



CITY OF CARDIFF SWIMMING CLUB

Clwb Nofio Dinas Caerdydd

(Affiliated to Swim Wales)

www.cardiffswimming.co.uk

Chairman Mike Bamborough

Head Coach Graham Wardell

Secretary Penny McCarthy

VENUE Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS

Welcome to our 2022 WELSH CAPITAL OPEN MEET.

In order to try and run a safe meet for all participants please follow these protocols detailed below. Welsh Govt. have relaxed covid restrictions, but please stay safe and consider others. Covid cases remain high.

- Swimmers are advised to arrive beach ready and access the competition pool via the changing village
- 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.

EVENT PROTOCOLS:

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 these wishing to remain socially distant.

Covid19 remains a health risk and we encourage respect to those staying safe.

Spectators:

We welcome back spectators to watch the gala.

- The day ticket costs £7.50 for SAT & £7.50 for SUN. Children 12 years&U are priced at £5.00/ day.
- Tickets for each day are to be purchased in advance from 28-31 March online.
- The ticket link will be emailed separately
- Please ensure your email address used is current and up-to date.
- No refunds will be given once tickets are purchased.

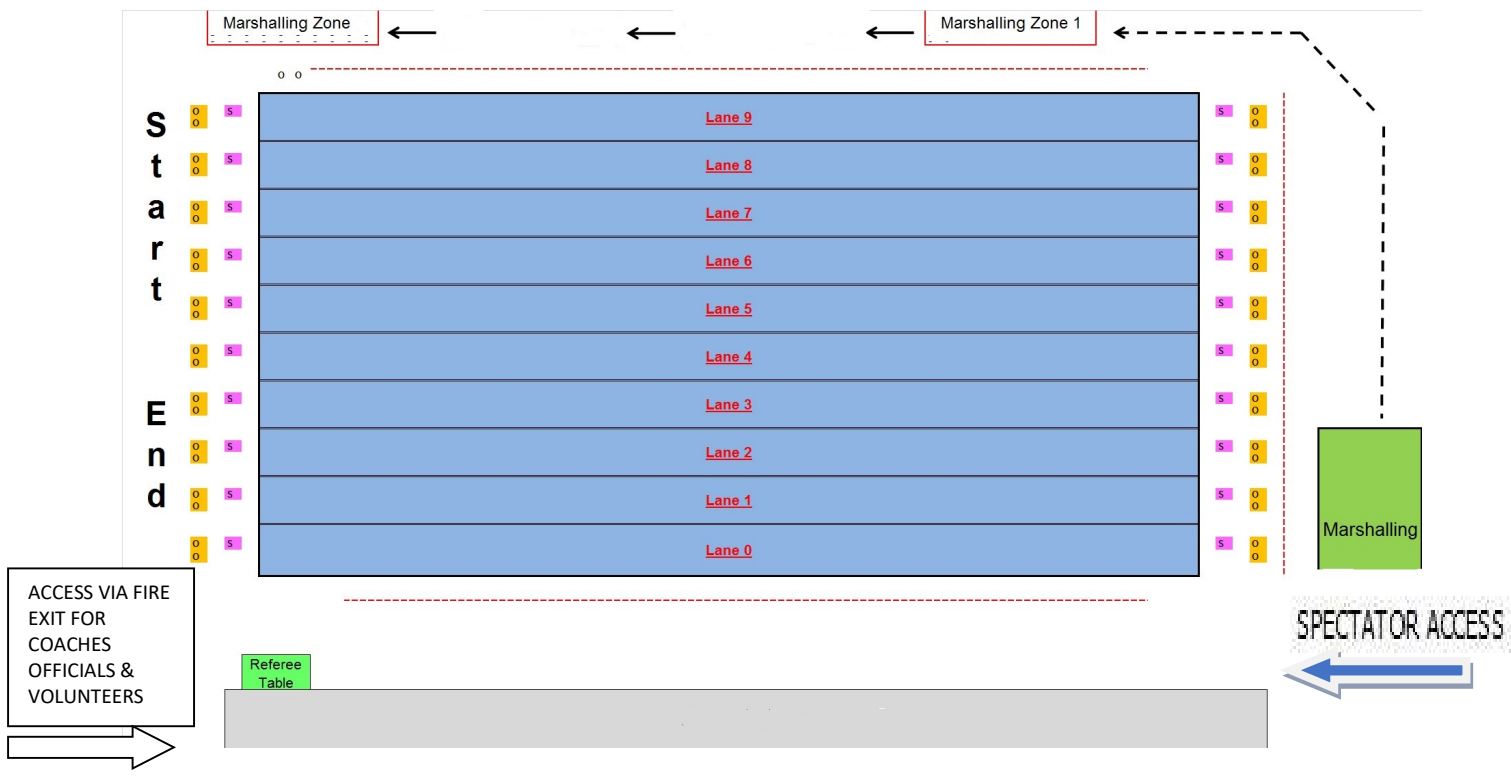
NO TICKETS WILL BE SOLD ON THE DAY | NO ACCESS WITHOUT A TICKET

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

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).

Warm Down Pool - This is no warm down pool available at the Meet

POOL LAYOUT



PROGRAMME OF EVENTS

SATURDAY SESSION ONE Warm up 9:00 Start 10:00			SUNDAY SESSION FOUR Warm up 9:00 Start 10:00		
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101 HDW	Male	400m IM	401 HDW	Female	400m IM
102 HDW	Female	200m Butterfly	402 HDW	Male	200m Butterfly
103 HDW	Male	200m Backstroke	4603 HDW	Female	200m Backstroke
104 HDW	Female	100m Backstroke	404 HDW	Male	100m Backstroke
105 HDW	Male	50m Freestyle	405 HDW	Female	50m Freestyle
106 HDW	Female	50m Breaststroke	406 HDW	Male	50m Breaststroke

SATURDAY SESSION TWO Warm up 11:30 Start 12:30			SUNDAY SESSION FIVE Warm up 11:30 Start 12:30		
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201 HDW	Male	400m Freestyle	501 HDW	Female	400m Freestyle
202 HDW	Female	200m Breaststroke	502 HDW	Male	200m Breaststroke
203 HDW	Male	100m Butterfly	503 HDW	Female	100m Butterfly
204 HDW	Female	100m Freestyle	504 HDW	Male	100m Freestyle
205 HDW	Male	50m Backstroke	505 HDW	Female	50m Backstroke
206 HDW	Female	50m Butterfly	506 HDW	Male	50m Butterfly

SATURDAY SESSION THREE Warm up 14:15 Start 14:50			SUNDAY SESSION SIX Warm up 14:15 Start 14:50		
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301 HDW	Male	800m Freestyle	601 HDW	Female	1500m Freestyle
302 HDW	Female	800m Freestyle	602 HDW	Male	1500m Freestyle
303 HDW	Male	200m Freestyle	603 HDW	Female	200m Freestyle
304 HDW	Female	100m Breaststroke	604 HDW	Male	100m Breaststroke
305 HDW	Male	200m IM	605 HDW	Female	200m IM

Est finish 16:15

Est Finish 16:15

Warm Up

- ❖ SESSION 1: MEN 09:00- 09:25 WOMEN 09:30-09:55
- ❖ SESSION 2: MEN 11:30- 11:55 WOMEN 12:00-12:25
- ❖ SESSION 3: MIXED 14:15- 14:45

- ❖ SESSION 4: WOMEN 09:00- 09:25 MEN 09:30-09:55
- ❖ SESSION 5: WOMEN 11:30- 11:55 MEN 12:00-12:25
- ❖ SESSION 6: MIXED 14:15- 14:45

- ❖ Warm up duration is 25 minutes of which sprint lanes can open in the last 5 minutes.
- ❖ Women to access the pool at the car park end of the pool; Men via Ice Rink end.
- ❖ Coaches must ensure that their teams are supervised during warm up.
- ❖ Co Cardiff will provide up to 5 warm up Marshals to assist in the movement of swimmers. **SPECTATOR ACCESS**
- ❖ 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.

Officials: 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: cardiffofficials@btinternet.com

CLUB SWIM SHOP: Our club shop will be open across the weekend selling a range of swimming items.

SWIMMING CAP: Limited edition (50) Meet SwimHat in brushed silicone are available. Price £10.00.



To order email: stephen.jones@westernretail.co.uk

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. The Meet pack contains the promotor's conditions

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

Stephen Jones | Meet Director