



City of Cardiff swimming club
clwb nofio Dinas Caerdydd

City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CARDIFF INTERNATIONAL OPEN MEET

-2024 -

LONG COURSE | LEVEL 1 MEET



Saturday 13 Sunday 14 APRIL 2024



event information | session times to be confirmed



Licence Number: WL240160
(Under World Aquatics Technical Rules & Swim Wales Laws)

REMEMBERING | KEITH BEWLEY

CO CARDIFF celebrating 50 years



City of Cardiff Swimming Club
Clwb Nofio Dinas Caerdydd

CITY OF CARDIFF SWIMMING CLUB

14th CARDIFF INTERNATIONAL OPEN MEET

LICENCE NUMBER 1WL240160
(Under World Aquatics Technical Rules and Swim Wales Laws)

Saturday 13th Sunday 14th April 2024

This is a Level 1 Licensed LONG COURSE Meet | NATIONALS QUALIFIER

Only electronic entries will be accepted for this meet

VENUE

Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS

POOL

10 Lane 50m pool | Omega electronic timing | anti-turbulence lane ropes

AGE GROUPS

Male + Female 11-14yrs and 15yrs & over
Para swimmers open age

AGE AT DATE

31 December 2024 | Minimum age for entry is 11 years

EVENTS HEATS & FINALS

50m	Backstroke Breaststroke Butterfly Freestyle	- OPEN
100m	Backstroke Breaststroke Butterfly Freestyle	- All Age Groups + MC
200m	Backstroke Breaststroke Butterfly	- All Age Groups
200m	Freestyle	- All Age Groups + MC
200m	Individual Medley	- All Age Groups +MC
400m	Individual Medley	- 15yrs & over

EVENTS HDW (Heat Declared Winner)

400m	Freestyle	- All Age Groups
800m	Freestyle	- 13/14yrs + 15yrs & over
1500m	Freestyle	- 13/14yrs + 15yrs & over
400m	Individual Medley	- 13/14yrs

Officials & Poolside Volunteering

In order to be able to use all 10 lanes CoCardiff require parents from all participating clubs to volunteer to be timekeepers and qualified officials at this gala. Please contact Jim McCulloch, our Officials co-ordinator.

ACCESS SWIM MEET: <https://www.swim-meet.com/Availability/>



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

SELECT THIS MEET TO REGISTER YOUR AVAILABILITY

PROGRAMME OF EVENTS

SATURDAY SESSION ONE

Warm up & Session Times TBC

101	prelim	Female	200m Breaststroke
102	prelim	Male	100m Freestyle
103	prelim	Female	100m Butterfly
104	prelim	Male	200m Butterfly
105	prelim	Female	50m Backstroke
106	prelim	Male	50m Breaststroke
107	prelim	Female	400m IM 15yrs +

SUNDAY SESSION FOUR

Warm up & Session Times TBC

401	prelim	Male	200m Breaststroke
402	prelim	Female	100m Freestyle
403	prelim	Male	100m Butterfly
404	prelim	Female	200m Butterfly
405	prelim	Male	50m Backstroke
406	prelim	Female	50m Breaststroke
407	prelim	Male	400m IM 15yrs+

SATURDAY SESSION TWO

Warm up & Session Times TBC

201	prelim	Male	50m Butterfly
202	prelim	Female	50m Freestyle
203	prelim	Male	100m Backstroke
204	prelim	Female	200m Backstroke
205	prelim	Male	100m Breaststroke
206	prelim	Female	200m Freestyle
207	prelim	Male	200m IM

SUNDAY SESSION FIVE

Warm up & Session Times TBC

501	prelim	Female	50m Butterfly
502	prelim	Male	50m Freestyle
503	prelim	Female	100m Backstroke
504	prelim	Male	200m Backstroke
505	prelim	Female	100m Breaststroke
506	prelim	Male	200m Freestyle
507	prelim	Female	200m IM

SATURDAY SESSION THREE

Warm up & Session Times TBC

301	HDW	Male	400m IM 13-14yrs
302	HDW	Female	400m Freestyle
303	HDW	MIXED	800m Freestyle

SUNDAY SESSION SIX

Warm up & Session Times TBC

602	HDW	Female	400m IM 13-14yrs
603	HDW	Male	400m Freestyle
604	HDW	MIXED	1500m Freestyle

SATURDAY | FINALS

101	FINAL	Female	200m Breaststroke
102	FINAL	Male	100m Freestyle
103	FINAL	Female	100m Butterfly
104	FINAL	Male	200m Butterfly
105	FINAL	Female	50m Backstroke
106	FINAL	Male	50m Breaststroke
107	FINAL	Female	400m IM 15yrs +
201	FINAL	Male	50m Butterfly
202	FINAL	Female	50m Freestyle
203	FINAL	Male	100m Backstroke
204	FINAL	Female	200m Backstroke
205	FINAL	Male	100m Breaststroke
206	FINAL	Female	200m Freestyle
207	FINAL	Male	200m IM

SUNDAY | FINALS

401	FINAL	Male	200m Breaststroke
402	FINAL	Female	100m Freestyle
403	FINAL	Male	100m Butterfly
404	FINAL	Female	200m Butterfly
405	FINAL	Male	50m Backstroke
406	FINAL	Female	50m Breaststroke
407	FINAL	Male	400m IM 15yrs+
501	FINAL	Female	50m Butterfly
502	FINAL	Male	50m Freestyle
503	FINAL	Female	100m Backstroke
504	FINAL	Male	200m Backstroke
505	FINAL	Female	100m Breaststroke
506	FINAL	Male	200m Freestyle
507	FINAL	Female	200m IM

PROMOTER'S CONDITIONS

CLOSING DATE
ENTRY PRICING

WEDNESDAY 20 MARCH 2024 Time: 20:00 (No late entries will be accepted)
£9.50 per event

AWARDS

An award will be made to the Top Visiting Club, based upon accumulated



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

points. The top female & top male swimmers will receive a prize.

Competitors will only receive an award if they have achieved the qualifying standard. Swimmers must ensure that they are suitably clothed (t shirt and shorts) when receiving awards. Medals will only be available on the day and can be collected from the medal table on poolside.

Swimmers must ensure that they are suitably clothed (t-shirt and shorts) when receiving awards.

Medals will be given to the first 3 places in each age category for the HDW events. Medals will be awarded to the first three places in the Finals as follows:

50m events: OPEN Final (1 final).

100m events:

A & B Finals for swimmers aged 15yrs &O. 1 Final for youth swimmers aged 14yrs &U.

200m events

A Final for swimmers aged 15yrs &O. 1 Final for youth swimmers aged 14yrs &U

400m IM A Final for swimmers aged 15yrs &O.

ENTRIES

Qualifying and Consideration times will be applied to all events. All entry times must be faster than the CT. Entry Times outside these limits, and entries with 'No Time' submitted will be rejected.

Entry Times must have been obtained at a licenced meet, and random checks will be made against the ASA Online Rankings Database. City of Cardiff Swimming Club may request validation of any stated entry time.

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 consideration standards in the designated events set out in this meet pack. They can only enter the events listed in these standards.

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 times may be submitted as short course or long course times using the Hy-Tek entry file but will be converted to long course times using Hy-Tek's Meet Manager software. Estimated times are not permitted.

The electronic event entry file can be obtained from the Cardiff International Open Meet page on our website: www.cardiffswimming.co.uk Electronic entries/enquiries to be emailed: ccsc.homemeets@gmail.com

Electronic entries must be produced from Hy-Tek's Team Manager or Team Manager Lite software. Team Manager Lite application and instructions can be downloaded free of charge from www.hy-tek.com/downloads

Para swimmers are allocated Exception Codes, which prevent them from being disqualified for rule infringement due to the nature of their impairment.



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

The promoter will be responsible for having up to date information about each swimmer at entry and will provide this to the meet referee prior to the commencement of the meet. In order to comply with this, we will confirm the information to para swimmers and request that they/clubs confirm it is correct and up to date.

Clubs are requested to send all entries with the completed summary sheet and any poolside applications at the same time with one payment via BACS transfer, (BACS details available upon request) to cover all swimmers and coach passes.

Electronic entries will be acknowledged with receipt confirmation. No entries will be processed until full and complete payment is received.

Manual entries may be accepted at the promotor's discretion, incurring an administration fee of £10.00/swimmer.

There will be no Time Trials or Exhibition Swims permitted at this event.

Entry forms are to be retained by the club and there will be no entry cards for this event.

Entries will be rejected for the following reasons:

- ❖ Incorrectly completed and received without the relevant fee
- ❖ Outside the consideration entry times or entry submitted with No Time
- ❖ Improved entries
- ❖ Received after the closing date **WEDNESDAY 27 March 2024**

NO LATE ENTRIES WILL BE ACCEPTED | NO ENTRIES ON THE DAY

The Promoter reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded to club in question.

City of Cardiff Swimming Club reserves the right to return entries if a particular event becomes oversubscribed. City of Cardiff Swimming Club reserves the right to cancel the event if the meet is under subscribed.

City of Cardiff Swimming Club reserves the right to move events (as a last resort) if the meet is oversubscribed in order to comply with timing requirements set out by Meet Licensing.

On receipt of all entries City of Cardiff Swimming Club will run a competition entry check to ensure all entrants are current members of their club and their details exactly match with the records held on Rankings. Clubs will be notified of any "non-matches" or other issues detected. They must provide updated swimmer information. There is a chance that non-matched swimmers will not have their results added to Rankings who no longer will add any failed result.

MEET RESULTS

The Meet results will be posted on the City of Cardiff Swimming Club website within 72 hours of the Meet closing. Results will be submitted to British Swimming and Swim Wales for their reference and inclusion in rankings.

For clubs using Hy-Tek, a complete electronic copy of the Meet results can be obtained following the Meet. For all other clubs a PDF copy of the Meet results can be



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

obtained following the Meet. Any Clubs wishing to use this service should provide their e-mail details to the Meet Office during or prior to the Meet.

POOL PASSES

(NOT TRANSFERABLE)

Only members affiliated to Swim Wales/Scottish Swimming/Swim England or a member of a FINA affiliated country will be eligible for a coach's pass. Passes must be purchased in advance of the Meet for all coaches, chaperones, personal care attendants and team managers who require poolside access, who must conform to the Swim England child protection procedures.

£25.00 per poolside pass - to be worn at all times to gain access to and whilst on poolside. Para swimmers' personal care attendants will be entitled to one free Pass.

Swim Wales passes may be used for identification; however, a poolside pass must be purchased. Passes will only be issued on receipt of Swim Wales/Swim England registration number, a DBS number and a passport photo.

THERE IS NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS. PASSES MUST BE PURCHASED IN ADVANCE, NOT ON THE DAY.

SEEDING

HDW Heats

All events will be spearheaded and swum slow to fast, based on entry times.

Preliminary Heats & Finals

The placing of competitors in the heats will be multi age, spearheaded, and swum slowest to fastest, with the three fastest heats being cyclically seeded.

Finalists shall be allocated lanes using the spearhead principle from the results of the heats.

SESSION TIMES

Session timing will be finalised once all entries have been processed and swimmers/clubs will be notified accordingly. Please note that it is the swimmers' responsibility to present themselves, ready to swim, to the marshalling area prior to the start of their event.

SPECTATORS

Tickets will be available via OrderWhizz. Further details will be circulated with the confirmed entries. The meet programme will be available to be downloaded.

STARTS ELECTRONICS

Over the top starts will be used wherever possible.

Omega electronic timing system with electronic display provided by Swiss Timing.

WITHDRAWALS

All withdrawals must be notified via email ccsc.homemeets@gmail.com before the commencement of the meet.

During the gala, all withdrawals must be notified in writing to the meet office by no later than 5:00pm on the day before competition. No refunds will be made for withdrawals after the entry deadline other than on medical grounds. Only a doctor's note will be accepted & provided on or before 30 April 2024.

Any swimmer wishing to withdraw from a final must do so by completing a withdrawal form (available from the meet office) and submitting it to the meet office within 15 minutes of the last swim in the heat session.

CAMERA USE

The use of all photographic equipment and mobile phones is controlled at this 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 that have a



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

camera facility/hardware are recognised as a camera or photographic device).

City of Cardiff Swimming Club follow Swim Wales guidance which does not support the banning of phones but does support the requirement that phones should emit a 'noticeable sound' if the camera facility is used. 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 publishing of a photograph of a swimmer under 18, either on a notice board or in a published article or video recording (including video streaming) of the Meet should only be done with parental consent and in line with Swim Wales guidelines.

CAR PARKING

Provided by Cardiff Council please use the former TOYS R US car park opposite the International Pool. There is a daily charge. The Club & Legacy Leisure receive no income from the parking

CONDUCT

Behavior 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

Unacceptable behavior will not be tolerated in any circumstances, and all such occurrences will be referred to the Meet Director and Referee and could result in removal from the competition.

COVID 19 PROTOCOLS

Any additional requirements as detailed by Welsh Government; Swim Wales & Legacy Leisure may be operated during the gala if Covid 19 remains a health concern. Any details to be supplied with the confirmed entries.

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 Normal Operating Procedures & Emergency Action Plan for Cardiff International Pool.

No outdoors shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area (including the balcony area) and particularly when moving around and climbing the steps in the competitors' area.

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, earrings (except studs), and rings (except wedding bands).

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

The front four rows of the spectator area are reserved for swimmers and coaches only seated in their Clubs. **Swimmers are asked not to enter the spectators' area or balcony/foyer whilst they are competing.**

If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim meet. A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

the case for all swimmers intending to execute a racing dive.

No swimmer should topple into the water in the event of a false or faulty start - a proper shallow dive must be performed. It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.

DATA PROTECTION

Submission of entries implies consent to the holding of any personal data collected and used by City of Cardiff 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 or 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 & request its deletion under GDPR.

GENERAL

Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Referee's decision will be final.

APPEALS

Any appeals must be submitted in accordance with FINA procedures and will be handled appropriately by the Meet Director and Referees.

EMERGENCY PROCEDURE

Any evacuation of the Cardiff International Pool will be led by the Legacy Leisure staff over the gala event with no action required other than to follow the instructions of the centre staff.

Suspicious Items If you suspect a suspicious item:

- Do not touch. Try and identify an owner in the immediate area
- If you still think it is suspicious do not feel embarrassed or assume someone has already reported it
- Report it to a member of the centre staff, or if they are not available dial 999 (do not use your mobile phone in the immediate vicinity)
- Move away to a safe distance - Even for a small item such as a briefcase move at least 100m away from the item starting from the centre and moving out.
- Report anyone entering an area they shouldn't be in
- Remain vigilant to any suspicious activity and report to a member of the Centre staff immediately

REMEMBER - IF YOU THINK IT IS SUSPICIOUS SAY SOMETHING



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CARDIFF INTERNATIONAL OPEN MEET 2024

Cardiff International Pool, Cardiff

13 & 14 APRIL 2024

LICENCE NUMBER 1WL240160

(Under World Aquatics Technical Rules & Swim Wales Laws)

Coaches/Team Managers/ Chaperone/Pass - Application Form

PLEASE FULLY COMPLETE EACH SECTION EITHER ENCLOSE OR EMAIL JPEG PHOTOGRAPH FOR EACH PERSON		
CLUB:	Swim Wales/Swim England/Scottish Swimming Affiliation No.	DBS Number
Full Name & Position		
1		
2		
3		
4		
5		

Meet Entry Summary Sheet

It is requested that a single payment via BACS is made for the complete club entry

Name of Club		Club Code
Contact Name/email		CLUB BANK info for refund
Address		Bank
		Sort Code
		Account No.
TEAM SIZE		
No. Of Individual Entries	@ £9.50 per event	£
No. Of Coaches Passes	@ £25.00 each	£
Total payment made payable to City of Cardiff Swimming Club		£

I declare that only our team members who have reached the standard of the Swim England 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:

This Form must be completed. Entries, payments, supporting reports, and poolside pass applications to be emailed with the Hy-Tek Meet Entry Fee Report and Entry File to ccsc.homemeets@gmail.com or stephen.jones@westernretail.co.uk or can be posted to:

Stephen Jones 71 COED COCHWYN AVENUE CARDIFF CF14 5BU

CLOSING DATE: WEDNESDAY 27 MARCH 2024



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CARDIFF INTERNATIONAL OPEN MEET 2024

Cardiff International Pool, Cardiff

13 & 14 APRIL 2024

LICENCE NUMBER 1WL240160

(Under World Aquatics Technical Rules & Swim Wales Laws)

LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

		FEMALE						
AGE		11	12	13	14	15	16	17yrs+
50m Freestyle	QT	37.30	35.40	34.00	32.90	32.20	31.90	30.50
	CT	39.30	37.40	36.00	34.90	34.20	33.90	
100m Freestyle	QT	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80	1:07.30
	CT	1:23.30	1:19.20	1:16.70	1:14.70	1:13.60	1:12.80	
200m Freestyle	QT	2:51.30	2:42.50	2:36.20	2:32.10	2:29.10	2:27.50	2:25.80
	CT	2:57.30	2:48.50	2:42.20	2:38.10	2:35.10	2:33.50	
400m Freestyle	QT	5:56.40	5:38.80	5:26.30	5:18.00	5:12.80	5:09.20	5:06.30
	CT	6:04.40	5:46.80	5:34.30	5:26.00	5:20.80	5:17.20	
800m Freestyle	QT			11:10.80	10:56.00	10:45.50	10:36.00	10:35.10
	CT			11:25.80	11:21.00	11:20.50	11:01.00	
1500m Freestyle	QT			21:30.40	21:00.80	20:43.10	20:22.90	20:22.90
	CT			22:00.40	21:30.80	21:13.10	20:52.90	
50m Breaststroke	QT	47.80	45.00	43.10	41.50	40.60	40.10	39.50
	CT	49.80	47.00	45.10	43.50	42.60	42.10	
100m Breaststroke	QT	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10	1:23.60
	CT	1:45.60	1:39.20	1:34.80	1:32.50	1:31.50	1:30.10	
200m Breaststroke	QT	3:36.60	3:24.90	3:15.50	3:09.50	3:06.70	3:05.80	2:59.80
	CT	3:42.60	3:30.90	3:21.50	3:15.50	3:12.70	3:11.80	
50m Butterfly	QT	40.70	38.60	36.70	35.70	34.80	34.20	33.90
	CT	42.70	40.60	38.70	37.70	36.80	36.20	
100m Butterfly	QT	1:27.90	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80	1:12.10
	CT	1:31.90	1:26.60	1:23.10	1:21.20	1:19.50	1:18.80	
200m Butterfly	QT	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30	2:38.30
	CT	3:18.60	3:07.70	2:59.50	2:54.00	2:51.70	2:49.30	
50m Backstroke	QT	43.10	40.90	39.40	38.00	37.00	36.60	35.70
	CT	45.10	42.90	41.40	40.00	39.00	38.60	
100m Backstroke	QT	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10	1:14.60
	CT	1:33.90	1:28.50	1:25.70	1:23.60	1:21.90	1:21.10	
200m Backstroke	QT	3:11.00	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90	2:39.90
	CT	3:17.00	3:06.60	3:00.30	2:55.80	2:51.80	2:49.90	
200m I/M	QT	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90	2:43.70
	CT	3:20.30	3:09.30	3:02.80	2:58.30	2:54.90	2:52.90	
400m I/M	QT			6:10.60	6:02.00	5:55.20	5:50.80	5:43.90
	CT			6:18.60	6:08.00	6:01.20	5:56.80	

QT = Qualification Time

CT = Consideration Time

Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software. The organisers reserve the right to return entries.



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CARDIFF INTERNATIONAL OPEN MEET 2024

Cardiff International Pool, Cardiff
13 & 14 APRIL 2024

LICENCE NUMBER 1WL240160

(Under World Aquatics Technical Rules & Swim Wales Laws)

LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

		M A L E						
AGE		11	12	13	14	15	16	17yrs+
50m Freestyle	QT	37.00	34.90	33.00	31.30	29.70	28.70	28.10
	CT	39.00	36.90	35.00	33.30	31.70	30.70	
100m Freestyle	QT	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60	59.50
	CT	1:22.80	1:17.70	1:13.80	1:10.90	1:08.40	1:06.60	
200m Freestyle	QT	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30	2:09.50
	CT	2:57.30	2:46.80	2:38.60	2:31.60	2:26.70	2:22.30	
400m Freestyle	QT	5:56.00	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10	4:42.50
	CT	6:04.00	5:46.10	5:29.80	5:15.00	5:05.60	4:57.10	
800m Freestyle	QT			11:12.80	10:42.50	10:21.80	10:05.00	9:55.50
	CT			11:37.80	11:07.50	10:46.80	10:30.00	
1500m Freestyle	QT			21:16.60	20:19.00	19:37.10	19:07.70	18:49.00
	CT			21:46.60	20:49.00	20:07.10	19:37.70	
50m Breaststroke	QT	48.20	44.60	41.80	39.70	37.80	36.80	34.80
	CT	50.20	46.60	43.80	41.70	39.80	38.80	
100m Breaststroke	QT	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:14.80
	CT	1:45.50	1:38.70	1:32.80	1:28.60	1:25.40	1:22.90	
200m Breaststroke	QT	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60	2:42.80
	CT	3:45.10	3:31.20	3:18.50	3:08.50	3:01.40	2:57.60	
50m Butterfly	QT	40.80	38.10	35.90	34.00	32.20	31.40	29.80
	CT	42.80	40.10	37.90	36.00	34.20	33.40	
100m Butterfly	QT	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80	1:05.00
	CT	1:31.70	1:25.50	1:20.80	1:16.80	1:13.80	1:11.80	
200m Butterfly	QT	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40	2:24.70
	CT	3:18.50	3:05.90	2:55.90	2:46.90	2:40.40	2:36.40	
50m Backstroke	QT	43.20	40.50	38.20	36.10	34.50	33.50	31.90
	CT	45.20	42.50	40.20	38.20	36.50	35.50	
100m Backstroke	QT	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30	1:07.50
	CT	1:33.80	1:28.10	1:23.20	1:19.00	1:16.20	1:14.30	
200m Backstroke	QT	3:12.00	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40	2:26.70
	CT	3:18.00	3:06.70	2:56.30	2:48.30	2:42.00	2:37.40	
200m I/M	QT	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90	2:28.00
	CT	3:20.30	3:08.80	2:58.70	2:50.80	2:44.40	2:39.90	
400m I/M	QT			6:06.40	5:49.30	5:36.20	5:27.60	5:15.00
	CT			6:12.40	5:55.30	5:42.20	5:34.60	

QT = Qualification Time
CT = Consideration Time

Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software.
The organisers reserve the right to return entries.



CARDIFF INTERNATIONAL OPEN MEET 2024

Cardiff International Pool, Cardiff | 13 & 14 APRIL 2024

LICENCE NUMBER 1WL240160

(Under World Aquatics Technical Rules & Swim Wales Laws)

PARA SWIMMING CONSIDERATION STANDARDS (BPSIM)

50m Free	M	F	100 Free	M	F	200 Free	M	F
S1	02:10.58	01:57.75	S1	03:46.74	05:49.48	S1	07:11.06	09:16.40
S2	01:24.24	01:39.99	S2	03:27.68	04:47.15	S2	05:13.17	09:44.28
S3	00:59.05	01:05.30	S3	02:33.22	02:12.80	S3	04:44.34	04:56.77
S4	00:55.40	00:56.71	S4	02:00.47	02:18.00	S4	04:17.33	04:44.28
S5	00:47.91	00:52.07	S5	01:46.30	01:54.76	S5	03:44.91	03:59.92
S6	00:41.52	00:48.17	S6	01:32.69	01:44.20	S14	02:43.21	02:55.88
S7	00:39.93	00:46.56	S7	01:26.70	01:41.93			
S8	00:37.34	00:42.74	S8	01:21.38	01:31.22			
S9	00:36.40	00:40.45	S9	01:19.79	01:27.93			
S10	00:32.98	00:38.81	S10	01:12.07	01:25.30			
S11	00:37.13	00:43.16	S11	01:23.27	01:35.63			
S12	00:33.80	00:39.73	S12	01:15.10	01:25.53			
S13	00:33.89	00:39.20	S13	01:14.97	01:24.57			
S14	00:35.56	00:39.96	S14	01:16.71	01:25.53			

50m Back	M	F	100 Back	M	F			
S1	01:42.47	03:10.27	S1	03:26.43	06:17.03			
S2	01:10.32	01:33.45	S2	02:33.66	03:14.11			
S3	01:04.55	01:11.99	S6	01:44.69	02:00.50			
S4	01:02.19	01:12.27	S7	01:40.03	01:57.07			
S5	00:54.49	01:03.45	S8	01:30.55	01:49.37			
			S9	01:30.24	01:38.94			
			S10	01:23.12	01:36.50			
			S11	01:35.59	01:52.41			
			S12	01:25.27	01:40.76			
			S13	01:23.37	01:35.90			
			S14	01:27.07	01:32.86			

50m brst	M	F	100 Brst	M	F	200m IM	M	F
S1	04:54.34	03:10.15	S4	02:14.92	02:40.30	S5	05:00.36	05:04.67
S2	01:16.01	02:00.25	S5	02:10.77	02:27.29	S6	03:45.95	04:17.22
S3	01:09.19	01:24.87	S6	01:55.82	02:15.97	S7	03:39.34	04:17.84
			S7	01:52.29	02:10.51	S8	03:17.67	03:49.98
			S8	01:42.98	01:52.84	S9	03:12.81	03:38.76
			S9	01:32.13	01:47.62	S10	03:02.67	03:31.32
			S11	01:42.03	01:59.66	S11	03:26.95	04:00.77
			S12	01:35.63	01:53.75	S12	03:09.15	03:51.20
			S13	01:33.39	01:46.72	S13	03:10.81	03:25.23
			S14	01:34.68	01:48.29	S14	03:06.03	03:25.09

50m Fly	M	F	100m Fly	M	F	NOTE NO PARA SWIMMING CONSIDERATION STANDARDS in 200m Brst 200m back 200m Fly & 400m IM	
S1			S8	01:25.43	01:38.74		
S2	03:21.85	03:15.71	S9	01:23.79	01:36.89		
S3	01:58.87	02:08.37	S10	01:19.10	01:34.47		
S4	01:06.39	02:05.57	S11	01:28.73	01:55.91		
S5	00:49.87	01:04.04	S12	01:21.27	01:37.94		
S6	00:43.25	00:51.53	S13	01:20.16	01:30.89		
S7	00:42.10	00:49.64	S14	01:24.24	01:38.14		