



# 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 | Stephanie Boswall

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### CARDIFF INTERNATIONAL OPEN MEET

### level 1 long course

**remembering | Keith Bewley**

**Friday 25<sup>th</sup> Saturday 26<sup>th</sup> Sunday 27<sup>th</sup> May 2018**  
**Cardiff International Pool, CF11 0JS**

Dear Swimmers, Coaches, Parents and supporters,

I am delighted to be able to welcome you to our Cardiff International Open Meet. This year we are welcoming 67 visiting clubs, 663 swimmers and have processed 3259 individual entries.

A club such as ours, puts the time and effort into organising these events because we want to be able to provide swimmers with as many opportunities to race as possible in their home pool and we are very pleased to welcome so many other clubs to the meet to join us as it only serves to increase the standards for all involved.

We are very proud, as a club to have managed to send 4 swimmers and a coach to the 2018 Commonwealth Games in the Gold Coast and we watched their efforts with great excitement. Part of the excitement is centred on the legacy that these successes create in the club as many of our younger swimmers aspire to achieve the same goals.

Hopefully, each swimmer racing at our meet, achieves their goals over the weekend, and more importantly, enjoys themselves. We hope to welcome you back to our Welsh Capital Open Level 2 SC Meet on 3&4 November.

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

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The confirmed entries into this Meet can be found on the Cardiff International Meet page on our website at [www.cardiffswimming.co.uk](http://www.cardiffswimming.co.uk) | go to FIXTURES refer to yellow Cardiff International Open (right-hand tab).

Please refer to the Meet Pack for full information on the gala and the evacuation procedure.

**Data Protection** - Entries and results for this Meet will be held on computer. As required by the General Data Protection Regulation 2018, submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the Meet.

#### **Spectator Information**

The pool hall will open for spectator entry from 07:45 each day.

The front 4 rows are reserved for swimmers, coaches and club staff. We ask that spectators please occupy the seats from row five back.

**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.

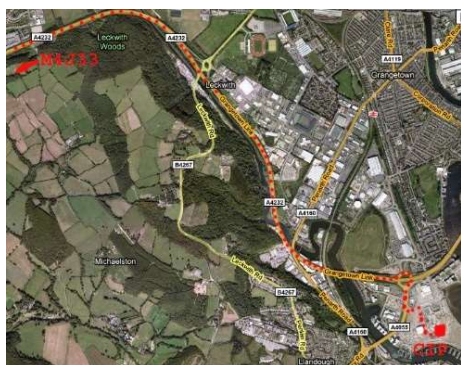
**Refreshments** - The Café, which provides a catering facility serving refreshments for swimmers, spectators and coaches, will operate throughout this Meet. Refreshments may not be taken onto the poolside. There are also local facilities located near Cardiff International Pool.

**Swim Shop** - We welcome to the CIP balcony FINE DESIGNS and SWIMPATH.

## Details of Event Parking

Car parking places are limited at the Cardiff International Pool and are for their gym members and customers. DETAILS OF THE GALA WEEKEND PARKING ARRANGEMENTS WILL BE SUPPLIED SHORTLY.

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.

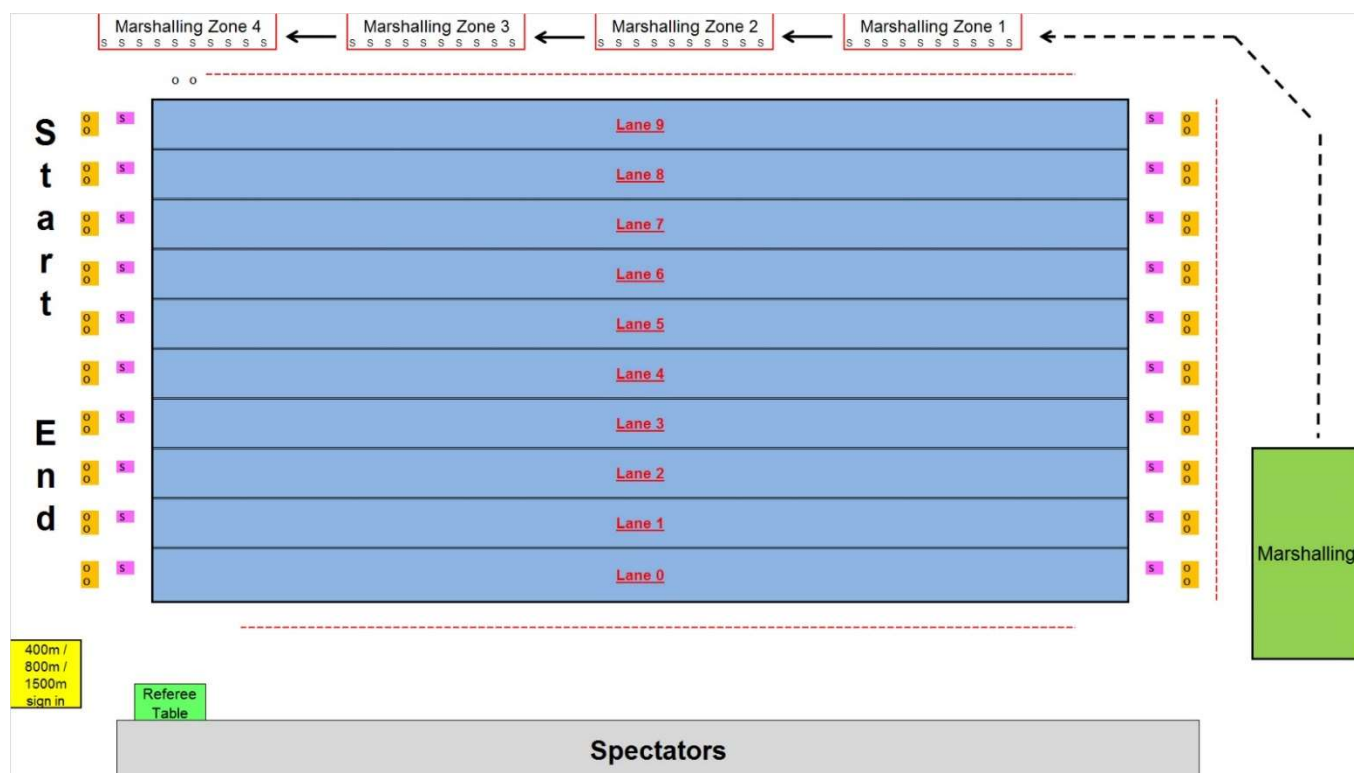
Take the 3<sup>rd</sup> main exit. (just after the elevated section)

– 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.

**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.



### Warm Up & Session Times

Warm up sessions will be mixed. Coaches are asked to prioritise swimmers competing in the first heats of each session to warm up first and stagger their swimmers. We suggest swimmers aged 11/14yrs warm up at the beginning followed by the older swimmers in each club.

Even numbered lanes are to be swam in clockwise direction & odd numbered lanes swam anti-clockwise.

Lanes 1-8 are for warm up with a max of 16 swimmers/lane – as required by Legacy Leisure.

Lanes 0 & 9 are permanent sprint lanes – swimmers must swim to the 25m mark & exit the pool at that point. Further sprint lanes will be opened toward the end of each warm up.

There is NO warm down pool available. Warm up will end 5/10 minutes before the start of each session.

**Boys are to access/exit pool from the ice rink end and Girls access/exit from the car park end**

<b>SESSION 2</b>	<b>FRIDAY Warm up 08:15</b>	<b>SESSION 3</b>	<b>FRIDAY Warm up 11:45</b>
MIXED	08:15 - 08:30	MIXED	11:45 -12:00
MIXED	08:30 - 08:45	MIXED	12:00 -12:15
MIXED	08:45 - 09:00	MIXED	12:15 -12:30
<b>SESSION 4 FINALS   Warm up MIXED 15:30 - 15:50</b> (est. finish 17:00)			
<b>SESSION 5</b>	<b>SATURDAY Warm up 8:15am</b>	<b>SESSION 6</b>	<b>SATURDAY Warm up 12:00</b>
MIXED	08:15 - 08:30	MIXED	12:00 -12:15
MIXED	08:30 - 08:45	MIXED	12:15 -12:30
MIXED	08:45 - 09:00	MIXED	12:30 - 12:45
MIXED	09:00 - 09:15	MIXED	12:45 - 13:00
<b>SESSION 7 FINALS   Warm up MIXED 16:45 - 17:05</b> (est. finish 18:00)			
<b>SESSION 8</b>	<b>SUNDAY Warm up 8:30am</b>	<b>SESSION 9</b>	<b>SUNDAY Warm up 12:00</b>
MIXED	08:30 - 08:45	MIXED	12:00 -12:15
MIXED	08:45 - 09:00	MIXED	12:15 -12:00
MIXED	09:00 - 09:15	MIXED	12:30 -12:45
<b>SESSION 10 FINALS   Warm up MIXED 15:30 - 15:50</b> (est. finish 17:00)			

All Clubs must ensure that their swimmers are supervised during warm up. Swimmers disregarding health + safety instructions and ignoring the direction of the Warm Up Marshals will be not be tolerated and thus will be excluded from 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 timing pads and lead to delays to the meet.

**NOTE THURSDAY SESSION 1 IS CANCELLED with e101 & e102 moved as detailed below**

<b>SESSION 2 FRIDAY</b>			<b>SESSION 3 FRIDAY</b>		
<b>Start 09:10</b>			<b>Start 12:40</b>		
201 Heats	Male	100m Breaststroke	301 Heats	Male	50m Freestyle
202 Heats	Female	200m Butterfly	302 Heats	Female	50m Butterfly
203 Heats	Male	200m Freestyle	303 Heats	Male	200m Backstroke
204 Heats	Female	100m Freestyle	304 Heats	Female	100m Backstroke
205 Heats	Male	50m Backstroke	305 HDW	Male	400m IM
206 Heats	Female	50m Breaststroke	102 HDW	Female	800m Freestyle
<b>SESSION 4 FRIDAY FINALS</b>					
<b>Start 16:00</b>					
201 FINALS	Male	100m Breaststroke	206 FINALS	Female	50m Breaststroke
202 FINALS	Female	200m Butterfly	301 FINALS	Male	50m Freestyle
203 FINALS	Male	200m Freestyle	302 FINALS	Female	50m Butterfly
204 FINALS	Female	100m Freestyle	303 FINALS	Male	200m Backstroke
205 FINALS	Male	50m Backstroke	304 FINALS	Female	100m Backstroke

SESSION 5 SATURDAY Start 09:20			SESSION 6 SATURDAY Start 13:05		
501 Heats	Female	200m Freestyle	601 Heats	Female	50m Freestyle
502 Heats	Male	200m Butterfly	602 Heats	Male	50m Butterfly
503 Heats	Female	100m Butterfly	603 Heats	Female	200m Breaststroke
504 Heats	Male	100m Backstroke	604 Heats	Male	100m Freestyle
505 Heats	Female	50m Backstroke	605 HDW	Female	400m IM
506 Heats	Male	50m Breaststroke	101 HDW	Male	1500m Freestyle
SESSION 7 SATURDAY FINALS Start 17:15					
501 FINALS	Female	200m Freestyle	506 FINALS	Male	50m Breaststroke
502 FINALS	Male	200m Butterfly	601 FINALS	Female	50m Freestyle
503 FINALS	Female	100m Butterfly	602 FINALS	Male	50m Butterfly
504 FINALS	Male	100m Backstroke	603 FINALS	Female	200m Breaststroke
505 FINALS	Female	50m Backstroke	604 FINALS	Male	100m Freestyle
SESSION 8 SUNDAY Start 09:25			SESSION 9 SUNDAY Start 12:50		
801 Heats	Female	100m Breaststroke	901 Heats	Female	200m Backstroke
802 Heats	Male	200m Breaststroke	902 Heats	Male	100m Butterfly
803 Heats	Female	200m IM	903 HDW	Female	400m Freestyle
804 Heats	Male	200m IM	904 HDW	Male	400m Freestyle
SESSION 10 SUNDAY FINALS Start 16:00					
801 FINALS	Female	100m Breaststroke	804 FINALS	Male	200m IM
802 FINALS	Male	200m Breaststroke	901 FINALS	Female	200m Backstroke
803 FINALS	Female	200m IM	902 FINALS	Male	100m Butterfly

We are able to offer a limited-edition swim hat designed by Olympic swimmer Jemma Lowe.  
The hat will be in a brushed silicone finish at a price of £8.75.

Please contact Stephen Jones to order your hat which can be collected from the Meet office during the gala weekend.



## 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.

On arrival to the gala coaches should collect their passes at the ground floor entrance before entering the pool and are invited to a short welcome on Friday & Saturday at around 8:00am in the meet office.

**Stephen Jones**

**Meet Director**

[home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)