



City of Cardiff Swimming Club  
Clwb Nofio Dinas Caerdydd



# CARDIFF INTERNATIONAL OPEN MEET

**CITY OF CARDIFF SWIMMING CLUB 20**  
**LONG COURSE LEVEL 1 MEET 19**



**Friday 24 Saturday 25 Sunday 26 May 2019**

## **Cardiff International Pool**



## **Event Information and Entry Forms**

**Licence Number: 1WL190057**

(Under FINA Technical Rules & Swim Wales Laws)  
ALL SESSION TIMES TO BE CONFIRMED



## **CITY OF CARDIFF SWIMMING CLUB**

# **11<sup>th</sup> CARDIFF INTERNATIONAL OPEN MEET 2019**

**LICENCE NUMBER 1WL190057**  
**(under FINA Technical Rules and Swim Wales Laws)**

**Friday – Sunday | 24 - 26<sup>th</sup> May 2019**

**This is a Level 1 Licensed Meet to enable swimmers to qualify for the British Summer Championships & Summer National Finals**

**Only electronic entries will be accepted for this meet**

|                    |  |                                 |  |
|--------------------|--|---------------------------------|--|
| <b>VENUE</b>       | <b>Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS</b>     |                                 |  |
| <b>POOL</b>        | 10 Lane – 50m pool – electronic timing – with anti-turbulence lane ropes |                                 |  |
| <b>AGE GROUPS</b>  | OPEN   | Male & Female and Para Swimmers |  |
|                    | Male & Female  | 11/12yrs, 13/14yrs, 15yrs+      |  |
|                    | Minimum age for entry is 11 years  |                                 |  |
| <b>AGE AT DATE</b> | <b>26 May 2019</b>   |                                 |  |

|               |
|---------------|
| <b>EVENTS</b> |
|---------------|

|   |   |                |                          |
|---|---|----------------|--------------------------|
| 50m   | Backstroke Breaststroke Butterfly Freestyle | Heats & Finals | Open only                |
| 100m  | Backstroke Breaststroke Butterfly Freestyle | Heats & Finals | 11/12yrs 13/14yrs 15yrs+ |
| 200m  | Backstroke Breaststroke Butterfly Freestyle | Heats & Finals | 11/12yrs 13/14yrs 15yrs+ |
| 200m  | Individual Medley                           | Heats & Finals | 11/12yrs 13/14yrs 15yrs+ |
| 400m  | Freestyle                                   | HDW            | 11/12yrs 13/14yrs 15yrs+ |
| 400m  | Individual Medley                           | HDW            | 13/14yrs 15yrs+          |
| <i>The 800m/1500m are mixed events although heats will be run female then male swimmers</i> |   |                |                          |
| 800m  | Freestyle                                   | HDW            | 13/14yrs 15yrs+          |
| 1500m   | Freestyle                                   | HDW            | 13/14yrs 15yrs+          |

**NOTE** Para Swimmers can only enter events with para swimmer consideration standards as set out below

**remembering | Keith Bewley**



# City of Cardiff Swimming Club

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### PROMOTER'S CONDITIONS

#### AWARDS

Medals will be given to the first 3 places in each age category after the completion of HDW heats.

For the 100m & 200m events, medals will be awarded to the first three places from each set of Finals. (11/12yrs, 13/14yrs, 15yrs+) In the 50m events medals will be awarded to the first three places from each Open Final.

Additional awards will be made to the Top Male, Top Female and Top Visiting Club, based upon accumulated points.

Prize money of £50:00 (which will be sent to respective clubs after the Meet via BACS payment) will be awarded to the winners in each of the Open 50m events.

Competitors will only receive an award if they have achieved the qualifying standard. Swimmers must ensure that they are suitably clothed (t shirt and shorts) when receiving awards.

#### ENTRIES

Qualifying and Consideration times will be applied. Age Group entry times must be faster than the CT and Open faster than the QT. Entry Times outside these limits, and entries with 'No Time' submitted will be rejected (swimmers seeking to enter male 800m & female 1500m with NT may be accepted at the promoter's discretion).

The sport of swimming for athletes with impairment is governed by the IPC, and co-ordinated by the World Para Swimming Technical Committee, using the International Swimming Federation's (FINA) modified rules.

*"It is important that within the competitive programme, individuals are able to compete in events which are appropriate to their stage of development and talents".*

Entry Times must have been obtained at a licenced meet, and random checks will be made against the ASA Online Rankings Database. City of Cardiff Swimming Club may request validation of any stated entry time.

Para swimmer entry will only be accepted from classified swimmers with British/IPC classification. Swimmers without a classification will not be able to compete.

Para swimmers will be integrated into events in accordance with their entry time which must be faster than the para swimmer consideration standards in the designated events set out in this meet pack. They can only enter the events listed in these standards.

**If swimmers are found to have entered the meet with any false or made up times, they will be disqualified from all events that they have entered and their entry fees will be forfeited.**

Entry times may be submitted as short course or long course times using the Hy-Tek entry file but will be converted to long course times using Hy-Tek's Meet Manager software. Estimated times are not permitted.



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The electronic event entry file can be obtained from the Cardiff International Open Meet page on our website: [www.cardiffswimming.co.uk](http://www.cardiffswimming.co.uk)

Electronic entries/enquiries to be emailed to [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

Electronic entries must be produced from Hy-Tek's Team Manager or Team Manager Lite software. Team Manager Lite application and instructions can be downloaded free of charge from [www.hy-tek ltd.com/downloads](http://www.hy-tek ltd.com/downloads)

Para swimmers are allocated Exception Codes, which prevent them from being disqualified for rule infringement due to the nature of their impairment.

The promoter will be responsible for having up to date information about each swimmer at entry and will provide this to the meet referee prior to the commencement of the meet. In order to comply with this, we will confirm the information to para swimmers and request that they/clubs confirm it is correct and up to date.

Clubs are requested to send all entries with an entry report, completed summary sheet and any poolside applications at the same time with one payment, preferably via BACS transfer, to cover all swimmers and coach passes.

BACS details are available upon request for payment of entry fees and passes.

Electronic entries will be acknowledged with receipt confirmation. No entries will be processed until full and complete payment is received.

**There will be no Time Trials or Exhibition Swims permitted at this event and there will be no entries on the day.**

Entry forms are to be retained by the club and there will be no entry cards for this event.

Please ensure that you put adequate postage on posted entries. Envelopes with insufficient postage will not be collected from the Royal Mail depot.

Entries will be rejected for the following reasons:

- ❖ Incorrectly completed and received without the relevant fee
- ❖ Outside the consideration entry times or entry submitted with No Time
- ❖ Improved entries
- ❖ Received after the Club Closing date WEDNESDAY 27th March 2019

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**NO LATE ENTRIES WILL BE ACCEPTED | NO ENTRIES ON THE DAY**

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The Promoter reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded to club in question.

City of Cardiff Swimming Club reserves the right to return entries if the meet is oversubscribed. In this case, the slowest entry times in each age group will be rejected and swimmers will be scratched at the promoter's discretion.

City of Cardiff Swimming Club reserves the right to cancel the event if the meet is under subscribed or move events (as a last resort) in order to comply with timing requirements, set out by Meet Licensing.



## City of Cardiff Swimming Club

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On receipt of all entries City of Cardiff Swimming Club will run a competition entry check to ensure all entrants are current members of their club and their details exactly match with the records held on Rankings. Clubs will be notified of any "non-matches" or other issues detected. They must provide updated swimmer information.

There is a chance that non-matched swimmers will not have their results added to Rankings who no longer will add any failed result.

**ENTRY PRICING** £8.75 per event

**CLUB CLOSING DATE** **WEDNESDAY 27<sup>th</sup> March 2019** (No late entries will be accepted)

**SPECTATOR ENTRY** Full weekend programme £3.50 and there is a spectator entry fee on each day

**SEEDING** **HDW Heats**  
All events will be spearheaded and swum slow to fast, based on entry times.

### **Preliminary Heats & Finals**

The placing of competitors in the heats will be multi age, spearheaded, and swum slowest to fastest, with the three fastest heats being cyclically seeded.

Finalists shall be allocated lanes using the spearhead principle from the results of the heats.

**WITHDRAWALS** Should a swimmer wish to withdraw from an event/all events before the commencement of the meet this should be notified via e-mail to [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

During the gala, all withdrawals must be notified in writing to the meet office by no later than 4:00pm on the day before competition.

No refunds will be made for withdrawals other than on medical grounds. A medical note must be provided on or before 25 June 2019.

### **FINALS: withdrawal**

Withdrawals from finals including reserves must be made at the withdrawal desk (located outside the Meet Office) within 15 minutes of the last heat completed in each session; i.e. after e106, e204, e406, e504, e704, e802

A list of confirmed finalists will be available around 30 minutes after the closure of the withdrawal desk. There will be no alternates once the finalists have been posted.

**WARM DOWN POOL** There may be a warm down pool available in the morning sessions of the meet for swimmers to use after their events. Timings will be confirmed with Legacy Leisure

**SESSION TIMES** Session timing will be finalised once all entries have been processed and swimmers/clubs will be notified accordingly. Please note that it is the swimmers' responsibility to present themselves, ready to swim to the Marshalling Area prior to the start of their event.

**OFFICIALS** Visiting clubs bringing a team of 10 or more swimmers are requested to provide at least one qualified official per session and their details (together with their qualification) are to be forwarded with the entry information. Meals and refreshments will be provided.



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### POOLSIDE PASSES

Passes must be purchased in advance of the Meet for all coaches, chaperones, personal care attendants and team managers who require poolside access.

£22.50 per poolside pass - to be worn at all times to gain access to and whilst on poolside. Para swimmers' personal care attendants will be entitled to one free Pass. A maximum of 5 "Club Staff" will be permitted poolside.

Swim Wales passes may be used for identification; however, a poolside pass must be purchased. Passes will only be issued on receipt of Swim Wales/ASA registration number, a DBS number and a passport photo.

All coaches, chaperones, personal care attendants and team managers must conform to the ASA child protection procedures and complete the form in this Meet Pack

**THERE IS NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS. PASSES MUST BE PURCHASED IN ADVANCE, NOT ON THE DAY.**

### SIGN IN SHEETS

Swimmers must confirm they are swimming in 800m & 1500m events and sign in sheets will be used.

**Swimmers in e206 800m freestyle must sign in BEFORE the start of warm up in session 2 on Friday.**

**Swimmers in e506 1500m freestyle must sign in BEFORE the start of warm up in session 5 on Saturday**

Failure to do so will mean the swimmer is removed from the event and their entry fee is forfeited.

A £15 FINE will be imposed to any signed in NO SHOW swimmer.

### STARTS

Over the top starts will be used wherever possible.

### ELECTRONICS

Omega electronic timing system with electronic display.

## PROGRAMME OF EVENTS

**THERE IS A FULL DAY OF RACING ON FRIDAY**

| SESSION 1 FRIDAY                 |        |                   | SESSION 2 FRIDAY      |        |                 |
|----------------------------------|--------|-------------------|-----------------------|--------|-----------------|
| Warm up approx. 8:00am Start TBC |        |                   | Warm up and Start TBC |        |                 |
| 101 Heats                        | Male   | 100m Breaststroke | 201 Heats             | Male   | 50m Freestyle   |
| 102 Heats                        | Female | 200m Butterfly    | 202 Heats             | Female | 50m Butterfly   |
| 103 Heats                        | Male   | 200m Freestyle    | 203 Heats             | Male   | 200m Backstroke |
| 104 Heats                        | Female | 100m Freestyle    | 204 Heats             | Female | 100m Backstroke |
| 105 Heats                        | Male   | 50m Backstroke    | 205 HDW               | Male   | 400m IM         |
| 106 Heats                        | Female | 50m Breaststroke  | 206 HDW               | Mixed  | 800m Freestyle  |

## SESSION 3 FRIDAY FINALS

**Warm up and Start TBC**

|            |        |                   |            |        |                  |
|------------|--------|-------------------|------------|--------|------------------|
| 101 FINALS | Male   | 100m Breaststroke | 106 FINALS | Female | 50m Breaststroke |
| 102 FINALS | Female | 200m Butterfly    | 201 FINALS | Male   | 50m Freestyle    |
| 103 FINALS | Male   | 200m Freestyle    | 202 FINALS | Female | 50m Butterfly    |
| 104 FINALS | Female | 100m Freestyle    | 203 FINALS | Male   | 200m Backstroke  |
| 105 FINALS | Male   | 50m Backstroke    | 204 FINALS | Female | 100m Backstroke  |



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### SESSION 4 SATURDAY

Warm up approx. 8:00am Start TBC

|           |        |                  |
|-----------|--------|------------------|
| 401 Heats | Female | 200m Freestyle   |
| 402 Heats | Male   | 200m Butterfly   |
| 403 Heats | Female | 100m Butterfly   |
| 404 Heats | Male   | 100m Backstroke  |
| 405 Heats | Female | 50m Backstroke   |
| 406 Heats | Male   | 50m Breaststroke |

### SESSION 5 SATURDAY

Warm up and Start TBC

|           |        |                   |
|-----------|--------|-------------------|
| 501 Heats | Female | 50m Freestyle     |
| 502 Heats | Male   | 50m Butterfly     |
| 503 Heats | Female | 200m Breaststroke |
| 504 Heats | Male   | 100m Freestyle    |
| 505 HDW   | Female | 400m IM           |
| 506 HDW   | Mixed  | 1500m Freestyle   |

### SESSION 6 SATURDAY FINALS

Warm up and Start TBC

|            |        |                 |            |        |                   |
|------------|--------|-----------------|------------|--------|-------------------|
| 401 FINALS | Female | 200m Freestyle  | 506 FINALS | Male   | 50m Breaststroke  |
| 402 FINALS | Male   | 200m Butterfly  | 501 FINALS | Female | 50m Freestyle     |
| 403 FINALS | Female | 100m Butterfly  | 502 FINALS | Male   | 50m Butterfly     |
| 404 FINALS | Male   | 100m Backstroke | 503 FINALS | Female | 200m Breaststroke |
| 405 FINALS | Female | 50m Backstroke  | 504 FINALS | Male   | 100m Freestyle    |

### SESSION 7 SUNDAY

Warm up approx. 8:00am Start TBC

|           |        |                   |
|-----------|--------|-------------------|
| 701 Heats | Female | 100m Breaststroke |
| 702 Heats | Male   | 200m Breaststroke |
| 703 Heats | Female | 200m IM           |
| 704 Heats | Male   | 200m IM           |

### SESSION 8 SUNDAY

Warm up and Start TBC

|           |        |                 |
|-----------|--------|-----------------|
| 801 Heats | Female | 200m Backstroke |
| 802 Heats | Male   | 100m Butterfly  |
| 803 HDW   | Female | 400m Freestyle  |
| 804 HDW   | Male   | 400m Freestyle  |

### SESSION 9 SUNDAY FINALS

Warm up and Start TBC

|            |        |                   |            |        |                 |
|------------|--------|-------------------|------------|--------|-----------------|
| 701 FINALS | Female | 100m Breaststroke | 704 FINALS | Male   | 200m IM         |
| 702 FINALS | Male   | 200m Breaststroke | 801 FINALS | Female | 200m Backstroke |
| 703 FINALS | Female | 200m IM           | 802 FINALS | Male   | 100m Butterfly  |

#### MEET RESULTS

City of Cardiff Swimming Club will be running a live results service throughout the meet, and live results will also be available on Hy-Tek's 'Meet Mobile' app, for iPhone and iPad.

The Meet results will be posted on the City of Cardiff Swimming Club website within 72 hours of the Meet closing. Results will be submitted to British Swimming and Swim Wales for their reference and inclusion in rankings.

For clubs using Hy-Tek, a complete electronic copy of the Meet results can be obtained following the Meet. For all other clubs a PDF copy of the Meet results can be obtained following the Meet. Any Clubs wishing to use this service should provide their e-mail details to the Meet Office during or prior to the Meet.

#### CAR PARKING

Car parking places are provided close to the Cardiff International Pool and details will be confirmed in due course.

#### 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.

#### HEALTH & SAFETY

All swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and Normal



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Operating Procedures & Emergency Action Plan for Cardiff International Pool.

No outdoors shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area (including the balcony area) and particularly when moving around and climbing the steps in the competitors' area.

For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, earrings (except studs), and rings (except wedding bands).

City of Cardiff Swimming Club will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

The front four rows of the spectator area are reserved for swimmers and coaches only seated in their Clubs. **Swimmers are asked not to enter the spectators' area or balcony/foyer whilst they are competing.**

**If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim meet.** A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive.

No swimmer should topple into the water in the event of a false or faulty start - a proper shallow dive must be performed. It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk.

If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.

### CONDUCT

Behavior becomes "unacceptable" when it is considered "offensive" to others; this includes, but is not limited to, the following:

Theft, willful damage to property and or equipment, acts of vandalism, abuse of alcohol and or drugs, bullying, offensive language, aggressive/violent acts, threatening behavior, all breaches of safety practices, failure to comply with instructions/directions, actions that bring the sport of swimming into disrepute

Unacceptable behavior will not be tolerated in any circumstances, and all such occurrences will be referred to the Meet Director and Referee and could result in removal from the competition.

### 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.

### SWIM SHOP

A Swim Shop will be in operation throughout the Meet.





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### **CAMERA USE**

The use of all photographic equipment and mobile phones are controlled at this Meet. NO FLASH photography is permitted.

This guidance applies to all images and videos taken on any type of camera or recording device (including mobile phones) at the Meet.

Mobile phones that have a camera facility/hardware are recognised as a camera or photographic device. City of Cardiff Swimming Club follow Swim Wales guidance which does not support the banning of phones but does support the requirement that phones should emit a 'noticeable sound' if the camera facility is used.

Any photos taken should fall within the Swim Wales guidelines which are contained in the General Meet Conditions under "Events" at [www.swimwales.org/key-documents](http://www.swimwales.org/key-documents)

The publishing of a photograph of a swimmer under 18, either on a notice board or in a published article or video recording (including video streaming) of the Meet should only be done with parental consent and in line with Swim Wales guidelines.

### **ACCOMMODATION**

A range of online bookable hotels is available in categories from two to five stars, and most hotels and B&B's are only a short walk from the city's visitor attractions, shops and rail station. To reserve accommodation online visit [www.visitcardiff.com/accommodation-in-cardiff](http://www.visitcardiff.com/accommodation-in-cardiff)

### **GENERAL**

Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Referees decision will be final.

### **APPEALS**

Any appeals must be submitted in accordance with FINA procedures and will be handled appropriately by the Meet Director and Referees

### **EMERGENCY PROCEDURE**

Any evacuation of the Cardiff International Pool will be led by the Legacy Leisure staff over the gala event with no action required other than to follow the instructions of the centre staff.

**Suspicious Items** If you suspect a suspicious item:

- Do not touch. Try and identify an owner in the immediate area
- If you still think it is suspicious do not feel embarrassed or assume someone has already reported it
- Report it to a member of the centre staff, or if they are not available dial 999 (do not use your mobile phone in the immediate vicinity)
- Move away to a safe distance - Even for a small item such as a briefcase move at least 100m away from the item starting from the centre and moving out.
- Report anyone entering an area they shouldn't be in
- Remain vigilant to any suspicious activity and report to a member of the Centre staff immediately

**REMEMBER - IF YOU THINK IT IS SUSPICIOUS SAY SOMETHING**



# City of Cardiff Swimming Club

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### CARDIFF INTERNATIONAL OPEN MEET 2019

Cardiff International Pool, Cardiff  
24 25 26 May 2019

LICENCE NUMBER 1WL190057  
(under FINA Technical Rules and Swim Wales Laws)

#### LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

| FEMALE                   |    |         |         |          |          |          |          |          |
|--------------------------|----|---------|---------|----------|----------|----------|----------|----------|
| AGE                      |    | 11      | 12      | 13       | 14       | 15       | 16       | 17+ OPEN |
| <b>50m Freestyle</b>     | QT | 37.30   | 35.40   | 34.00    | 32.90    | 32.20    | 31.90    | 31.80    |
|                          | CT | 39.30   | 37.40   | 36.00    | 34.90    | 34.20    | 33.90    |          |
| <b>100m Freestyle</b>    | QT | 1:19.30 | 1:15.20 | 1:12.70  | 1:10.70  | 1:09.60  | 1:08.80  | 1:08.10  |
|                          | CT | 1:23.30 | 1:19.20 | 1:16.70  | 1:14.70  | 1:13.60  | 1:12.80  |          |
| <b>200m Freestyle</b>    | QT | 2:51.30 | 2:42.50 | 2:36.20  | 2:32.10  | 2:29.10  | 2:27.50  | 2:25.80  |
|                          | CT | 2:57.30 | 2:48.50 | 2:42.20  | 2:38.10  | 2:35.10  | 2:33.50  |          |
| <b>400m Freestyle</b>    | QT | 5:56.40 | 5:38.80 | 5:26.30  | 5:18.00  | 5:12.80  | 5:09.20  | 5:06.30  |
|                          | CT | 6:04.40 | 5:46.80 | 5:34.30  | 5:26.00  | 5:20.80  | 5:17.20  |          |
| <b>800m Freestyle</b>    | QT |         |         | 11:10.80 | 10:56.00 | 10:45.50 | 10:36.00 | 10:35.10 |
|                          | CT |         |         | 11:25.80 | 11:21.00 | 11:20.50 | 11:01.00 |          |
| <b>1500m Freestyle</b>   | QT |         |         | 21:30.40 | 21:00.80 | 20:43.10 | 20:22.90 | 20:22.90 |
|                          | CT |         |         | 22:00.40 | 21:30.80 | 21:13.10 | 20:52.90 |          |
| <b>50m Breaststroke</b>  | QT | 47.80   | 45.00   | 43.10    | 41.50    | 40.60    | 40.10    | 39.80    |
|                          | CT | 49.80   | 47.00   | 45.10    | 43.50    | 42.60    | 42.10    |          |
| <b>100m Breaststroke</b> | QT | 1:41.60 | 1:35.20 | 1:30.80  | 1:28.50  | 1:27.50  | 1:26.10  | 1:25.20  |
|                          | CT | 1:45.60 | 1:39.20 | 1:34.80  | 1:32.50  | 1:31.50  | 1:30.10  |          |
| <b>200m Breaststroke</b> | QT | 3:36.60 | 3:24.90 | 3:15.50  | 3:09.50  | 3:06.70  | 3:05.80  | 3:04.00  |
|                          | CT | 3:42.60 | 3:30.90 | 3:21.50  | 3:15.50  | 3:12.70  | 3:11.80  |          |
| <b>50m Butterfly</b>     | QT | 40.70   | 38.60   | 36.70    | 35.70    | 34.80    | 34.20    | 34.20    |
|                          | CT | 42.70   | 40.60   | 38.70    | 37.70    | 36.80    | 36.20    |          |
| <b>100m Butterfly</b>    | QT | 1:27.90 | 1:22.60 | 1:19.10  | 1:17.20  | 1:15.50  | 1:14.80  | 1:14.00  |
|                          | CT | 1:31.90 | 1:26.60 | 1:23.10  | 1:21.20  | 1:19.50  | 1:18.80  |          |
| <b>200m Butterfly</b>    | QT | 3:12.60 | 3:01.70 | 2:53.50  | 2:48.00  | 2:45.70  | 2:43.30  | 2:41.30  |
|                          | CT | 3:18.60 | 3:07.70 | 2:59.50  | 2:54.00  | 2:51.70  | 2:49.30  |          |
| <b>50m Backstroke</b>    | QT | 43.10   | 40.90   | 39.40    | 38.00    | 37.00    | 36.60    | 36.30    |
|                          | CT | 45.10   | 42.90   | 41.40    | 40.00    | 39.00    | 38.60    |          |
| <b>100m Backstroke</b>   | QT | 1:29.90 | 1:24.50 | 1:21.70  | 1:19.60  | 1:17.90  | 1:17.10  | 1:16.30  |
|                          | CT | 1:33.90 | 1:28.50 | 1:25.70  | 1:23.60  | 1:21.90  | 1:21.10  |          |
| <b>200m Backstroke</b>   | QT | 3:11.00 | 3:00.60 | 2:54.30  | 2:49.80  | 2:45.80  | 2:43.90  | 2:42.80  |
|                          | CT | 3:17.00 | 3:06.60 | 3:00.30  | 2:55.80  | 2:51.80  | 2:49.90  |          |
| <b>200m I/M</b>          | QT | 3:14.30 | 3:03.30 | 2:56.80  | 2:52.30  | 2:48.90  | 2:46.90  | 2:45.50  |
|                          | CT | 3:20.30 | 3:09.30 | 3:02.80  | 2:58.30  | 2:54.90  | 2:52.90  |          |
| <b>400m I/M</b>          | QT |         |         | 6:10.60  | 6:02.00  | 5:55.20  | 5:50.80  | 5:48.70  |
|                          | CT |         |         | 6:16.60  | 6:08.00  | 6:01.20  | 5:56.80  |          |

**QT = Qualification Time**

**CT = Consideration Time**

**Set in individual ages (age groups detailed on p2)**

**Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software.  
The organisers reserve the right to return entries.**



# City of Cardiff Swimming Club

## Clwb Nofio Dinas Caerdydd

### CARDIFF INTERNATIONAL OPEN MEET 2019

Cardiff International Pool, Cardiff  
24 25 26 May 2019

LICENCE NUMBER 1WL190057  
(under FINA Technical Rules and Swim Wales Laws)

#### LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

| MALE                     |    |            |         |          |          |          |          |          |
|--------------------------|----|------------|---------|----------|----------|----------|----------|----------|
| AGE                      |    | 11         | 12      | 13       | 14       | 15       | 16       | 17+ OPEN |
| <b>50m Freestyle</b>     | QT | 37.00      | 34.90   | 33.00    | 31.30    | 29.70    | 28.70    | 28.40    |
|                          | CT | 39.00      | 36.90   | 35.00    | 33.30    | 31.70    | 30.70    |          |
| <b>100m Freestyle</b>    | QT | 1:18.80    | 1:13.70 | 1:09.80  | 1:06.90  | 1:04.40  | 1:02.60  | 1:01.50  |
|                          | CT | 1:22.80    | 1:17.70 | 1:13.80  | 1:10.90  | 1:08.40  | 1:06.60  |          |
| <b>200m Freestyle</b>    | QT | 2:51.30    | 2:40.80 | 2:32.60  | 2:25.60  | 2:20.70  | 2:16.30  | 2:13.70  |
|                          | CT | 2:57.30    | 2:46.80 | 2:38.60  | 2:31.60  | 2:26.70  | 2:22.30  |          |
| <b>400m Freestyle</b>    | QT | 5:56.00    | 5:38.10 | 5:21.80  | 5:07.00  | 4:57.60  | 4:49.10  | 4:44.60  |
|                          | CT | 6:04.00    | 5:46.10 | 5:29.80  | 5:15.00  | 5:05.60  | 4:57.10  |          |
| <b>800m Freestyle</b>    | QT | [REDACTED] |         | 11:12.80 | 10:42.50 | 10:21.80 | 10:05.00 | 9:55.50  |
|                          | CT | [REDACTED] |         | 11:37.80 | 11:07.50 | 10:46.80 | 10:30.00 |          |
| <b>1500m Freestyle</b>   | QT | [REDACTED] |         | 21:16.60 | 20:19.00 | 19:37.10 | 19:07.70 | 18:49.00 |
|                          | CT | [REDACTED] |         | 21:46.60 | 20:49.00 | 20:07.10 | 19:37.70 |          |
| <b>50m Breaststroke</b>  | QT | 48.20      | 44.60   | 41.80    | 39.70    | 37.80    | 36.80    | 35.80    |
|                          | CT | 50.20      | 46.60   | 43.80    | 41.70    | 39.80    | 38.80    |          |
| <b>100m Breaststroke</b> | QT | 1:41.50    | 1:34.70 | 1:28.80  | 1:24.60  | 1:21.40  | 1:18.90  | 1:17.00  |
|                          | CT | 1:45.50    | 1:38.70 | 1:32.80  | 1:28.60  | 1:25.40  | 1:22.90  |          |
| <b>200m Breaststroke</b> | QT | 3:39.10    | 3:25.20 | 3:12.50  | 3:02.50  | 2:55.40  | 2:51.60  | 2:47.00  |
|                          | CT | 3:45.10    | 3:31.20 | 3:18.50  | 3:08.50  | 3:01.40  | 2:57.60  |          |
| <b>50m Butterfly</b>     | QT | 40.80      | 38.10   | 35.90    | 34.00    | 32.20    | 31.40    | 30.60    |
|                          | CT | 42.80      | 40.10   | 37.90    | 36.00    | 34.20    | 33.40    |          |
| <b>100m Butterfly</b>    | QT | 1:27.70    | 1:21.50 | 1:16.80  | 1:12.80  | 1:09.80  | 1:07.80  | 1:06.50  |
|                          | CT | 1:31.70    | 1:25.50 | 1:20.80  | 1:16.80  | 1:13.80  | 1:11.80  |          |
| <b>200m Butterfly</b>    | QT | 3:12.50    | 2:59.90 | 2:49.90  | 2:40.90  | 2:34.40  | 2:30.40  | 2:27.60  |
|                          | CT | 3:18.50    | 3:05.90 | 2:55.90  | 2:46.90  | 2:40.40  | 2:36.40  |          |
| <b>50m Backstroke</b>    | QT | 43.20      | 40.50   | 38.20    | 36.10    | 34.50    | 33.50    | 32.70    |
|                          | CT | 45.20      | 42.50   | 40.20    | 38.10    | 36.50    | 35.50    |          |
| <b>100m Backstroke</b>   | QT | 1:29.80    | 1:24.10 | 1:19.20  | 1:15.00  | 1:12.20  | 1:10.30  | 1:09.30  |
|                          | CT | 1:33.80    | 1:28.10 | 1:23.20  | 1:19.00  | 1:16.20  | 1:14.30  |          |
| <b>200m Backstroke</b>   | QT | 3:12.00    | 3:00.70 | 2:50.30  | 2:42.30  | 2:36.00  | 2:31.40  | 2:28.60  |
|                          | CT | 3:18.00    | 3:06.70 | 2:56.30  | 2:48.30  | 2:42.00  | 2:37.40  |          |
| <b>200m I/M</b>          | QT | 3:14.30    | 3:02.80 | 2:52.70  | 2:44.80  | 2:38.40  | 2:33.90  | 2:31.00  |
|                          | CT | 3:20.30    | 3:08.80 | 2:58.70  | 2:50.80  | 2:44.40  | 2:39.90  |          |
| <b>400m I/M</b>          | QT | [REDACTED] |         | 6:06.40  | 5:49.30  | 5:36.20  | 5:27.60  | 5:22.60  |
|                          | CT | [REDACTED] |         | 6:12.40  | 5:55.30  | 5:42.20  | 5:34.60  |          |

**QT = Qualification Time**

**CT = Consideration Time**

**Set in individual ages (age groups detailed on p2)**

**Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software.  
The organisers reserve the right to return entries.**



# City of Cardiff Swimming Club

## Clwb Nofio Dinas Caerdydd

# CARDIFF INTERNATIONAL OPEN MEET 2019

Cardiff International Pool, Cardiff  
24 25 26 May 2019

LICENCE NUMBER 1WL190057

(under FINA Technical Rules and Swim Wales Laws)

## PARA SWIMMING CONSIDERATION STANDARDS (BPSIM)

| 50m Free   | M        | F        | 100 Free   | M        | F        | 200 Free   | M        | F        |
|------------|----------|----------|------------|----------|----------|------------|----------|----------|
| <b>S1</b>  | 02:10.58 | 01:57.75 | <b>S1</b>  | 03:46.74 | 05:49.48 | <b>S1</b>  | 07:11.06 | 09:16.40 |
| <b>S2</b>  | 01:24.24 | 01:39.99 | <b>S2</b>  | 03:27.68 | 04:47.15 | <b>S2</b>  | 05:13.17 | 09:44.28 |
| <b>S3</b>  | 00:59.05 | 01:05.30 | <b>S3</b>  | 02:33.22 | 02:12.80 | <b>S3</b>  | 04:44.34 | 04:56.77 |
| <b>S4</b>  | 00:55.40 | 00:56.71 | <b>S4</b>  | 02:00.47 | 02:18.00 | <b>S4</b>  | 04:17.33 | 04:44.28 |
| <b>S5</b>  | 00:47.91 | 00:52.07 | <b>S5</b>  | 01:46.30 | 01:54.76 | <b>S5</b>  | 03:44.91 | 03:59.92 |
| <b>S6</b>  | 00:41.52 | 00:48.17 | <b>S6</b>  | 01:32.69 | 01:44.20 | <b>S14</b> | 02:43.21 | 02:55.88 |
| <b>S7</b>  | 00:39.93 | 00:46.56 | <b>S7</b>  | 01:26.70 | 01:41.93 |            |          |          |
| <b>S8</b>  | 00:37.34 | 00:42.74 | <b>S8</b>  | 01:21.38 | 01:31.22 |            |          |          |
| <b>S9</b>  | 00:36.40 | 00:40.45 | <b>S9</b>  | 01:19.79 | 01:27.93 |            |          |          |
| <b>S10</b> | 00:32.98 | 00:38.81 | <b>S10</b> | 01:12.07 | 01:25.30 |            |          |          |
| <b>S11</b> | 00:37.13 | 00:43.16 | <b>S11</b> | 01:23.27 | 01:35.63 |            |          |          |
| <b>S12</b> | 00:33.80 | 00:39.73 | <b>S12</b> | 01:15.10 | 01:25.53 |            |          |          |
| <b>S13</b> | 00:33.89 | 00:39.20 | <b>S13</b> | 01:14.97 | 01:24.57 |            |          |          |
| <b>S14</b> | 00:35.56 | 00:39.96 | <b>S14</b> | 01:16.71 | 01:25.53 |            |          |          |

| 50m Back  | M        | F        | 100 Back   |          |          | 400 Free   | M        | F        |
|-----------|----------|----------|------------|----------|----------|------------|----------|----------|
| <b>S1</b> | 01:42.47 | 03:10.27 | <b>S1</b>  | 03:26.43 | 06:17.03 | <b>S6</b>  | 07:12.47 | 07:29.92 |
| <b>S2</b> | 01:10.32 | 01:33.45 | <b>S2</b>  | 02:33.66 | 03:14.11 | <b>S7</b>  | 06:49.53 | 07:32.44 |
| <b>S3</b> | 01:04.55 | 01:11.99 | <b>S6</b>  | 01:44.69 | 02:00.50 | <b>S8</b>  | 06:21.89 | 06:45.09 |
| <b>S4</b> | 01:02.19 | 01:12.27 | <b>S7</b>  | 01:40.03 | 01:57.07 | <b>S9</b>  | 06:05.93 | 06:37.12 |
| <b>S5</b> | 00:54.49 | 01:03.45 | <b>S8</b>  | 01:30.55 | 01:49.37 | <b>S10</b> | 05:42.48 | 06:23.99 |
|           |          |          | <b>S9</b>  | 01:30.24 | 01:38.94 | <b>S11</b> | 06:33.47 | 07:33.26 |
|           |          |          | <b>S10</b> | 01:23.12 | 01:36.50 | <b>S12</b> | 05:54.38 | 07:10.70 |
|           |          |          | <b>S11</b> | 01:35.59 | 01:52.41 | <b>S13</b> | 05:50.70 | 06:34.66 |
|           |          |          | <b>S12</b> | 01:25.27 | 01:40.76 | <b>S14</b> | 06:03.50 | 07:01.93 |
|           |          |          | <b>S13</b> | 01:23.37 | 01:35.90 |            |          |          |
|           |          |          | <b>S14</b> | 01:27.07 | 01:32.86 |            |          |          |

| 50m brst  | M        | F        | 100 Brst   | M        | F        | 200m IM    | M        | F        |
|-----------|----------|----------|------------|----------|----------|------------|----------|----------|
| <b>S1</b> | 04:54.34 | 03:10.15 | <b>S4</b>  | 02:14.92 | 02:40.30 | <b>S5</b>  | 05:00.36 | 05:04.67 |
| <b>S2</b> | 01:16.01 | 02:00.25 | <b>S5</b>  | 02:10.77 | 02:27.29 | <b>S6</b>  | 03:45.95 | 04:17.22 |
| <b>S3</b> | 01:09.19 | 01:24.87 | <b>S6</b>  | 01:55.82 | 02:15.97 | <b>S7</b>  | 03:39.34 | 04:17.84 |
|           |          |          | <b>S7</b>  | 01:52.29 | 02:10.51 | <b>S8</b>  | 03:17.67 | 03:49.98 |
|           |          |          | <b>S8</b>  | 01:42.98 | 01:52.84 | <b>S9</b>  | 03:12.81 | 03:38.76 |
|           |          |          | <b>S9</b>  | 01:32.13 | 01:47.62 | <b>S10</b> | 03:02.67 | 03:31.32 |
|           |          |          | <b>S11</b> | 01:42.03 | 01:59.66 | <b>S11</b> | 03:26.95 | 04:00.77 |
|           |          |          | <b>S12</b> | 01:35.63 | 01:53.75 | <b>S12</b> | 03:09.15 | 03:51.20 |
|           |          |          | <b>S13</b> | 01:33.39 | 01:46.72 | <b>S13</b> | 03:10.81 | 03:25.23 |
|           |          |          | <b>S14</b> | 01:34.68 | 01:48.29 | <b>S14</b> | 03:06.03 | 03:25.09 |

| 50m Fly   | M        | F        | 100m Fly   | M        | F        | NOTE<br>NO PARA SWIMMING<br>CONSIDERATION STANDARDS<br>in<br>200m Brst 200m back 200m Fly<br>& 400m IM |  |
|-----------|----------|----------|------------|----------|----------|--|--|
| <b>S1</b> |          |          | <b>S8</b>  | 01:25.43 | 01:38.74 |  |  |
| <b>S2</b> | 03:21.85 | 03:15.71 | <b>S9</b>  | 01:23.79 | 01:36.89 |  |  |
| <b>S3</b> | 01:58.87 | 02:08.37 | <b>S10</b> | 01:19.10 | 01:34.47 |  |  |
| <b>S4</b> | 01:06.39 | 02:05.57 | <b>S11</b> | 01:28.73 | 01:55.91 |  |  |
| <b>S5</b> | 00:49.87 | 01:04.04 | <b>S12</b> | 01:21.27 | 01:37.94 |  |  |
| <b>S6</b> | 00:43.25 | 00:51.53 | <b>S13</b> | 01:20.16 | 01:30.89 |  |  |
| <b>S7</b> | 00:42.10 | 00:49.64 | <b>S14</b> | 01:24.24 | 01:38.14 |  |  |