

Welsh Long Course Championships

Meet Pack

April 10th – 13th 2020

Meet summary

Swim Wales National Long Course Championship is a level 1 Closed Long Course (50m) meet aimed at top ranking welsh swimmers including para-swimmers. There will be no separate multi classification events however there will be entry times allocated for para-swim classifications for integration into event heats.

All meet information can be found at the following webpage:

<https://www.swimwales.org/events/swim-wales-long-course-national-championships>

License No: 1WL200048

Wales National Pool, Swansea, SA2 8QG. Please use the following web link for all information relating to the venue including car parking fees, on site facilities and general venue information:

<http://www.walesnationalpoolswansea.co.uk/about/eventspoolclosures/>

1. Entry conditions

- a. Entries will be processed online, requiring payment at the time of entry via PayPal (debit/credit card).
- b. Entries are not first come first served, all entries submitted will be considered.
- c. We advise entering late in the qualification window, when you are confident you have your fastest time (see 6a.)
- d. A confirmed entry list will be published once entries close.
- e. Swimmers are responsible for checking their entries and informing the event organisers if there are any issues, this should be raised within the indicated window.
- f. Para entries can be made using the manual entry form found on the website. Separate Para qualifying times are also available.
- g. Entry will be accepted from Swim Wales members (club and independent) and Welsh Country of representation swimmers only.
- h. Entries will open February 14th and close March 13th 4pm
- i. Information regarding late entries will be published online shortly after entries close
- j. Qualifying times must have been achieved between April 1st 2019 and close of entries, at a licensed meet .

- k. The most current ranking time will be used at the point of entry and times will not be altered or updated after entry has been accepted.
- l. Long course times will be taken as priority, if a swimmers does not have a ranked LC time, a SC time will be converted for seeding purposes.
- m. We will not accept converted, split or relay times.
- n. Age as December 31st 2020
- o. In the event of oversubscription, Swim Wales reserves the right to scratch entries at event managements discretion
- p. Event entries cost £10 per race and £16 per team for relay entries

2. Relays

- a. Clubs may enter 1x A and 1x B relay team per event, but swimmers are only allowed to compete in either team A or team B.
- b. Relays are entered online.
- c. Swimmers can only compete for one club for the duration of the competition.
- d. Relay forms, specifying the swimmers information, must be submitted to the event management team (poolside) by the end of warm up of the session that the relay takes place.
- e. Relay forms should be submitted in the order in which the team will swim; teams who fail to swim in the submitted order face disqualification (Referee's discretion).

3. Meet Conditions

- a. Poolside passes
 - i. A poolside pass entitles the user to a programme, access to the refreshments room (level 3), accreditation and access to the pool deck.
 - ii. Those without a poolside pass will not be permitted poolside. It is your clubs and coaches responsibility to check that your
 - iii. £20 per application
 - iv. Applicants must have a valid Swim Wales, Swim England or Scottish Swimming membership number and an in date DBS. Passes will not be processed without the above.
 - v. Passes are non-transferable.
 - vi. Misuse of the pass will result in removal from the event without refund.
 - vii. Annual coach's passes can be used for this event.
 - viii. Chaperone passes can be applied for individuals accompanying para swimmers S2-S4 and S11 only.
 - ix. Deadline to apply for passes is the 3rd of April.
 - x. Passes submitted between April 4th and 9th will be processed with an additional late fee of £5.
 - xi. Passes submitted after 5pm on the 9th will not be processed.
- b. Age Bands
 - i. Heats swum seeded by time regardless of age. Finals swum as double age bands: 11/12, 13/14, 15/16, 17 & over (age as of December 31st 2020)
- c. Medals and awards

- i. Medals will be awarded to swimmers placed first, second and third in each age band 11/12, 13/14, 15/16, 17 & over for all individual events.
 - ii. Medals are available for collection at the front desk.
- d. Marshalling and Call-room
 - i. Marshals are volunteers onsite to support swimmers, however it is swimmers responsibility to ensure they arrive in good time for their event
 - ii. All swimmers must pass through marshalling; failure to do so may result in disqualification
 - iii. Marshalling for finals is the call-room; swimmers should 6-8 races (not events) before their own
 - iv. All swimmers must pass through the call-room; failure to do so may result in disqualification
- e. Withdrawals
 - i. Swimmers withdrawing from heats may do so without informing event management
 - ii. Swimmers withdrawing from finals must do so by informing the withdrawal table located on poolside
 - iii. The withdrawal table closes 20 minutes after the session finishes
 - iv. Failure to withdraw and not swim will result in a £50 fine
- f. Refunds
 - i. Refunds will be issued for medical withdrawals only
 - ii. Email swimwales-events@swimming.org to request a form, this must be submitted with a supporting medical note
- g. Tickets and programmes
 - i. Spectator - £5 a day or £18 for a full event pass
 - ii. Concession (over 60 or student, ID required) - £3 a day or £12 for a full event pass
 - iii. Under 14's free
 - iv. Programmes - £5 (including seeded sheets)
 - v. Tickets and programme vouchers can be purchase online or on arrival

2020 Swim Wales Long Course Championships Event Schedule			
Friday 10/4/20	Saturday 11/4/20	Sunday 12/4/20	Monday 13/4/20
Morning	Morning	Morning	Morning
1) M 400m IM (HDW - all age bands) 2) F 4 x 100 Freestyle relay (11-13) 3) F 4 x 100 Freestyle relay(14-16) 4) F 4 x 100 Freestyle relay (17+) 5) M 4 x 100 Medley relay (11-13) 6) M 4 x 100 Medley relay (14-16) 7) M 4 x 100 Medley relay (17+)	22) M 50 Breaststroke heats (15/16, 17 +) 23) F 200 Butterfly heats (15/16, 17 +) 24) M 200 IM heats (15/16, 17 +) 25) F 50 Breaststroke heats (15/16, 17 +) 26) M 100 Backstroke heats (15/16, 17 +) 27) F 100 Backstroke heats (15/16, 17 +) 28) M 200 Butterfly heats (15/16, 17 +) 29) F 200 Freestyle heats (15/16, 17 +) 30) M 400 Freestyle (HDW – all age groups) 31) F 400m IM (HDW – all age groups)	40) M 50 Freestyle heats (15/16, 17 +) 41) F 200m IM heats (15/16, 17 +) 42) M 200m Freestyle heats (15/16, 17 +) 43) F 50m Freestyle heats (15/16, 17 +) 44) M 100m Breaststroke heats (15/16, 17 +) 45) F 100m Breaststroke heats (15/16, 17 +) 46) M 50m Butterfly heats (15/16, 17 +) 47) F 200m Backstroke heats (15/16, 17 +) 48) M 200m Backstroke heats (15/16, 17 +) 49) F 50m Butterfly heats (15/16, 17 +) 50) F 1500m Freestyle (HDW – all age groups)	61) F 100m Freestyle heats (15/16, 17 +) 62) M 200m Breaststroke heats (15/16, 17 +) 63) F 50m Backstroke heats (15/16, 17 +) 64) M 100m Butterfly heats (15/16, 17 +) 65) F 100m Butterfly heats (15/16, 17 +) 66) M 50m Backstroke heats (15/16, 17 +) 67) F 200m Breaststroke heats (15/16, 17 +) 68) M 100m Freestyle heats (15/16, 17 +) 69) F 400m Free (HDW – all age groups) 70) M 800m Freestyle (HDW – all age groups)
Afternoon	Afternoon	Afternoon	Afternoon
8) F 800m Freestyle (HDW - all age bands) 9) M 4 x 200 Freestyle relay (11-13) 10) M 4 x 200 Freestyle relay (14-16) 11) M 4 x 200 Freestyle relay (17+) 12) F 4 x 200 Freestyle relay (11-13) 13) F 4 x 200 Freestyle relay (14-16) 14) F 4 x 200 Freestyle relay (17+)	32) M 50 Breaststroke heats (11/12, 13/14) 33) F 200 Butterfly heats (11/12, 13/14) 34) M 200 IM heats (11/12, 13/14) 35) F 50 Breaststroke heats (11/12, 13/14) 36) M 100 Backstroke heats (11/12, 13/14) 37) F 100 Backstroke heats (11/12, 13/14) 38) M 200 Butterfly heats (11/12, 13/14) 39) F 200 Freestyle heats (11/12, 13/14)	51) M 50 Freestyle heats (11/12, 13/14) 52) F 200m IM heats (11/12, 13/14) 53) M 200m Freestyle heats (11/12, 13/14) 54) F 50m Freestyle heats (11/12, 13/14) 55) M 100m Breaststroke heats(11/12, 13/14) 56) F 100m Breaststroke heats (11/12, 13/14) 57) M 50m Butterfly heats (11/12, 13/14) 58) F 200m Backstroke heats (11/12, 13/14) 59) M 200m Backstroke heats (11/12, 13/14) 60) F 50m Butterfly heats (11/12, 13/14)	71) F 100m Freestyle heats (11/12, 13/14) 72) M 200m Breaststroke heats (11/12, 13/14) 73) F 50m Backstroke heats (11/12, 13/14) 74) M 100m Butterfly heats (11/12, 13/14) 75) F 100m Butterfly heats (11/12, 13/14) 76) M 50m Backstroke heats (11/12, 13/14) 77) F 200m Breaststroke heats (11/12, 13/14) 78) M 100m Freestyle heats (11/12, 13/14)
Evening	Evening	Evening	Evening
15) M 1500m Freestyle (HDW - all age bands) 16) F 4 x 100 Medley relay (11-13) 17) F 4 x 100 Medley relay (14-16) 18) F 4 x 100 Medley relay (17+) 19) M 4 x 100 Freestyle relay(11-13) 20) M 4 x 100 Freestyle relay(14-16) 21) M 4 x 100 Freestyle relay(17+)	M 50 Breaststroke finals (all age bands) F 200 Butterfly finals (all age bands) M 200 IM finals (all age bands) F 50 Breaststroke finals (all age bands) M 100 Backstroke finals (all age bands) F 100 Backstroke finals (all age bands) M 200 Butterfly finals (all age bands) F 200 Freestyle finals (all age bands)	M 50 Freestyle finals (all age bands) F 200m IM finals (all age bands) M 200m Freestyle finals (all age bands) F 50m Freestyle finals (all age bands) M 100m Breaststroke finals (all age bands) F 100m Breaststroke finals (all age bands) M 50m Butterfly finals (all age bands) F 200m Backstroke finals (all age bands) M 200m Backstroke finals (all age bands) F 50m Butterfly finals (all age bands)	F 100m Freestyle finals (all age bands) M 200m Breaststroke finals (all age bands) F 50m Backstroke finals (all age bands) M 100m Butterfly finals (all age bands) F 100m Butterfly finals (all age bands) M 50m Backstroke finals (all age bands) F 200m Breaststroke finals (all age bands) M 100m Freestyle finals (all age bands)

General Information

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 situated at the enquiries desk. Swim Wales may use photographs taken at this event as promotional material and used across public forums including their website and social media accounts, and possibly the local press and television.

The full swim Wales photography guidance policy can be found at the enquiries desk or on the Swim Wales website.

Car Park

The car park has 250 spaces, with additional spaces in an overflow located at the bottom of the slope. However please be aware, despite our best efforts – the car park is busy and fills quickly. To avoid disappointment, please arrive early. Where possible please arrange to car share or drop offs to help ease congestion. Alternatively there are 3 nearby pay and display car parks we recommend:

Foreshore Car Park: 4 Mumbles Rd, Sketty, Swansea SA3 5AU – 0.6 miles 12 minute walk

Recreation Ground Car Park: Mumbles Rd, Brynmill, Swansea SA2 0AU – 0.9 mile 19 minute walk

Blackpill Area Car Park: 266 Derwen Fawr Rd, Sketty, Swansea SA3 5AT – 0.8 mile 15 minute walk

The car park will be managed by security staff, please treat them with respect. Disrespectful or inappropriate behaviour towards staff will not be tolerated and you may be asked to leave the competition without a refund.

Tickets

Tickets and programmes can be purchased on arrival from the Swim Wales ticket desk, this is on the far end of the reception desk, or online before arrival. These are posted to you, signed delivery. If your weekend pass wristband becomes worn speak to the team who will switch it for fresh band. If you are collecting prepaid programmes head to the swim wales front desk

(not the ticket desk) on arrival with your voucher, you will need to exchange this to collect your programme.

Merchandise

The Swim Wales TYR shop will be open onsite from day 1 of the competition. Competition merchandise includes hoodies, t-shirts and hats, there will also be a selection of Swim Wales Water Dragon merchandise and TYR kit. Payments can be made in cash or card.

Café

The Blas Café will be open each day (times will be published onsite), with an onsite Starbucks (hooray!) and a selection of hot and cold food. There is seating available in the reception area, and whether depending outside.

Seating

The pool has 1200 seats for spectators, coaches and swimmers. A limited number of seats have been reserved at the top of each section for access users (disabled, wheelchairs etc.) please refrain from using these seats unless required, you may be asked to move.

We ask swimmers to remain on the bottom 7 rows of chairs to avoid making the stairs and upper balcony wet and slippery. We ask parents remain on the higher seating (7 rows and above).

Changing village

The changing village is for swimmers only, parents are not permitted in the changing area and will be asked to leave. Swimmers are politely asked not to change poolside and use the facilities available. Cameras and phones are strictly prohibited in the changing area.

Streaming

The event is being live stream with our streaming partner, Buffon Media. The link for streaming will be available on Facebook. The stream will start at the beginning of each session over the event. Please be aware that you and your swimmers are being watched by over 50,000 people worldwide. Please behave in a manner that has a positive reflection on you and your club.

Health and Safety:

We hope you enjoy the competition, here are some tips to ensure you have a fun and safe experience.

- Event days are long and can be tiring, please drink plenty of water, eat sensibly and rest when possible to ensure you are fit and ready for the sessions.
- If you feel unwell at any stage please seek medical support from the WNPS lifeguards
- When using the pool stairs please ensure you hold the rail, the steps can become wet and slippery during the competition.
- If you see something that could cause an accident, please alert the WNPS staff/lifeguards or an event team member immediately so that it can be dealt with.
- The lift is for individuals who have difficulties using stairs; please ensure the lift is used appropriately and safely. Children are not permitted to use the lift unaccompanied.

Social Media

Swim Wales would like to share your experience with us on social media, tweet and tag us in your photos and results using #SWLC20 @SwimWales

By attending Swim Wales Meets, individuals are agreeing to adhere to the Swim Wales Media policy. This ensures that the use of social media whilst attending the meet is appropriate and safe. Clubs are responsible for the behaviour of their member, swimmers and supporters. Inappropriate behaviour will be dealt with accordingly.

Behaviour and Attitude

Swim Wales has a zero tolerance policy on negative behaviour at meets. Disrespectful and poor attitude resulting in unacceptable behaviour will not be tolerated. All those on site including swimmers, parents, coaches and clubs are expected to behave in an appropriate manner, respectful of officials, volunteers, staff and others. Swim Wales holds the right to ask those behaving inappropriately to leave the event and/or meet if deemed necessary. Refund will not be issued for dismissal from an event. The right to remove swimmers and/or clubs from the meet is held by the meet manager and senior team of officials. We ask that you remind your swimmers of the above policy and remain vigilant throughout the meet. Please report any inappropriate behaviour to a member of staff on site.

Jewellery

For safety and security reasons, the wearing of jewelry 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 jewelry brought to events and will not be liable if such jewelry is lost or damaged.

Officials and Volunteers

Swim Wales invites officials and volunteers to support this meet. Official's applications can be found on the event webpage, positions are open to those qualified from Time-keeper to Referee. Volunteer roles include marshalling, announcing, call room duties, front of house and many more. Application forms can be found online. For more information please contact swimwales-events@swimming.org

All of our volunteers and officials are provided with event kit, refreshments, meals and expenses claims. The Swim Wales volunteer expenses policy can be found on the website.

Equality

Swim Wales promotes inclusion and diversity, and welcomes participation from everyone. If you have any particular requirements in respect of participating, officiating or volunteering then please mention this, in confidence if required, to our team. Swim Wales is an equal opportunities employer and aims to provide a discrimination-free working environment. We are committed to an action plan and policy in line with the Equality Act 2010, which ensures that no job applicant or employee receives less favourable treatment because of a protected characteristic. The full equality policy can be viewed here: <http://www.swimwales.org/pages/equality>