



# Amman Valley Swimming Club Para Inclusive Open Meet 2022

Level 3 licensed short course meet  
Under FINA Technical Rules & Swim Wales Laws  
Licence No 3WL220738

**Sunday 18<sup>th</sup> September 2022**

**Carmarthen Leisure Centre  
Llansteffan Road  
Johnstown  
Carmarthen  
SA313NQ**

**Meet director & Covid 19 Officer : Lisa Bryan Amman Valley Swimming Club  
Head Referee: Ann Adams**

**Para Swimmers:** Amman Valley actively looks to promote inclusivity. If your swimmer is yet to receive their official Para Classification number and exception codes please contact Amman Valley on [amman.valley@aol.co.uk](mailto:amman.valley@aol.co.uk) to discuss entries.

The meet will be swum in an 8 lane 25m pool, Electronic timing and Anti-turbulence ropes

## **Closing Date: Friday 26<sup>th</sup> August 2022**

### **Age Groups:**

Boys 9,10, 11,12, 13,14,15, 16 & over

Girls 9,10, 11,12, 13,14,15, 16 & over

Age as at: 18<sup>th</sup> September 2022

Minimum age for entry 9 years

### **Events:**

All events will be Heat Declared Winner (HDW) with the exception of Para races which will be based upon a points system.

<b>Stroke</b>	<b>Meters</b>	<b>Meters</b>	<b>Meters</b>
<b>Freestyle</b>	50	100	200
<b>Backstroke</b>	50	100	-
<b>Butterfly</b>	50	100	-
<b>Breaststroke</b>	50	100	-
<b>IM</b>	100	200	-
<b>Skins</b>	Top 8 Swimmers regardless of age. Qualification is based upon results of 100 IM swim only.  Male and Female separate races		

### **Skins**

For those unfamiliar with a Skins event this is a high paced, adrenaline filled exciting event in which the top 8 boy and girls irrespective of age are invited to compete against each other in a knockout situation.

The event involves a bag of different colour balls, each ball represents a different stroke. Each race are based upon a 50 meter swim. The last swimmer within each race is knocked out reducing the number per race down to the last two boys and girls.

The format of the race is determined by the ball which is pulled from the bag, there is no guarantee what will be pulled adding to the excitement – it may not be the fastest, oldest or most skilful swimmer who will win the race ie: it could be 4 x fly balls are pulled or 1 fly, 2 breast etc the possibilities are unpredictable adding to the fun.

The skins events involve races starting at 3-minute intervals for each gender. A warning signal (whistle) will be given at 2 minute 50 seconds with the start signal being given at 3 minutes – no voice commands will be given other than at the start of the first race for boys and the first race for girls.

Separate competitions for female and male competitors will be held concurrently resulting in a race starting in the pool every 1 minute 30 seconds giving 3 minute starts for both male and female competitors."

This event takes approximately 25 minutes to complete.

**Awards:**

There will be medals for top 3 in each event.

Skins will be awarded £30.00 for 1<sup>st</sup> Place, £20 for 2<sup>nd</sup> Place and £10.00 for 3<sup>rd</sup> Place

**Acceptance Criteria:**

First entries will be accepted from swimmers registered within Amman Valley Swimming Club. Remaining places will then be filled from an open capped entry.

There are no upper or lower qualifying standards for acceptance into this meet, however in the event of an over subscription to a particular race those with the fastest times will be scratched.

Entries £6 per individual event

Please send entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea SA4 8HS e-mail: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

PLEASE USE A SEPARATE ENTRY FORM FOR EACH SWIMMER, AND GROUP ENTRY FORMS INTO MALE AND FEMALE BEFORE SUBMITTING.

Electronic entries from the Hy-Tek Team Manager or swim manager software would be most welcome. The events file for input into TM is available upon request or may be downloaded from the 'Other Meets' menu item at [www.westwaleswim.org.uk](http://www.westwaleswim.org.uk) Team Manager Lite application and instructions can be downloaded free of charge from [http://activesupport.force.com/hytekswimming/articles/en\\_US/Article/Download-and-Install-TM-Lite](http://activesupport.force.com/hytekswimming/articles/en_US/Article/Download-and-Install-TM-Lite)

Enter event numbers and latest short course times on the entry form. Long course times converted to short course times are acceptable (please use ASA tables for conversion). Entry times must be on the Swim Wales rankings. Random checks will be made. Estimated times are not permitted. As this is a Level 3 meet then entry times of no time (NT) are also welcome.

Payment to be made by BACS (BACS details will be provided on confirmation of entries) The promoter reserves the right to reject entries for the following reasons:

- The relevant entry fee is not paid
- Incorrectly completed or improved entries
- Received after the closing date of Friday 26<sup>th</sup> August 2022

CLOSING DATE: FRIDAY 26<sup>th</sup> August 2022

NO LATE ENTRIES WILL BE ACCEPTED AND THERE WILL BE NO ENTRIES ON THE DAY

It is the responsibility of the clubs to ensure that all swimmers are current members of their club and have current Swim Wales membership. In the event of over subscription, the event promoter has the right to scratch entries and/or change the schedule of events.

Each club must have at least one WASA registered and DBS checked adult on poolside with the swimmers. Poolside passes can be purchased at time of submitting entries at £10 per pass. There is no access to poolside for anyone without a poolside pass. Poolside passes cannot be purchased on the day. 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. Over the top starts will, where necessary or appropriate, be used during the Meet.

**Spectators**

There is capacity for spectators but whether or not spectators are allowed will be confirmed with confirmation of entries. If spectators are allowed there will be a charge of £3.00 per person per session or £7.00 for the full day per person. Pensioners and children are exempt.

### **Parking**

There is free on-site parking available at the Pool.

### **Volunteers**

In order to run this event, we require parents from all participating clubs to volunteer to be timekeepers and qualified officials, please ensure the parents are DBS checked. Our head referee will be Ann Adams

**Clubs must provide a list of volunteers when submitting their entries.**

### **Session Times**

All events will be spearheaded and swum slow to fast, based on entry times. There will be a warm-up before each session. Warm up times and details and session times will be finalised once all entries have been processed and swimmers will be notified accordingly.

### **Withdrawals**

Competitors who wish to withdraw from an event must do so by emailing [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com) or during the meet at the Meet Office. No refunds will be made for withdrawals after the closing date of Friday 26<sup>th</sup> August 2022 other than on medical grounds. A medical note must be provided on or before Sunday 18<sup>th</sup> September 2022.

### **Results**

The Meet results will be emailed to clubs within 72 hours of the meet closing. Results will also be passed to Swim Wales for their reference and inclusion in rankings. Results will be available through the Meet Mobile App during the day (available on the app store and google play)

### **Health and Safety**

All swimmers, officials, volunteers, 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 Carmarthen Leisure Centre.

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. Swimmers are not permitted to leave the pool and changing area unless fully clothed and wearing suitable footwear.

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). Carmarthen Leisure Centre and Amman Valley SC will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

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.

**In the event of Para Swimmer Entry please provide details of their Classification number on their entry form and details of exception codes.**

### **Conduct**

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.

Unacceptable behaviour will not be tolerated in any circumstances be that parent, swimmer, volunteer or coach, and all such occurrences will be referred to the Meet Director and Referee and could result in removal from the competition. Data Protection Entries and results for this Meet will be held on computer. As required by the Data Protection Act 1998, submission of entries implies consent to the holding of personal information on computer. These details maybe made public before, during or after the Meet.

The use of all photographic equipment is controlled at this Meet. Camera Use and Mobile Phones **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. Amman Valley Swimming Club and Carmarthen Leisure Centre follow Swim Wales guidance which does not support the banning of phones, it 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](http://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.

### **COVID 19 Protocols**

These may be subject to change and requirements will be notified with confirmation of entries.

Lateral Flow Testing (LFT) Protocols LFTs can be used to limit the potential of infectious transmission onsite during your events.

It is strongly encouraged that all attendees self-administer a lateral flow test within 24 hours before arrival following all instructions given with the LFT - these can be ordered from the NHS on the link below: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>.

A limited number of LFT will be available at the front desk on arrival should a swimmer have forgotten to test before leaving home. The test must be performed by a parent or guardian and will not be supervised by Amman Valley Swimming Club.

If in the event the act of performing a LFT causes significant distress to the swimmer please contact Amman Valley Swimming Club in advance to discuss options.

[Amman.valley@aol.co.uk](mailto:Amman.valley@aol.co.uk)

If your result is positive, you should not leave home and should arrange an NHS PCR test as per Government guidance. If you have come into contact with anyone with known

Coronavirus, do not enter the environment. All attendees should be encouraged to 'check in' to the event using the NHS COVID-19 app, a QR code should be made available on site. The welfare, wellbeing and safeguarding of participants during this event is very important to the club and there will be a Safeguarding Officer on duty during the event.

Details of the officer will be displayed on the entrance desk.

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. Correspondence with regard to entries to: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

Other general enquiries to: [aamman.valley@aol.co.uk](mailto:aamman.valley@aol.co.uk)

### **APPEALS**

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

# Amman Valley Swimming Club Open Meet 2022 – Para Inclusive - Sunday 18<sup>th</sup> September 2022 Event Schedule

**Ages as 18<sup>th</sup> September 2022**

**ALL events will be HDW with awards in the age groups: 9, 10, 11, 12, 13, 14, 15,  
16/ov**

<b>Session 1</b>			
<b>Warmup 8.00am, Start 9.00am</b>			
<b>Event</b>	<b>Gender</b>	<b>Distance</b>	<b>Stroke</b>
1	Girls	100	IM
2	Boys	100	IM
3	Girls	50	Free
4	Boys	50	Free
5	Girls	100	Breast
6	Boys	100	Breast
7	Girls	50	Fly
8	Boys	50	Fly
9	Girls	200	Free

<b>Session 2</b>			
<b>Warmup TBA, Start TBA</b>			
<b>Event</b>	<b>Gender</b>	<b>Distance</b>	<b>Stroke</b>
20	Girls	200	IM
21	Boys	50	Back
22	Girls	50	Back
23	Boys	100	Fly
24	Girls	100	Fly
25	Boys	200	Free
26	Girls		*Skins
27	Boys		*Skins

**\* Swimmers are NOT able to enter the skins events (Event 26 and Event 27) directly. Qualification for the skins events will be the fastest 8 swimmers, regardless of age, from the 100m IM events (Events 1 & 2).**

<b>Session 3</b>			
<b>Warmup TBA, Start TBA</b>			
<b>Event</b>	<b>Gender</b>	<b>Distance</b>	<b>Stroke</b>
30	Boys	200	IM
31	Girls	100	Back
32	Boys	100	Back
33	Girls	50	Breast
34	Boys	50	Breast
35	Girls	100	Free
36	Boys	100	Free

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

# Amman Valley Swimming Club Open Meet 2022 – Para Inclusive

**Sunday 18<sup>th</sup> September 2022**

**Entry Form - £6.00 per event**

For all events in this meet, age groups will be as at Sunday 18<sup>th</sup> September 2022.

Name:.....  
 Date of Birth .....  
 Gender        Male / Female        (please delete as appropriate)  
 Swim Wales / ASA Registration Number .....  
 Club.....  
 Classification Number (Para).....  
 Exception Codes (Para).....  
 Contact telephone number.....  
 Contact Email Address .....

Event	Event #	Entry Time	LC	SC
<b>Freestyle</b>	<b>50</b>			
	<b>100</b>			
	<b>200</b>			
<b>Backstroke</b>	<b>50</b>			
	<b>100</b>			
<b>Breaststroke</b>	<b>50</b>			
	<b>100</b>			
<b>Fly</b>	<b>50</b>			
	<b>100</b>			
<b>Individual Medley</b>	<b>100</b>			
	<b>200</b>			

**The Skins event will only be offered to the top 8 swimmers irrespective of age qualifying from the 100 IM race. In order for a swimmer to qualify to Skins they must enter the 100 IM event first.**

Total number of entries on this sheet.....

Entries to event organiser within your swimmer club for collation before forwarding to Rob Williams on [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)



## Poolside Pass Application form

Full Name: .....

Name of Club: .....

Position (e.g. Team Manager): .....

Address: .....

.....

Postcode: .....

Telephone Number: .....

SWIM WALES / ASA Membership No: .....

DBS Number: ..... Date of Issue: .....

E-mail Address:- .....

Any medical conditions we need to be aware of

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Coach passes will NOT be available for purchase on the day of the meet. Please return with entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS. [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

Is there someone special you want a shout out for on the day???

Why not take the opportunity to give a member of your club a little praise be it a good swim, good exams, someone studying hard, a coach or volunteer, can be anything – let us know some details on [Amman.valleu@aol.co.uk](mailto:Amman.valleu@aol.co.uk) and we will ask our DJ to give a shout out and make a fuss 😊