



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

WELCOME TO TIGER BAY OPEN MEET | 21 22 MARCH 2020

PLEASE REFER TO THE MEET PACK for information about the meet.

PROGRAMME OF EVENTS & SESSION TIMES

SATURDAY: SESSION ONE warm up 08:00 start 08:50				SUNDAY SESSION FOUR warm up 08:45 start 09:30			
101 HDW	Female		400m IM	401 HDW	Male		400m IM
102 HDW	Male		200m Butterfly	402 HDW	Female		200m Butterfly
103 HDW	Female		100m Breaststroke	403 HDW	Male		100m Breaststroke
104 HDW	Male		200m Breaststroke	404 HDW	Female		200m Breaststroke
105 HDW	Female		200m Freestyle	405 HDW	Male		200m Freestyle
SATURDAY SPRINT SESSION TWO warm up 11:05 start 12:05				SUNDAY SPRINT SESSION FIVE warm up 11:00 start 12:00			
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	Male		400m Freestyle	509 HDW	Female		400m Freestyle
SATURDAY SESSION THREE warm up 14:20 start 15:05				SUNDAY SESSION SIX warm up 14:30 start 15:15			
301 HDW	Male		200m IM	601 HDW	Female		200m IM
302 HDW	Female		100m Butterfly	602 HDW	Male		100m Butterfly
303 HDW	Male		100m Backstroke	603 HDW	Female		100m Backstroke
304 HDW	Female		200m Backstroke	604 HDW	Male		200m Backstroke
305 HDW	Male		100m Freestyle	605 HDW	Female		100m Freestyle

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: cardiffofficials@btinternet.com

Spectator Information:

The front 4 rows are reserved for swimmers, coaches & club staff.

Spectators should occupy the seats from row five back.

Warm Up & Session Times **MAX 16 SWIMMERS per LANE**

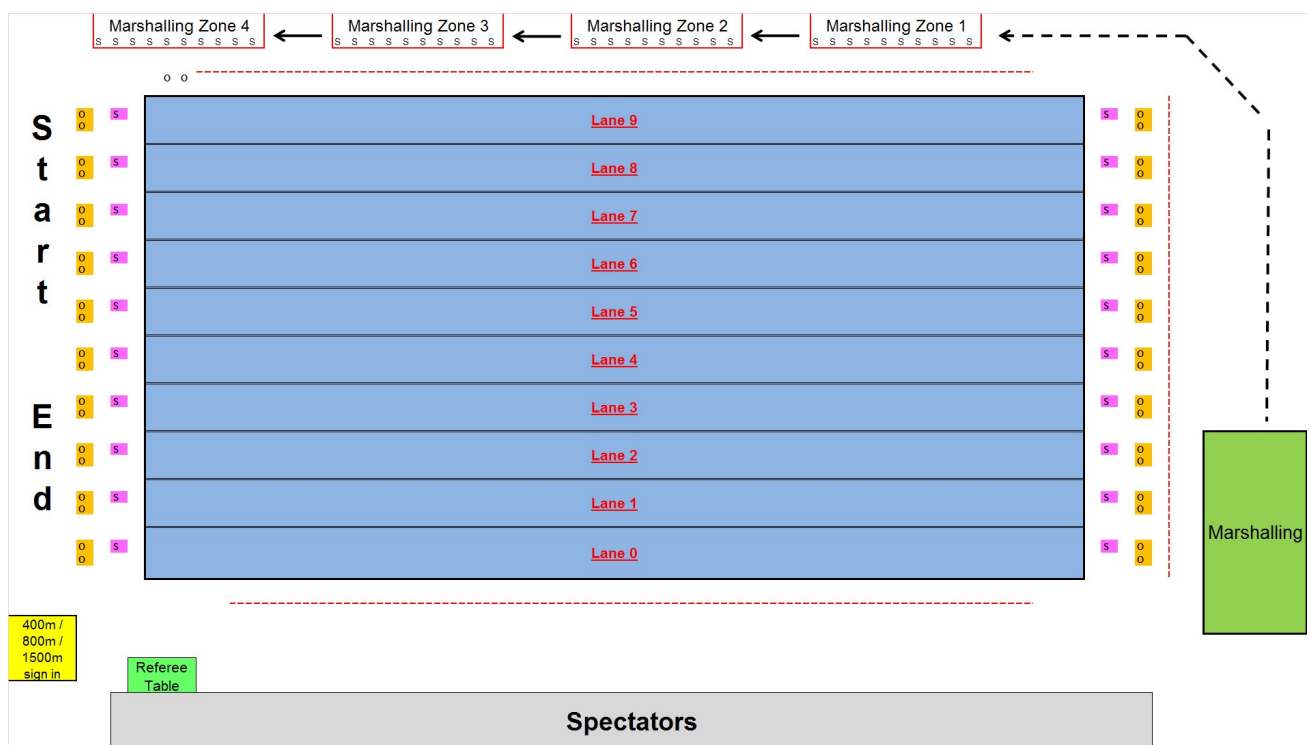
All Warm Up sessions will end 5/10 minutes before the commencement of each session.

Please refer to the warm up details for timings and structure and club lane allocation.

Coaches must ensure that their teams 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 no warm down pool available at the Meet.



Marshalling:

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.

Swimmers will then be directed to the seated areas (zones 1, 2, 3 and 4) and are to enter onto the boom when directed by officials.

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.

Coach passes:

Coach passes can be collected from the desk located outside the Meet Office on the balcony

Out of the Pool:

We welcome Fine Designs and Swimpath who will be attending throughout the weekend

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.

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.



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

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

Stephen Jones
Meet Director

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