



CITY OF CARDIFF SWIMMING CLUB

Clwb Nofio Dinas Caerdydd

(Affiliated to Swim Wales)

www.cardiffswimming.co.uk

Chair | Keri Hutchinson

Head Coach | Graham Wardell

Secretary | Stephanie Boswall

Cardiff Closed Invitational Meet level 3 long course

remembering | Keith Bewley

Saturday 17th Sunday 18th February 2018

Cardiff International Pool, CF11 0JS

On behalf of City of Cardiff Swimming Club, thank you for your entries into the Closed Invitational Meet and we are delighted to welcome you all to our 2018 Cardiff Closed Invitational Meet.

We are welcoming 370 swimmers from our nine invited clubs and as it's a level 3 gala, many of the swimmers have either not raced before or not raced in a 50-metre pool before so be sure to give all the competitors plenty of encouragement throughout the weekend.... they'll probably need it.

You'll notice that the meet is run by an army of volunteers and we as a club, are very grateful for the hard work that they put in as we would not be running this meet without them. This fantastic group of folk are giving up their time so that the event can happen and please bear this in mind if things do not go according to plan. Rest assured, everyone is working really hard to make this event a positive experience for all involved (the swimmers, the coaches, the parents and supporters and the volunteers).

2018 has only just begun and already the pace is picking up with the competition calendar. We, at CCSC are excited to have placed several of our swimmers on the Welsh Commonwealth Games team and look forward to seeing them perform in the Gold Coast. Their hard work and dedication to get where they are today being an inspiration to us all and wish them all the luck in their quest for medals in the Australian sun. Their swimming development started at events just like this and it just goes to show what is possible if you can keep young people enjoying their sport.

We very much hope that you enjoy yourselves at this meet and hope that the swimmers all achieve their personal goals for this weekend and thank you for your support.

Keri Hutchinson
Chair-CCSC
On behalf of the Management Committee CCSC

The confirmed entries into this Meet can be found on the Closed Invitational Meet page on our website at www.cardiffswimming.co.uk | go to FIXTURES refer to yellow Cardiff Closed Invitational Meet (right-hand tab).

NOTE: X by your entry/time indicates the swimmer is an "Exhibition Swim" meaning they are not eligible for any medals/speeding tickets, but they are simply racing for a time.

PLEASE CAREFULLY CHECK & refer to the Meet Pack for full information about the gala.

Marshalling The pool layout is shown below:

Swimmers will be called to marshalling by the announcer. It is the responsibility of the swimmer and club coaches to ensure that they attend marshalling once called. Swimmers will then be accompanied by the Marshalling Team around the 4 seated zones to the start

Marshalling Zone 4
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Marshalling Zone 3
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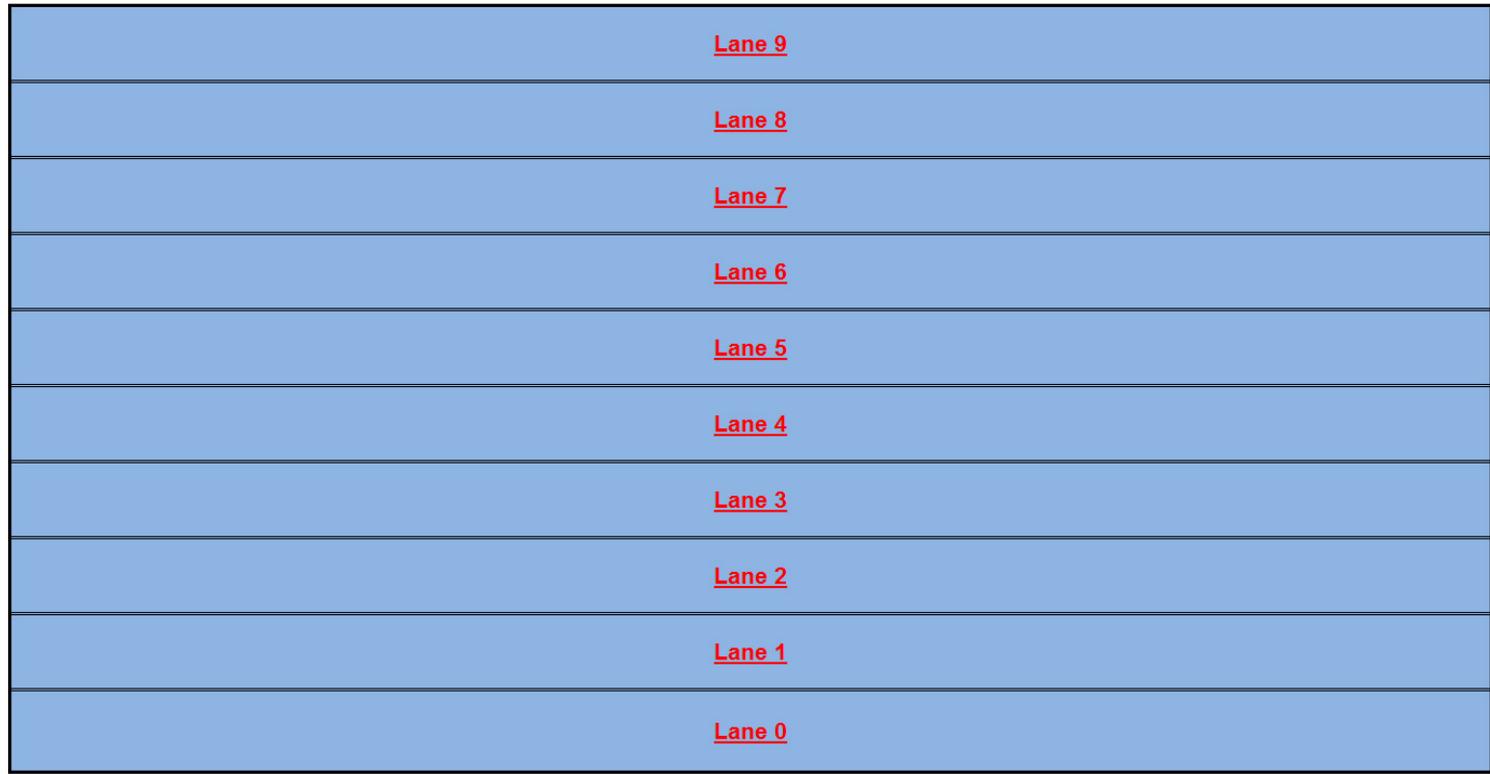
Marshalling Zone 2
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Marshalling Zone 1
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Marshalling

400m /
800m /
1500m
sign in

Referee
Table

Spectators

Spectator Information

The pool hall will open for spectator entry on Saturday from 9:30am and Sunday from 08:00am
 The front 4 rows are reserved for swimmers, coaches and club staff.
 We ask that spectators please occupy the seats from row five back.
 There is FREE ENTRY to the gala.

THERE WILL BE NO PRINTED MEET PROGRAMES AVAILABLE ON THE DAY.

The Heat Sheets can be freely downloaded from the Club website - Cardiff Closed Invitational Meet page and will be circulated via clubs/class manager prior to the Meet. The gala will be on Meet Mobile.

Warm Up & Session Times

All Warm Up sessions end 5/10 minutes before the commencement of each Session.

NOTE max 16 swimmers/lane – as required by Parkwood. There is NO warm down pool available.

All Clubs must ensure that their swimmers are supervised during warm up in their allocated lanes. All lanes will be swim lanes until sprint lanes are announced for each session. 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. Sprint lanes will be opened by the announcer.

Warm up Marshals will be used. Swimmers disregarding health + safety instructions and ignoring the direction of the Marshals will be not be tolerated and thus will be excluded from Warm Up.

Boys are to access/exit pool from Toys R Us end and Girls access/exit from the car park end

Session 1	SATURDAY	Session 4	SUNDAY
Girls	10:00 - 10:35 (sprint lanes from 10:30)	Boys	08:30 - 08:50 (Sprint lanes from 08:45)
Boys	10:35 - 10:55 (sprint lanes from 11:50)	Girls	08:50 - 09:25 (Sprint lanes from 09:20)
Session 2		Session 5	
Boys	13:00 - 13:20 (sprint lanes from 13:15)	Girls	11:15 - 11:50 (Sprint lanes from 11:45)
Girls	13:20 - 13:55 (sprint lanes from 13:50)	Boys	11:50 - 12:10 (Sprint lanes from 12:05)
NOTE		Session 6	
GIRLS 8-10yrs are to warm up in first 15 mins then		Boys	14:30 - 14:50 (Sprint lanes from 14:45)
11-13yrs can warm up in remainder of each session		Girls	14:50 - 15:10 (Sprint lanes from 15:05)

LANE ALLOCATION FOR ALL SESSIONS			
	Sprint lanes 0 1 2 3 & 6 7 8 9	Lanes 4&5 to remain swimming lanes for all clubs	
0*	MERTHYR TYDFIL & NEATH *	5	RCT
1*	CAERPHILLY *	6	CO OXFORD
2	TORFAEN DOLPHINS	7	CO CARDIFF
3	CELTIC DOLPHINS	8	CO CARDIFF
4	SEVERNSIDE TRITONS	9	CO NEWPORT

NB on SUNDAY Lane 0 will be a permanent sprint lane with L1 used by Merthyr Tydfil, Neath & Caerphilly

Officials - All visiting clubs with 10 or more swimmers are requested to provide at least one qualified officials per session. Meals and refreshments will be provided. We request that details of officials (together with their qualifications) are forwarded to our officials' co-ordinator Jim McCulloch officials@cardiffswimming.co.uk

Refreshments - The Café, which provides a catering facility serving refreshments for swimmers, spectators and coaches, will operate throughout this Meet. Refreshments may not be taken onto the poolside. There are also local facilities located near Cardiff International Pool.

Swim Shop - We welcome to the CIP Balcony SWIMPATH with Olympian Jemma Lowe and thank them for kindly supplying the speeding tickets.

PROGRAMME OF EVENTS

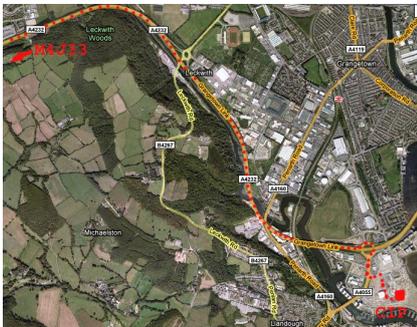
SATURDAY SESSION ONE			SUNDAY SESSION FOUR		
Warm up 10:00 Session Start 11:00			Warm up 08:30 Session Start 09:30		
101 HDW	Female	100m Butterfly	401 HDW	Male	100m Butterfly
102 HDW	Male	200m Freestyle	402 HDW	Female	200m Backstroke
103 HDW	Female	200m Breaststroke	403 HDW	Male	200m Breaststroke
104 HDW	Male	50m Butterfly	404 HDW	Female	50m Freestyle
105 HDW	Female	50m Backstroke	405 HDW	Male	50m Backstroke
SATURDAY SESSION TWO			SUNDAY SESSION FIVE		
Warm up 13:00 Session Start 14:00			Warm up 11:15 Session Start 12:15		
201 HDW	Male	50m Freestyle	501 HDW	Female	50m Butterfly
202 HDW	Female	50m Breaststroke	502 HDW	Male	50m Breaststroke
203 HDW	Male	100m Breaststroke	503 HDW	Female	100m Breaststroke
204 HDW	Female	200m Freestyle	504 HDW	Male	200m Backstroke
205 HDW	Male	100m Backstroke	505 HDW	Female	100m Freestyle
SATURDAY SESSION THREE ~ RELAYS			SUNDAY SESSION SIX		
Session Start 16:30			Warm up 14:15 Session Start 15:15		
301 Relay	Female	4x50m Free 8-10	601 HDW	Male	100m Freestyle
302 Relay	Female	4x50m Free 11-13	602 HDW	Female	100m Backstroke
303 Relay	Male	4x50m Free 8-10	603 HDW	Male	200m IM
304 Relay	Male	4x50m Free 11-13	604 HDW	Female	200m IM
305 Relay	Mixed	4x50m Medley 8-10			
306 Relay	Mixed	4x50m Medley 11-13			

Est finish time 17:00 (both days)

Details of Event Parking

Car parking places are limited at the Cardiff International Pool. Please use the main pool car parks.

Directions to Cardiff International Pool together with a map showing of CIP are below



Directions to Cardiff International Pool

Cardiff International Pool, Olympian Drive, CF11 0JB
 Travelling from either west or east, take the M4 to Junction 33
 Then take the A4232, towards Cardiff Bay.
 Take the 3rd main exit. (just after the elevated section)
 – A4055 to Penarth. Travel down the exit slip road,
 and at the roundabout then take the 3rd exit (towards Penarth),
 and then take the first left at the traffic lights.
 At the next set of traffic lights turn right.

Fundraising - Please bring and support our Cake Stall located on the balcony during the gala.

Remembering | Keith Bewley:

We invite clubs & CCSC squad members to take on the relay challenge & race in 8x50m butterfly.

Any age group can enter even if you are not competing at the gala. This relay entry fee is to be a donation to the Keith Bewley Swimming Trust – which can be via your club or you can seek sponsors!

Clubs/Squads are welcome to register before FRIDAY 9 FEB if you wish to enter a team and CCSC swimmers can also confirm via their Class Manager.

The race will take place after the relay events on Saturday afternoon.

Contacts

Should you want or need to contact City of Cardiff Swimming Club regarding any matter not covered in this letter please do so using the contact details provided. We wish all swimmers a successful Meet.

Stephen Jones

Meet Director

home.meets@cardiffswimming.co.uk