



SWIM WALES
NOFIO CYMRU

Swim Wales National Championships 2023

Meet Pack

Thursday 13th to Sunday 16th April

Wales National Pool Swansea

#SWNC23

Meet Summary

Swim Wales National Championship is a level 1 closed long course (50m pool) meet aimed at top ranking Welsh competitors, including para-competitors. There will be no separate multi-classification events, however there will be entry times allocated for para-swim classifications for integration into event heats.

Event webpage:

<https://www.swimwales.org/shop/events/swim-wales-national-championships-2023/>

License number: 1WL230126

Venue: 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:

<https://www.walesnationalpoolswansea.co.uk/>

1. Entry Conditions

- 1.1 This is a closed Swim Wales event. Entries will be accepted from active Swim Wales members (club and individual) and those who are Welsh by country of representation. Competitors can only compete for one club for the duration of the competition.
- 1.2 Entries will not be taken on a first come first served basis for this event. All entries submitted will be considered and a confirmed entry list will be published after close of entry.
- 1.3 In the event of over subscription scratches will be made at the discretion of event management and will be based on entry times. Refunds for scratches will be processed.
- 1.4 Entries are not confirmed until published by Swim Wales, we therefore advise attendees to book flexible/refundable travel and/or accommodation arrangements. Swim Wales are not responsible for accommodation/travel and other related costs incurred as a result of event cancellation/venue changes.
 - 1.4.1 Refunds will only be given for entry fees and spectator tickets.
- 1.5 All competitors must have bettered or equaled the published qualifying times in a designated or licensed meet (Swim Wales, Swim England, Scottish Swimming and British Swimming).
- 1.6 Qualifying times:
 - 1.6.1 The most current time available on rankings will be used for entry.
 - 1.6.2 Times will be considered from level 1, 2 and 3 licensed competitions.
 - 1.6.3 Times will be taken at the point of entry from rankings and will not be updated, amended or refunded (unless medical) after entry is submitted.
 - 1.6.4 We do not accept split or relay times.

- 1.6.5 50m pool times or conversions to 50m pool times will be accepted for this meet; **the quickest 50m time (be that an actual 50m achieved time or a conversion to a 50m time) will be taken. The time converter used in the entry system that is publically available for use can be found here:**
<https://www.swimmingresults.org/downloads/equivalent-time/>
- 1.6.6 Qualifying times will be accepted from the **1st January 2022.**
- 1.6.7 Qualifying times (including separate Para qualifying times) are available on the event webpage.
- 1.6.8 In addition to meeting the general entry criteria, para competitors must have an authorised S1-S14 World Para Swimming (WPS), British Swimming, Virtus (INAS-FID) or British Blind Sport (British Paralympic Association) classification, which is held on the Home Nation Membership, Virtus master list or WPS Classification database at the time of entry.
- 1.7 It is the competitors responsibility to check the draft entry list and inform event management (swimwales-events@swimming.org) of discrepancies or errors. This must be raised within 48 hours of the confirmed entry list being published.
- 1.8 Entries are submitted via an online entry system. Payment for entries will be taken at the point of entry online via PayPal using debit/credit card.
- 1.9 **Para competitors and overseas entries are submitted via a manual entry application process.** The manual entry form can be accessed on the event webpage and needs to be completed and emailed to swimwales-events@swimming.org. For overseas entries, competitors must have a competitive membership of a club which belongs to a swimming federation affiliated to FINA (evidence of this membership and times achieved within the qualifying window must be discussed and confirmed with the Swim Wales Events Team by emailing swimwales-events@swimming.org).
- 1.10 **Entries will open on Wednesday 22nd February at 10:00 and close Wednesday 22nd March at 17:00.**
- 1.11 **Individual event entry cost: £10.**
- 1.12 Age of competitors will be taken as 31st December 2023.
- 1.13 By entering this event, you / your child agrees to be bound by the British Swimming Anti-doping Rules for a period of 12 months from the commencement of the event. You also agree to abide by the British Swimming & UKAD Anti-Doping Rules. For further information, See [Anti-Doping | British Swimming](#)
- 1.14 **Relays:**
- 1.14.1 Clubs may enter 1xA and 1xB relay teams per event, but competitors are only allowed to compete in either team A or team B.
- 1.14.2 **Relay event entry cost: £20.**
- 1.14.3 Relays are entered online via the entry system.
- 1.14.4 Relay forms, specifying the competitors information, must be submitted to the timing management team (control room, poolside) by the end of warm up of the session that the relay

takes place. Failure to submit the relay form in time will result in disqualification.

1.14.5 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).

1.14.6 Relay forms can be accessed on the event entry page.

2. Meet conditions

2.1 **Age groups** for the **individual events** are 12/13, 14/15, 16/17 and 18+ years.

Age groups for the **relay events** are 12/13, 14/16 and 17+ years.

2.2 **Heats** will be swum seeded by time regardless of age as follows:

16/17 and 18+ morning heats
12/13 and 14/15 afternoon heats

For both males and females, the 400m Individual Medley, 400m Freestyle, 800m Freestyle and 1500m Freestyle events will be swum as Heat declared winner (HDW).

2.3 **Finals** will be swum as follows for male and female:

12/13 years final
14/15 years final
16/17 years final
18+ years final

Relays will be swum during the finals sessions of each event day (please see event schedule).

Para Swimming multi-class (MC) finals:

- a. Para competitors can qualify for finals based on outright performance.
- b. Additionally, to support the development of Para Swimming in Wales, there will be a multi-class final for the following events:
 - Male 200 IM
 - Women 200 IM
- c. Regardless of age, the top 8 competitors, based on British Para Swimming points, from the 200 IM heats, will qualify for the MC 200 IM final. Competitors who qualify for the able bodied finals outright are encouraged to swim in that final rather than the MC final. If they choose not to swim the able bodied final, the withdrawals procedures outlined below (in section 4) apply.

N.B. Time trials/exhibition swims will not be permitted at this event. Should a competitor fail to report for their race, the lanes will remain empty as no on-the-day entries can be accepted.

3. Medals

- 3.1 Medals will be awarded to first, second and third place in individual events in the following age groups for HDW events: 12/13, 14/15, 16/17 and 18+ years.
- 3.2 For all individual events with finals, medals will be awarded to the top three finishers in the 12/13, 14/15, 16/17 and 18+ years age groups.
- 3.3 Medals for the relay events will be determined by the top three swims for the following age groups 12/13, 14/16 and 17+ years.
- 3.4 Para Swimming medals;
 - 3.4.1 Para competitors can win medals based on outright performance.
 - 3.4.2 Medals will be awarded to the top 3 competitors in the 200 IM MC finals on a multi class basis. The medals are based on British Para swimming points. Points scored in these finals will also contribute to the para swimming points leaderboard (see points 3.4.3 and 3.4.4).
 - 3.4.3 Additionally, there will be a para swimming points leaderboard published throughout the event showing all para competitor results based on British Para Swimming points.
 - 3.4.4 At the end of the meet, medals will be awarded to the para competitors with the highest British Para Swimming points scored in a single event (British para events only as per the para entry qualifying times) in each age group on a multi class, multi event basis.

4. Withdrawals & Refunds

Pre-event:

- 4.1 To ensure we fill as many lane spaces as possible and provide the best opportunity to those on reserve entry lists, please inform us of **any withdrawals**, prior to the heats being seeded, by 17:00 on Friday 7th April. To do this, please contact swimwales-events@swimming.org stating your/the competitor's membership number, club, full name and event(s) to be withdrawn.
- 4.2 Any competitor who has been withdrawn will not be re-entered into the event(s).
- 4.3 Refunds will not be processed for withdrawals on non-medical grounds.
- 4.4 Specifically, for medical withdrawals, refunds for entry fees only will be processed on the receipt of a completed medical withdrawal application accompanied with a valid doctor's note (signed by an appropriate consultant/doctor on headed paper). Additionally, to qualify for a refund, medical withdrawals must be received the day before the event is due to take place.
- 4.5 Email swimwales-events@swimming.org to receive a medical withdrawal form and apply for a refund.

During the event (for finalists and reserves):

- 4.6 The withdrawals desk is located on poolside underneath the scoreboard.
- 4.7 Withdrawals only need to be made by those who have qualified for finals (including reserves).
- 4.8 Whilst the withdrawals desk opens after the first heat of each session, the desk will also remain open for 20 minutes at the end of each session.
- 4.9 To withdraw from a finals race, finalist competitors must ensure they provide the required information at the withdrawals desk before it closes.
 - 4.9.1 Those competitors aged under 18 years must ask for a coach or a team manager's signature to evidence the withdrawal.
 - 4.9.2 Those competitors aged 18 years and over can provide their own signature to evidence the withdrawal.
- 4.10 A competitor who fails to adhere to the above withdrawal conditions and thereby does not swim their finals race, risks being fined £50 and this charge may be issued at the discretion of the event management. It is the responsibility of the competitor and their club to decide whether the incurred charge is paid by the competitor or by the club.

5. Marshalling

5.1 Heats:

- 5.1.1 Competitors must report to poolside marshals located adjacent to the changing village entrance.
- 5.1.2 Competitors should follow the directions given by the marshals. It is the competitors, coaches and team managers' responsibility to ensure the competitors report in plenty of time.
- 5.1.3 Marshals are in place to guide competitors only, and are not responsible for ensuring competitors swim their race(s).

5.2 Finals Call Room:

- 5.2.1 Call room marshalling for finals is located in the middle of the changing village.
- 5.2.2 Competitors must report to the call room and wait for their race to be called.
- 5.2.3 It is the competitors, coaches and team managers' responsibility to ensure the competitors report to the call room a minimum of 10 minutes prior to their race. Failure to do this will result in the competitor not being allowed to swim.
- 5.2.4 Competitors who are reserves can attend the call room (also adhering to the above conditions) where an opportunity to race may arise. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane as there will be no re-seeding.
- 5.2.5 Coaches and team managers are not permitted into the call room.

6. Poolside Passes

- a. Cost £20 per application.
- b. Applications will be available to access on the event webpage/events portal in the Swim Wales Just Go membership system at **10:00 on Monday 20th March.**
- c. Applications must be submitted and paid in full by **17:00 on Wednesday 5th April.**
- d. Applicants must have a valid DBS and an active membership.
- e. Late submissions (**applications submitted after Wednesday 5th April at 17:00**) will result in an additional £5 administration charge.
- f. Passes include use of the refreshments on level 3 (balcony area overlooking swim down pool), full event access, car parking, event accreditation and finals sheets.
- g. **As part of Swim Wales' efforts to contribute to sustainability and a greener environment, seeded heat programmes will be available to download from the event webpage/events portal in the new Swim Wales Just Go membership system. These will NOT be available to collect with your poolside passes.**
- h. Poolside passes are intended for use for the named individual only; misuse may result in removal of your pass.

7. Tickets (Spectators) and Event Programme

- a. Access to purchase spectator tickets will be available from **Monday 27th March at 10:00** via the event webpage.
- b. Ticket costs:
 - i. Adults (aged 18+ years) - £7.50 per day (includes finals sessions)
 - ii. Children (aged 5 – 17 years)& Concessions (60 years and over) - £5 per day (includes finals sessions)
 - iii. Children (under 5 years) - FREE
- c. Spectators may be restricted due to site capacity and safety mitigations.
- d. Full event programmes (will include seeded heat sheets) will be available for FREE and accessed via the event webpage.

Swim Wales National Championships 2023 (LC): Event Schedule

Thursday 13 th April	Friday 14 th April	Saturday 15 th April	Sunday 16 th April
Session 1 – Heats (16 years +)	Session 4 – Heats (16 years +)	Session 7 – Heats (16 years +)	Session 10 – Heats (16+ years)
M 200m Freestyle F 200m Freestyle M 50m Breaststroke F 50m Breaststroke M 100m Backstroke F 100m Backstroke M 100m Butterfly F 100m Butterfly M 400m IM (HDW) F 400m IM (HDW)	F 100m Freestyle M 100m Freestyle F 200m Breaststroke M 200m Breaststroke F 50m Backstroke M 50m Backstroke F 800m Freestyle (HDW) M 1500m Freestyle (HDW)	F 200m IM M 50m Freestyle F 50m Freestyle M 200m Butterfly F 200m Butterfly M 100m Breaststroke F 100m Breaststroke M 400m Freestyle (HDW) F 400m Freestyle (HDW)	M 200m IM F 50m Butterfly M 50m Butterfly F 200m Backstroke M 200m Backstroke F 1500m Freestyle (HDW) M 800m Freestyle (HDW)
Session 2 – Heats (12-15 years)	Session 5 – Heats (12-15 years)	Session 8 – Heats (12-15 years)	Session 11 – Heats (12-15 years)
M 200m Freestyle F 200m Freestyle M 50m Breaststroke F 50m Breaststroke M 100m Backstroke F 100m Backstroke M 100m Butterfly F 100m Butterfly M 400m IM (HDW) F 400m IM (HDW)	F 100m Freestyle M 100m Freestyle F 200m Breaststroke M 200m Breaststroke F 50m Backstroke M 50m Backstroke F 800m Freestyle (HDW) M 1500m Freestyle (HDW)	F 200m IM M 50m Freestyle F 50m Freestyle M 200m Butterfly F 200m Butterfly M 100m Breaststroke F 100m Breaststroke M 400m Freestyle (HDW) F 400m Freestyle (HDW)	M 200m IM F 50m Butterfly M 50m Butterfly F 200m Backstroke M 200m Backstroke F 1500m Freestyle (HDW) M 800m Freestyle (HDW)
Session 3 – Finals	Session 6 – Finals	Session 9 – Finals	Session 12 – Finals
M 200m Freestyle F 200m Freestyle M 50m Breaststroke F 50m Breaststroke M 100m Backstroke F 100m Backstroke M 100m Butterfly F 100m Butterfly M 4 x 100 Medley relay (HDW)	F 100m Freestyle M 100m Freestyle F 200m Breaststroke M 200m Breaststroke F 50m Backstroke M 50m Backstroke F 4 x 100 Medley relay (HDW)	F 200m IM MC F 200m IM M 50m Freestyle F 50m Freestyle M 200m Butterfly F 200m Butterfly M 100m Breaststroke F 100m Breaststroke M 4 x 200 Freestyle relay (HDW) F 4 x 200 Freestyle relay (HDW)	M 200m IM MC M 200m IM F 50m Butterfly M 50m Butterfly F 200m Backstroke M 200m Backstroke F 4 x 100 Freestyle relay (HDW) M 4 x 100 Freestyle relay (HDW)

N.B - The event management reserve the right to amend the above schedule of events.

Swim Wales Film and Photography Policy

Please be advised that photographs may be taken at this event by a professional photographer. Additionally, the event will be live streamed via our filming partner and will be accessed through our Swim Wales Facebook page and YouTube channel.

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 an individual which may present a risk of harm to the individual concerned. The use of such equipment is difficult to control but we can all be vigilant. 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.

If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team situated at the front of house desk on the day of the event. Should you wish to refuse photographic permission please contact the event management team on site. Post event, if at any time a individual wishes an image of themselves to be removed from the public platform, 7 days' notice must be given to Swim Wales after which the data will be removed. The full Swim Wales film and photography guidance can be found at the front of house desk or accessed by emailing swimwales-events@swimming.org.

General Information

Officials and Volunteers:

Swim Wales invites and welcomes officials and volunteers to support this meet and all are asked, initially, to send an email confirming your interest, membership number and qualification level to support the Swim Wales National Championships to swimwales-events@swimming.org.

We will continue to adopt the new method of submitting applications and registering your availability via our Swim Meet system. The link will soon be available prior to commencement of the competition, therefore, please keep check of the event webpage and your emails for future information.

Clubs who have entered more than 10 competitors into the event are expected to provide a minimum of 2 officials.

All of our volunteers and officials are provided with event kit, refreshments, meals and expenses claims. The Swim Wales volunteer expenses policy will be available on the event webpage (see link above on page 2).

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. **A new ANPR camera system will be in place for the duration of the competition,**

therefore, please ensure you have paid and displayed at the ticket machines to avoid a parking penalty fine.

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.

Merchandise:

The Swim Wales shop will be available onsite in the venue reception area. Payments can only be taken by card.

Café:

The Blas Café will be open each day (times will be published onsite) with a selection of hot and cold food. There is seating available in the reception area.

Seating:

The pool has 1200 seats for spectators, coaches and competitors. 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 competitors 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 competitors only, parents are not permitted in the changing area and will be asked to leave. Competitors are politely asked not to change poolside and use the facilities available. Cameras and phones are strictly prohibited in the changing area.

Streaming and social media:

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 competitors 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 #SWWC22 @SwimWales
Photos may be used in Swim Wales communications including newsletters, website and social media.

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, competitors 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 competitors, 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 competitors and/or clubs from the meet is held by the meet manager and senior team of officials. We ask that you remind your competitors 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 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.

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 Events and Volunteers Manager. 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 by emailing swimwales-events@swimming.org.