



TIGER BAY OPEN MEET
18 & 19 MARCH 2023
Level 3 Long Course | 3WL230295
Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS

Welcome to TBOM23. Please refer to the meet pack for the events & conditions for the weekend.

SATURDAY SESSION ONE**WARM UP:****GIRLS 9-11 08:00-08:20****GIRLS 12+ 08:20-08:40****BOYS 08:40- 09:00****START 09:05**

101 HDW	Female	400m IM
102 HDW	Male	200m Butterfly
103 HDW	Female	200m Backstroke
104 HDW	Male	100m Backstroke
105 HDW	Female	50m Freestyle
106 HDW	Male	50m Breaststroke

SUNDAY SESSION FOUR**WARM UP:****BOYS 07:45- 08:05****GIRLS 9-11 08:05-08:25****GIRLS 12+ 08:25-08:45****START 08:50**

401 HDW	Male	400m IM
402 HDW	Female	200m Butterfly
403 HDW	Male	200m Backstroke
404 HDW	Female	100m Backstroke
405 HDW	Male	50m Freestyle
406 HDW	Female	50m Breaststroke

SATURDAY SESSION TWO**WARM UP:****GIRLS 9-11 11:30-12:10****GIRLS 12+ 11:50-12:10****BOYS 12:10- 12:30****START 12:35**

201 HDW	Female	400m Freestyle
202 HDW	Male	200m Breaststroke
203 HDW	Female	100m Butterfly
204 HDW	Male	100m Freestyle
205 HDW	Female	50m Backstroke
206 HDW	Male	50m Butterfly

SUNDAY SESSION FIVE**WARM UP:****BOYS 11:25- 11:45****GIRLS 9-11 11:45-12:05****GIRLS 12+ 12:05-12:25****START 12:30**

501 HDW	Male	400m Freestyle
502 HDW	Female	200m Breaststroke
503 HDW	Male	100m Butterfly
504 HDW	Female	100m Freestyle
505 HDW	Male	50m Backstroke
506 HDW	Female	50m Butterfly

SATURDAY SESSION THREE**WARM UP:****GIRLS 9+ 15:45-16:05****BOYS 16:05-16:25****START 16:30**

301 HDW	Female	800m Freestyle
302 HDW	Male	200m Freestyle
303 HDW	Female	100m Breaststroke
304 HDW	Male	200m IM

Est finish 18:50

SUNDAY SESSION SIX**WARM UP:****BOYS 15:40-16:00****GIRLS 9+ 16:00-16:20****START 16:45**

601 HDW	Male	1500m Freestyle
602 HDW	Female	200m Freestyle
603 HDW	Male	100m Breaststroke
604 HDW	Female	200m IM

Est finish 19:00

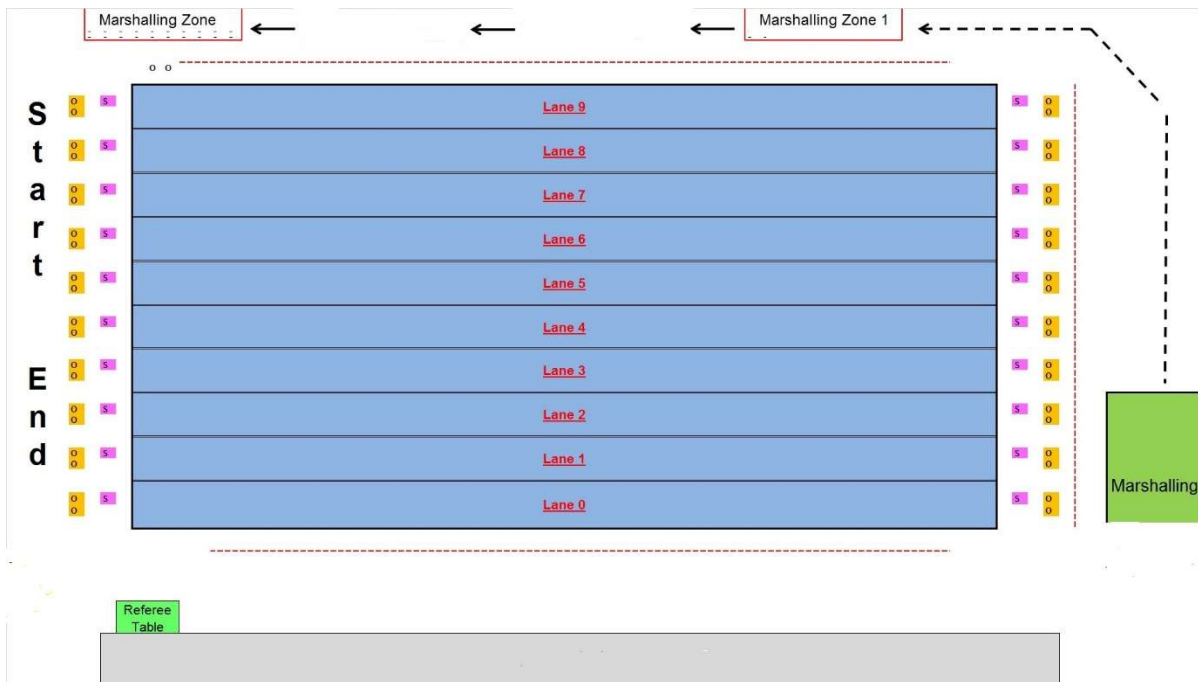
Warm Up:

- ❖ Warm up duration is 20 minutes of which sprint lanes can open in the last 5 minutes at both ends.
- ❖ 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.

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, & 2).

Pool Layout:



Car Parking: Please use the Cardiff International Pool car parks.

Officials: Officials can register at <https://swim-meet.com/Availability/?m=1455> 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: WEEKEND PASS £17.50 Day ticket costs £10.00 and £4.00/session.

- ❖ Tickets are to be purchased in advance from 11-16 March only online.
- ❖ The ticket link is <https://orderwhizz.com/ccsc/events/tiger-bay-open-meet-2023>
- ❖ Please ensure your email address used is current and up-to date.
- ❖ No refunds will be given once tickets are purchased.
- ❖ A limited supply of meet programmes can be additionally purchased with tickets priced at £2.50.

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

Swimpath: Will be attending the gala so a great chance to stock up on those essential swimming items.

Fine Designs:

We are delighted to welcome back Fine Designs who will be selling their range of Meet hoodies & T shirts over the weekend.

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.

- 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 those wishing to remain socially distant.

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