

Carmarthen Christmas Open 2019

**Combined Level 2 and Level 3 Junior Development Meet
License Nos: 2WL192404 & 3WL192405**

Swum under the following rules and conditions:
FINA Technical Rules, Swim Wales Laws,
Carmarthen Open Meet Conditions.

SUNDAY, 15th December 2019

at

Carmarthen Leisure Centre

WARM UP 8.00am / FINISH 6.00pm

**CLOSING DATE:
SUNDAY 17th November 2019**

EVENT INFORMATION AND ENTRY FORMS

Please note that each Level 2 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.

Also, please note that each Junior Development Level 3 event has an UPPER cut off time. Submitted entry times for this section must be SLOWER than the upper cut off times. A swimmer who has already achieved a time FASTER than or EQUAL TO the cut off time for a particular event is not eligible to swim in that event.

Carmarthen & District Swimming Club

Combined Level 2 and Junior Development Level 3 Open Meet 2019 (Meet License Nos.: 2WL & 3WL)

SUNDAY 15th DECEMBER, 2019 at CARMARTHEN Leisure Centre

1. The meet will be swum under the following rules and conditions:
FINA Technical Rules, Swim Wales Laws, Carmarthen Open Meet Conditions.
2. PLEASE USE A SEPARATE ENTRY FORM FOR EACH SWIMMER, AND GROUP ENTRY FORMS INTO MALE AND FEMALE BEFORE SUBMITTING.

3. *Electronic entries from the Hy-Tek Team Manager software would be most welcome. The events file for input into TM is available upon request or may be downloaded from the West Wales Swimming web site at:*

www.westwalesswim.org.uk

Copies of Hy-Tek Team Manager Lite can also be provided if required.

4. 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 Sunday 17th November 2019.
5. **Age groups for boys:**
Level 2 events: 10/12, 13/14, 15/16, 17/OV.
Level 3 events: 9, 10, 11, 12.

Age groups for girls:
Level 2 events: 10/11, 12/13, 14/15, 16/OV
Level 3 events: 9, 10, 11, 12
6. **Relays:** (2 girls/2 boys), with a maximum of 3 teams per club
Mixed medley: 9/10, 11/12, 13+
Mixed free: 9/10 11/12, 13+
7. All events will be Heat Declared Winner.
8. Please note that each Level 2 event in this competition has a qualifying time and a consideration time. 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 the faster times being given priority.

Also, please note that each Junior Development Level 3 event has an UPPER cut off time. Submitted entry times for this section must be SLOWER than the upper cut off times. A swimmer who has already achieved a time FASTER than or EQUAL TO the cut off time for a particular event is not eligible to swim in that event.

The Carmarthen Open Meet Management Committee reserves the right to return entries. Should this situation arise, refunds will be available on the day of the meet in the form of a single cheque payable to each club.
9. No swimmers may enter events "Out of Age".
10. Enter event numbers and latest times (converted to a short course pool) in the appropriate boxes on the correct entry form. NB: for the Level 3 events an entry time of 'NT' is accepted.



11. All entries to be accompanied by the correct fee (£4.50 per individual event and £10.00 per relay), a payment summary sheet and completed coach/chaperone accreditation forms where appropriate. Cheques should be made payable to "Carmarthen & District Swimming club".
12. Closing date for entries: **Sunday 18th November 2019.**
13. Poolside passes - Coaches, chaperones, team managers, etc. will only be admitted to the poolside with a pass ordered beforehand - £10.00 per person for the day, to include access to the poolside, programmes and results for each session. Passes may be collected on the morning of the meet and will be in the form of a badge that must be worn at all times. Please note that Coaches/Managers without a pass will not be allowed onto the poolside.

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.
14. 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.

The closing date for passes will be the same as the closing date for entries. Applications will not be accepted on the day.
15. Team managers must ensure that swimmers are available to the marshals' two heats before their swim.
16. Awards to the first three in all events.
17. Award to the overall best visiting club.
18. All swimmers must be amateurs as defined by Swim Wales law.
19. Ages as at the day of the meet i.e. 15th December 2019.
20. Clubs will be sent confirmation of the entries entered into the computer.
21. Programmes for the meet will be printed in advance showing the heat & lane allocation of each swimmer for each event. When a swimmer fails to show in the marshalling area prior to the start of the race then that lane will be left empty. No substitute swimmers will be allowed.
22. The first session will have warm up at 8.00am for a 9.00am start. Warm up and start times for sessions 2 & 3 will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.
23. Mobile phones must not be used in the building at all.

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 Behaviour

Behaviour becomes “unacceptable” when it is considered “Offensive” to others; this includes, but is not limited to, the following:

Theft, wilful 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.

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 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).

Both Swim Wales and Carmarthen Swimming Club will not be responsible for any jewellery brought to the meet and will not be liable if such jewellery is lost or damaged.

Video and Photography

When a competition involves children under the age of 18 years of age it is a mandatory meet license requirement that all persons (including competitors/officials/volunteers/spectators), wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device/equipment used for taking/recording such images must register their details with the event management in advance of taking any images.

This includes; but is not limited to:

- Still cameras
- Cine Cameras
- Video cameras
- Camera / video enabled mobile phones
- Camera enabled PDA's

Proof of identity is required to register any photographic / video equipment.

24. On site Café

25. Official parking available and will be signposted.

26. All correspondence to:

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



Carmarthen Open Meet 2019

Programme of Events - All Events HDW

| Session 1 - Warm up 8.30 am, Start 9.30 am | | | | |
|--|-------|--------------------------|------|--------------|
| Event No | B/G | Age Groups | Dist | Stroke |
| Level 2 | | | | |
| 1 | Boys | 10/12, 13/14, 15/16, 17+ | 100 | Backstroke |
| 2 | Girls | 10/11, 12/13, 14/15, 16+ | 100 | Backstroke |
| 3 | Boys | 10/12, 13/14, 15/16, 17+ | 100 | Breaststroke |
| 4 | Girls | 10/11, 12/13, 14/15, 16+ | 100 | Breaststroke |
| Level 3 | | | | |
| 5 | Boys | 9, 10 | 50 | Butterfly |
| 6 | Girls | 9, 10 | 50 | Butterfly |
| 7 | Boys | 11, 12 | 100 | I.M. |
| 8 | Girls | 11, 12 | 100 | I.M. |
| 9 | Boys | 9, 10 | 50 | Freestyle |
| 10 | Girls | 9, 10 | 50 | Freestyle |
| Level 2 | | | | |
| 11 | Boys | 10/12, 13/14, 15/16, 17+ | 400 | I.M. |

| Session 2- Warm up TBC, Start TBA | | | | |
|-----------------------------------|-------|--------------------------|------|--------------|
| Event No | B/G | Age Groups | Dist | Stroke |
| Level 2 | | | | |
| 15 | Boys | 10/12, 13/14, 15/16, 17+ | 100 | Freestyle |
| 16 | Girls | 10/11, 12/13, 14/15, 16+ | 100 | Freestyle |
| 17 | Boys | 10/12, 13/14, 15/16, 17+ | 100 | Butterfly |
| 18 | Girls | 10/11, 12/13, 14/15, 16+ | 100 | Butterfly |
| Level 3 | | | | |
| 19 | Boys | 11, 12 | 50 | Backstroke |
| 20 | Girls | 11, 12 | 50 | Backstroke |
| 21 | Boys | 9, 10 | 100 | I.M. |
| 22 | Girls | 9, 10 | 100 | I.M. |
| 23 | Boys | 11, 12 | 50 | Breaststroke |
| 24 | Girls | 11, 12 | 50 | Breaststroke |
| Level 2 | | | | |
| 25 | Girls | 10/11, 12/13, 14/15, 16+ | 400 | I.M. |

| Session 3 - Warm up TBA, Start TBA | | | | |
|------------------------------------|-------|--------------------------|------|--------------|
| Event No | B/G | Age Groups | Dist | Stroke |
| Level 3 | | | | |
| 29 | Boys | 9, 10 | 50 | Backstroke |
| 30 | Girls | 9, 10 | 50 | Backstroke |
| 31 | Boys | 11, 12 | 50 | Butterfly |
| 32 | Girls | 11, 12 | 50 | Butterfly |
| 33 | Boys | 9, 10 | 50 | Breaststroke |
| 34 | Girls | 9, 10 | 50 | Breaststroke |
| 35 | Boys | 11, 12 | 50 | Freestyle |
| 36 | Girls | 11, 12 | 50 | Freestyle |
| Level 2 | | | | |
| 37 | Boys | 10/12, 13/14, 15/16, 17+ | 200 | I.M. |
| 38 | Girls | 10/11, 12/13, 14/15, 16+ | 200 | I.M. |



| Relay | | | | |
|-------|-------|-------|--------|--------|
| 12 | Mixed | 9/10 | 4 x 50 | Medley |
| 13 | Mixed | 11/12 | 4 x 50 | Medley |
| 14 | Mixed | 13+ | 4 x 50 | Medley |

| Relay | | | | |
|-------|-------|-------|--------|------|
| 26 | Mixed | 9/10 | 4 x 50 | Free |
| 27 | Mixed | 11/12 | 4 x 50 | Free |
| 28 | Mixed | 13+ | 4 x 50 | Free |

Warm up and start times for Sessions 2 & 3 will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries



Carmarthen Open Meet 2019 – Level 2 Events

Short Course Qualifying & Consideration Times

| | GIRLS | | | | | BOYS | | | | |
|----------|----------------|----------------|----------------|----------------|-------------------|----------------|----------------|----------------|----------------|-----------|
| | 10/11 | 12/13 | 14/15 | 16/OV | | 10/12 | 13/14 | 15/16 | 17/OV | |
| Q | 1.18.70 | 1.11.50 | 1.08.30 | 1.06.90 | 100m Freestyle | 1.13.20 | 1.05.40 | 1.01.20 | 1.00.10 | QT |
| C | 1.45.82 | 1.37.54 | 1.24.56 | 1.17.54 | | 1.45.26 | 1.21.81 | 1.14.32 | 1.11.74 | CT |
| Q | 1.40.20 | 1.29.80 | 1.25.10 | 1.23.10 | 100m Breaststroke | 1.33.80 | 1.22.70 | 1.16.60 | 1.15.10 | QT |
| C | 2.19.42 | 1.58.28 | 1.43.98 | 1.40.87 | | 2.10.50 | 1.47.31 | 1.35.48 | 1.33.50 | CT |
| Q | 1.28.00 | 1.19.00 | 1.15.10 | 1.13.30 | 100m Butterfly | 1.22.00 | 1.12.30 | 1.07.30 | 1.05.60 | QT |
| C | 1.56.74 | 1.46.06 | 1.36.35 | 1.28.60 | | 1.55.64 | 1.42.70 | 1.30.86 | 1.19.40 | CT |
| Q | 1.28.10 | 1.19.0 | 1.15.30 | 1.14.00 | 100m Backstroke | 1.22.50 | 1.13.00 | 1.07.80 | 1.06.30 | QT |
| C | 1.57.34 | 1.45.85 | 1.30.44 | 1.28.47 | | 1.53.76 | 1.37.54 | 1.26.78 | 1.21.88 | CT |
| Q | 3.11.40 | 2.53.80 | 2.45.50 | 2.42.00 | 200m Ind. | 3.00.50 | 2.40.70 | 2.30.30 | 2.27.30 | QT |
| C | 3.43.86 | 3.34.99 | 3.21.86 | 3.10.77 | Medley | 3.36.75 | 3.22.48 | 3.01.84 | 2.45.30 | CT |
| Q | 6.43.60 | 6.03.90 | 5.47.30 | 5.40.60 | 400m Ind. | 6.20.90 | 5.40.60 | 5.18.10 | 5.12.20 | QT |
| C | 8.15.00 | 7.15.00 | 6.55.00 | 6.45.00 | Medley | 8.08.00 | 6.57.00 | 6.28.00 | 6.18.00 | CT |

QT = Qualifying Time

CT = Consideration Time

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 the faster times being given priority. Entry times submitted as NT will not be accepted. The Carmarthen Open Meet Management Committee reserves the right to return entries



Carmarthen Open Meet 2019

Level 3 Junior Development Events

Upper Cut Off Times

| GIRLS | | | | | BOYS | | | |
|---------|----------|----------|----------|---------------------|---------|----------|----------|----------|
| 9 Years | 10 Years | 11 Years | 12 Years | | 9 Years | 10 Years | 11 Years | 12 Years |
| 37.80 | 35.30 | 33.60 | 32.00 | 50m Freestyle | 37.30 | 34.70 | 33.00 | 31.10 |
| 50.00 | 45.90 | 43.00 | 40.60 | 50m Breaststroke | 49.10 | 45.50 | 42.80 | 40.20 |
| 42.90 | 39.00 | 36.90 | 35.00 | 50m Butterfly | 42.30 | 38.90 | 36.50 | 34.60 |
| 43.60 | 40.20 | 38.10 | 36.20 | 50m Backstroke | 43.30 | 40.10 | 37.90 | 36.00 |
| 1.36.90 | 1.27.00 | 1.23.80 | 1.19.70 | 100m Ind. Medley | 1.35.60 | 1.28.30 | 1.23.80 | 1.19.10 |

Submitted entry times must be SLOWER than the upper cut off times shown above. A swimmer who has already achieved a time FASTER than, or EQUAL TO the cut off time for a particular event is not eligible to swim in that event. Entry times of 'NT' are accepted.



Carmarthen & District Swimming Club - Open Meet 2019 Entry Form

For all events in this meet, age groups will be as of 15th December 2019

Name: _____ Date of Birth: ____/____/____ Gender:

Male Female

Swim Wales/ASA Registration No: _____ Club: _____

Contact Name: _____

Contact Telephone Number: _____ Contact Email Address: _____

Enter event numbers and latest times (converted to a short course pool) in the appropriate boxes below. Please note the qualifying and consideration times for the Level 2 events and the Upper Qualifying Times for the Level 3 events. See separate sheets.

| | Backstroke | | Breaststroke | | Butterfly | | Freestyle | | Individual Medley | |
|-------------------------|------------|------------------|--------------|------------------|-----------|------------------|-----------|------------------|-------------------|------------------|
| | Event No | Time | Event No | Time | Event No | Time | Event No | Time | Event No | Time |
| 50m (Jnr. Dev. Only) | | (Jnr. Dev. Only) | | (Jnr. Dev. Only) | | (Jnr. Dev. Only) | | (Jnr. Dev. Only) | | |
| 100m | | | | | | | | | | (Jnr. Dev. Only) |
| 200m | | | | | | | | | | |
| 400m | | | | | | | | | | |

Total number of entries on this sheet:

| | | | |
|--|---|---------|---|
| | x | | £ |
| | | £4.50 = | |

Entry fee: £4.50 per individual event. Cheques payable to "Carmarthen & District Swimming Club.". Please enclose a SAE for confirmation of entries.

Closing Date for Entries: Sunday 17th November 2019

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



Carmarthen & District Swimming Club

Open Meet 2019

Agreed at 15th December 2019

Only swimmers who have entered individual events in the Meet can be considered by the clubs for their relay teams

Club: _____ Team (A/B): _____

Contact Name: _____ Tel. No: _____

Enter times in the approximate box below:

| | Medley Relay - 4 x 50m | | Freestyle Relay - 4 x 50m | |
|-------------|------------------------|------|---------------------------|------|
| | Event No | Time | Event No | Time |
| Mixed 9/10 | 12 | | 26 | |
| Mixed 11/12 | 13 | | 27 | |
| Mixed 13+ | 14 | | 28 | |

Total number of relays x 10

Entry fee: £10.00 for each relay event

Please complete Payment Summary Sheet

Entries to:

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



Carmarthen & District Swimming Club

Open Meet 2019

SUNDAY 15th December 2019

COACH/CHAPERONE ACCREDITATION FORM

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

FULL NAME: _____

CLUB: _____

POSITION (e.g. Club Coach) _____

ADDRESS: _____

POST CODE: _____

TEL. NO. _____

EMAIL: _____

SWIM WALES OR ASA REG NO _____

CRB NUMBER: _____

Please note only members registered with Swim Wales or the ASA and having a current CRB 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.

All completed forms to be returned to:

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

Closing Date: Sunday 17th November 2019



Carmarthen & District Swimming Club
Open Meet 2019

Payment Summary Sheet

Please complete the following Payment Summary Sheet and return with entries.

Club: _____

Contact Name: _____

Telephone Number: _____

Email Address: _____

| | | | | | |
|-----------------|----------------------|---|--------|---|------------------------|
| No Coach Passes | <input type="text"/> | X | £10.00 | = | £ <input type="text"/> |
|-----------------|----------------------|---|--------|---|------------------------|

| | | | | | |
|--------------------------|----------------------|---|-------|---|------------------------|
| Total Individual Entries | <input type="text"/> | X | £4.50 | = | £ <input type="text"/> |
|--------------------------|----------------------|---|-------|---|------------------------|

| | | | | | |
|---------------------|--|---|--------|---|--|
| Total Relay Entries | | X | £10.00 | = | |
|---------------------|--|---|--------|---|--|

Total Amount Enclosed: £

Please return with entries to:-

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

