



**TIGER BAY OPEN OPEN MEET  
18 & 19 MAY 2024**

**Level 1 Long Course | 1WL240162  
Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS**

Welcome to TBOM24. Please refer to the meet pack for the events & conditions for the weekend.

<b>SATURDAY SESSION ONE</b>			<b>SUNDAY SESSION FOUR</b>		
<b>WARM UP 08:00</b>		<b>START 09:00</b>	<b>WARM UP 08:00</b>		<b>START 09:00</b>
101 HDW	Female	400m IM	401 HDW	Male	400m IM
102 HDW	Male	200m Butterfly	402 HDW	Female	200m Butterfly
103 HDW	Female	200m Backstroke	403 HDW	Male	200m Backstroke
104 HDW	Male	100m Backstroke	404 HDW	Female	100m Backstroke
105 HDW	Female	50m Freestyle	405 HDW	Male	50m Freestyle
106 HDW	Male	50m Breaststroke	406 HDW	Female	50m Breaststroke

<b>SATURDAY SESSION TWO</b>			<b>SUNDAY SESSION FIVE</b>		
<b>WARM UP 11:40</b>		<b>START 12:30</b>	<b>WARM UP 11:35</b>		<b>START 12:30</b>
201 HDW	Female	400m Freestyle	501 HDW	Male	400m Freestyle
202 HDW	Male	200m Breaststroke	502 HDW	Female	200m Breaststroke
203 HDW	Female	100m Butterfly	503 HDW	Male	100m Butterfly
204 HDW	Male	100m Freestyle	504 HDW	Female	100m Freestyle
205 HDW	Female	50m Backstroke	505 HDW	Male	50m Backstroke
206 HDW	Male	50m Butterfly	506 HDW	Female	50m Butterfly

<b>SATURDAY SESSION THREE</b>			<b>SUNDAY SESSION SIX</b>		
<b>WARM UP 15:15</b>		<b>START 16:15</b>	<b>WARM UP 15:15</b>		<b>START 16:00</b>
301 HDW	Female	800m Freestyle	601 HDW	Male	1500m Freestyle
302 HDW	Male	200m Freestyle	602 HDW	Female	200m Freestyle
303 HDW	Female	100m Breaststroke	603 HDW	Male	100m Breaststroke
304 HDW	Male	200m IM	604 HDW	Female	200m IM

EST FINISH 18:45

EST FINISH 18:45

**Warm Up:**

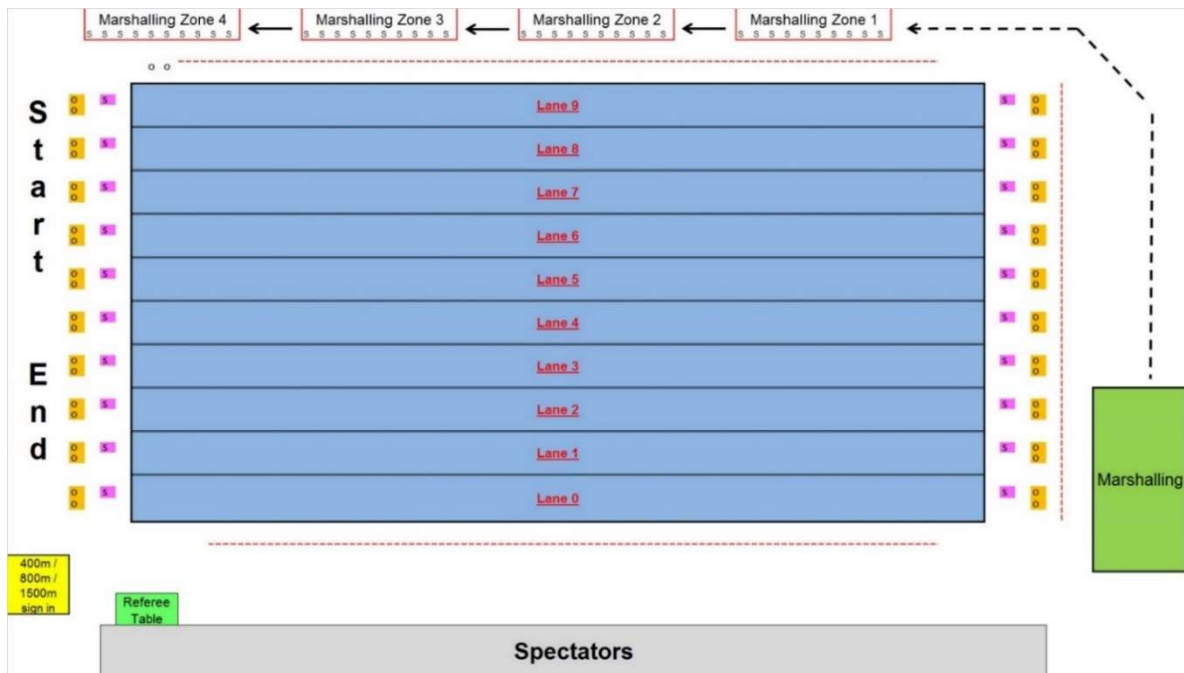
- ❖ Coaches must ensure that their teams are supervised during warm up.
  - ❖ Co Cardiff will provide warm up Marshals to assist in the movement of swimmers.
  - ❖ Coaches and swimmers disregarding health and safety instructions, will be excluded from warm up.
  - ❖ Dry side warm up may be limited. It is advised that clubs split their team into 2 groups and only allow swimmers to perform dry side before their actual warm up
  - ❖ Warm up in two mixed sessions – see lane allocation sheet
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- |                   |               |               |
|-------------------|---------------|---------------|
| ❖ SESSION 1 MIXED | 08:00 - 08:25 | 08:30 - 08:55 |
| ❖ SESSION 2 MIXED | 11:40 - 12:00 | 12:00 - 12:25 |
| ❖ SESSION 3 MIXED | 15:15 - 15:40 | 15:40 - 16:05 |
| ❖ SESSION 4 MIXED | 08:00 - 08:25 | 08:30 - 08:55 |
| ❖ SESSION 5 MIXED | 11:35 - 12:00 | 12:00 - 12:25 |
| ❖ SESSION 6 MIXED | 15:15 - 15:35 | 15:35 - 15:55 |
- ❖ dives open in lanes 0 and 9 for last 5 minutes of each 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 1-4).

## 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 are to be purchased in advance only online and are available for each day or per session.
- 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/tiger-bay-open-meet-2024>

- Please ensure your email address used is current and up-to date. Show your order number upon arrival.
- **No refunds** will be given once tickets are purchased.
- The front **FIVE** rows are reserved for swimmers sitting in their squads

## 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.

## Limited Edition Swim Cap

We have 50 swim caps available to celebrate Co Cardiff's 50<sup>th</sup> year anniversary  
Price £10.50

You can order a cap via this link & collect over the weekend showing your order no.  
<https://orderwhizz.com/ccsc/events/tiger-bay-open-meet-2024>



## 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**