can be downloaded from the Swim Wales web site.

10. Heats

- a) Competitors shall be placed in graduated time order; **slow to fast**
- b) Coaches should ensure swimmers must make themselves available for marshalling at least 2 events prior to the event they are competing in. Please do not rely on the public address system.

11. Starts

- a) Over the top starts will, where necessary or appropriate, be used during the Meet.

12. Coaches/Chaperones passes

- a) The Swim Wales' Child Welfare Policy (Y Plant), indicates that swimmers should be supervised by CRB/DBS checked personnel at a ratio of 10:1 and with a minimum of 2 adults at all times. COACHES shall not be counted as chaperones. However each club is responsible for ensuring that their swimmers are adequately supervised.
- b) All Coaches/Team Managers and Chaperones must have relevant individual accreditation.
- c) Applications for Coaches/Team Manager/Chaperones Passes must be made on the official form enclosed in this Information Pack, accompanied with a passport size photograph, (or a JPEG sent by e-mail to sewregion@yahoo.co.uk) if not already on file.
- d) **Passes must be person specific, and will not be interchangeable/transferable.**
- e) Passes will need to be worn at all times. Anyone without a pass will be asked to leave poolside/changing village.
- f) The closing date for passes will be the same as the closing date for entries. Applications will not be accepted on the day. Passes are required for Health & Safety Reasons and Insurance Purposes.
- g) Swim Wales Head Coach Annual Pass will be allowed, provided that the information that one will be used is sent to the promoters
- h) Refreshments will be provided for all COACHES, TEAM MANAGERS, CHAPERONES and EVENT STAFF, who have requested them on the relevant form. Passes will be issued and must be produced at the relevant meal.

13. Health and Safety

- a) 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.
- b) A full risk assessment must be carried out in accordance with the Swim Wales Meet Licence Report Pack.
- c) A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet must be obtained in advance, and must be available throughout the duration of meet.
- d) 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.
- e) All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.
- f) Footwear must be worn on poolside, the balcony, and throughout the building
- g) **It is the responsibility of the swimmer and/or parent/guardian to declare to the referee any disability or medical condition that could present a health or safety risk.**
- h) **If the competitor has a disability classification this should be disclosed when the entries are submitted. There are no Multi Classification events in this meet**
- i) **If the competitor holds a certificate of disability, this should be presented to the referee prior to the race.**
- j) The front 5 rows of the balcony will be for swimmers/teams - spectators are not allowed in this area.
- k) Swimmers are advised not to use the elevators without an adult.
- l) Stairways are to be kept clear at ALL TIMES and should not be used to sit on or place bags.
- m) A one way system round the pool will be in force.

14. Jewellery

- a) 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, but not limited to, watches, necklaces, chains, bangles, wrist bands, earrings (except studs), and rings (except wedding bands).
- b) Swim Wales/South East Region will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

15. Unacceptable Behaviour

- a) 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.

16. Competitive Start Award

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

17. CAMERA USE

SWIM WALES PHOTOGRAPHY GUIDANCE POLICY

The Swim Wales Guidance Policy is in operation at all S.E.Wales Regional Competitions. It may be viewed at www.swimwales.org/key-documents or available on request from the organisers

Anyone wishing to use cameras or videoing equipment will be required to provide proof of identity and sign the camera log at the Pool reception desk. This includes, but is not limited to:

Still cameras, cine cameras, video cameras, camera/video enabled mobile phones, camera enabled PDAs.

18. Data Protection

- a) The Region, along with the Governing Body, may use computers to record entry times and results.
- b) By submitting entries you are accepting the conditions and consent is hereby given for holding personal information relating to the sport of Swimming as required by the current Data Protection Act.
- c) Professional photographers may be present and by entering this competition you are agreeing that photographs may be taken

19. The organisers

- a) retain the right to amend these conditions later if necessary, without notice
- b) retain the right to return entries in the event of the competition being oversubscribed.
- c) retain the right to pre-seed events
- d) retain the right to amalgamate heats.
- e) retain the right to exclude anyone from the Meet who contravenes Condition 15a.

SOUTH EAST WALES
SUB REGIONAL COMPETITION
22nd to 24th NOVEMBER 2019
PROGRAMME OF EVENTS

SESSION 1 Friday 22nd November W/up 5.30pm for 6.00pm				
Event	Age	M/F	Distance	Stroke
1	10 & Over	M	1500m	Freestyle
2	10 & Over	F	800m	Freestyle
SESSION 2 Saturday 23rd November W/up 8.30am – 9.30am				
3	10 & Over	M	50m	Freestyle
4	10 & Over	F	50m	Freestyle
5	10 & Over	M	400m	I.M.
6	10 & Over	F	400m	I.M.
7	10, 11, 12	M	100m	Butterfly
8	10, 11, 12	F	100m	Butterfly
9	13, 14, 15+	M	200m	Backstroke
10	13, 14, 15+	F	200m	Backstroke
11	10 & Over	M	50m	Breaststroke
12	10 & Over	F	50m	Breaststroke
SESSION 3 Saturday 23rd November Warm up TBC				
13	10 & Over	M	50m	Backstroke
14	10 & Over	F	50m	Backstroke
15	10 & Over	M	400m	Freestyle
16	13, 14, 15+	F	100m	Breaststroke
17	13, 14, 15+	M	100m	Breaststroke
18	10, 11, 12	F	200m	Freestyle
19	10, 11, 12	M	100m	Freestyle
SESSION 4 Saturday 23rd November Warm up TBC				
20	10 & Over	F	50m	Butterfly
21	10 & Over	M	50m	Butterfly
22	13, 14, 15+	F	100m	Freestyle
23	13, 14, 15+	M	100m	Freestyle
24	10, 11, 12	F	100m	Backstroke
25	10, 11, 12	M	100m	Backstroke
26	13, 14, 15+	F	200m	Butterfly
27	13, 14, 15+	M	200m	Butterfly
28	10, 11, 12	F	200m	Breaststroke
29	10, 11, 12	M	200m	Breaststroke

SESSION 5 Sunday 24th November W/up 8.30am for 9.30am				
Event	Age	M/F	Distance	Stroke
30	13, 14, 15+	F	100m	Butterfly
31	13, 14, 15+	M	100m	Butterfly
32	10, 11, 12	F	200m	Backstroke
33	10, 11, 12	M	200m	Backstroke
34	13, 14, 15+	F	200m	Freestyle
35	13, 14, 15+	M	200m	Freestyle
36	10, 11, 12	F	100m	Breaststroke
37	10, 11, 12	M	100m	Breaststroke
SESSION 6 Sunday 24th November Warm up TBC				
38	10 & Over	F	400m	Freestyle
39	13/14, 15+	M	100m	Backstroke
40	13, 14, 15+	F	100m	Backstroke
41	10, 11, 12	M	200m	Butterfly
42	10, 11, 12	F	200m	Butterfly
43	13, 14, 15+	M	200m	Breaststroke
44	13, 14, 15+	F	200m	Breaststroke
45	10, 11, 12	M	200m	Freestyle
46	10, 11, 12	F	100m	Freestyle
SESSION 7 Sunday 24th November Warm up TBC				
47	10 & Over	M	800m	Freestyle
48	10 & Over	F	1500m	Freestyle
49	10 & Over	M	200m	I.M.
50	10 & Over	F	200m	I.M.

SUB REGIONAL COMPETITION
22nd to 24th NOVEMBER 2019
ENTRY FORM

Last Name:.....First name.....

PLEASE USE CAPITAL LETTERS

Middle Initial.....Preferred name.....

Date of Birth:.....Age:..... (31/12/2019) Male/Female(please delete as necessary)

Address:.....

Post Code:..... Tel No:.....

Club Name:.....

Swim Wales Registration Number:.....

EVENT	EVENT NO:	ENTRY TIME *	s/c	l/c	EVENT	EVENT NO:	ENTRY TIME *	s/c	l/c
50m Free					50m Breast				
100m Free					100m Breast				
200m Free					200m Breast				
400m Free					50m Fly				
800m Free					100m Fly				
1500m Free					200m Fly				
50m Back									
100m Back					200m IM				
200m Back					400m IM				

*Please indicate SC/LC

Long Course times will be converted by Hy-Tek Meet Manager

Total number of swims@ **£5.00** Total Payable to your Club £.....

Or £6.00 if sent as a paper copy

By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited professional photographer may be used for promotional purposes by the Region or the Governing Body.

To be completed by the competitor:

I declare that the above information is correct and agree to abide by the Meet conditions. I accept there will be no refund of entry fees, unless the Meet is oversubscribed.

Signature of Competitor/Parent:..... Date:.....

I agree that the above competitor has achieved the ASA Competitive Start Award

Signature of Coach:.....

Completed forms to be sent to your club for electronic submission

If submitted as a paper copy - send to Steven Hathway,108 Queens Drive, Llantwit Fardre, CF38 2PA

Closing Date: Friday 25th October 2019

**SOUTH EAST WALES
SUB REGIONAL COMPETITION
22nd to 24th NOVEMBER 2019
COACH/TEAM MANAGER/CHAPERONE PASS
APPLICATION FORM**

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

FULL NAME:	
NAME OF CLUB:	
POSITION e.g Club Coach:.....	
ADDRESS:.....	
..... POST CODE:	
TEL No:	MOBILE No.....
EMAIL:.....	
SWIM WALES REGISTRATION NUMBER :.....	
CRB / DBS NUMBER:	Date.....
Refreshments required for Saturday YES / NO	Sunday YES / NO
LUNCH	TEA.....DIETARY REQUIREMENTS.....

PLEASE NOTE ONLY MEMBERS REGISTERED WITH SWIM WALES AND HAVING A CRB/DBS CHECK ARE ELIGIBLE FOR COACH / TEAM MANAGER / CHAPERONE PASSES.

£12 per pass for the Meet or £6.00 per day pass. Passes are NOT transferable
Applications to be made through your club

SWIM WALES HEAD COACH PASS ONLY IS ACCEPTABLE

NO PASSES WILL BE AVAILABLE ON THE DAY THEY MUST BE PURCHASED BEFOREHAND.

THERE WILL BE NO ACCESS TO THE POOLSIDE WITHOUT A COACH/TEAM MANAGER/CHAPERONE PASS.

All completed forms to be returned to Steven Hathway, 108 Queens Drive, Llantwit Fardre, CF38 2PA Please stick PHOTOGRAPH here OR preferably SEND JPEG BY E-MAIL to sewregion@yahoo.co.uk unless already held on file
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Closing Date: Friday 25th October 2019

**SOUTH EAST WALES
SUB REGIONAL COMPETITION
22nd to 24th NOVEMBER 2019
Entry Summary Sheet**

Please return this form with:

1. Cheque/s made payable to Swim Wales SEW Region
2. Coach/Chaperone Pass applications
3. Event Staff Forms

Club			
Name			
Address			
Post Code		Tel No	
Email			
Position in Club			

Summary

Total Individual Female Swimmers	Number	Total Individual Male Swimmers	
Total Individual Electronic Entries		@ £5.00	£
Total Individual Paper Entries		@ £6.00	£
Swim Wales Head Coach Pass	*	Please signify attendance.	Free
Total Coaches Passes (per weekend)		@ £12.00	
Total Coaches Passes (per day)		@ £6.00	£
Total Chaperone Passes (per day)		@ £6.00	£
Total Cheque Enclosed made payable to Swim Wales SEW Region			£
BACS payment may be made to Swim Wales, S.E.Wales Region. Sort Code 30-92-49, Account No. 02737608. Send e-mail to swimwales-finance@swimming.org with copy to sewregion@yahoo.co.uk and smr4wc@lineone.net, giving 4 digit team code, stating amount and date of payment transfer to Swim Wales.			£

*** Conditions apply.**

It is requested that a single cheque for the complete club entry is submitted.

I confirm all swimmers are current members of Swim Wales 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 South East Wales Regional Panel for this event.

Signature Date:

Please return to: Steven Hathway 108 Queens Drive, Llantwit Fardre, CF38 2PA

Closing Date: Friday 25th October 2019

SOUTH EAST WALES SUB REGIONAL COMPETITION 2019 - UPPER CUT OFF TIMES - 25m POOL

BOYS							Event	GIRLS						
10yrs	11yrs	12yrs	13yrs	14yrs	15/16yrs	17+		10yrs	11yrs	12yrs	13yrs	14yrs	15/16yrs	17+
38.0	35.9	33.9	32.10	30.40	28.3	27.8	50m Free	38.5	36.5	34.7	33.3	32.4	31.3	31.3
1:22.9	1:17.8	1:13.2	1:08.9	1:05.4	1.01.2	1:00.1	100m Free	1:24.6	1:18.7	1:14.3	1:11.5	1:09.5	1.07.1	1:06.9
2:59.3	2:48.8	2:39.1	2:30.1	2:22.5	2.13.2	2:11.1	200m Free	3:00.4	2:49.6	2:39.9	2:33.6	2:29.6	2.24.6	2:23.2
6:18.0	5:53.3	5:34.0	5:16.4	5:01.5	4.42.1	4:36.7	400m Free	6:22.2	5:52.9	5:33.0	5:20.5	5:12.5	5.03.1	5:00.5
13:26.1	12:28.4	11:41.1	11:01.8	10:31.3	9.51.2	9:40.2	800m Free	13:36.7	12:09.5	11:29.3	10:58.3	10:40.8	10.23.5	10:20.7
25:54.8	23:50.5	22:01.7	20:52.8	19:55.5	18.40.6	18:21.9	1500m Free	26:15.9	23:27.7	22:10.0	21:10.1	20:51.7	20.03.0	19:57.7
49.60	46.5	43.7	40.7	38.6	35.6	35.0	50m Breast	50.0	46.7	44.0	42.1	40.8	39.4	39.1
1:48.1	1:40.1	1:33.8	1:27.4	1:22.7	1.16.6	1:15.1	100m Breast	1:48.8	1:40.2	1:34.4	1:29.8	1:26.5	1.24.3	1:23.1
3:51.2	3:35.1	3:22.5	3:09.5	2:58.9	2.47.0	2:43.0	200m Breast	3:51.5	3:34.9	3:22.4	3:12.8	3:06.7	3.01.6	3:00.2
42.4	39.6	37.5	35.3	33.4	30.9	30.1	50m Fly	42.4	40.1	37.9	36.4	35.2	34.0	33.9
1:35.9	1:27.6	1:22.0	1:16.7	1:12.3	1.07.3	1:05.6	100m Fly	1:36.0	1:28.0	1:22.4	1:19.0	1:16.3	1.14.1	1:13.3
3:30.4	3:11.7	3:00.8	2:49.5	2:40.1	2.28.3	2:23.9	200m Fly	3:32.8	3:13.9	3:00.7	2:52.6	2:46.7	2.41.2	2:39.3
43.6	41.2	39.0	36.5	34.8	31.9	31.5	50m Back	43.8	41.4	39.3	37.7	36.5	35.3	35.1
1:34.7	1:27.6	1:22.5	1:17.3	1:13.0	1.07.8	1:06.3	100m Back	1:35.2	1:28.1	1:22.7	1:19.2	1:17.0	1.14.4	1:14.0
3:19.7	3:06.9	2:56.5	2:45.9	2:37.0	2.26.5	2:24.0	200m Back	3:21.8	3:06.3	2:56.3	2:49.6	2:44.8	2.38.7	2:37.2
3:25.1	3:11.0	3:00.5	2:50.4	2:40.7	2.30.3	2:27.3	200m IM	3:25.6	3:11.4	3:00.6	2:53.8	2:48.7	2.43.4	2:42.0
7:20.2	6:45.5	6:20.9	6:00.4	5:40.6	5.18.1	5:12.2	400m IM	7:19.7	6:43.6	6:19.9	6:03.90	5:53.8	5.42.6	5:40.6

1500m & 800m Freestyle events may have heats restricted.

YOU ARE NOT ELIGIBLE TO ENTER AN EVENT IF YOU HAVE ALREADY ACHIEVED A TIME THAT IS THE SAME AS OR FASTER THAN THE ABOVE