



CARDIFF INTERNATIONAL OPEN MEET
13 & 14 APRIL 2024
Level 1 Long Course | 1WL240160
Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS

Welcome to CIOM24. Please refer to the meet pack for the events & conditions for the weekend.

SATURDAY SESSION ONE Warm up 08:00 Start 09:00			SUNDAY SESSION FOUR Warm up 08:00 Start 09:00		
101 prelim	Female	200m Breaststroke	401 prelim	Male	200m Breaststroke
102 prelim	Male	100m Freestyle	402 prelim	Female	100m Freestyle
103 prelim	Female	100m Butterfly	403 prelim	Male	100m Butterfly
104 prelim	Male	200m Butterfly	404 prelim	Female	200m Butterfly
105 prelim	Female	50m Backstroke	405 prelim	Male	50m Backstroke
106 prelim	Male	50m Breaststroke	406 prelim	Female	50m Breaststroke
107 prelim	Female	400m IM 15yrs +	407 prelim	Male	400m IM 15yrs+

SATURDAY SESSION TWO Warm up 11:00 Start 12:00			SUNDAY SESSION FIVE Warm up 11:00 Start 12:00		
201 prelim	Male	50m Butterfly	501 prelim	Female	50m Butterfly
202 prelim	Female	50m Freestyle	502 prelim	Male	50m Freestyle
203 prelim	Male	100m Backstroke	503 prelim	Female	100m Backstroke
204 prelim	Female	200m Backstroke	504 prelim	Male	200m Backstroke
205 prelim	Male	100m Breaststroke	505 prelim	Female	100m Breaststroke
206 prelim	Female	200m Freestyle	506 prelim	Male	200m Freestyle
207 prelim	Male	200m IM	507 prelim	Female	200m IM

SATURDAY SESSION THREE Warm up 14:45 Start 15:25			SUNDAY SESSION SIX Warm up 14:50 Start 15:25		
301 HDW	Male	400m IM 13-14yrs	601 HDW	Female	400m IM 13-14yrs
302 HDW	Female	400m Freestyle	602 HDW	Male	400m Freestyle
303 HDW	MIXED	800m Freestyle	603 HDW	MIXED	1500m Freestyle

SATURDAY FINALS Warm up 17:10 Start 17:45			SUNDAY FINALS Warm up 16:55 Start 17:30		
101 FINAL	Female	200m Breaststroke	401 FINAL	Male	200m Breaststroke
102 FINAL	Male	100m Freestyle	402 FINAL	Female	100m Freestyle
103 FINAL	Female	100m Butterfly	403 FINAL	Male	100m Butterfly
104 FINAL	Male	200m Butterfly	404 FINAL	Female	200m Butterfly
105 FINAL	Female	50m Backstroke	405 FINAL	Male	50m Backstroke
106 FINAL	Male	50m Breaststroke	406 FINAL	Female	50m Breaststroke
107 FINAL	Female	400m IM 15yrs +	407 FINAL	Male	400m IM 15yrs+
201 FINAL	Male	50m Butterfly	501 FINAL	Female	50m Butterfly
202 FINAL	Female	50m Freestyle	502 FINAL	Male	50m Freestyle
203 FINAL	Male	100m Backstroke	503 FINAL	Female	100m Backstroke
204 FINAL	Female	200m Backstroke	504 FINAL	Male	200m Backstroke
205 FINAL	Male	100m Breaststroke	505 FINAL	Female	100m Breaststroke
206 FINAL	Female	200m Freestyle	506 FINAL	Male	200m Freestyle
207 FINAL	Male	200m IM	507 FINAL	Female	200m IM

EST FINISH 19:00

EST FINISH 18:45

Warm Up:

- ❖ Girls to access the pool at the car park end of the pool; Boys via Ice Rink end.
- ❖ Coaches must ensure that their teams are supervised during warm up.
- ❖ Co Cardiff will provide 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. It is advised that clubs split their team into 2 groups and only allow swimmers to perform dry side before their actual warm up

- ❖ Session 1 and 4
- ❖ 11-14 boys and girls 08:00 - 08:25 (dives open 08.15 in lanes 0 and 10)
- ❖ 15 and over mixed 08:30 - 08:55 (dives open 08.45 in lanes 0 and 10)
- ❖ Session 2 and 5
- ❖ 11-14 boys and girls 11:00 - 11.25 (dives open 11.15 in lanes 0 and 10)
- ❖ 15 and over mixed 11.30 - 11.55 (dives open 11.45 in lanes 0 and 10)

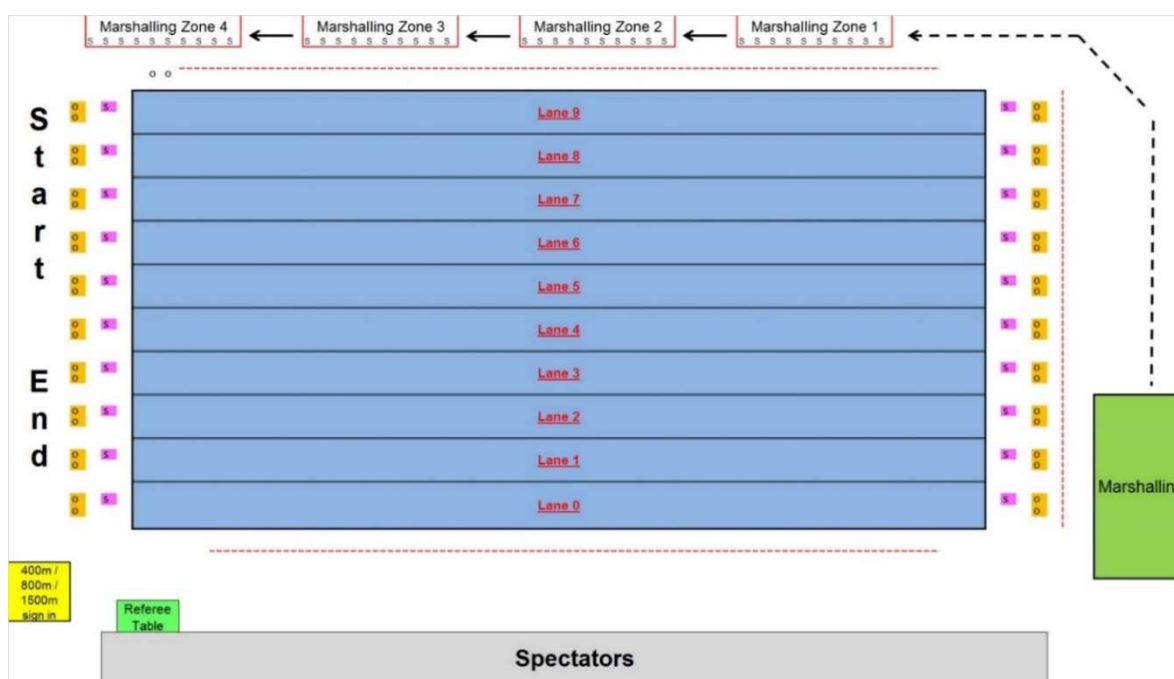
- ❖ Session 3 Mixed 14:45 - 15:15 Session 6 Mixed 14:50 -15:20
- ❖ FINALS mixed SAT 17:10 - 17:35 FINALS mixed SUN 16:55 -17:20

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.

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 (zones 1-4).

Pool Layout:



Car Parking:

Please use the former TOYS R US car park opposite the International Pool. The car park is run by Cardiff Council and there is a £5.00/day charge CASH ONLY. Do not park anywhere else as traffic wardens operate in the area and freely dish out tickets to those parked illegally.

Spectators: SEATING WILL BE LIMITED

- Tickets for each day are to be purchased in advance only online.
- A limited number of the Meet programs are available to buy with your tickets. Priced at £2.00
- **The ORDERWHIZZ ticket link**
<https://orderwhizz.com/ccsc/events/cardiff-international-open-meet-2024>
- Please ensure your email address used is current and up-to date.

- **No refunds** will be given once tickets are purchased.
- The front **FIVE** rows are reserved for swimmers sitting in their squads

LIMITED TICKETS @ £5.00/SESSION AVAILABLE ON THE DAY | NO ACCESS WITHOUT A TICKET

Seating is limited so please leave the facility during the sessions that you are not spectating.

Access to the competition pool:

- Swimmers can access poolside via the changing village
- Spectators to access via the fire escape opposite the Ice Rink
- Officials Co Cardiff volunteers & Coaches to access via the fire escape opposite the main CIP car park.

Coaches will receive their paperwork on arrival via the fire escape door.

Swimpath & Fine Designs: CASH ONLY FOR FINE DESIGNS

Will be attending the gala so a great chance to stock up on those essential swimming items & meet hoodies.

Event Protocols:

In order to try and run a safe meet for all participants please consider others.

- Please leave plenty of time to arrive before each session.
- 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.

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

Stephen Jones | Meet Director