



# CITY OF CARDIFF SWIMMING CLUB

## Clwb Nofio Dinas Caerdydd

(Affiliated to Swim Wales)

[www.cardiffswimming.co.uk](http://www.cardiffswimming.co.uk)

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Chair Keri Hutchinson

Head Coach Graham Wardell

Secretary Penny McCarthy

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### CardiffClosedInvitationalMeet2029

**16 & 17 FEBRUARY 2019**

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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 2019 Cardiff Closed Invitational Meet.

We are welcoming 310 swimmers from our eight 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.

The confirmed entries into this Meet can be found on the Closed Invitational Meet page on our website at [www.cardiffswimming.co.uk](http://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.**

**Officials:** All visiting clubs are requested to provide at least one qualified official 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](mailto:officials@cardiffswimming.co.uk)

**Spectator Information:** The pool hall will open for spectator entry on Saturday from 10:15am and Sunday from 08:15am. 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 SPECTATOR ENTRY to the gala and a Meet Programme is on sale at £2.50.

**Swim Shop:** We welcome to the CIP Balcony SWIMPATH with Olympian Jemma Lowe and thank them for kindly supplying the speeding tickets. DE PHOTO is also attending throughout the weekend.

#### Warm Up & Session Times:

##### SATURDAY 16 FEBRUARY

SESSION 1 warm up 10:45 start 11:35

SESSION 2 warm up 13:05 start 14:00

SESSION 3 warm up 15:30 start 16:15

##### SUNDAY 17 FEBRUARY

SESSION 4 warm up 08:40 start 09:30

SESSION 5 warm up 10:40 start 11:30

SESSION 6 warm up 13:10 start 14:00

Check out full details on the warm up schedule.

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

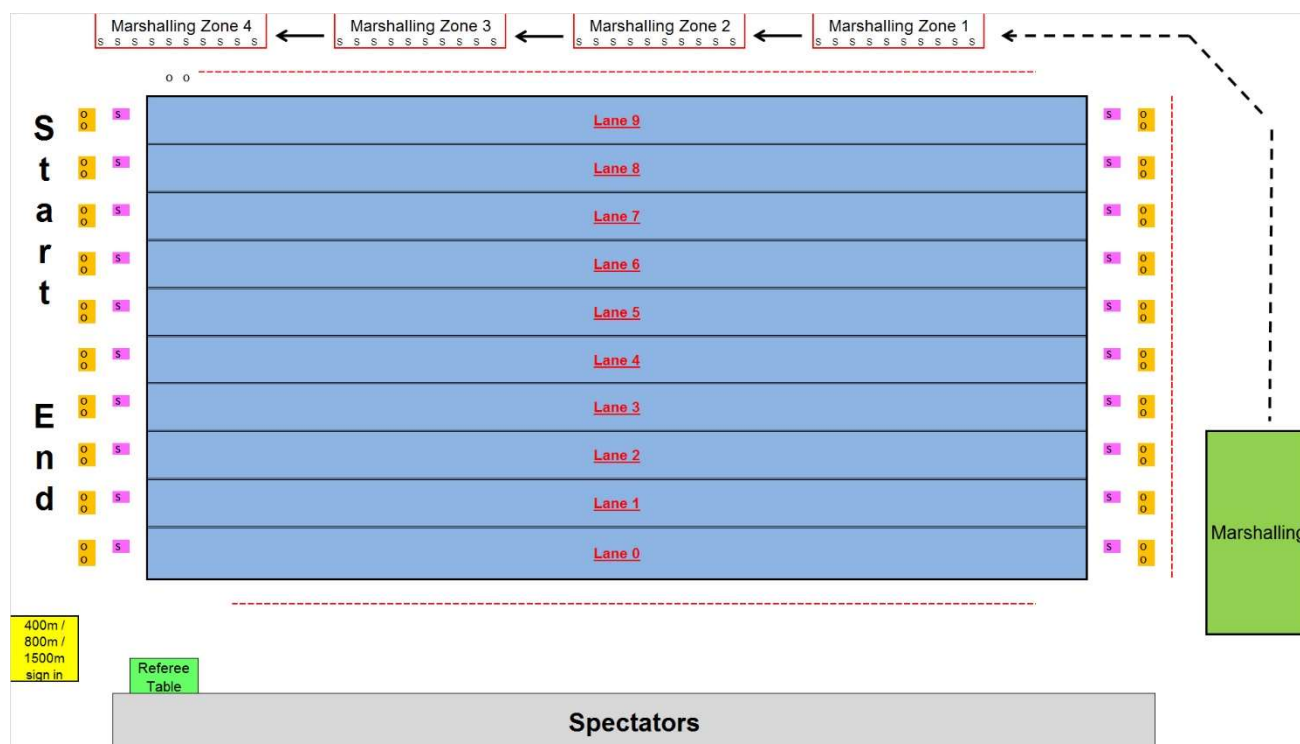
All Clubs must ensure that their swimmers are supervised during warm up in their lanes. All lanes will be swim lanes until sprint lanes are announced for each session. Please ensure your swimmers exit the pool at the side and do not climb out over the timing pads as this can cause damage to the pads 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 Ice Rink end and Girls access/exit from the car park end of the pool.

**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



### Limited Edition Swim Hat & Swimwear:

We are delighted to offer these designed by Olympian Jemma Lowe.

SWIMHAT – brushed silicone - £8.50

Girls swimsuits £27.50

Junior 8, 10, 12, 28,30 small 32 med

Boys jammers £25.00

Junior 10, 12, 14

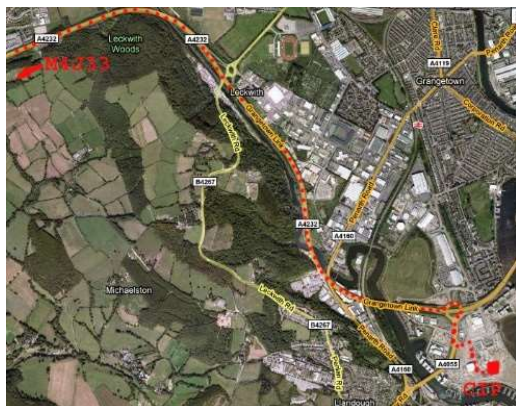
Please contact Stephen Jones if you would like to reserve

e-mail: [stephen.jones@westernretail.co.uk](mailto:stephen.jones@westernretail.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.

**Car Parking:** 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 3<sup>rd</sup> main exit. (just after the elevated section)  
– A4055 to Penarth. Travel down the exit slip road,  
and at the roundabout then take the 3<sup>rd</sup> exit (towards Penarth),  
and then take the first left at the traffic lights.  
At the next set of traffic lights turn right.

**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.

**Coach passes:** Coach passes are available to collect from the Meet Office.

**RELAYS:** For those clubs entered, teams are to be confirmed before the start of S1 & S4 each day.

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Please contact City of Cardiff Swimming Club regarding any matter not covered here.

e-mail: [stephen.jones@westernretail.co.uk](mailto:stephen.jones@westernretail.co.uk)

We look forward to seeing you and wish you all a successful Meet.

**Stephen Jones**  
**Meet Director**