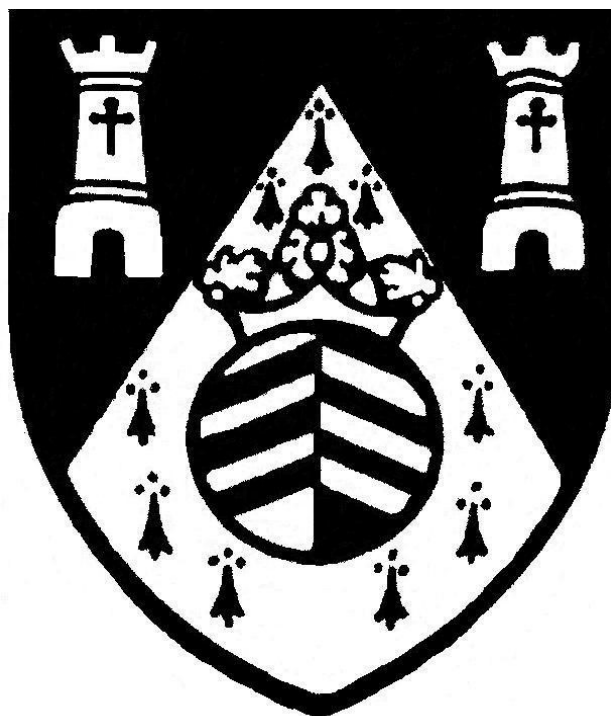


·CARDIFF·BAY·SPRINT·MEET·



Saturday 13th JULY 2019

Cardiff International Pool


cardiff international pool
pwll rhyngwladol caerdydd

Event Information and Entry Forms

all session times to be confirmed



Licence Number: 3WL191348

(Under FINA Technical Rules & Swim Wales Laws)



31st CARDIFF BAY SPRINT MEET

Saturday 13th July 2019

Only electronic entries will be accepted for this meet.

**Entries will be accepted on a first come first served basis
The Promoter reserves the right to restrict entries if over subscribed**

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

POOL 10 Lane 50m pool | Omega electronic timing | anti-turbulence lane ropes

AGE GROUPS Boys: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs & over.
Girls: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs & over

Minimum age for entry is 9 years

AGE UP DATE	13 July 2019
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EVENTS

The Meet will be in two separate sections:

Swimmers qualifying with the B Grade Upper Cut Off times shown below and Swimmers qualifying with the AA Grade Upper Cut Off times shown below

(all events Heat Declared Winner)

50m Freestyle	- All Age Groups
50m Backstroke	- All Age Groups
50m Butterfly	- All Age Groups
50m Breaststroke	- All Age Groups

50m Kick Race - All Age Groups

Swimmers are to ensure that at the end of their race they touch with one hand
A 50m Freestyle time, where given, will be used to seed this event.

200m Individual Medley for the top 10 swimmers in each age group on a points total from all four 50m stroke events (excluding the Kick Race)

Qualification for the 200m I.M. Each swimmer's points will be totalled up for **all four 50m events (excluding the kick race)** using Heat Declared Times regardless of the Graded Time Entries. The points will be calculated as follows, 1st place 10 points, second place 9 points etc. Using this system, places will be allocated for the IM Finals races in each age group, giving 10 swimmers with the aggregate highest point totals as above for the four 50m stroke events (exc. The Kick Race) to be selected for the IMs.

Competitors in the 200m I.M. Must notify the Meet Office if they do not wish to swim.

LICENCE NUMBER 3WL191348 (Under FINA Technical Rules and Swim Wales Laws)
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PROMOTER'S CONDITIONS

AWARDS

Medals will be presented to the first three swimmers in each age group, who have not swum faster than the **AA UPPER CUT OFF TIME** in the HDW events for the four strokes, Breaststroke, Backstroke, Butterfly, Freestyle and the Kick Race.

Medals will also be awarded to the first three swimmers who enter an event with a time slower than the **B grade UPPER CUT OFF TIME** and swim within the B grade UCT for that event

Any swimmer finishing in a time faster than that set by the respective **UPPER CUT OFF TIME** will be issued with a 'speeding ticket' and no medal will be awarded to that swimmer for that event. although they will still qualify for the Individual Medley finals.

Medals and 'speeding tickets' will be available on the day and can be collected from the medal table on poolside. **Swimmers must ensure that they are suitably clothed (t-shirt and shorts) when receiving awards.**

The Top 9-year-old swimmer will be awarded the '**Rowland Jones Trophy**' at the end of the Meet and the winner will be able to keep a commemorative trophy. Events qualifying for the Trophy will be by the completion of **all four 50m Sprint Events (not 'Kick Race')** on a points basis (10pts – 1st place etc.)

The '**Brian Hardwicke Cup**' will be awarded to the top 12-year-old at the end of the Meet using the Heat Declared winners regardless of graded time entries and the winner will be able to keep a commemorative cup. Qualifying events for the Cup will be as described for the **Rowland Jones Trophy** above.

Prize money of £10 will be awarded to the 1st place for the 200m Individual Medley event for each of the age groups 9, 10, 11, 12, 13, 14, 15 and 16/o.

ENTRIES

Upper Cut Off Times will be applied to all events (except the Kick Race) with all entry times being slower than or equal to the UCT. No Times (NT) are acceptable.

Entry Times must have been obtained at a licenced meet, and random checks will be made against the ASA Online Rankings Database. Validation of any stated entry time may be requested.

If swimmers are found to have entered the meet with any false or made up times, they will be disqualified from all events that they have entered and their entry fees will be forfeited.

Entry times may be submitted as short course or long course times using the Hy-Tek entry file but will be converted to long course times using Hy-Tek's Meet Manager software. Estimated times are not permitted.

Email electronic entries/enquiries to stephen.jones@westernretail.co.uk

Team Manager Lite application and instructions can be downloaded free of charge from www.hy-tek.com/downloads

Electronic entries must be produced from Hy-Tek's Team Manager or Team Manager Lite software.

Clubs are requested to send all entries with an entry report, completed summary sheet and any poolside applications at the same time with one payment, preferably to cover all swimmers and coach passes.



Cheques are to be made payable to Cardiff Bay Sprint Meet. BACS details are available upon request

Electronic entries will be acknowledged with receipt confirmation. No entries will be processed until full and complete payment is received.

There will be no Time Trials or Exhibition Swims permitted at this event and there will be no entries on the day.

Entry forms are to be retained by the club. There will be no entry cards for this event. Please ensure that you put adequate postage on posted entries. Envelopes with insufficient postage will not be collected from the Royal Mail depot.

Entries will be rejected for the following reasons:

- ❖ Incorrectly completed or received without the relevant fee
- ❖ Faster than the upper cut off entry times
- ❖ Improved entries
- ❖ Received after the closing date **MONDAY 10 June 2019 at 20:00**

NO LATE ENTRIES WILL BE ACCEPTED | NO ENTRIES ON THE DAY

The Promoter reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded to club in question.

Cardiff Bay Sprint Meet reserves the right to return entries if the meet is oversubscribed. In this case, the slowest entry times in each age group will be rejected and swimmers will be scratched at the promoter's discretion.

Cardiff Bay Sprint Meet reserves the right to cancel the event if the meet is under subscribed.

On receipt of all entries Cardiff Bay Sprint Meet will run a competition entry check to ensure all entrants are current members of their club and their details exactly match with the records held on Rankings. Clubs will be notified of any "non-matches" or other issues detected. They must provide updated swimmer information. There is a chance that non-matched swimmers will not have their results added to Rankings who no longer will add any failed results.

ENTRY PRICING	£6.00 per 50m event. Kick Race £3.00 £25.00 if all 4 events and the kick race are entered
CLOSING DATE	10 June 2019 (No late entries will be accepted)
SPECTATOR ENTRY	Entry at the door is £5.00/person (children free). Meet programme £1.00.
SEEDING	All events will be spearheaded and swum slow to fast, based on entry times.
WITHDRAWALS	All withdrawals must be notified via email stephen.jones@westernretail.co.uk before the commencement of the meet. During the gala all withdrawals must be notified in writing to the meet office. No refunds will be made for withdrawals after the entry deadline other than on medical grounds. A medical note must be provided on or before 14 August 2019.
SESSION TIMES	Session timings will be finalised once all entries have been processed and swimmers/clubs will be notified accordingly. Please note that it is the swimmers` responsibility to present themselves ready to swim, to the Marshalling Area prior to the start of their event.



OFFICIALS

Visiting clubs are requested to provide at least one qualified official per session and their details (together with their qualification) are to be forwarded with the entry information. Meals and refreshments will be provided.

POOLSIDE PASSES

Passes must be purchased in advance of the Meet for all coaches, chaperones, personal care attendants and team managers who require poolside access.

£15.00 per poolside pass - to be worn at all times to gain access to and whilst on poolside. A maximum of 5 "Club Staff" will be permitted poolside.

Swim Wales passes may be used for identification; however, a poolside pass must be purchased. Passes will only be issued on receipt of Swim Wales/ASA registration number, a DBS number and a passport photo.

All coaches, chaperones, personal care attendants and team managers must conform to the ASA child protection procedures and complete the form in this Meet Pack

THERE IS NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS. PASSES MUST BE PURCHASED IN ADVANCE, NOT ON THE DAY.

STARTS

Over the top starts will be used wherever possible.

ELECTRONICS

Omega electronic timing system with electronic display provided by Swiss Timing.

PROGRAMME OF EVENTS

SESSION ONE

Warm up tbc Start tbc

e101	Boys	50m Backstroke
e102	Girls	50m Breaststroke
e103	Boys	50m Freestyle
e104	Girls	50m Butterfly
e105	Boys	50m Breaststroke

SESSION TWO

Warm up tbc Start tbc

e201	Girls	50m Freestyle
e202	Boys	50m Butterfly
e203	Girls	50m Backstroke
e204	Boys	50m Kick Race
e205	Girls	50m Kick Race

SESSION THREE | 200 Individual Medley FINALS

Warm up tbc Start tbc

e301	Boys	9 years	e309	Boys	13 years
e302	Girls	9 years	e310	Girls	13 years
e303	Boys	10 years	e311	Boys	14 years
e304	Girls	10 years	e312	Girls	14 years
e305	Boys	11 years	e313	Boys	15 years
e306	Girls	11 years	e314	Girls	15 years
e307	Boys	12 years	e315	Boys	16 years +
e308	Girls	12 years	e316	Girls	16 years +



MEET RESULTS

There will be running a live results service throughout the meet, and live results will also be available on Hy-Tek's **'Meet Mobile'** app, for iPhone and iPad.

Results will be sent to Swim Wales & ASA for inclusion in rankings.

For clubs using Hy-Tek, a complete electronic copy of the Meet results can be obtained following the Meet. For all other clubs a PDF copy of the Meet results can be obtained following the Meet. Any Clubs wishing to use this service should provide their e-mail details to the Meet Office during or prior to the Meet.

CAR PARKING

Car parking places are provided close to the Cardiff International Pool and details will be confirmed in due course.

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.

HEALTH & SAFETY

All swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and Normal Operating Procedures & Emergency Action Plan for Cardiff International Pool.

No outdoors shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area (including the balcony area) and particularly when moving around and climbing the steps in the competitors' area.

For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, earrings (except studs), and rings (except wedding bands).

The promoter will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

The front four rows of the spectator area are reserved for swimmers and coaches only seated in their Clubs. Swimmers are asked not to enter the spectators' area or balcony/foyer whilst they are competing.

If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim meet. A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive.

No swimmer should topple into the water in the event of a false or faulty start - a proper shallow dive must be performed. It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk.

If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.

CONDUCT

Behaviour becomes "unacceptable" when it is considered "offensive" to others; this includes, but is not limited to, the following:

theft, willful damage to property and or equipment, acts of vandalism, abuse of alcohol and or drugs, bullying, offensive language, aggressive/violent acts,



threatening behaviour, all breaches of safety practices, failure to comply with instructions/directions, actions that bring the sport of swimming into disrepute

Unacceptable behaviour will not be tolerated in any circumstances, and all such occurrences will be referred to the Meet Director and Referee and could result in removal from the competition.

DATA PROTECTION

Submission of entries implies consent to the holding of any personal data collected and used by Cardiff Bay Sprint Meet 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.

SWIM SHOP

A Swim Shop will be in operation throughout the Meet.

CAMERA USE & MOBILE PHONES

The use of all photographic equipment and mobile phones is controlled at this Meet. NO FLASH photography is permitted.

This guidance applies to all images and videos taken on any type of camera or recording device (including mobile phones) at the Meet.

Mobile phones that have a camera facility/hardware are recognised as a camera or photographic device. Cardiff Bay Sprint Meet follows Swim Wales guidance which does not support the banning of phones but does support the requirement that phones should emit a 'noticeable sound' if the camera facility is used.

Any photos taken should fall within the Swim Wales guidelines which are contained in the General Meet Conditions under "Events" at www.swimwales.org/key-documents

The publishing of a photograph of a swimmer under 18, either on a notice board or in a published article or video recording (including video streaming) of the Meet should only be done with parental consent and in line with Swim Wales guidelines.

GENERAL

Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Referee's decision will be final.

APPEALS

Any appeals must be submitted in accordance with FINA procedures and will be handled appropriately by the Meet Director and Referees.

EMERGENCY PROCEDURE

Any evacuation of the Cardiff International Pool will be led by the Legacy Leisure staff with no action required other than to follow instructions of the centre staff.

Suspicious Items If you suspect a suspicious item:

- Do not touch. Try and identify an owner in the immediate area
- If you still think it is suspicious do not feel embarrassed or assume someone has already reported it
- Report it to a member of the centre staff, or if they are not available dial 999 (do not use your mobile phone in the immediate vicinity)
- Move away to a safe distance - Even for a small item such as a briefcase move at least 100m away from the item starting from the centre and moving out.
- Report anyone entering an area they shouldn't be in
- Remain vigilant to any suspicious activity and report to a member of the Centre staff immediately

REMEMBER - IF YOU THINK IT IS SUSPICIOUS SAY SOMETHING



CARDIFF BAY SPRINT MEET

Cardiff International Pool, Cardiff

13 July 2019

LICENCE NUMBER 3WL191348

(Under FINA Technical Rules and Swim Wales Laws)

UPPER CUT OFF TIMES | 50m Long Course

		BOYS							
		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+yrs
50m Freestyle	UCT AA	39.50	35.80	33.90	32.00	30.40	29.10	27.90	27.10
50m Freestyle	UCT B	50.20	46.60	44.00	40.80	37.90	35.30	33.00	31.50
50m Breaststroke	UCT AA	52.80	47.50	44.20	41.00	38.60	36.90	35.40	34.70
50m Breaststroke	UCT B	1.06.40	1.01.30	57.10	52.20	48.20	44.80	41.90	40.40
50m Butterfly	UCT AA	45.30	40.00	37.40	35.10	33.20	31.70	30.20	29.60
50m Butterfly	UCT B	57.00	51.70	48.40	44.60	41.30	38.40	35.80	34.40
50m Backstroke	UCT AA	46.50	42.20	39.60	37.30	35.30	33.60	32.40	31.60
50m Backstroke	UCT B	59.00	54.70	51.40	47.40	44.00	40.70	38.30	35.80

		GIRLS							
		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+yrs
50m Freestyle	UCT AA	39.60	36.60	34.20	32.70	31.70	30.80	30.30	30.10
50m Freestyle	UCT B	49.30	46.60	43.40	40.50	38.30	36.60	35.50	34.90
50m Breaststroke	UCT AA	52.90	47.10	44.00	41.60	40.10	38.80	38.10	37.90
50m Breaststroke	UCT B	1.05.20	59.80	55.60	51.50	48.50	46.10	44.70	44.00
50m Butterfly	UCT AA	44.80	40.50	37.50	35.80	34.20	33.40	32.70	32.30
50m Butterfly	UCT B	55.20	51.30	47.40	44.10	41.30	39.60	38.30	37.50
50m Backstroke	UCT AA	46.60	42.30	39.60	37.80	36.70	35.60	34.80	34.50
50m Backstroke	UCT B	57.90	53.90	50.20	46.80	44.30	42.30	40.80	40.10

Short Course times will be converted by Hy-tek to conform to the above Long Course Times



CARDIFF BAY SPRINT MEET

Cardiff International Pool, Cardiff

13 July 2019

LICENCE NUMBER 3WL191348

(Under FINA Technical Rules and Swim Wales Laws)

Coaches / Chaperone/Personal Care Attendants Pass Application Form

Name of Club	Club Code	
Full Name (s)	1 2 3 4 5	
Position in Club		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.	1 2 3 4 5	DBS Number(s): 1 2 3 4 5

The above-named person is authorised to hold a pass for this club

CLUB SECRETARY..... **SIGNED:**

Please note only members affiliated to Swim Wales/Scottish Swimming/ASA or a member of a FINA affiliated country will be eligible for a coach's pass. Only applications with a photograph will be accepted. Could applicants please write their full name on the rear of the photographs.

Please send a BACS transfer in the sum of £15.00/pass requested (or cheque made payable to Cardiff Bay Sprint Meet).

Para swimmers' personal care attendants will be entitled to one free Pass.

There will be no access to the poolside without a coach's pass. Passes will be restricted to a maximum of 5 passes per club and are non-transferable.

All completed forms to be returned to

Stephen Jones
18 Nasturtium Way
CARDIFF CF23 8SF

EMAIL: stephen.jones@westernretail.co.uk

CLOSING DATE: 10 JUNE 2019



CARDIFF BAY SPRINT MEET

Cardiff International Pool, Cardiff
13 July 2019

LICENCE NUMBER 3WL191348
(Under FINA Technical Rules and Swim Wales Laws)

MEET SUMMARY

This form must be completed and returned with the Hy-Tek Meet Entry Fee Report and Entry File, unless already emailed to stephen.jones@westernretail.co.uk

Name of Club		Club Code
Contact Name		CLUB BANK DETAILS
Address		Bank Sort Code Account No.
TEL No./Mobile		
E Mail		
TEAM SIZE		
No. Of Individual Entries	@ £6.00 per 50m event @ £3.00 kick race	£
ENTRIES FOR ALL 4 events+kick race	@ £25.00	£
No. of Passes	@ £15.00	£
Total payment made payable to CARDIFF BAY SPRINT MEET		£.....

It is requested that a single payment via BACS is made for the complete club entry.

Details of your Club's Bank is to be provided in the box above so we can issue a refund if required.

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography. I agree to abide by the conditions laid down by the Meet Management for this event.

Club Secretary SignatureDate:

Entries, payments and supporting reports, and poolside pass applications should be sent to:

Stephen Jones
18 Nasturtium Way
CARDIFF CF23 8SF

CLOSING DATE: 10 June 2019



CARDIFF BAY SPRINT MEET

Cardiff International Pool, Cardiff

13 July 2019

LICENCE NUMBER 3WL191348

(Under FINA Technical Rules and Swim Wales Laws)

Officials Nomination Form

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

Name of Club		Club Code
Full Name		
Qualification (J1 J2 J2S Referee)		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.		DBS Number:

AVAILABILITY | SATURDAY

SESSION 1

SESSION 2

SESSION 3

All completed forms to be e-mailed to Heulwen Cooper E: heulwen@ntlworld.com