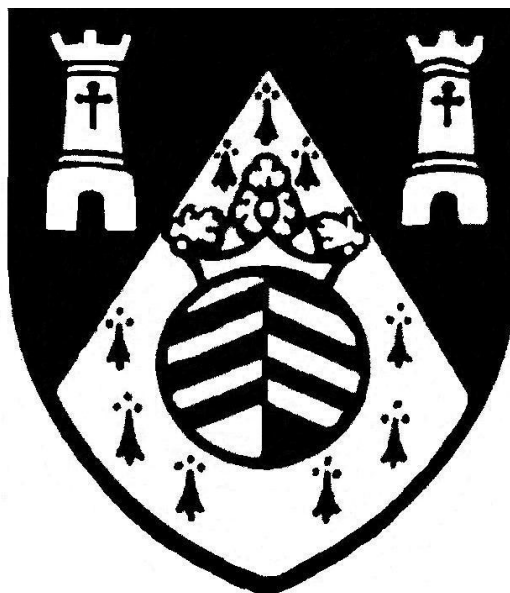


# · CARDIFF · BAY · SPRINT · MEET ·



Saturday 9<sup>th</sup> JULY 2022

CARDIFF  
**INTERNATIONAL**  
POOL & GYM

**event information | session times to be confirmed**

The meet will be delivered in line with local and current Government restrictions along with Swim Wales & Legacy Leisure guidance and risk assessment. Should any Covid 19 protocols remain in place they may include limitations on capacity and entry allocations. This means that races may be limited, moved to different sessions or spaces capped. All participants may have to provide a negative Lateral Flow Test result and wear masks.



**Licence Number: 3WL22\*\*\*\***  
(Under FINA Technical Rules & Swim Wales Laws)



# 33<sup>rd</sup> CARDIFF BAY SPRINT MEET

Saturday 9<sup>th</sup> July 2022

Only electronic entries will be accepted for this meet.

**Entries will be accepted on a first come first served basis  
The Promoter reserves the right to restrict entries if over subscribed**

**VENUE** Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS

**POOL** 10 Lane 50m pool | Omega electronic timing | anti-turbulence lane ropes

**AGE GROUPS** Boys: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs & over.  
Girls: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs & over

Minimum age for entry is 9 years

**AGE UP DATE 9 July 2022**

**EVENTS** The Meet will be in two separate sections:

Swimmers qualifying with the B Grade Upper Cut Off times shown below and  
Swimmers qualifying with the AA Grade Upper Cut Off times shown below

**(all events Heat Declared Winner)**

50m Freestyle	- All Age Groups
50m Backstroke	- All Age Groups
50m Butterfly	- All Age Groups
50m Breaststroke	- All Age Groups
50m Kick Race	- All Age Groups

Swimmers are to ensure that at the end of their race they touch with one hand. A 50m Freestyle time, where given, will be used to seed this event.

**200m Individual Medley** for the top 10 swimmers in each age group on points total from all four 50m stroke events (excluding the Kick Race)

Qualification for the 200m I.M. Each swimmer's points will be totalled up for **all four 50m events (excluding the kick race)** using Heat Declared Times regardless of the Graded Time Entries. The points will be calculated as follows, 1<sup>st</sup> place 10 points, 2<sup>nd</sup> place 9 points etc.

Using this system, places will be allocated for the IM Finals races in each age group, giving 10 swimmers with the aggregate highest point totals as above for the four 50m stroke events (exc, the Kick Race) to be selected for the IMs.

**Competitors in the 200m I.M. Must notify the Meet Office if they do not wish to swim.**

**LICENCE NUMBER 3WL22\*\*\*\*  
(Under FINA Technical Rules and Swim Wales Laws)**



## PROMOTER'S CONDITIONS

### AWARDS

**Medals** will be presented to the first three swimmers in each age group, who have not swum faster than the **AA UPPER CUT OFF TIME** in the HDW events for the four strokes, Breaststroke, Backstroke, Butterfly, Freestyle and the Kick Race.

**Medals** will also be awarded to the first three swimmers who enter an event with a time slower than the **B grade UPPER CUT OFF TIME** and swim within the B grade UCT for that event

Any swimmer finishing in a time faster than that set by the respective **UPPER CUT OFF TIME** will be issued with a 'speeding ticket' and no medal will be awarded to that swimmer for that event. although they will still qualify for the Individual Medley finals.

Medals and 'speeding tickets' will be available on the day and can be collected from the medal table on poolside. **Swimmers must ensure that they are suitably clothed (t-shirt and shorts) when receiving awards.**

The Top 9-year-old swimmer will be awarded the '**Rowland Jones Trophy**' at the end of the Meet and the winner will be able to keep a commemorative trophy. Events qualifying for the Trophy will be by the completion of **all four 50m Sprint Events (not 'Kick Race')** on a points basis (10pts – 1<sup>st</sup> place etc.)

The '**Brian Hardwicke Cup**' will be awarded to the top 12-year-old at the end of the Meet using the Heat Declared winners regardless of graded time entries and the winner will be able to keep a commemorative cup. Qualifying events for the Cup will be as described for the **Rowland Jones Trophy** above.

Prize money **of £10** will be awarded to the 1st place for the 200m Individual Medley event for each of the age groups 9, 10, 11, 12, 13, 14, 15 and 16/o.

### ENTRIES

Upper Cut Off Times will be applied to all events (except the Kick Race) with all entry times being slower than or equal to the UCT. No Times (NT) are acceptable.

Entry Times must have been obtained at a licenced meet, and random checks will be made against the ASA Online Rankings Database. Validation of any stated entry time may be requested.

If swimmers are found to have entered the meet with any false or made up times, they will be disqualified from all events that they have entered and their entry fees will be forfeited.

Entry times may be submitted as short course or long course times using the Hy-Tek entry file but will be converted to long course times using Hy-Tek's Meet Manager software. Estimated times are not permitted.

Email electronic entries/enquiries to [stephen.jones@westernretail.co.uk](mailto:stephen.jones@westernretail.co.uk)

Team Manager Lite application and instructions can be downloaded free of charge from [www.hy-tek ltd.com/downloads](http://www.hy-tek ltd.com/downloads)

Electronic entries must be produced from Hy-Tek's Team Manager or Team Manager Lite software.



Clubs are requested to send all entries with an entry report, completed summary sheet and any poolside applications at the same time with one payment, preferably to cover all swimmers and coach passes.

Cheques are to be made payable to Cardiff Bay Sprint Meet. BACS details are available upon request

Electronic entries will be acknowledged with receipt confirmation. No entries will be processed until full and complete payment is received.

There will be no Time Trials or Exhibition Swims permitted at this event and there will be no entries on the day.

Entry forms are to be retained by the club. There will be no entry cards for this event. Please ensure that you put adequate postage on posted entries. Envelopes with insufficient postage will not be collected from the Royal Mail depot.

Entries will be rejected for the following reasons:

- ❖ Incorrectly completed or received without the relevant fee
- ❖ Faster than the upper cut off entry times
- ❖ Improved entries
- ❖ Received after the closing date **WEDNESDAY 25 MAY 2022 at 20:00**

**NO LATE ENTRIES WILL BE ACCEPTED | NO ENTRIES ON THE DAY**

The Promoter reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded to club in question.

Cardiff Bay Sprint Meet reserves the right to return entries if the meet is oversubscribed. In this case, the slowest entry times in each age group will be rejected and swimmers will be scratched at the promoter's discretion. Cardiff Bay Sprint Meet reserves the right to cancel the event if the meet is under subscribed.

On receipt of all entries Cardiff Bay Sprint Meet will run a competition entry check to ensure all entrants are current members of their club and their details exactly match with the records held on Rankings. Clubs will be notified of any "non-matches" or other issues detected. They must provide updated swimmer information. There is a chance that non-matched swimmers will not have their results added to Rankings who no longer will add any failed results.

#### ENTRY PRICING

£7.75 per 50m event. Kick Race £4.00  
£32.50 if all 4 events and the kick race are entered

#### CLOSING DATE

Wednesday 25 May 2022 (No late entries will be accepted)

#### SPECTATOR ENTRY

Entry at the door is £5.00/person (children free). Meet programme £3.50.

#### SEEDING

All events will be spearheaded and swum slow to fast, based on entry times.

#### WITHDRAWALS

All withdrawals must be notified via email [stephen.jones@westernretail.co.uk](mailto:stephen.jones@westernretail.co.uk) before the commencement of the meet. During the gala all withdrawals must be notified in writing to the meet office.

No refunds will be made for withdrawals after the entry deadline other than on medical grounds. A medical note must be provided on or before 8 August 2022.

**SESSION TIMES**

Session timings will be finalised once all entries have been processed and swimmers/clubs will be notified accordingly.  
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.

**STARTS ELECTRONICS**

Over the top starts will be used wherever possible.  
Omega electronic timing system with electronic display provided by Swiss Timing.

**PROGRAMME OF EVENTS**

<b>SATURDAY SESSION ONE</b> Warm up & Session Times TBC			<b>SATURDAY SESSION TWO</b> Warm up & Session Times TBC		
101 HDW	Boys	50m Backstroke	201 HDW	Girls	50m Breaststroke
102 HDW	Girls	50m Backstroke	202 HDW	Boys	50m Freestyle
103 HDW	Boys	50m Butterfly	203 HDW	Girls	50m Butterfly
104 HDW	Girls	50m Freestyle	204 HDW	Boys	50m Kick Race
105 HDW	Boys	50m Breaststroke	205 HDW	Girls	50m Kick Race

<b>SATURDAY SESSION THREE</b> 200 Individual Medley FINALS Warm up tbc Start tbc					
301 Finals	Boys	9 years	309 Finals	Boys	13 years
302 Finals	Girls	9 years	310 Finals	Girls	13 years
303 Finals	Boys	10 years	311 Finals	Boys	14 years
304 Finals	Girls	10 years	312 Finals	Girls	14 years
305 Finals	Boys	11 years	313 Finals	Boys	15 years
306 Finals	Girls	11 years	314 Finals	Girls	15 years
307 Finals	Boys	12 years	315 Finals	Boys	16 years +
308 Finals	Girls	12 years	316 Finals	Girls	16 years +

**MEET RESULTS**

The Meet results will be posted on the City of Cardiff Swimming Club website within 72 hours of the Meet closing. Results will be submitted to British Swimming and Swim Wales for their reference and inclusion in rankings.

A complete electronic copy of the Meet results (Hy-Tek file & PDF) will be sent following the Meet.

**OFFICIALS**

In order to be able to use all 10 lanes visiting clubs are requested to provide at least one qualified official per session and their details (together with their qualification). Please contact Jim McCulloch, our Officials co-ordinator.

**ACCESS SWIM MEET:** <https://www.swim-meet.com/Availability/>

**SELECT THIS MEET TO REGISTER YOUR AVAILABILITY****POOLSIDE PASSES**

Only members affiliated to Swim Wales/Scottish Swimming/Swim England or a member of a FINA affiliated country will be eligible for a coach's pass. Passes must be purchased in advance of the Meet for all coaches, chaperones, personal care attendants and team managers who require poolside access, who must conform to the Swim England child protection procedures.

£15.00 per poolside pass - to be worn at all times to gain access to and whilst on poolside. Para swimmers' personal care attendants will be entitled to one free Pass. A maximum of 5 "Club Staff" will be permitted poolside.



Swim Wales passes may be used for identification; however, a poolside pass must be purchased. Passes will only be issued on receipt of Swim Wales/Swim England registration number, a DBS number and a passport photo.

**THERE IS NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS. PASSES MUST BE PURCHASED IN ADVANCE, NOT ON THE DAY.**

#### **CAR PARKING**

Car parking places are provided close to the Cardiff International Pool and details will be confirmed in due course.

#### **REFRESHMENTS**

The Café, which provides a catering facility serving refreshments for swimmers, spectators and coaches, will operate throughout this Meet.

Refreshments may not be taken onto the poolside. There are also local facilities located near Cardiff International Pool.

#### **HEALTH & SAFETY**

All swimmers, officials, volunteers, spectators, and visitors 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 Cardiff International Pool.

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.

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).

The promoter will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

The front four rows of the spectator area are reserved for swimmers and coaches only seated in their Clubs. Swimmers are asked not to enter the spectators' area or balcony/foyer whilst they are competing.

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, willful 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**

Submission of entries implies consent to the holding of any personal data collected and used by Cardiff Bay Sprint Meet in accordance with the Data Protection Act 1998 and General Data Protection Regulations (GDPR) May 2018.

These details may be made public before, during or after the Meet. All data will be recorded privately, securely stored and disposed of when no longer needed. You have the right to view your personal data & request its deletion under GDPR.

#### **SWIM SHOP**

A Swim Shop will be in operation throughout the Meet.

#### **CAMERA USE**

The use of all photographic equipment and mobile phones is controlled at this Meet. 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 that have a camera facility/hardware are recognised as a camera or photographic device).

City of Cardiff Swimming Club follow Swim Wales guidance which does not support the banning of phones but 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.

#### **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.

#### **APPEALS**

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

#### **EMERGENCY PROCEDURE**

Any evacuation of the Cardiff International Pool will be led by the Legacy Leisure staff with no action required other than to follow instructions of the centre staff.

**Suspicious Items** If you suspect a suspicious item:

- Do not touch. Try and identify an owner in the immediate area
- If you still think it is suspicious do not feel embarrassed or assume someone has already reported it
- Report it to a member of the centre staff, or if they are not available dial 999 (do not use your mobile phone in the immediate vicinity)
- Move away to a safe distance - Even for a small item such as a briefcase move at least 100m away from the item starting from the centre and moving out.
- Report anyone entering an area they shouldn't be in
- Remain vigilant to any suspicious activity and report to a member of the Centre staff immediately

**REMEMBER - IF YOU THINK IT IS SUSPICIOUS SAY SOMETHING**





# CARDIFF BAY SPRINT MEET

Cardiff International Pool, Cardiff

9 July 2022

LICENCE NUMBER 3WL22

(Under FINA Technical Rules and Swim Wales Laws)

## UPPER CUT OFF TIMES | 50m Long Course

		BOYS							
		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+yrs
50m Freestyle	UCT AA	39.50	35.80	33.90	32.00	30.40	29.10	27.90	27.10
50m Freestyle	UCT B	50.20	46.60	44.00	40.80	37.90	35.30	33.00	31.50
50m Breaststroke	UCT AA	52.80	47.50	44.20	41.00	38.60	36.90	35.40	34.70
50m Breaststroke	UCT B	1.06.40	1.01.30	57.10	52.20	48.20	44.80	41.90	40.40
50m Butterfly	UCT AA	45.30	40.00	37.40	35.10	33.20	31.70	30.20	29.60
50m Butterfly	UCT B	57.00	51.70	48.40	44.60	41.30	38.40	35.80	34.40
50m Backstroke	UCT AA	46.50	42.20	39.60	37.30	35.30	33.60	32.40	31.60
50m Backstroke	UCT B	59.00	54.70	51.40	47.40	44.00	40.70	38.30	35.80

		GIRLS							
		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+yrs
50m Freestyle	UCT AA	39.60	36.60	34.20	32.70	31.70	30.80	30.30	30.10
50m Freestyle	UCT B	49.30	46.60	43.40	40.50	38.30	36.60	35.50	34.90
50m Breaststroke	UCT AA	52.90	47.10	44.00	41.60	40.10	38.80	38.10	37.90
50m Breaststroke	UCT B	1.05.20	59.80	55.60	51.50	48.50	46.10	44.70	44.00
50m Butterfly	UCT AA	44.80	40.50	37.50	35.80	34.20	33.40	32.70	32.30
50m Butterfly	UCT B	55.20	51.30	47.40	44.10	41.30	39.60	38.30	37.50
50m Backstroke	UCT AA	46.60	42.30	39.60	37.80	36.70	35.60	34.80	34.50
50m Backstroke	UCT B	57.90	53.90	50.20	46.80	44.30	42.30	40.80	40.10

Short Course times will be converted by Hy-tek to conform to the above Long Course Times





# CARDIFF BAY SPRINT MEET

Cardiff International Pool, Cardiff

9 July 2022

LICENCE NUMBER 3WL22

(Under FINA Technical Rules and Swim Wales Laws)

## Coaches/Team Managers/ Chaperone/Pass - Application Form

PLEASE FULLY COMPLETE EACH SECTION EITHER ENCLOSE OR EMAIL JPEG PHOTOGRAPH FOR EACH PERSON		
CLUB: Full Name & Position	Swim Wales/Swim England/Scottish Swimming Affiliation No.	DBS Number
1		
2		
3		
4		
5		

## Meet Entry Summary Sheet

*It is requested that a single payment via BACS is made for the complete club entry*

Name of Club		Club Code
Contact Name/email		<b>CLUB BANK info for refund</b>
Address		Bank Sort Code Account No.
TEAM SIZE		
No. Of Individual Entries		@ £7.75 per event or £32.50 for all 5 £
No. Of Coaches Passes		@ £15.00 each £
Total payment made payable to		£

I declare that only our team members who have reached the standard of the Swim England Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water. I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography. I agree to abide by the conditions laid down by the Meet Management for this event.

Club Secretary Signature ..... Date: .....

This Form must be completed. Entries, payments, supporting reports, and poolside pass applications to be emailed with the Hy-Tek Meet Entry Fee Report and Entry File to [stephen.jones@westernretail.co.uk](mailto:stephen.jones@westernretail.co.uk) or can be posted to:

Stephen Jones 18 Nasturtium Way, CARDIFF CF23 8SF  
**CLOSING DATE: WEDNESDAY 25 MAY 2022 at 20:00**