



**Nofio Sir Gar Performance Swimming's  
Invitational Meet incorporating  
Carmarthenshire County Championships  
2023**

Level 3 licensed short course meet  
Under FINA Technical Rules & Swim Wales Laws  
Licence No 2WL230002

**Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> January 2023**

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



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

**Closing Date: Friday 16<sup>th</sup> December 2022**

**Age Groups:**

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

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

Age as at: 15th January 2023

Minimum age for entry 9 years

**Events:**

All events will be Heat Declared Winner (HDW)

50m Butterfly, Backstroke, Breaststroke & Freestyle

100m Butterfly, Backstroke, Breaststroke & Freestyle

200m Butterfly, Backstroke, Breaststroke, Freestyle & Individual Medley

400m Freestyle & Individual Medley

800m freestyle

1500m freestyle

**Awards:**

There will be medals for top 3 in each event.

There will be awards for Top boy and Top girl to the swimmer from any age group and any club that accrues the most points throughout the gala.

There will be an award for Top Club based on points accrued by swimmers in the clubs throughout the gala.

Carmarthenshire County Champion awards will also be given for the highest placed Carmarthenshire swimmer of each gender in age groups 9, 10, 11, 12, 13, 14, 15, 16 & over based on points accrued throughout the gala.

**Acceptance Criteria:**

First entries will be accepted from swimmers registered with clubs within Carmarthenshire County. Remaining places will then be filled from an open capped entry.

There are no upper or lower qualifying standards for acceptance into this meet. Entries for the 800m and 1500m events will only be accepted from swimmers with no time provided that they already have a time on any one of the following events: 400m free, 800m free, 1500m free.

### **Entries**

£12 per individual event for 800m and 1500m

£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.westwalesswim.org.uk/](http://www.westwalesswim.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.

Entries for the 800m and 1500m events will only be accepted from swimmers with no time provided that they already have a time on any one of the following events: 400m free, 800m free, 1500m free.

Payment must be made at time of entry. Payment to be made by BACS to :  
Nofio Sir Gar  
Sort code 30-91-68  
Account number 00078405

BACS payment is preferred. Cheques will be accepted if BACS payment is not possible. Please make cheques payable to " Nofio Sir Gar" and send with entries to Rob Williams at the above address.

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 16th December 2022

CLOSING DATE: FRIDAY 16th December 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. In the 50m-400m events priority for inclusion will be given to swimmers registered with clubs in Carmarthenshire, after which the fastest swimmers will be scratched at the discretion of the event management.

In the event of over subscription in the 800m and 1500m events, priority for inclusion will be given to swimmers registered with clubs in Carmarthenshire, after which the youngest swimmers will be scratched at the discretion of the event management.

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 £15 per weekend 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.

There is free on-site parking available at the Pool

In order to run this event, we require parents from all participating clubs to volunteer to be timekeepers and qualified officials. Visiting clubs are requested to provide at least one qualified official per 10 swimmers. Visiting clubs are requested to please email [nofiosirgar@outlook.com](mailto:nofiosirgar@outlook.com) to provide a list of qualified officials 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 [nofiosirgar@outlook.com](mailto:nofiosirgar@outlook.com) or during the meet at the Meet Office. No refunds will be made for withdrawals after the closing date of Friday 16th December 2022 other than on medical grounds. If a swimmer withdraws on medical grounds and requires a refund please email a doctors letter/certificate stating that the swimmer is medically unable to participate to [nofiosirgar@outlook.com](mailto:nofiosirgar@outlook.com). This must be provided on or before Sunday 15th January 2023.

## **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) and available after the meet on

<https://www.westwalesswim.org.uk>

## **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 Nofio Sir Gar 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.

## **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, 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 may be 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. Nofio Sir Gar 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.

Due to the ongoing pandemic and ever-changing landscape, event management will confirm the use of mitigating risk considerations, such as Lateral Flow Testing, masks and social distance prior to the commencement of the event. Swimmers are advised that adherence to any published rules, regulations and/or requirements imposed by Welsh Government, Local Authority/Facility and/or Swim Wales is binding. Swimmers unwilling to adhere to the above will not be permitted site entry.

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 and will be announced in the team managers meeting.

### **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: [nofiosirgar@outlook.com](mailto:nofiosirgar@outlook.com)

### **APPEALS**

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

**Nofio Sir Gar Performance Swimming's  
Invitational Meet incorporating  
Carmarthenshire County Championships  
2023**

**Saturday 14th January 2023**

Session 1				
Event No	Gender	Age Groups	Distance	Stroke
101	Mixed	9/10, 11/12, 13/14, 15+	400	Freestyle
102	Mixed	9/10, 11/12, 13/14, 15+	200	Breaststroke
103	Mixed	9/10, 11/12, 13/14, 15+	200	Butterfly
104	Mixed	9/10, 11/12, 13/14, 15+	800	Freestyle

Session 2				
Event No	Gender	Age Groups	Distance	Stroke
201	Male	9/10, 11/12, 13/14, 15+	200	Freestyle
202	Female	9/10, 11/12, 13/14, 15+	200	Freestyle
203	Male	9/10, 11/12, 13/14, 15+	50	Butterfly
204	Female	9/10, 11/12, 13/14, 15+	50	Butterfly
205	Male	9/10, 11/12, 13/14, 15+	100	Backstroke
206	Female	9/10, 11/12, 13/14, 15+	100	Backstroke

Session 3				
Event No	Gender	Age Groups	Distance	Stroke
301	Female	9/10, 11/12, 13/14, 15+	200	I.M
302	Male	9/10, 11/12, 13/14, 15+	200	I.M
303	Female	9/10, 11/12, 13/14, 15+	50	Breaststroke
304	Male	9/10, 11/12, 13/14, 15+	50	Breaststroke
305	Female	9/10, 11/12, 13/14, 15+	100	Butterfly
306	Male	9/10, 11/12, 13/14, 15+	100	Butterfly

**Nofio Sir Gar Performance Swimming's  
Invitational Meet incorporating  
Carmarthenshire County Championships  
2023**

**Sunday 15th January 2023**

Session 4				
Event No	Gender	Age Groups	Distance	Stroke
401	Mixed	9/10, 11/12, 13/14, 15+	200	Backstroke
402	Mixed	9/10, 11/12, 13/14, 15+	400	I.M
403	Mixed	9/10, 11/12, 13/14, 15+	1500	Freestyle

Session 5				
Event No	Gender	Age Groups	Distance	Stroke
501	Female	9/10, 11/12, 13/14, 15+	100	Freestyle
502	Male	9/10, 11/12, 13/14, 15+	100	Freestyle
503	Female	9/10, 11/12, 13/14, 15+	50	Backstroke
504	Male	9/10, 11/12, 13/14, 15+	50	Backstroke

Session 6				
Event No	Gender	Age Groups	Distance	Stroke
601	Male	9/10, 11/12, 13/14, 15+	100	Breaststroke
602	Female	9/10, 11/12, 13/14, 15+	100	Breaststroke
603	Male	9/10, 11/12, 13/14, 15+	50	Freestyle
604	Female	9/10, 11/12, 13/14, 15+	50	Freestyle



**NSG Performance Swimming's**  
**Invitational Meet incorporating**  
**Carmarthenshire County Championships**  
**Entry sheet - £6 per 50m-400m event**

**£12 per event for 800m and 1500m**

For all events in this meet, age groups will be as of Sunday 15th January 2023

Name: \_\_\_\_\_

Date of Birth:     D D / M M / Y Y Y Y

Gender:             Male/Female     (Please delete as appropriate)

Swim Wales/ASA Registration Number: \_\_\_\_\_

Club: \_\_\_\_\_                             Contact Name: \_\_\_\_\_

Contact Telephone Number: \_\_\_\_\_

Contact email address: \_\_\_\_\_

Event		Event #	Entry Time	LC	SC
Freestyle	50				
	100				
	200				
	400				
	800				
	1500				
Backstroke	50				
	100				
	200				
Breaststroke	50				
	100				
	200				
Butterfly	50				
	100				
	200				
Individual Medley (IM)	200				
	400				

Total number of entries on this sheet: = \_\_\_\_\_

Entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS

[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:- .....

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)

**Nofio Sir Gar** is a performance swimming squad. The squad is coached by former international swimmer, Austyn Shortman and compete at regional, Welsh and British competitions. The goal of Nofio Sir Gar performance squad is to produce athletes to swim for Wales in future Commonwealth Games.

Follow NSG on the following social media platforms to keep up to date with the squad: -



@NofioSirGar



@NofioSirGar



@nofiosingarperformancesquad

