



# CITY OF CARDIFF SWIMMING CLUB

## Clwb Nofio Dinas Caerdydd

(Affiliated to Swim Wales)

[www.cardiffswimming.co.uk](http://www.cardiffswimming.co.uk)

Chair Keri Hutchinson

Head Coach Graham Wardell

Secretary Penny McCarthy

## WELSH CAPITAL OPEN MEET

### SHORT COURSE LEVEL 2 | SAT 3 & SUN 4 NOVEMBER 18

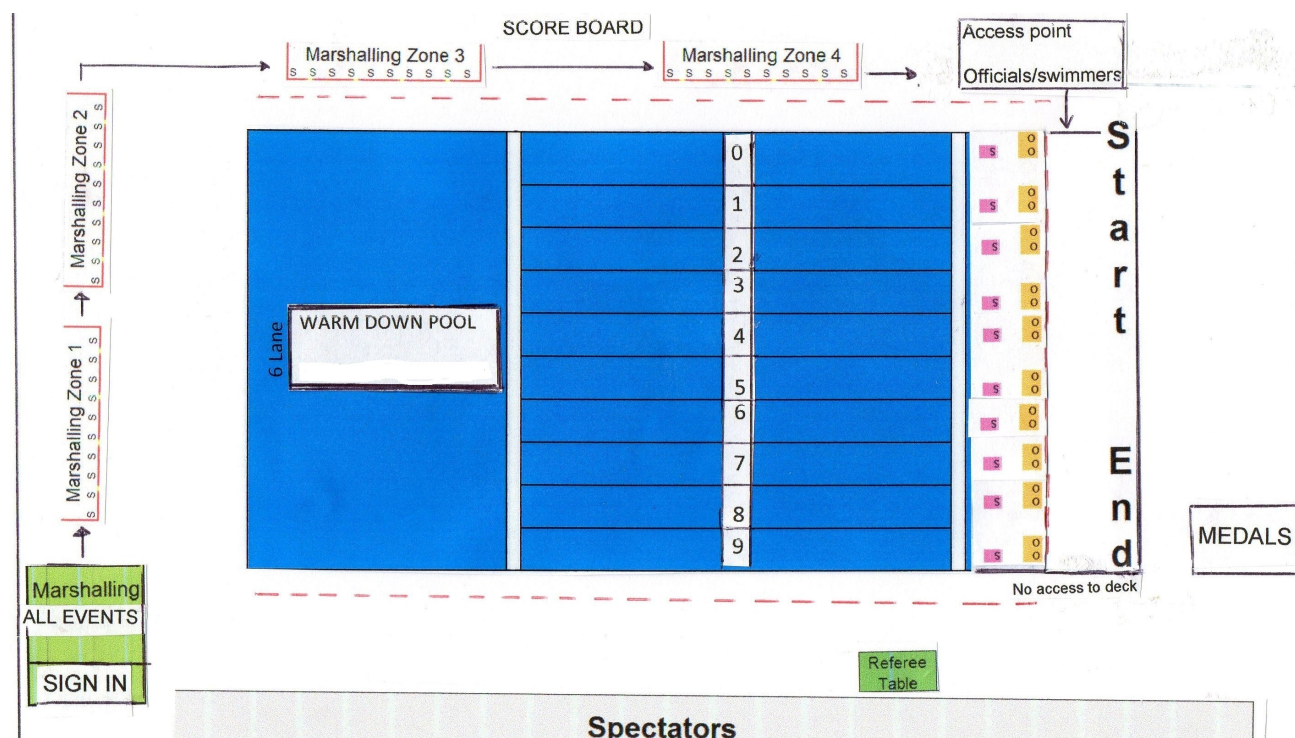
#### Cardiff International Pool, CF11 0JS

Thank you for your entries to our Welsh Capital Open Meet. The confirmed details of entries into this gala can be found on the WELSH CAPITAL OPEN MEET page on our website [www.cardiffswimming.co.uk](http://www.cardiffswimming.co.uk) FIXTURES page. Refer to the Meet Pack for full details of the promotor's conditions. There are no rejected (SCR) swims.

We have awards for the top 14 & under boy & girl. Thanks to Swans for donating the Top Team Trophy.

We thank Cardiff Metropolitan University, Swimpath, Tuning Room, Bupa Dentalcare, Orchard Nursery and Swim Tutton for their sponsorship towards any 17+ swimmer who breaks a Welsh Capital SC meet record. Once the time is verified the swimmer will receive £50/event via BACS in the week after the meet.

**Marshalling:** ALL EVENTS will be marshalled from the CAR PARK END and swimmers will move from there thru the 4 Marshalling Zones to the start. Swimmers will be called to marshalling by the announcer. It is the responsibility of the swimmer coaches to ensure that they attend marshalling once called. The pool layout is shown below:



## PROGRAMME OF EVENTS

SATURDAY SESSION ONE			SUNDAY SESSION FOUR		
Warm up 08:30   Session Start 09:30			Warm up 08:15   Session Start 09:15		
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			SUNDAY SPRINT SESSION FIVE		
Warm up 12:00   Session Start 13:00			Warm up 11:15   Session Start 12:15		
201 HDW	Male 13+	50m Freestyle	501 HDW	Female 13+	50m Freestyle
202 HDW	Female 13+	50m Butterfly	502 HDW	Male 13+	50m Butterfly
203 HDW	Male 9-12	50m Breaststroke	503 HDW	Female 9-12	50m Breaststroke
204 HDW	Female 9-12	50m Backstroke	504 HDW	Male 9-12	50m Backstroke
205 HDW	Male 13+	50m Backstroke	505 HDW	Female 13+	50m Backstroke
206 HDW	Female 13+	50m Breaststroke	506 HDW	Male 13+	50m Breaststroke
207 HDW	Male 9-12	50m Butterfly	507 HDW	Female 9-12	50m Butterfly
208 HDW	Female 9-12	50m Freestyle	508 HDW	Male 9-12	50m Freestyle
209 HDW	Mixed	800m Freestyle	509 HDW	Mixed	1500m Freestyle
<b>SIGNING IN before the start warm up in s2 800m free &amp; warm up s5 1500m free is required</b>					
SATURDAY SESSION THREE			SUNDAY SESSION SIX		
Warm up 15:00   Session Start 15:45			Warm up 14:15   Session Start 15:00		
301 HDW	Female	100m IM	601 HDW	Male	100m IM
302 HDW	Male	100m Butterfly	602 HDW	Female	100m Butterfly
303 HDW	Female	400m Freestyle	603 HDW	Male	400m Freestyle
304 HDW	Male	200m Backstroke	604 HDW	Female	200m Backstroke
305 HDW	Female	200m IM	605 HDW	Male	200m IM
306 HDW	Male	100m Freestyle	606 HDW	Female	100m Freestyle
EST FINISH 18:00			EST FINISH 17:00		

### Warm Up & Session Times | **MAX 10 SWIMMERS per LANE**

All Warm Up sessions will end 5/10 minutes before the commencement of each Session. Please refer to the warm up Schedule with details of the swim lanes and those to be used as sprint lanes.

Coaches must ensure that their squads are supervised during warm up and respect the Warm Up Marshals. Coaches and swimmers disregarding health and safety instructions, or ignoring the direction of the Marshalls will be excluded from 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. Sprint lanes will be opened by the announcer. Swimmers MUST queue on poolside -NOT on the Boom- and will be directed by the warm up marshals to an available starting block.

**Warm Down Pool:** This is available throughout the Meet at the CAR PARK END. Each squad coach is to ensure their swimmers use this facility responsibly and not for play.

**Spectators:** The entire seating block at the Ice Rink end and the front 4 rows in the remaining blocks are entirely reserved for swimmers, sitting with their Clubs. We ask that spectators please occupy the seats 5 back and do not attempt to sit in the Ice Rink end block. Note viewing of the main pool will be limited in the first 4 rows opposite the warm down pool.

**Officials:** All visiting clubs with 10 or more swimmers are requested to provide at least one qualified official per session. Meals and refreshments will be provided. We request that details of officials (together with their qualifications) are forwarded to our officials' co-ordinator Jim McCulloch [officials@cardiffswimming.co.uk](mailto:officials@cardiffswimming.co.uk)

**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.

**Swim Shop:** We welcome SWIMPATH & Swans who are attending the meet located on the balcony.

We are able to offer a limited-edition swim hat designed by Olympic swimmer Jemma Lowe.

The hat will be in a brushed silicone finish at a price of £8.75.

Please contact Stephen Jones to order your hat which can be collected from the Meet office during the gala weekend



**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 3<sup>rd</sup> main exit. (just after the elevated section)

– A4055 to Penarth. Travel down the exit slip road,  
and at the roundabout then take the 3<sup>rd</sup> 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 at the spectator entry desk in the CIP GF foyer.

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

e-mail: [stephen.jones@westernretail.co.uk](mailto:stephen.jones@westernretail.co.uk)

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

**Stephen Jones**  
**Meet Director**