



Pembrokeshire County Swimming
CLOSED CHAMPIONSHIPS 2023
(Licensed Meet)



Saturday 21st & Sunday 22nd October 2023

Haverfordwest Leisure Centre

License No: 3WL231394

Closing Date: Friday 22nd September 2023



**Fishguard
Flyers**





Pembrokeshire County Swimming

Closed Championships 2023

Saturday 21st & Sunday 22nd October 2023

Haverfordwest Leisure centre

25 Metre pool, Electronic timing

No Times Required

Male+ Female events being swam as mixed heats.

Age as of 22nd October

10/U, 11/12 13/14, 15/OV

50m + 100m + 200m All HDW

**400M (11/12 Age Band & Above, 10/Under at discretion
of the meet organisers)**

200m IM qualify for SKINS A & JNR Finals

**All Relays are 200m (4 x 50m) HDW – 13/Under & Open
Relays.**

MEDAL PLACES: 1st, 2nd & 3rd

Individual Prizes for SKINS Event – Details below.

AWARD FOR TOP CLUB

Individual Events: £6 per event

Relay Events: Free entry

Closing Date: Friday 22nd September 2023



Pembrokeshire County Swimming CLOSED CHAMPIONSHIPS 2023

Warm up: 8:00am, Start 9:00am.

Programme of Events:

Pembrokeshire County Swimming reserve the right to amend the order of events if necessary.

Saturday 21st October	Sunday 22nd October
Session 1	Session 4
101) Mixed 200 Individual Medley 102) Mixed 50 Butterfly 103) Mixed 100 Breaststroke 104&105) Female Medley Relay (13/Under & Open)	401) Mixed 200 Freestyle 402) Mixed 100 Individual Medley 403) Mixed 50 Breast 404&405) Female Free Relay (13/Under & Open)
Session 2	Session 5
201) Mixed 400 Free 202) Mixed 50 Backstroke 203) Mixed 100 Butterfly 204&205) Male Medley Relay (13/Under & Open)	501) Mixed 400 Individual Medley 502) Mixed 100 Backstroke 503) Mixed 200 Breaststroke 504&505) Male Free Relay (13/Under & Open)
Session 3	Session 6
301&302) Mixed Jnr Skins finals for 200 IM 303) Mixed 200 Fly 304) Mixed 100 Free 305&306) Mixed Medley Relay (13/Under & Open)	601&602) Open Skins Finals for 200 IM 603) Mixed 200 Back 604) Mixed 50 Freestyle 605&606) Mixed Free Relay (13/Under & Open)



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Payment Summary Sheet – For Clubs to complete only

Please complete the following payment Summary sheet and return entries.

Club: _____

Contact Name and Telephone Number: _____

Email Address: _____

	Number		
Total Entries for BOYS		@ £6.00	£
Total Entries for GIRLS		@ £6.00	£
Total Amount Enclosed			£

Gala entries to go to your club. Then the club will submit to:

Return to: Rob Williams,

Email: robwilliams1145@gmail.com

Please also CC pcs.galas@gmail.com

Gala fees to be paid to your club please.

Clubs then to make one payment to be made via BACS

Sort Code 40-36-24 Account Number 01472119

Account Name Pembrokeshire County Swimming



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Poolside Pass Application Form

Please note that all applications for poolside passes from Coaches, Team Managers, and Poolside Helpers etc, must be accompanied by a Swim Wales or ASA Membership Number and a current DBS number.

Please complete in BLOCK CAPITALS.

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: -

A maximum of 4 coaches allowed on poolside.

Passes will not be authorised on the day.

Please return with entries to:
Email: robwilliams1145@gmail.com
Please CC pcs.galas@gmail.com



Pembrokeshire County Swimming

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Competition rules and conditions

- 1). All events are HDW. Over the top starts may be used.
- 2). All swimmers must be members of Pembrokeshire County Swimming + their home club (H/West, Tenby, Milford, Fishguard or Pembroke).
- 3). Entries will be seeded slowest to fastest from submitted times. Heats will be mixed Male/Female.
- 4). NO late entries will be accepted.
- 5). Swimmers must report to Marshalling Area on poolside.
- 6). No refunds will be given unless provided by a doctor's certificate.
- 7). Only 4 club Coach/TM on poolside and must hold a pass which can be authorised prior to meet.
- 8.) Skins finals & Relays– The top 8 male and 8 female swimmers will qualify for the A final regardless of age based on the 200IM results. The top 8 swimmers in the junior age sections (The age for JNR final will be published 7 days prior to the meet) & who did not qualify for the A final will be placed in the Junior final. Token prizes for the Junior Final, cash prizes for the open final. It is not possible to swim in both finals.
Relays – Mixed events are any order eg Male Female Female Male or Male Male Female Female. 13/under & open age groups. We encourage clubs to swim it as 13/under and 14/over and use swimming up as a last resort. We ask clubs to take this into consideration when submitting relay teams. Swimmers entering relays must have been entered into the meet for an individual race.
- 9). Swimmers must have attained the standard of competitive Start Award in order to start from the blocks (this is the responsibility of the club coach).
- 10). Swimmers who have not attained the standard must lower themselves over the side into the water, on the long whistle of the referee before starting at an appropriate place.
- 11). When a competition involves children under the age of 18 years of age it is a mandatory meet license requirement that all persons (including competitors/ officials / volunteers / spectators), wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device / equipment used for taking / recording such images must register their details with the event management in advance of taking any images.

This includes; but is not limited to:

Still Cameras, Cine Cameras, Video Cameras, Camera /

Video enabled mobile phones and Camera enabled PDA's

Proof of identity is required to register any photographic / video equipment.

Please see below for the policy in full.

11). Jewellery for safety and security reasons is not permitted while in the water during warm up, swim down or competition, Pembrokeshire County Swimming will not be responsible for any jewellery lost or damaged during the competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings.

12). All participants must observe the safely precautions in operation at Haverfordwest Leisure Centre. Pembrokeshire County Swimming will not be responsible for any loss or damage occurring during this meet.

13). Any matters concerning the meet not covered in these rules will be dealt with according to the laws of the sport and at the discretion of the promoter. The promoter reserves the right to amend the Meet rules at their discretion.

14). Unacceptable behaviour

Behaviour becomes "unacceptable" when it considered "offensive" to others; this includes, but is not limited to the following:

Theft, wilful damage to property or equipment, acts of vandalism, abuse of alcohol or drugs, bullying, offensive language, aggressive/violent acts, threatening behaviour, all breaches of safety practices, failure to comply with instructions or directions and actions that bring the sport of swimming into disrepute.

15) All Clubs are asked to provide 3 officials per session in order for the meet to be run to the license requirements.

16) Spectators will be allowed for this event as it stands. £2 per session. £5 per day. £8 weekend pass.

The following is adopted from Swim Wales.

Please be advised that photographs and videos may be taken at this event. Swim Wales & PCS 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. PCS & affiliated clubs 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. 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.

Streaming and social media:

The event may be streamed. The link for streaming will be available prior to the sessions. The stream will start at the beginning of each session over the event. Please behave in a manner that has a positive reflection on you and your club.

Pembrokeshire County Swimming would like to thank all the sponsors that have helped this event. Full details of each company will be published in the weekends meet programme.

Lane 2 Sponsor



Lane 3 Sponsor



Lane 4 Sponsor



Lane 5 Sponsor



Lane 6 Sponsor



Lane 7 Sponsor

NEYLAND PHARMACY

SKINS Sponsored by

Email pcs.galas@gmail.com for this slot

A big thankyou to all that have supported this event.