

WEST WALES REGIONAL CHAMPIONSHIPS 2019

Swum under the following rules and conditions:
FINA Technical Rules, Swim Wales Laws and Disciplinary Code,
West Wales Regional Championships 2019 Meet Conditions.

**FEBRUARY 1st (Evening) – FEBRUARY 3rd (WL190039)
&
FEBRUARY 8th (Evening) – FEBRUARY 10th (WL190040)**

at

Haverfordwest Leisure Centre

**CLOSING DATE:
MONDAY 7th JANUARY 2019**

EVENT INFORMATION AND ENTRY FORMS

Please note that each event in this competition has a qualifying time and a consideration time. Those who meet the qualifying time will be guaranteed an entry. Where possible, the faster times within the consideration range may also be accepted. Swimmers who meet the consideration time, but due to lack of space are not accepted, will have their entry fees refunded. Swimmers who submit NO TIME will NOT be accepted.

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Haverfordwest Leisure Centre

MEET INFORMATION

Entries

Entries should be made via clubs ONLY and should be sent electronically using Hy-Tek Team Manager. The events file for use with TM is available from the West Wales web site at:

www.westwalesswim.org.uk

Electronic entries should be emailed to:

robwilliams1145@gmail.com

Completed chaperone forms, payment summary sheets, etc should be sent to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.

Entries from clubs should be accompanied by a Payment Summary Sheet and a SINGLE cheque to cover all entries and coach/chaperone poolside passes. Cheques should be payable to "Swim Wales Ltd - West Wales Region".

Please note that entries will be refused if:

- they are received without the relevant fee
- they are completed incorrectly (Membership number must be included)
- they are received after the closing date of Monday 7th January 2019
- submitted entry times are slower than the consideration times or if a time of NT is submitted. Please note that in both of these situations NO entry fees will be refunded.

A random selection of submitted times will also be checked against the ASA Rankings Database. Entry times which cannot be confirmed in the database will be refused and NO entry fees will be refunded.

Qualifying Age Dates:

For ALL events the ages shall be as of 31st December 2019.

Age Groups

Individual Events

Girls: 11, 12, 13, 14, 15/16, 17/Over

Boys: 11, 12, 13, 14, 15/16, 17/Over

Relay Events

Girls: 11/12, 14/UN, 16/UN, Open

Boys: 11/12, 14/UN, 16/UN, Open

Entry Fees:

Entry fee is £5.00 per individual event

Entry fee for relay events is £8.00

Please note that no refund of entry fees will be made for withdrawals after the closing date (Monday 7th January 2019) except with a doctor's note. In this situation the doctor's note will only be accepted up until mid-day on the day **before** the start of the meet. Notes received after this time will not be considered for refunds.

Medals and Awards

Individual events:

Awards will be made to the top 3 in each event.

Relay events:

Awards to top 3 teams in each event.

Failure of a swimmer or deputy to attend the appropriate presentation will result in the swimmer forfeiting his/her award.

Spectators

Admission charges:

£3.00 per session

£7.00 per day

Please Note: The Spectator Area must be cleared at the end of each session.

Mobile Phones

Mobile phones must **not** be used in the building at all.

Session Times

To be confirmed following receipt of entries.

General Conditions

This meet will be swum under the following rules and conditions:

FINA Technical Rules, Swim Wales Laws and Disciplinary Code,
West Wales Regional Championships 2019 Meet Conditions.

No alcohol or tobacco advertising is permitted on any clothing.

SWIM WALES REGIONAL COMPETITIONS ELIGIBILITY

1. Entries may only be accepted from competitors registered as members of clubs, holding either primary or multi registration Welsh membership within the West Wales Region.
2. Swimmers may only swim for one club during these championships.
3. Competitors must have been registered members of the club in whose name they are entered a minimum of 30 days prior to the closing date for entries for the championships. This also includes the relay events.
4. Competitors who compete in ASA County Championships will not be accepted to swim in the following annual cycle of Regional Competitions:
 - a) The Junior Development Meet in May/June.
 - b) The Sub Regional Championships in November/December.
 - c) The Regional Championships in February the following year i.e. ASA County Championships in 2018 means they would not be accepted for the Swim Wales Regional Championships in 2019.

Please note that this rule does NOT include the Inter-Counties competition where swimmers were selected to represent Swim Wales.

All decisions made by the Meet Director will be final and binding.

Events

Events will be held as shown on the attached programme of events.

Time trials will not be permitted.

Relay Events

Clubs may enter an A and a B relay team per event, but a swimmer is only allowed to swim in either the A or the B team.

Also, please note that only swimmers who have entered an individual event in the championships are permitted to swim in the relay competition.

Relay forms must be submitted by the end of the FIRST warm-up session on the day of the relay events. Failure to do so may result in the disqualification of the team. A separate form must be completed for EACH team per event.

Swimmers names must be submitted in the swimming order. **Relay teams failing to swim in the submitted order will be disqualified.**

If it can be proved to the referee that a member of a Relay Team is incapacitated through ill health or accident, the referee may use his/her discretion and allow a substitute to swim.

Entries

The Organisers may request validation of any stated Entry Time.

Please note that each event in this competition has a qualifying time and a consideration time. Those who meet the qualifying time will be guaranteed an entry. Where possible, the faster times within the consideration range may also be accepted. Swimmers who meet the consideration time, but due to lack of space are not accepted, will have their entry fees refunded. Swimmers who submit NO TIME will NOT be accepted.

Please note that both short course and long course times are accepted for entry in this meet.

Presentation

The Meet Director may decide to carry out presentations during the session.

Competitors must report to the Presentation Marshall immediately after announcements have been made.

Appropriate clothing, i.e. t-shirt, full tracksuit and appropriate footwear must be worn for the presentation. (Awards may not be presented if a swimmer is inappropriately dressed)

Officials

Each Club is required to supply at least two qualified officials per session. Officials will be required to follow the protocol which can be down loaded from the Swim Wales web site.
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Meet Procedure

Heats

Competitors will be seeded according to submitted times - **slowest to fastest**.

Coaches should ensure that swimmers make themselves available for marshalling at least 2 events prior to the event they are competing in.

Other conditions

Starts

Over the top starts will, where necessary or appropriate, be used during the Meet.

Passes

All Coaches and Chaperones who will be on the poolside at any time during the competition, must have individual accreditation obtained by completing the official form enclosed in this Information Pack. Completed forms must be accompanied by a passport size photograph.

Poolside passes will be transferrable between coaches and chaperones **from the same club** who have completed an official accreditation form.

Accredited coaches and chaperones **from the same club** may use purchased poolside passes 'on rota', although the number of coaches and/or chaperones on poolside at any one time must not exceed the number of passes that have been paid for.

Passes will need to be worn at all times. Anyone without a pass will be asked to leave poolside/changing area.

Please note that poolside passes cover entry to the poolside and changing areas only. Entry to the spectator balcony is not included.

The closing date for passes will be the same as the closing date for entries. Applications will not be accepted on the day.

Health and Safety

All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

It is the responsibility of the swimmer and/or parent/guardian 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 note confirming that their participation presents no health or safety problems.

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 / or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.

Unacceptable Behavior

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

Competitive Start Award

Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach).

Swimmers who have not attained the standard of the Competitive Start Award must lower themselves into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.

Jewellery

"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, ear-rings (except studs), and rings (except wedding bands).

Swim Wales will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.”

Photography

1. West Wales will adopt the Swim Wales Film and Photography Policy as shown below:

Swim Wales Film and Photography Policy

Please be advised that photographs and videos may be taken at this event.

Swim Wales are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of a child/children which may present a risk of harm to the child/children concerned.

The use of such equipment is difficult to control but we can all be vigilant. If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team.

The West Wales Region may use photographs taken at this event as promotional material and used across public forums including their website and social media accounts. Should you wish to refuse photographic permission please contact the event management team on site. The full swim Wales photography guidance policy can be found on the Swim Wales website.

West Wales Regional Championships 2019

Programme of Events - First Weekend

DAY 1 - FRIDAY EVENING			
Session 1	Event No		
Finals	1	Boys 11/OV	1500m Freestyle (HDW) (Max 3 Heats)
	2	Girls 11/OV	800m Freestyle (HDW) (Max 6 Heats)

DAY 2 - SATURDAY				
Session 2				
Heats	3	Girls 13/OV	50m Backstroke	
	4	Boys 11/12	50m Butterfly	
	5	Boys 13/OV	100m Backstroke	
	6	Girls 13/OV	400m IM (HDW)	
	7	Boys 11/12	400m IM (HDW)	
	8	Girls 11/12	200m Freestyle (HDW)	
	15 Mins Break			
	Finals	3	Girls 13	50m Backstroke
3		Girls 14	50m Backstroke	
3		Girls 15/16	50m Backstroke	
3		Girls 17/OV	50m Backstroke	
4		Boys 11	50m Butterfly	
4		Boys 12	50m Butterfly	
5		Boys 13	100m Backstroke	
5		Boys 14	100m Backstroke	
5		Boys 15/16	100m Backstroke	
5		Boys 17/OV	100m Backstroke	

Session 3			
Heats	9	Girls 11/12	50m Butterfly
	10	Boys 11/12	100m Freestyle
	11	Girls 13/OV	100m Butterfly
	12	Girls 11/12	400m IM (HDW)
	13	Boys 13/OV	200m Breaststroke (HDW)
15 Mins Break			
Finals	9	Girls 11	50m Butterfly
	9	Girls 12	50m Butterfly
	10	Boys 11	100m Freestyle
	10	Boys 12	100m Freestyle
	11	Girls 13	100m Butterfly
	11	Girls 14	100m Butterfly
	11	Girls 15/16	100m Butterfly
11	Girls 17/OV	100m Butterfly	

Session 4			
Heats	14	Boys 13/OV	50m Butterfly
	15	Girls 11/12	100m Breaststroke
	16	Boys 11/12	200m Backstroke (HDW)
	17	Boys 13/OV	400m Freestyle (HDW)
18	Girls 13/OV	200m Freestyle (HDW)	
15 Mins Break			
Finals	14	Boys 13	50m Butterfly
	14	Boys 14	50m Butterfly
	14	Boys 15/16	50m Butterfly
	14	Boys 17/OV	50m Butterfly
	15	Girls 11	100m Breaststroke
	15	Girls 12	100m Breaststroke

DAY 3 - SUNDAY		
Session 5	Event No	
Heats	19	Girls 11/12 50m Freestyle
	20	Boys 11/12 100m Breaststroke
	21	Girls 13/OV 100m Freestyle
	22	Girls 11/12 200m IM (HDW)
	23	Boys 13/OV 200m Backstroke (HDW)
15 Mins Break		
Finals	19	Girls 11 50m Freestyle
	19	Girls 12 50m Freestyle
	20	Boys 11 100m Breaststroke
	20	Boys 12 100m Breaststroke
	21	Girls 13 100m Freestyle
	21	Girls 14 100m Freestyle
	21	Girls 15/16 100m Freestyle
	21	Girls 17/OV 100m Freestyle

Session 6			
Heats	24	Boys 11/12	50m Backstroke
	25	Girls 11/12	100m Butterfly
	26	Boys 13/OV	100m Breaststroke
	27	Boys 11/12	200m IM (HDW)
	28	Girls 13/OV	200m Backstroke (HDW)
15 Mins Break			
Finals	24	Boys 11	50m Backstroke
	24	Boys 12	50m Backstroke
	25	Girls 11	100m Butterfly
	25	Girls 12	100m Butterfly
	26	Boys 12	100m Breaststroke
	26	Boys 14	100m Breaststroke
	26	Boys 15/16	100m Breaststroke
	26	Boys 17/OV	100m Breaststroke

Session 7			
Heats	29	Boys 13/OV	50m Freestyle
	30	Girls 13/OV	50m Breaststroke
	31	Boys 11/12	200m Freestyle (HDW)
	32	Boys 13/OV	200m Butterfly (HDW)
	33	Girls 13/OV	200m Butterfly (HDW)
	34	Girls 11/12	200m Backstroke (HDW)
	15 Mins Break		
Finals	29	Boys 13	50m Freestyle
	29	Boys 14	50m Freestyle
	29	Boys 15/16	50m Freestyle
	29	Boys 17/OV	50m Freestyle
	30	Girls 13	50m Breaststroke
	30	Girls 14	50m Breaststroke
	30	Girls 15/16	50m Breaststroke
	30	Girls 17/OV	50m Breaststroke

West Wales Regional Championships 2019 Programme of Events - Second Weekend

DAY 4 - FRIDAY EVENING				
Session 8	Event No			
Finals	35	Girls	11/OV	1500m Freestyle (HDW) (Max 3 Heats)
	36	Boys	11/OV	800m Freestyle (HDW) (Max 6 Heats)

DAY 5 - SATURDAY				
Session 9	Event No			
Heats	37	Girls	11/12	50m Breaststroke
	38	Girls	13/OV	100m Backstroke
	39	Boys	13/OV	100m Butterfly
	40	Girls	11/12	400m Freestyle (HDW)
	41	Boys	11/12	200m Breaststroke (HDW)
15 Mins Break				
Finals	37	Girls	11	50m Breaststroke
	37	Girls	12	50m Breaststroke
	38	Girls	13	100m Backstroke
	38	Girls	14	100m Backstroke
	38	Girls	15/16	100m Backstroke
	38	Girls	17/OV	100m Backstroke
	39	Boys	13	100m Butterfly
	39	Boys	14	100m Butterfly
	39	Boys	15/16	100m Butterfly
	39	Boys	17/OV	100m Butterfly

Session 10				
Heats	42	Girls	13/OV	50m Freestyle
	43	Boys	13/OV	50m Breaststroke
	44	Boys	11/12	100m Backstroke
	45	Girls	13/OV	200m IM (HDW)
	46	Boys	13/OV	200m IM (HDW)
	47	Girls	11/12	200m Breaststroke (HDW)
15 Mins Break				
Finals	42	Girls	13	50m Freestyle
	42	Girls	14	50m Freestyle
	42	Girls	15/16	50m Freestyle
	42	Girls	17/OV	50m Freestyle
	43	Boys	13	50m Breaststroke
	43	Boys	14	50m Breaststroke
	43	Boys	15/16	50m Breaststroke
	43	Boys	17/OV	50m Breaststroke
	44	Boys	11	100m Backstroke
	44	Boys	12	100m Backstroke

Session 11				
Heats	48	Boys	11/12	50m Freestyle
	49	Girls	11/12	100m Backstroke
	50	Boys	13/OV	200m Freestyle (HDW)
	51	Boys	11/12	200m Butterfly (HDW)
	52	Girls	13/OV	200m Breaststroke (HDW)
15 Mins Break				
Finals	48	Boys	11	50m Freestyle
	48	Boys	12	50m Freestyle
	49	Girls	11	100m Backstroke
	49	Girls	12	100m Backstroke

DAY 6 - SUNDAY				
Session 12	Event No			
Heats	53	Boys	13/OV	50m Backstroke
	54	Girls	13/OV	50m Butterfly
	55	Boys	11/12	100m Butterfly
	56	Boys	13/OV	400m IM (HDW)
	57	Girls	13/OV	400m Freestyle (HDW)
	58	Girls	11/12	100m Freestyle
15 Mins Break				
Finals	53	Boys	13	50m Backstroke
	53	Boys	14	50m Backstroke
	53	Boys	15/16	50m Backstroke
	53	Boys	17/OV	50m Backstroke
	54	Girls	13	50m Butterfly
	54	Girls	14	50m Butterfly
	54	Girls	15/16	50m Butterfly
	54	Girls	17/OV	50m Butterfly
	55	Boys	11	100m Butterfly
	55	Boys	12	100m Butterfly
	58	Girls	11	100m Freestyle
	58	Girls	12	100m Freestyle

Session 13				
Heats	59	Boys	11/12	50m Breaststroke
	60	Girls	11/12	50m Backstroke
	61	Boys	13/OV	100m Freestyle
	62	Girls	13/OV	100m Breaststroke
	63	Boys	11/12	400m Freestyle (HDW)
	64	Girls	11/12	200m Butterfly (HDW)
15 Mins Break				
Finals	59	Boys	11	50m Breaststroke
	59	Boys	12	50m Breaststroke
	60	Girls	11	50m Backstroke
	60	Girls	12	50m Backstroke
	61	Boys	13	100m Freestyle
	61	Boys	14	100m Freestyle
	61	Boys	15/16	100m Freestyle
	61	Boys	17/OV	100m Freestyle
	62	Girls	13	100m Breaststroke
	62	Girls	14	100m Breaststroke
	62	Girls	15/16	100m Breaststroke
	62	Girls	17/OV	100m Breaststroke

Session 14	All relay events are HDW			
	65	Boys	Open	4 x 50 Medley Relay
	66	Girls	Open	4 x 50 Medley Relay
	67	Boys	16/UN	4 x 50 Medley Relay
	68	Girls	16/UN	4 x 50 Medley Relay
	69	Boys	14/UN	4 x 50 Medley Relay
	70	Girls	14/UN	4 x 50 Medley Relay
	71	Boys	11/12	4 x 50 Medley Relay
	72	Girls	11/12	4 x 50 Medley Relay
	73	Boys	Open	4 x 50 Freestyle Relay
	74	Girls	Open	4 x 50 Freestyle Relay
	75	Boys	16/UN	4 x 50 Freestyle Relay
	76	Girls	16/UN	4 x 50 Freestyle Relay
	77	Boys	14/UN	4 x 50 Freestyle Relay
	78	Girls	14/UN	4 x 50 Freestyle Relay
	79	Boys	11/12	4 x 50 Freestyle Relay
	80	Girls	11/12	4 x 50 Freestyle Relay
	81	Mixed	Open	4 x 50 Freestyle Relay
	82	Mixed	16/UN	4 x 50 Freestyle Relay
	83	Mixed	14/UN	4 x 50 Freestyle Relay
	84	Mixed	11/12	4 x 50 Freestyle Relay

West Wales Regional Championships 2019 - Short Course Qualifying & Consideration Times

		BOYS							
		11 yrs	12 yrs	13 yrs	14 yrs	15/16 yrs	17 & over		
50m Freestyle	QT	35.90	33.90	32.10	30.40	28.30	27.80	QT	50m Freestyle
	CT	45.00	41.01	38.50	36.98	34.30	32.80	CT	
100m Freestyle	QT	1:17.80	1:13.20	1:08.90	1:05.40	1:01.20	1:00.10	QT	100m Freestyle
	CT	1:28.50	1:25.96	1:21.70	1:17.21	1:09.40	1:05.00	CT	
200m Freestyle	QT	2:48.80	2:39.10	2:30.10	2:22.50	2:13.20	2:11.10	QT	200m Freestyle
	CT	3:19.80	3:08.42	2:58.00	2:50.44	2:35.15	2:31.38	CT	
400m Freestyle	QT	5:53.30	5:34.00	5:16.40	5:01.50	4:42.10	4:36.70	QT	400m Freestyle
	CT	6:50.00	6:30.40	6:07.87	5:33.61	5:10.10	4:53.50	CT	
800 Freestyle	Please see separate instructions on how to submit entries for this event on Page 12.								800 Freestyle
1500m Freestyle	QT	23:50.50	22:01.70	20:52.80	19:55.50	18:40.60	18:21.90	QT	1500m Freestyle
	CT	28:30.00	27:30.00	25:00.00	23:55.00	22:40.00	22:15.00	CT	
50m Backstroke	QT	41.20	39.00	36.50	34.80	31.90	31.50	QT	50m Backstroke
	CT	52.00	49.90	44.70	41.53	38.90	37.50	CT	
100m Backstroke	QT	1:27.60	1:22.50	1:17.30	1:13.00	1:07.80	1:06.30	QT	100m Backstroke
	CT	1:48.60	1:43.70	1:37.50	1:31.30	1:18.43	1:15.40	CT	
200m Backstroke	QT	3:06.90	2:56.50	2:45.90	2:37.00	2:26.50	2:24.00	QT	200m Backstroke
	CT	3:40.50	3:28.10	3:18.00	3:03.70	2:51.29	2:35.50	CT	
50m Breaststroke	QT	46.50	43.70	40.70	38.60	35.60	35.00	QT	50m Breaststroke
	CT	1:06.00	1:02.07	57.00	53.00	47.60	46.50	CT	
100m Breaststroke	QT	1:40.10	1:33.80	1:27.40	1:22.70	1:16.60	1:15.10	QT	100m Breaststroke
	CT	2:05.30	1:56.42	1:50.93	1:45.31	1:33.75	1:28.49	CT	
200m Breaststroke	QT	3:35.10	3:22.50	3:09.50	2:58.90	2:47.00	2:43.00	QT	200m Breaststroke
	CT	4:23.00	4:11.65	3:45.50	3:28.33	3:09.47	3:02.28	CT	
50m Butterfly	QT	39.60	37.50	35.30	33.40	30.90	30.10	QT	50m Butterfly
	CT	47.00	45.00	42.07	41.01	36.90	35.60	CT	
100m Butterfly	QT	1:27.60	1:22.00	1:16.70	1:12.30	1:07.30	1:05.60	QT	100m Butterfly
	CT	1:49.00	1:42.15	1:33.40	1:23.40	1:18.83	1:14.30	CT	
200m Butterfly	QT	3:11.70	3:00.80	2:49.50	2:40.10	2:28.30	2:23.90	QT	200m Butterfly
	CT	3:40.00	3:24.81	3:15.50	3:05.57	2:48.00	2:40.00	CT	
200m Ind. Medley	QT	3:11.00	3:00.50	2:50.40	2:40.70	2:30.30	2:27.30	QT	200m Ind. Medley
	CT	3:44.00	3:33.41	3:17.20	3:05.12	2:55.34	2:40.30	CT	
400m Ind. Medley	QT	6:45.50	6:20.90	6:00.40	5:40.60	5:18.10	5:12.20	QT	400m Ind. Medley
	CT	7:45.50	7:25.85	7:09.00	6:43.97	6:21.10	6:08.00	CT	

Entry times faster than or equal to the QT will be guaranteed an entry. Entry times falling between the QT and CT will be included provided the meet is not oversubscribed, with faster times being given priority. Entry times submitted as NT will not be accepted.
The West Wales Region Meet Management Committee reserves the right to return entries.

West Wales Regional Championships 2018 - Short Course Qualifying & Consideration Times

		GIRLS							
		11 yrs	12 yrs	13 yrs	14 yrs	15/16 yrs	17 & over		
50m Freestyle	QT	36.50	34.70	33.30	32.40	31.30	31.30	QT	50m Freestyle
	CT	47.50	44.22	41.30	38.00	34.23	33.19	CT	
100m Freestyle	QT	1:18.70	1:14.30	1:11.50	1:09.50	1:07.10	1:06.90	QT	100m Freestyle
	CT	1:37.00	1:33.16	1:28.50	1:23.40	1:22.50	1:21.96	CT	
200m Freestyle	QT	2:49.60	2:39.90	2:33.60	2:29.60	2:24.60	2:23.20	QT	200m Freestyle
	CT	3:20.60	3:11.88	3:05.00	2:59.52	2:57.00	2:55.92	CT	
400m Freestyle	QT	5:52.90	5:33.00	5:20.50	5:12.50	5:03.10	5:00.50	QT	400m Freestyle
	CT	6:59.00	6:39.60	6:27.00	6:15.00	6:11.00	6:07.44	CT	
800m Freestyle	QT	12:09.50	11:29.30	10:58.30	10:40.80	10:23.50	10:20.70	QT	800m Freestyle
	CT	14:10.00	13:40.00	13:08.00	12:48.96	12:42.00	12:36.84	CT	
1500m Freestyle	Please see separate instructions on how to submit entries for this event on Page 12.								1500m Freestyle
50m Backstroke	QT	41.40	39.30	37.70	36.50	35.30	35.10	QT	50m Backstroke
	CT	54.00	50.83	49.40	47.90	44.56	42.00	CT	
100m Backstroke	QT	1:28.10	1:22.70	1:19.20	1:17.00	1:14.40	1:14.00	QT	100m Backstroke
	CT	1:51.00	1:43.24	1:37.20	1:32.40	1:31.00	1:30.36	CT	
200m Backstroke	QT	3:06.30	2:56.30	2:49.60	2:44.80	2:38.70	2:37.20	QT	200m Backstroke
	CT	3:40.00	3:31.56	3:24.60	3:17.76	3:15.25	3:13.32	CT	
50m Breaststroke	QT	46.70	44.00	42.10	40.80	39.40	39.10	QT	50m Breaststroke
	CT	1:04.00	1:00.69	1:00.00	59.97	51.00	49.50	CT	
100m Breaststroke	QT	1:40.20	1:34.40	1:29.80	1:26.50	1:24.30	1:23.10	QT	100m Breaststroke
	CT	2:01.00	1:53.28	1:48.80	1:43.80	1:43.00	1:42.12	CT	
200m Breaststroke	QT	3:34.90	3:22.40	3:12.80	3:06.70	3:01.60	3:00.20	QT	200m Breaststroke
	CT	4:14.00	4:02.88	3:53.50	3:44.04	3:42.00	3:40.20	CT	
50m Butterfly	QT	40.10	37.90	36.40	35.20	34.00	33.90	QT	50m Butterfly
	CT	59.50	56.90	51.40	46.50	42.80	42.00	CT	
100m Butterfly	QT	1:28.00	1:22.40	1:19.00	1:16.30	1:14.10	1:13.30	QT	100m Butterfly
	CT	1:46.00	1:39.88	1:36.60	1:33.56	1:32.00	1:30.12	CT	
200m Butterfly	QT	3:13.90	3:00.70	2:52.60	2:46.70	2:41.20	2:39.30	QT	200m Butterfly
	CT	3:50.00	3:36.84	3:28.60	3:20.04	3:18.50	3:15.60	CT	
200m Ind. Medley	QT	3:11.40	3:00.60	2:53.80	2:48.70	2:43.40	2:42.00	QT	200m Ind. Medley
	CT	3:51.50	3:40.72	3:32.80	3:24.44	3:21.20	3:18.60	CT	
400m Ind. Medley	QT	6:43.60	6:19.90	6:03.90	5:53.80	5:42.60	5:40.60	QT	400m Ind. Medley
	CT	7:59.60	7:35.88	7:19.00	7:04.56	7:00.00	6:56.76	CT	

Entry times faster than or equal to the QT will be guaranteed an entry. Entry times falling between the QT and CT will be included provided the meet is not oversubscribed, with faster times being given priority. Entry times submitted as NT will not be accepted.

The West Wales Region Meet Management Committee reserves the right to return entries.

Entry into Boys 800m Freestyle & Girls 1500m Freestyle Events

Please note that these events will be limited to 3 heats of the Girls 1500m Freestyle and 6 heats of the Boys 800m Freestyle.

In the event of over subscription priority will be given to the faster swimmers in each of the age groups.

Entry Criteria

As you will be aware the Boys 800m Freestyle and the Girls 1500m Freestyle are coming back into swim meet programmes after a break of several years. As these are 'new' events it is clear that very few of our swimmers will have any 'Ranking' times, so entry to these will be by the process described below.

Firstly, can I point out that NO Qualifying or Consideration times have been set for the Boys 800m Freestyle and the Girls 1500m Freestyle events in the Meet Management software. This means that if you run an 'Eligibility Report' on your swimmers in Team Manager or Swim Manager it will show that ALL your 11 and Over swimmers are eligible. THIS IS NOT THE CASE so please ignore the eligibility report for these 2 events.

Boys 800m Freestyle

Boys may submit an entry for the 800m Freestyle if they have already achieved the Consideration Time for either the 1500m Freestyle or the 400m Freestyle events. (NB They do not have to actually enter the 1500m or 400m events – they must simply have a 'ranking' time faster than the Consideration Time for their age group in either.)

To actually submit an entry for the 800m, the club Entry Secretary will need to enter a 'Custom Time' for the 800m Freestyle when preparing the entries in Team Manager or Swim Manager. The custom time may be either the 400m ranking time or the 1500m ranking time.

As it is likely that some of the entries for the Boys 800m will be using 1500m times whilst others will be submitting 400m times, seeding the 800m event becomes rather problematic!!

To overcome these seeding difficulties some (possibly crude) conversions will be made to convert the submitted times to approximate 800m times. For example, a submitted 400m time of 5:00.00 will be converted to an 800m entry time of 10:00.00, whilst a submitted time of 25:00.00 (a 1500m time) would be converted to 13:20.00. Please note: these conversions will be made after data entry at 'our end'. **Entry Secs – Please DO NOT make the conversions prior to submitting your entries.**

Girls 1500m Freestyle

To maintain consistency between girls and boys, girls may submit an entry for the 1500m Freestyle if they have already achieved the Consideration Time for either the 800m Freestyle or the 400m Freestyle events. Again, they do not have to actually enter the 800m or 400m events – they must simply have a ‘ranking’ time faster than the Consideration Time for their age group in either of these events.

To actually submit an entry for the Girls 1500m, the club Entry Secretary will need to enter a ‘Custom Time’ for the 1500m Freestyle when preparing the entries in Team Manager or Swim Manager. The custom time may be either the 400m ranking time or the 800m ranking time.

As with the boys, the submitted custom times will be converted to give an approximate equivalent time for 1500m purely to assist in the seeding process. Once again, please note: these conversions will be made after data entry at ‘our end’.

Entry Secs – Please DO NOT make the conversions prior to submitting your entries.

WEST WALES REGIONAL CHAMPIONSHIPS 2019
 FEBRUARY 1st (Evening) – FEBRUARY 3rd & FEBRUARY 8th (Evening) – FEBRUARY 10th

INDIVIDUAL ENTRY FORM

Name in full:.....

Age (31/12/2019): Date of Birth: DD / MM / YYYY M/F:.....

Address:

.....

Post Code:..... Tel No:.....

Club Name:.....

Swim Wales Membership Number:.....

Both short course and long course times are accepted for entry in this meet

EVENT	EVENT NO	ENTRY TIME	EVENT	EVENT NO	ENTRY TIME
			50 Breast		
50 Free			100 Breast		
100 Free			200 Breast		
200 Free					
400 Free			50 Fly		
800 Free			100 Fly		
1500 Free			200 Fly		
50 Back			200 IM		
100 Back			400 IM		
200 Back					

Total number of swims@ £5.00 Total Payable

I declare that the above information is correct and agree to abide by the Meet conditions. I accept there will be no refund of entry fees, unless the Meet is oversubscribed.

I also confirm that the above competitor has achieved the ASA Competitive Start Award

Signature of Competitor/Parent:..... Date:.....

Signature of Coach:.....

Closing Date: Monday 7th January 2019

West Wales Regional Championships 2019

4 x 50m Relay Teams Entry Form

Ages as on 31st December 2019.

Club: _____

Contact Name: _____ **Tel. Number:** _____

Enter times (converted to 25m pool) in the appropriate boxes below:

GIRLS	Medley Relay 4 x 50m		Freestyle Relay 4 x 50m	
	Event No	Time	Event No	Time
11/12	72		80	
14/UN	70		78	
16/UN	68		76	
Open	66		74	

BOYS	Medley Relay 4 x 50m		Freestyle Relay 4 x 50m	
	Event No	Time	Event No	Time
11/12	71		79	
14/UN	69		77	
16/UN	67		75	
Open	65		73	

MIXED			Freestyle Relay 4 x 50m	
			Event No	Time
11/12			84	
14/UN			83	
16/UN			82	
Open			81	

Total number of relays: x £8.00 = £

Entry fee: £8.00 for each relay event. Please complete Payment Summary Sheet.

**Entries and fees to be received by the meet organiser by:
Monday 7th January 2019**

Entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.
Email: robwilliams1145@gmail.com

WEST WALES
REGIONAL CHAMPIONSHIPS 2019

Affix passport style
photograph here.

COACH/CHAPERONE ACCREDITATION FORM

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

FULL NAME:

NAME OF CLUB:

POSITION e.g Club Coach:.....

ADDRESS:.....

..... POST CODE:

TEL NO: FAX NO:.....

EMAIL:.....

SWIM WALES REGISTRATION NUMBER :.....

CRB NUMBER:

Please note only members registered with Swim Wales or the ASA and having a current DBR check are eligible for a coach/chaperone pass.

No passes will be available on the day and must be purchased beforehand.

There will be no access to the poolside without a coach/chaperone pass.

Please note that poolside passes cover entry to the poolside and changing areas only. Entry to the spectator balcony is not included.

All completed forms to be returned to Rob Williams.

Closing Date: Monday 7th January 2019

WEST WALES REGIONAL CHAMPIONSHIPS 2019
 FEBRUARY 1st (Evening) – FEBRUARY 3rd & FEBRUARY 8th (Evening) – FEBRUARY 10th

Payment Summary Sheet

Please return this form together with:

1. Entry Forms
2. Cheque/s made payable to **“Swim Wales Ltd – West Wales Region”**.
3. Coach/Chaperone Accreditation Forms
4. SAE for confirmation of entries

Club			
Name			
Address			
Post Code		Tel No	
Email			
Position in Club			

Summary

	Number		
Total Individual Entries		@ £5.00	£
Total Relay Entries		@ £8.00	£
Total Poolside Passes (i.e. max no. of coaches/chaperones to be on poolside at any one time)		@ £12.00	£
Total Cheque Enclosed made payable to “Swim Wales Ltd – West Wales Region” .			£

It is requested that a single cheque for the complete club entry is submitted.

I confirm all swimmers are current members of Swim Wales and have paid the appropriate membership fee.

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 West Wales Region Meet Management Committee for this event.

Signature Date:

**Return to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.
 Email: robwilliams1145@gmail.com**

Closing Date: Monday 7th January 2019

West Wales Regional Competition

Relay Team Registration

Event No:		Club:		Team (A/B)	
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Medley or Freestyle

GIRLS or BOYS or MIXED

11/12 14/UN 16/UN Open

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

	Name	Swim Wales ID Number	Date of Birth
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

West Wales Regional Competition

Event No:		Club:		Team (A/B)	
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Medley or Freestyle

GIRLS or BOYS or MIXED

11/12 14/UN 16/UN Open

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

	Name	Swim Wales ID Number	Date of Birth
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

West Wales Regional Championships

Information for Spectators with Disability

Are you a Registered Disabled person or have a disability that makes it difficult or uncomfortable for you to queue prior to paying entry as a spectator? If so, then on arrival at the pool please go to the meet office where assistance will be available.