



CITY OF CARDIFF SWIMMING CLUB

Clwb Nofio Dinas Caerdydd

(Affiliated to Swim Wales)

www.cardiffswimming.co.uk

Chairman Mike Bamborough

Head Coach Dale Frantzeskou

Secretary Penny McCarthy

VENUE Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS

Welcome to our 2022 CARDIFF INTERNATIONAL OPEN MEET.

PROGRAMME OF EVENTS

SATURDAY SESSION ONE Warm up 08:45 Session start 09:35			SUNDAY SESSION FOUR Warm up 08:45 Session start 09:35		
101 HDW	Male	400m IM	401 HDW	Female	400m IM
102 HDW	Female	200m Butterfly	402 HDW	Male	200m Butterfly
103 HDW	Male	100m Breaststroke	403 HDW	Female	100m Breaststroke
104 HDW	Female	200m Breaststroke	404 HDW	Male	200m Breaststroke
105 HDW	Male	200m Freestyle	405 HDW	Female	200m Freestyle
106 HDW	Female	100m Backstroke	406 HDW	Male	100m Backstroke
SATURDAY SPRINT SESSION TWO Warm up 11:00 Session start 11:50			SUNDAY SPRINT SESSION FIVE Warm up 11:10 Session start 12:00		
201 HDW	Male	50m Freestyle	501 HDW	Female	50m Freestyle
202 HDW	Female	50m Butterfly	502 HDW	Male	50m Butterfly
203 HDW	Male	50m Breaststroke	503 HDW	Female	50m Breaststroke
204 HDW	Female	50m Backstroke	504 HDW	Male	50m Backstroke
205 HDW	Male	800m Freestyle	505 HDW	Female	1500m Freestyle
206 HDW	Female	800m Freestyle	506 HDW	Male	1500m Freestyle
SATURDAY SESSION THREE Warm up 13:30 Session start 14:20			SUNDAY SESSION SIX Warm up 13:35 Session start 14:25		
301 HDW	Male	100m IM	601 HDW	Female	100m IM
302 HDW	Female	100m Butterfly	602 HDW	Male	100m Butterfly
303 HDW	Male	400m Freestyle	603 HDW	Female	400m Freestyle
304 HDW	Female	200m Backstroke	604 HDW	Male	200m Backstroke
305 HDW	Male	200m IM	605 HDW	Female	200m IM
306 HDW	Female	100m Freestyle	606 HDW	Male	100m Freestyle
Est finish 16:00			Est finish 16:00		

AGE GROUPS: OPEN MC/Para Swimmers events
Male + Female 9yrs/10yrs, 11yrs/12yrs, 13yrs/14yrs, 15yrs & over

EVENT PROTOCOLS:

In order to try and run a safe meet for all participants please follow these protocols detailed below. Welsh Govt. have removed covid restrictions, but please stay safe and consider others.

- Swimmers are advised to arrive beach ready and access the competition pool via the changing village
- Please leave plenty of time to arrive before each session.
- There will be group changing facilities available if required.

- Coaches Officials Volunteers are to access via the fire exit opposite the CIP car park. They will then receive a wristband for the day.
- Spectators can access the competition pool via the fire escape on the ice rink side of the building.

For all participants; swimmers coaches officials Co Cardiff meet volunteers and spectators

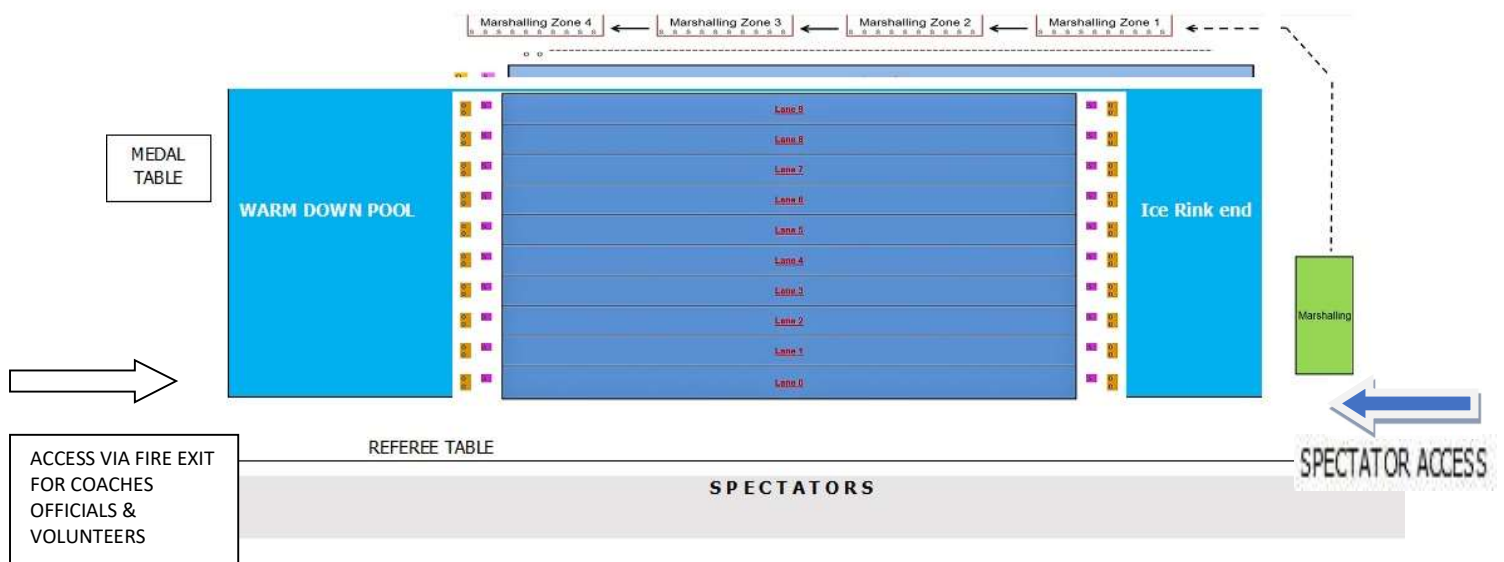
- If you have any illness symptoms, do not enter the building and inform your club/coach. If you have come into contact with anyone with known coronavirus, do not attend the meet.
- Attendees may choose to self-administer a lateral flow test within 48 hours before arrival. If your result is positive, you should not leave home and try to attend the gala.

Whilst it is no longer a legal requirement to wear a mask indoors or socially distance, all participants may choose to wear a mask. We ask everyone to respect these wishing to remain socially distant.

Covid19 remains a health risk and we encourage respect to those staying safe.

POOL LAYOUT

CIP POOL LAYOUT 25m configuration



Warm Up: Please refer to schedule. Note all three tanks are to be used Clubs to choose lanes

- ❖ Warm up duration is 20 minutes
- ❖ Sprint lanes can open in the last 5 minutes in competition (10 lane) pool.
- ❖ Coaches must ensure that their teams are supervised during warm up.
- ❖ Co Cardiff will provide up to 5 warm up Marshals to assist in the movement of swimmers.
- ❖ Coaches and swimmers disregarding health and safety instructions, will be excluded from warm up.
- ❖ Dry side warm up may be limited. Clubs to perform dry side before their actual 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 pads and lead to delays to the meet.

Warm Down Pool:

The six-lane tank may be used by swimmers to warm down as instructed by the club coaches.

Marshalling:

Swimmers will be called to marshalling. It is the responsibility of the swimmer/coaches to ensure that they attend marshalling once called. Swimmers will then be directed to the standing areas.

Officials:

Officials can register at <https://swim-meet.com/Availability/?m=1066> to confirm their availability. Alternatively, we request that details of officials (together with their qualifications) are forwarded to our officials' co-ordinator Jim McCulloch: cardiffofficials@btinternet.com

Spectators:

- Day ticket costs £8.00 for SATURDAY & £8.00 for SUNDAY.
- Tickets for each day are to be purchased in advance from 14-17 November only online.
- The ticket link is: <https://orderwhizz.com/ccsc/events/cardiff-international-open-meet-2022>
- Please ensure your email address used is current and up-to date.
- No refunds will be given once tickets are purchased.

NO TICKETS WILL BE SOLD ON THE DAY | NO ACCESS WITHOUT A TICKET

Car Parking:

Please use the Cardiff International Pool car parks.

Fine Designs:

We are delighted to welcome Fine Designs who will be selling their range of meet hoodies & T shirts over the weekend. See advert for full details

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.

Please contact the Meet Director regarding any matter not covered here. The Meet pack contains the promotor's conditions

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

Stephen Jones
Meet Director