

Cardiff Bay Sprint Meet 1st July 2023

Cardiff International Pool

Welcome to the Cardiff Bay Sprint Meet –the 15th Cardiff Bay Meet but the 34th Sprint Meet to be held. This Meet was originally called The GRE Sprint Meet and set up by Mr Brian Hardwicke at the Cogan Pool to run on Saturday and Sunday in July. We had clubs competing from many areas and several English Clubs were frequent attenders. This became a highly regarded Welsh One Day Event.

As in previous years, our youngest age group of 9 years will be competing for the coveted ‘Rowland Jones Cup’ which is awarded to the swimmer, boy or girl, who gains the highest points score for the four single stroke events – those swum prior to the Individual Medley. Rowland Jones was the Chairman of our Local Area for many years before his sudden death. We will retain the original trophy, but a fine Replica Cup will be presented to the best overall nine-year-old swimmer.

Similarly, the ‘Brian Hardwicke Cup’ will be awarded to the best overall 12-year-old swimmer – scoring as above for the four single stroke events. Brian, as some of you will remember was Chairman of the Welsh A.S.A. for several years as well as the Chairman of our Local Area also for some time. He was the originator of this event and Meet Director until his illness and subsequent death several years ago. Again, we retain the original trophy but a Replica Cup will be presented to the winner.

Competitors will only receive an award if they have achieved the qualifying standard and have not swum faster than the respective UPPER CUT OFF TIME.

Medals will be presented to the first three swimmers who have not swum faster than the respective UPPER CUT OFF TIME in the HDW events for the four strokes, Breaststroke, Backstroke, Butterfly, Freestyle and the Individual Medley Race. The medals will be presented in each of the age groups 9, 10,11,12,13,14,15+over and over and the points will be calculated as follows, 1st place 10 points, second place 9 points etc.

Speeding tickets may be sent to the club.

We are grateful to the staff of the Cardiff International Pool for their assistance in staging the event this year. In particular we are very grateful to Stephen Jones whose most invaluable assistance has enabled us to set up and arrange this event this year once more. Without his help it would have been impossible to run the Sprint Meet this year.

Thank you very much also to all the Poolside Officials and other staff and helpers who given up their valuable time to help with organizing this event.

Heulwen Cooper

We wish to remind swimmers and spectators that this is a Licensed Level 3 Meet, requiring stringent judging by our highly qualified officials in order for times achieved to be recorded. The Referee’s decision is final in all cases.

We also wish to remind you that only swimmers, Meet Officials, Lifeguards and those with Coaches Passes will be allowed on Poolside.

All types of camera MUST be registered at the Entrance Table and all mobile phones turned off.