

CARDIFF BAY SPRINT MEET
1 JULY 2023
Level 3 Long Course | 3WL230296
Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS

Welcome to the Cardiff Bay Sprint Meet 23.
Please refer to the meet pack for the events & conditions for the weekend.

SATURDAY SESSION ONE			SATURDAY SESSION TWO		
101 HDW	Boys	50m Backstroke	201 HDW	Boys	50m Breaststroke
102 HDW	Girls	50m Freestyle	202 HDW	Girls	50m Butterfly
103 HDW	Boys	50m Butterfly	203 HDW	Boys	50m Freestyle
104 HDW	Girls	50m Breaststroke	204 HDW	Girls	50m Backstroke
SATURDAY SESSION THREE					
301 HDW	Boys	200m Individual Medley			
302 HDW	Girls	200m Individual Medley			

SESSION TIMES

Session 1				
Warm up	BOYS 09:00-09:20	GIRLS 9-11 09:20-0940	GIRLS 12+ 09:40-10:00	START: 10:05
Session 2				
Warm up	BOYS 12:15-12:35	GIRLS 9-11 12:35-12:55	GIRLS 12+ 12:55-13:15	START: 13:20
Session 3				
Warm up	BOYS 15:30-15:50	GIRLS 15:50-16:10		START: 16:15

Warm Up:

- ❖ Warm up 20 mins inc 5 min sprint lanes at the end of each warm up. See lane allocation
- ❖ Girls to access the pool at the car park end of the pool; Boys via Ice Rink end.
- ❖ Coaches must ensure that their teams are supervised during warm up.
- ❖ Co Cardiff will provide warm up Marshals to assist in the movement of swimmers.
- ❖ Coaches and swimmers disregarding health and safety instructions, will be excluded from warm up.
- ❖ Dry side warm up may be limited. It is advised that clubs split their team into 2 groups and only allow swimmers to perform dry side before their actual warm up.

Please ensure your swimmers exit the pool at the side and do not climb out over the timing pads as this can cause damage to the pads and lead to delays to the meet.

Marshalling: Swimmers will be called to marshalling. It is the responsibility of the swimmer/coaches to ensure that they attend marshalling once called. Swimmers will then be directed to the standing areas (zones 1, & 2).

Car Parking: Please use the former TOYS R US car park opposite the International Pool. The car park is run by Cardiff Council and there is a £5.00/day charge CASH ONLY. Do not park anywhere else as traffic wardens operate in the area and freely dish out tickets to those parked illegally.

Officials: Officials can register at <https://swim-meet.com/Availability/?m=1781> to confirm their availability.

Alternatively, we request that details of officials (together with their qualifications) are forwarded to our officials' co-ordinator Jim McCulloch: cardiffofficials@btinternet.com

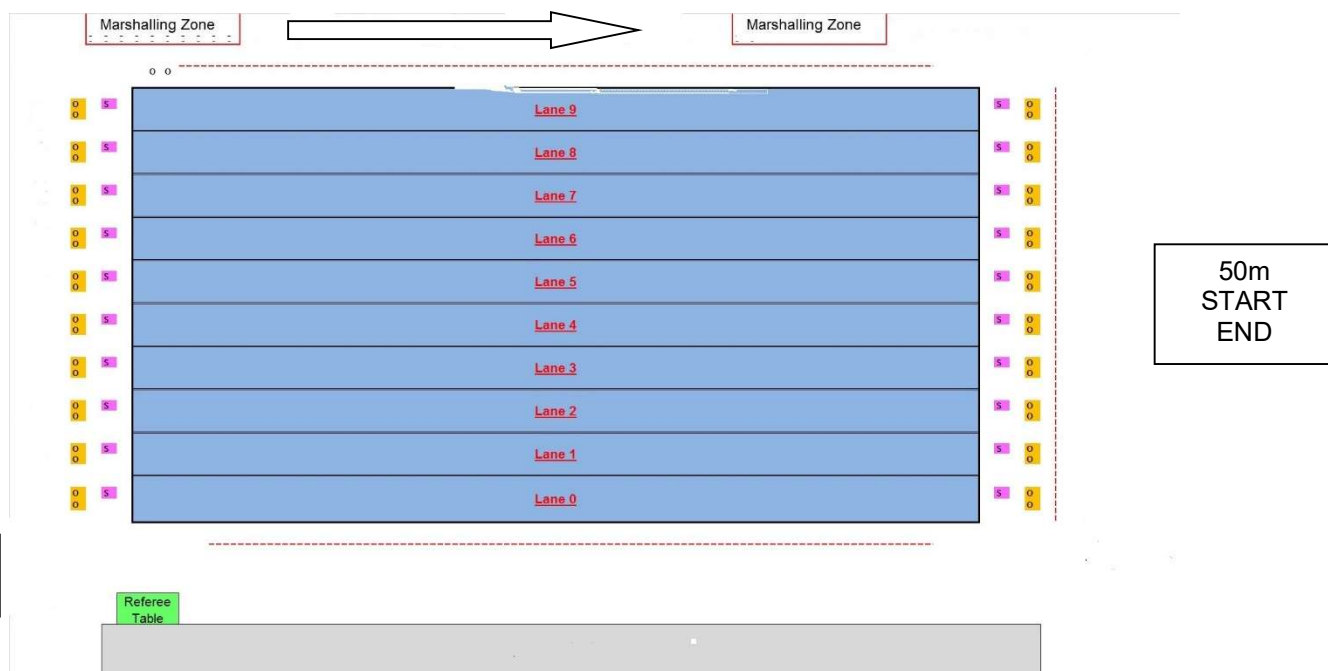
Access to the competition pool:

- Swimmers can access poolside via the changing village
- Spectators to access via the fire escape opposite the Ice Rink
- Officials Co Cardiff volunteers & Coaches to access via the fire escape opposite the main CIP car park.

Coaches will receive their paperwork on arrival via the fire escape door.

The first 4 rows are for swimmers & coaches – NO spectators

Pool Layout: START END FOR 50s is at the Ice Rink end of the pool & 200IM at car park end



Spectators: Day ticket costs £10.00 and £4.00/session.

- ❖ Tickets are to be purchased in advance from WED 21 – WED 28 June only online.
- ❖ The ticket link is (SELECT THE CARDIFF SPRINT MEET) (<https://orderwhizz.com/ccsc/events/cardiff-bay-sprint-and-keith-bewley-memorial>).
- ❖ Please ensure your email address used is current and up-to date.
- ❖ No refunds will be given once tickets are purchased.
- ❖ Meet programmes can be additionally purchased when buying tickets online £1.00.

NO TICKETS WILL BE SOLD ON THE DAY | NO ACCESS WITHOUT A TICKET

Swimpath: Will be attending the gala so a great chance to stock up on those essential swimming items.

Event Protocols:

In order to try and run a safe meet for all participants please follow these protocols detailed below. Welsh Govt. have removed covid restrictions, but please stay safe and consider others.

- Please leave plenty of time to arrive before each session.
- If you have any illness symptoms, do not enter the building and inform your club/coach. If you have come into contact with anyone with known coronavirus, do not attend the meet.

Whilst it is no longer a legal requirement to wear a mask indoors or socially distance, all participants may choose to wear a mask. We ask everyone to respect these wishing to remain socially distant.

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.

Please contact the Meet Director, Stephen Jones, regarding any matter not covered here. We look forward to seeing you and wish you all a successful Meet.