

**WEST WALES SUB-REGIONAL  
COMPETITION 2019**

**License No: 3WL190047**

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

**At**

**Haverfordwest Leisure Centre**

**Nov. 22<sup>nd</sup> – 24<sup>th</sup> 2019**

**CLOSING DATE:  
SUNDAY, 27<sup>th</sup> OCTOBER 2019**

**Please note that each event in this competition has an UPPER cut off time. Submitted entry times 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.**

**WEST WALES  
SUB REGIONAL COMPETITION  
Nov. 22<sup>nd</sup> - 24<sup>th</sup> 2019**

This meet will be swum under the following rules and conditions:  
FINA Technical Rules, Swim Wales Laws,  
West Wales Sub Regional Competition 2019 Meet Conditions.

**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](http://www.westwalesswim.org.uk)

***Electronic entries should be emailed to:***

[robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

***Completed forms, 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 "West Wales Region – Swim Wales".***

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 27<sup>th</sup> October 2019.
- a submitted time is faster than or equal to the upper cut off time for an event.  
In this situation no refund of the entry fee will be made.

**Age Groups**

**Individual Events**

Ages for the individual events are as at 31<sup>st</sup> December 2019.

Events will be swum in the age groups 10/12 and 13/OV.

Medals will be awarded in the age groups 10,11, 12, 13, 14, 15/OV

## **Entry Fees**

Entry fee is £5.00 per individual event

Please note that no refund of entry fees will be made for withdrawals after the closing date (Sunday, 27<sup>th</sup> October, 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**

Medals will be awarded for 1<sup>st</sup> – 3<sup>rd</sup> places in all age group categories.

## **Spectators**

Admission charges:

£3.00 per session  
£6.00 per day

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

## **Car Parking**

There is ample parking available next to the pool.

## **Camera Use**

The use of **all** photographic equipment is controlled at this meet and everyone is reminded that such equipment should not be used without a pass.

Passes can be obtained (free of charge) from the entry desk **upon proof of identity**. Acceptable forms of ID are: Photographic driving license, passport, household bill for proof of address. You will be issued with a tag for your photographic equipment and this must remain attached within the Pool area. The records of camera use will be retained by the West Wales Region.

By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited professional photographer may be used for promotional purposes by the Region or the Governing Body.

## **Mobile Phones**

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

## **Session Times**

To be confirmed following receipt of entries. Confirmation of entries and session times will be sent via email.

## **General Conditions**

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

FINA Technical Rules, Swim Wales Laws,  
West Wales Sub Regional Competition 2019 Meet Conditions.

No alcohol or tobacco advertising is permitted on any clothing.

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

### **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 (including relays).
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 2019 means they would not be accepted for the Swim Wales Regional Championships in 2020.

### **Events**

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

Time trials will not be permitted.

All events are HDW.

### **Entries**

The Organisers may request validation of any stated entry time.

In any event where entries exceed capacity, the meet organisers reserve the right to limit entries. In the situation where an event is over subscribed priority will be given to those swimmers who have not yet achieved the qualifying time for their age group in the 2020 Regional Championships. Swimmers who have already achieved the qualifying time for the 2020 Regional Championships may be scratched from the event in this meet.

In the situation where the scratching criteria outlined above does not result in an event with an appropriate number of swimmers, priority will then be given to the remaining swimmers with the faster times.

Any swimmers not accepted will have their fees returned.

### **Medals**

Placing of competitors shall be determined from performances.

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

### **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 requested 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.

### **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.

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.

In addition to the above meet conditions a number of Health and Safety rules as laid down by Swim Wales must be observed:

### 1. 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.

### 2. 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.

### 3. 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.”

4. 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.

Amman Valley SC 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.

5. Data Protection

The Region, along with the Governing Body, may use computers to record entry times and results. By submitting entries you are accepting the conditions and consent is hereby given for holding personal information relating to the sport of Swimming as required by the current Data Protection Act.

**The organisers retain the right to amend these conditions if necessary, without notice.**

# WEST WALES SUB REGIONAL COMPETITION

Nov. 22<sup>nd</sup> - 24<sup>th</sup> 2019

## PROGRAMME OF EVENTS

### Friday 22<sup>nd</sup> November 2019 (Evening only)

#### SESSION 1

Event No	Age	M/F	Distance	Stroke
1	10/OV	M	1500	Freestyle
2	10/OV	F	800	Freestyle

### Saturday 23<sup>rd</sup> November 2019

#### SESSION 2

Event No	Age	M/F	Distance	Stroke
3	10/12	M	50	Freestyle
4	10/12	F	50	Freestyle
5	13/Ov	M	100	Backstroke
6	13/Ov	F	100	Backstroke
7	10/12	M	100	Breaststroke
8	10/12	F	100	Breaststroke
9	13/Ov	M	200	Butterfly
10	13/Ov	F	200	Butterfly
11	10/12	M	200	Backstroke
12	10/12	F	200	Backstroke

#### SESSION 3

Event No	Age	M/F	Distance	Stroke
13	13/Ov	F	200	Breaststroke
14	13/Ov	M	200	Breaststroke
15	10/12	F	100	Butterfly
16	10/12	M	100	Butterfly
17	13/Ov	F	50	Backstroke
18	13/Ov	M	50	Backstroke
19	10/12	F	400	Freestyle
20	10/12	M	400	Freestyle
21	13/Ov	F	200	IM
22	13/Ov	M	200	IM

#### SESSION 4

Event No	Age	M/F	Distance	Stroke
23	10/12	M	200	Freestyle
24	10/12	F	200	Freestyle
25	13/Ov	M	200	Backstroke
26	13/Ov	F	200	Backstroke
27	10/12	M	50	Butterfly
28	10/12	F	50	Butterfly
29	13/Ov	M	100	Breaststroke
30	13/Ov	F	100	Breaststroke
31	10/12	M	400	IM
32	10/12	F	400	IM

### Sunday 24<sup>th</sup> November 2019

#### SESSION 5

Event No	Age	M/F	Distance	Stroke
33	13/Ov	F	50	Freestyle
34	13/Ov	M	50	Freestyle
35	10/12	F	100	Backstroke
36	10/12	M	100	Backstroke
37	13/Ov	F	50	Butterfly
38	13/Ov	M	50	Butterfly
39	10/12	F	200	Breaststroke
40	10/12	M	200	Breaststroke
41	13/Ov	F	200	Freestyle
42	13/Ov	M	200	Freestyle

#### SESSION 6

Event No	Age	M/F	Distance	Stroke
43	10/12	M	50	Breaststroke
44	10/12	F	50	Breaststroke
45	13/Ov	M	100	Butterfly
46	13/Ov	F	100	Butterfly
47	10/12	M	50	Backstroke
48	10/12	F	50	Backstroke
49	13/Ov	M	400	Freestyle
50	13/Ov	F	400	Freestyle
51	10/12	M	200	IM
52	10/12	F	200	IM

#### SESSION 7

Event No	Age	M/F	Distance	Stroke
53	13/Ov	F	400	IM
54	13/Ov	M	400	IM
55	10/12	F	200	Butterfly
56	10/12	M	200	Butterfly
57	13/Ov	F	50	Breaststroke
58	13/Ov	M	50	Breaststroke
59	10/12	F	100	Freestyle
60	10/12	M	100	Freestyle
61	13/Ov	F	100	Freestyle
62	13/Ov	M	100	Freestyle



## WEST WALES SUB REGIONALS 2019 - UPPER CUT OFF TIMES

### BOYS

Events	BOYS							Events
	10 yrs	11yrs	12 yrs	13 yrs	14 yrs	15/16 yrs	17 & over	
<b>50m Free</b>	34.70	33.00	31.10	29.60	28.30	26.70	26.30	<b>50m Free</b>
<b>100m Free</b>	1.15.80	1.11.50	1.07.10	1.03.50	1.00.80	57.50	56.80	<b>100m Free</b>
<b>200m Free</b>	2.43.80	2.34.70	2.25.80	2.18.10	2.12.20	2.05.20	2.03.70	<b>200m Free</b>
<b>400m Free</b>	5.44.90	5.23.30	5.05.70	4.50.90	4.39.70	4.25.10	4.21.10	<b>400m Free</b>
<b>1500m Free</b>	23.42.10	21.50.50	20.08.40	19.11.40	18.28.30	17.32.60	17.19.90	<b>1500m Free</b>
<b>50m Back</b>	40.10	37.90	36.00	33.80	32.50	30.10	29.80	<b>50m Back</b>
<b>100m Back</b>	1.27.00	1.20.60	1.15.90	1.11.40	1.07.90	1.03.90	1.02.70	<b>100m Back</b>
<b>200m Back</b>	3.03.10	2.51.80	2.42.20	2.33.10	2.25.90	2.17.80	2.16.20	<b>200m Back</b>
<b>50 Breast</b>	45.50	42.80	40.20	37.60	35.90	33.50	33.10	<b>50 Breast</b>
<b>100m Breast</b>	1.39.40	1.32.10	1.26.20	1.20.60	1.16.90	1.12.10	1.11.00	<b>100m Breast</b>
<b>200m Breast</b>	3.32.30	3.17.90	3.06.00	2.54.80	2.46.30	2.37.10	2.34.10	<b>200m Breast</b>
<b>50m Fly</b>	38.90	36.50	34.60	32.60	31.10	29.10	28.50	<b>50m Fly</b>
<b>100m Fly</b>	1.28.30	1.20.70	1.15.40	1.10.80	1.07.30	1.03.30	1.02.00	<b>100m Fly</b>
<b>200m Fly</b>	3.13.30	2.56.50	2.46.20	2.36.40	2.28.90	2.19.50	2.16.00	<b>200m Fly</b>
<b>200m IM</b>	3.07.80	2.55.40	2.45.60	2.37.10	2.29.20	2.21.30	2.19.30	<b>200m IM</b>
<b>400m IM</b>	6.43.50	6.12.00	5.49.40	5.31.90	5.16.20	4.59.00	4.54.80	<b>400m IM</b>

**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 'No Time' are accepted.**

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

## WEST WALES SUB REGIONALS 2019 - UPPER CUT OFF TIMES

### GIRLS

Events	GIRLS							Events
	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15/16 yrs	17 & over	
<b>50m Free</b>	35.30	33.60	32.00	31.00	30.30	29.50	29.50	<b>50m Free</b>
<b>100m Free</b>	1.17.50	1.12.20	1.08.30	1.06.30	1.04.70	1.03.00	1.02.90	<b>100m Free</b>
<b>200m Free</b>	2.44.90	2.35.40	2.27.00	2.22.20	2.19.30	2.15.60	2.14.60	<b>200m Free</b>
<b>400m Free</b>	5.49.80	5.23.10	5.06.00	4.56.60	4.50.90	4.44.30	4.42.20	<b>400m Free</b>
<b>800m Free</b>	12.30.00	11.08.30	10.33.60	10.09.30	9.56.70	9.44.80	9.43.50	<b>800m Free</b>
<b>50m Back</b>	40.20	38.10	36.20	35.00	34.10	33.30	33.00	<b>50m Back</b>
<b>100m Back</b>	1.27.40	1.20.90	1.16.30	1.13.50	1.11.80	1.09.90	1.09.60	<b>100m Back</b>
<b>200m Back</b>	3.05.00	2.51.00	2.42.40	2.37.20	2.33.70	2.29.00	2.27.80	<b>200m Back</b>
<b>50 Breast</b>	45.90	43.00	40.60	39.10	38.10	37.00	36.90	<b>50 Breast</b>
<b>100m Breast</b>	1.40.00	1.32.10	1.27.10	1.23.40	1.20.60	1.19.20	1.18.20	<b>100m Breast</b>
<b>200m Breast</b>	3.32.70	3.17.70	3.06.80	2.58.80	2.54.10	2.50.70	2.49.60	<b>200m Breast</b>
<b>50m Fly</b>	39.00	36.90	35.00	33.80	32.90	32.00	31.90	<b>50m Fly</b>
<b>100m Fly</b>	1.28.40	1.21.00	1.16.10	1.13.40	1.11.20	1.09.70	1.09.00	<b>100m Fly</b>
<b>200m Fly</b>	3.15.90	2.58.5	2.46.80	2.40.20	2.35.50	2.31.40	2.29.90	<b>200m Fly</b>
<b>200m IM</b>	3.08.10	2.55.60	2.46.10	2.41.10	2.37.10	2.33.40	2.32.30	<b>200m IM</b>
<b>400m IM</b>	6.43.60	6.10.10	5.49.60	5.37.20	5.29.70	5.21.40	5.20.10	<b>400m IM</b>

**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 'No Time' are accepted.**

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

# WEST WALES - SUB REGIONAL COMPETITION

Nov. 22<sup>nd</sup> - 24<sup>th</sup> 2019

## INDIVIDUAL ENTRY FORM

Name in full:.....

Age(31<sup>st</sup> Dec. '19): ..... Date of Birth: DD / MM / YYYY M/F:.....

Address: .....

.....

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

Club Name:.....

Swim Wales Membership Number:.....

EVENT	EVENT NO.	ENTRY TIME	EVENT	EVENT NO.	ENTRY TIME
50 Free			50 Breast		
100 Free			100 Breast		
200 Free			200 Breast		
400 Free					
800 Free	2		50 Fly		
1500 Free	1		100 Fly		
			200 Fly		
50 Back					
100 Back					
200 Back			200 IM		
			400 IM		

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: SUNDAY 27<sup>th</sup> October 2019**

WEST WALES  
SUB REGIONAL COMPETITION  
Nov. 22<sup>nd</sup> - 24<sup>th</sup> 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 :.....

DBS NUMBER: .....

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

**Closing Date: SUNDAY 27<sup>th</sup> October 2019**

**WEST WALES  
SUB REGIONAL COMPETITION  
Nov. 22<sup>nd</sup> - 24<sup>th</sup> 2019**

**Payment Summary Sheet**

Please return this form together with:

1. Entry Forms
2. Cheque/s made payable to **“West Wales Region – Swim Wales”**.
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 Poolside Passes (i.e. max no. of coaches/chaperones to be on poolside at any one time)		@ £10.00	£
Total Cheque Enclosed made payable to <b>“West Wales Region – Swim Wales”</b> .			£

**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](mailto:robwilliams1145@gmail.com)**

**Closing Date: SUNDAY 27<sup>th</sup> October 2019**

# **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.