



CITY OF CARDIFF SWIMMING CLUB

Clwb Nofio Dinas Caerdydd

(Affiliated to Swim Wales)

www.cardiffswimming.co.uk

Chair Keri Hutchinson

Head Coach Graham Wardell

Secretary Penny McCarthy

TIGER BAY OPEN MEET 2019

30 & 31 MARCH 2019

On behalf of City of Cardiff Swimming Club, thank you for your entries into the Tiger Bay Open Meet and we are delighted to welcome 671 swimmers from 30 clubs.

We are celebrating our 10th Tiger Bay gala at the Cardiff International Pool.

The confirmed entries into this Meet can be found on the Tiger Bay Open Meet page on our website at www.cardiffswimming.co.uk | go to FIXTURES refer to yellow Tiger Bay Open Meet (right-hand tab).

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

Spectator Information: The pool hall will open for spectators from 07:30 each day. The front 4 rows are reserved for swimmers, coaches & club staff. Spectators should occupy the seats from row five back.

There is FREE SPECTATOR ENTRY to the gala and a Meet Programme is on sale at £3.50.

Warm Up & Session Times: NB the clocks go forward one hour on Sunday!

SATURDAY 30 MARCH (TIMES ARE GMT)
SESSION 1 warm up 08:00 start 09:05
SESSION 2 warm up 11:30 start 12:30
SESSION 3 warm up 15:00 start 15:45

SUNDAY 31 MARCH (TIMES ARE BST)
SESSION 4 warm up 08:00 start 08:45
SESSION 5 warm up 10:30 start 11:25
SESSION 6 warm up 14:10 start 15:15

Check out full details on the warm up schedule. We estimate a finish at 18:00 each day.

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

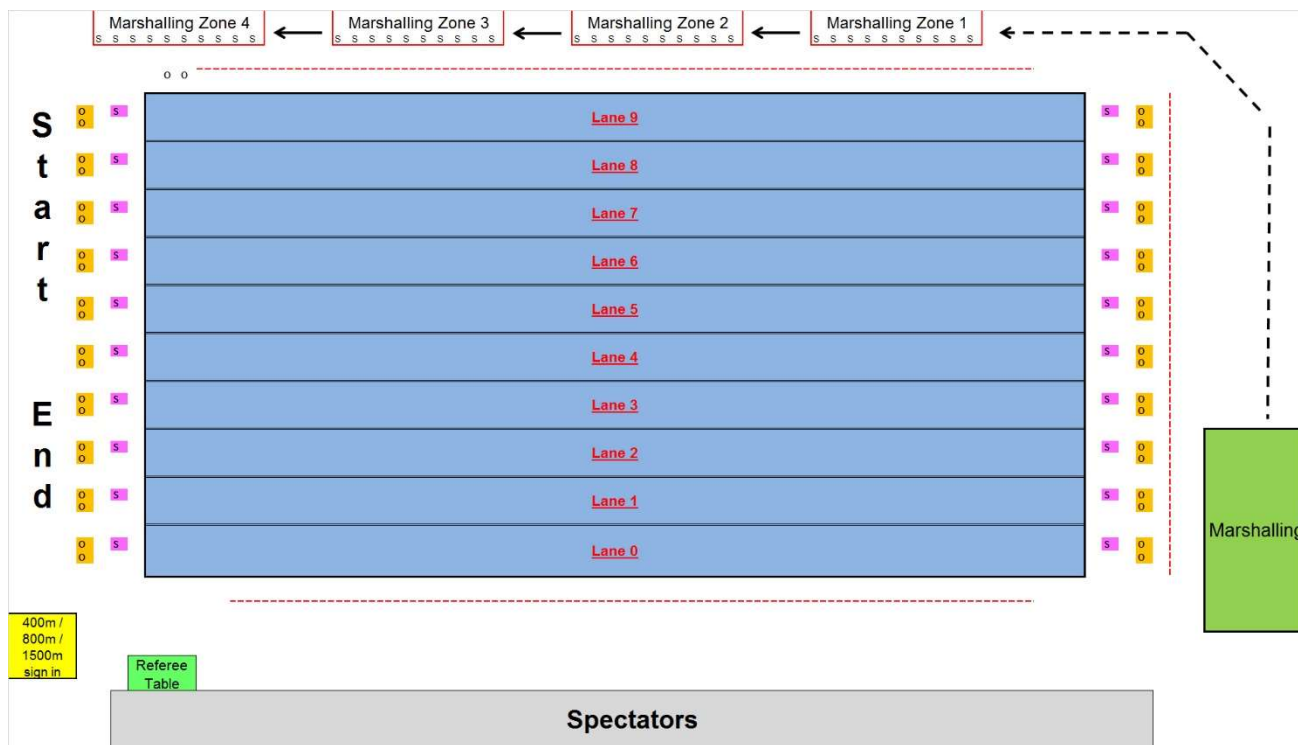
All Clubs must ensure that their swimmers are supervised during warm up in their lanes. All lanes will be swim lanes until sprint lanes are announced for each session. Please ensure your swimmers exit the pool at the side and do not climb out over the timing pads as this can cause damage to the pads 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 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 **10 remain**

Girls swimsuits £27.50

Women 28 small, 30 small, 32 medium and Junior 12

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



Out of the Pool: We welcome on the Balcony:

SWIMPATH with Olympian Jemma Lowe and thank them for kindly supplying the speeding tickets.

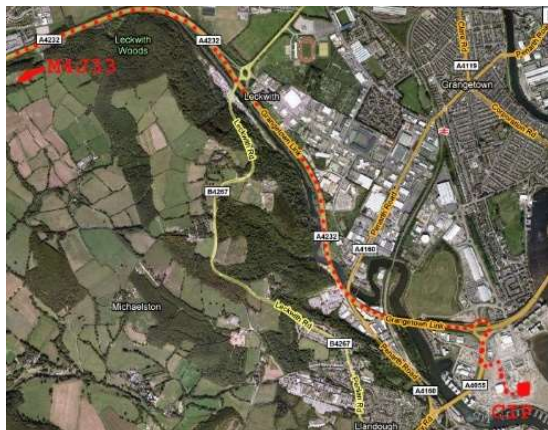
FINE DESIGNS is also attending throughout the weekend with Meet t shirts & hoodies available.

Thanks to Phillip Cope Financial Services who are kindly sponsoring the six spot prizes.

We will be running a fundraising raffle with great prizes from The Tuning Room and a David Lloyd family pass.

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 3rd main exit. (just after the elevated section)
– A4055 to Penarth. Travel down the exit slip road,
and at the roundabout then take the 3rd 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.

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

e-mail: stephen.jones@westernretail.co.uk

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

Stephen Jones
Meet Director

