



Torfaen Dolphins

Clwb Nofio Perfformiad

LEVEL 3 LONG COURSE MEET **11th & 12th June 2022**

Cardiff International Pool - CF11 0JS

ENTRIES WILL CLOSE MIDNIGHT SUNDAY 15th May 2022

All session Times will be confirmed after the closing date (Estimated times are 8.00am warm up 10.45am warm up and 3.15pm warm up).

(Held under ASA Laws and Regulations and Asa Technical Rules of racing)
(License Number: 3WL220739)

Level 3 for entry into local and regional competitions. 50m, 10 lane pool with anti-wave ropes and electronic timing. Large spectator seating area and spacious Cafeteria.

All events from 50m to 400m
All events are heat declared winners
All events are subject to entry times upper limits.
Clubs are kindly requested to provide an official/s to assist us
in the smooth running of the Meet.
It is acceptable to enter "No Time"

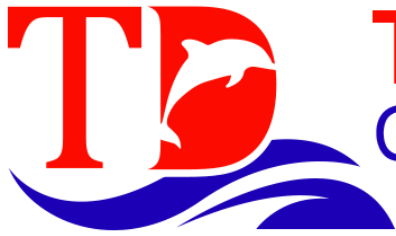
Age as 12th June 2022

Awards will be given in the following age groups:
9&10yrs, 11&12yrs, 13&14yrs, 15/over

There will also be awards for top girl and top boy in each age group.

Open meet information/entry pack can be downloaded from the website
www.torfaendolphins.com or e-mail us at competition@torfaendolphins.com

Entries will be on a "first come, first served" basis -Entry Fee – £8.50 per event



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PROGRAMME OF EVENTS

Cardiff International Pool - CF11 0JS

SATURDAY 11th June 2022

Session 1			
Event No	Event	Gender	Ages
101	400m Freestyle	Female	11&12yrs, 13&14yrs, 15/over
102	400m IM	Male	11&12yrs, 13&14yrs, 15/over
103	200m Breaststroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
104	50m Butterfly	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
Session 2			
Event No	Event	Gender	Ages
201	100m Backstroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
202	50m Backstroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
203	200m Freestyle	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
204	200m IM	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
205	50m Breaststroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
Session 3			
Event No	Event	Gender	Ages
301	100m Butterfly	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
302	200m Butterfly	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
303	200m Backstroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
304	100m Breaststroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
305	50m Freestyle	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
306	100m Freestyle	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over



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PROGRAMME OF EVENTS

Cardiff International Pool - CF11 0JS

Sunday 12TH June 2022

Session 4			
Event No	Event	Gender	Ages
401	400m Freestyle	Male	11&12yrs, 13&14yrs, 15/over
402	400m IM	Female	11&12yrs, 13&14yrs, 15/over
403	200m Breaststroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
404	50m Butterfly	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
Session 5			
Event No	Event	Gender	Ages
501	100m Backstroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
502	50m Backstroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
503	200m Freestyle	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
504	200m IM	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
505	50m Breaststroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
Session 6			
Event No	Event	Gender	Ages
601	100m Butterfly	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
602	200m Butterfly	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
603	200m Backstroke	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
604	100m Breaststroke	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
605	50m Freestyle	Male	9&10 yrs, 11&12yrs, 13&14yrs, 15/over
606	100m Freestyle	Female	9&10 yrs, 11&12yrs, 13&14yrs, 15/over



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Upper qualifying times – Female

Event		9/10	11	11/12	13	13/14	15+	16	17+
50 FC	Slower Than	33.50		29.0		28.00	26.74		
100 FC	Slower Than	1.08.00		1.02.64		59.94	57.36		
200 FC	Slower Than	2.23.00		2.14.88		2.09.06	2.01.85		
400 FC	Slower Than	N/A		4.43.2		4.31.06	4.21.59		
50 BC	Slower Than	39.00		34.50		32.50	30.00		
100 BC	Slower Than	1.19.00		1.11.3		1.07.85	1.04.26		
200 BC	Slower Than	2.47.00		2.34.32		2.26.87	2.21.84		
50 BRS	Slower Than	42.00		38.00		37.00	34.50		
100 BRS	Slower Than	1.24.00		1.19.89		1.16.96	1.12.33		
200 BRS	Slower Than	3.05.00		2.51.67		2.44.13	2.36.74		
50 Fly	Slower Than	37.00		33.00		30.50	30.00		
100 Fly	Slower Than	1:16.00		1.09.28		1.05.25	1.03.43		
200 Fly	Slower Than	2.40.00		2.35.79		2.24.06	2.20.60		
200 IM	Slower Than	2.41.00		2.31.56		2.25.02	2.21.29		
400 IM	Slower Than	N/A		5.20.72		5.06.73	4.55.71		

Swimmers must not have swum faster than the above times in the preceding 12 months.
Random checks will be made on ASA rankings & entries rejected where necessary.



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Upper qualifying times – Male

Event		9/10	11	11/12	13	13/14	15+	16	17+
50 FC	Slower Than	33.00		28.50		25.70	24.13		
100 FC	Slower Than	1.06.00		1.00.99		55.67	53.21		
200 FC	Slower Than	2.21.00		2.10.32		1.59.22	1.54.32		
400 FC	Slower Than	N/A		4.39.12		4.16.81	4.00.58		
50 BC	Slower Than	37.50		33.50		30.00	28.00		
100 BC	Slower Than	1:16.00		1.09.38		1.02.73	59.03		
200 BC	Slower Than	2.35.00		2.26.52		2.11.15	2.06.45		
50 BRS	Slower Than	40.00		37.00		33.5	29.5		
100 BRS	Slower Than	1.26.00		1.17.19		1.10.94	1.04.36		
200 BRS	Slower Than	2.58.00		2.51.32		2.34.76	2.21.95		
50 FLY	Slower Than	36.00		31.00		28.00	26.00		
100 FLY	Slower Than	1:13.00		1.08.00		1.00.18	56.19		
200 FLY	Slower Than	2.37.00		2.30.61		2.15.60	2.04.07		
200 IM	Slower Than	2.37.00		2.32.92		2.20.07	2.12.22		
400 IM	Slower Than	N/A		5.18.28		4.52.36	4.34.81		

Swimmers must not have swum faster than the above times in the preceding 12 months.
Random checks will be made on ASA rankings & entries rejected where necessary.



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Level 3 Open Meet – Promoters conditions

1. The Hy-Tek Team Manager Lite application and instructions can be downloaded free of charge from www.hy-tektd.com/downloads
2. The meet will be held under ASA Laws and ASA Technical Rules and has been Licensed Level 3. .
3. Cut off times will be applied to all events. Entries of 6 or more swimmers from the same Club must be made electronically (HY Tek). Entries of 5 or less swimmers from the same club may be made using the official meet entry form. Entries (including summary and cheque) must reach the Meet Secretary by the closing date – No late entries will be accepted.
4. All competitors must be members of an affiliated club, registered Category 2 with the ASA and may compete in the name of one club only.
5. The promoter reserves the right to accept or reject entries and also restrict entries in order to complete the meet within the time available. If the meet is oversubscribed, entries will be accepted on a first come first served basis, allowing for an equal balance of swimmers across the age groups
6. As soon as possible after the closing date, club list sheets will be emailed to club secretary for accepted entries, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or available for collection by Clubs on the day.
7. Incorrect or incomplete entries will be rejected. There will be no refunds for withdrawals after the closing date.
8. The age groups are: 9&10, 11&12, 13&14, 15 and over - ages as at the last day of the meet
9. The pool is 50m and the meet will be swum long course. Anti-wave devices will be in place and electronic timing/placing will be used.
10. Weekend Event programme will be available and there is an entry fee for adult spectators.
11. 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.
12. The one start rule will be in operation during this event.
13. The meet will be run without cards. Heats will be pre-seeded.
14. Swimmers should report to the competitors' stewards' eight heats prior to their own. In events of 200m or over this drops to 6 heats before.
15. All events are HDW..
16. In accordance with recommendations of the ASA child protection policy, any person wishing to use video, zoom or close range photography, including mobile phones that have photographic capabilities should first register their details at the spectator entrance.
17. Neither the promoter or Cardiff International Pool accept any liability for any loss or damage to personal belongings.
18. Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. Prior to commencement refunds may apply at the promoters discretion.
19. Any swimmer breaking these conditions will be liable to disqualification from any or all events.
20. There will be medals in every event for the first three overall swimmers in each age group i.e. 9/10, 11/12 etc. Any disqualified swimmer will not receive awards.
21. Awards will be made to the top boy and top girl swimmer using a points system based on swimmers achieving 1 to 10th places in each event
22. Refunds will also be given for medical reasons on production of a Doctor's note only.
23. The promoters reserve the right to refuse admission to any competitor or spectator.
24. Coaches Passes will not be sold on the day. No pass - no admission to poolside
25. Entry times shall be converted at the time of entry by the clubs to 50m Pool times. All times submitted must be truthful and correct as define by the ASA Code of Conduct. Entry times may be checked against ASA rankings.



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26. Over the top starts may be used at the promoter's discretion.
27. The organisers reserve the right to allow entries on the weekend of the Meet subject to availability and time.



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Long Course Open Meet Entry Form

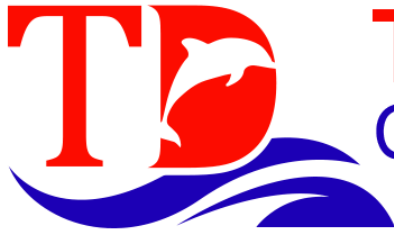
Name: _____ Club: _____

Male/Female D.O.B _____ Age at (last day of Meet) _____ ASA No _____

Total number of entries @£8.50 = No: _____ Total £'s: _____

Note: This form should be completed for each individual swimmer where Hy-Tek files are not available and less than 6 swimmers are being entered. Entry forms should be sent with a completed payment form as per the payment form instruction .

Session 1			
Event No	Event	Gender	Entry Time
101	400m Freestyle	Female	
102	400m IM	Male	
103	200m Breaststroke	Female	
104	50m Butterfly	Male	
Session 2			
Event No	Event	Gender	Entry Time
201	100m Backstroke	Male	
202	50m Backstroke	Female	
203	200m Freestyle	Male	
204	200m IM	Female	
205	50m Breaststroke	Male	
Session 3			
Event No	Event	Gender	Entry Time
301	100m Butterfly	Female	
302	200m Butterfly	Male	
303	200m Backstroke	Female	
304	100m Breaststroke	Male	
305	50m Freestyle	Female	
306	100m Freestyle	Male	
Session 4			
Event No	Event	Gender	Entry Time
401	400m Freestyle	Male	
402	400m IM	Female	
403	200m Breaststroke	Male	
404	50m Butterfly	Female	
Session 5			
Event No	Event	Gender	Entry Time
501	100m Backstroke	Female	
502	50m Backstroke	Male	
503	200m Freestyle	Female	
504	200m IM	Male	
505	50m Breaststroke	Female	
Session 6			
Event No	Event	Gender	Entry Time
601	100m Butterfly	Male	
602	200m Butterfly	Female	
603	200m Backstroke	Male	
604	100m Breaststroke	Female	
605	50m Freestyle	Male	
606	100m Freestyle	Female	



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PAYMENT FORM

Club	
Contact Address	
Tel:	
E-Mail	

Total Number of Swimmer Entries _____

Total Cost of Entries @ £8.50 each £_____

Total Cost of Coaches Passes @ £10.00 each _____(includes refreshment)

Total Cheque enclosed _____

Payment can be made by BACS transfer. Please send payments to:

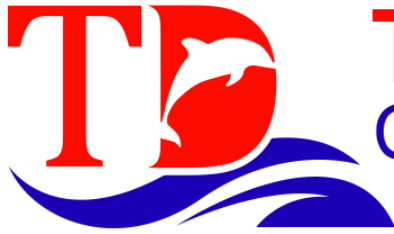
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Sort code: 40-34-10

Account Number: 71270532

Please ensure you put **TDLC & 'club name'** as the reference, for individuals please put **TDLC & 'swimmers name'** as reference.

Please e-mail completed summary form, Hy-Tek files and reports (fees and event entries) to competition@torfaendolphins.com



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Coach / Chaperone Pass
Please complete in block capitals.

<p>Full Name</p> <p>Name of Club</p> <p>Position (e.g Club Coach)</p> <p>Address.....</p> <p>.....</p> <p>Postcode</p> <p>Telephone Number</p> <p>WASA/ASA Affiliation Number</p> <p>DBS Number</p>

Please enclose a cheque for **£10** made payable to ‘Torfaen Dolphins’ for EACH pass required. The pass includes refreshments. Passes will not be available to be purchased on the day they must be purchased beforehand. There will be No access to the changing village or poolside without a coach pass.

Please include a passport size photo for each coach/chaperone pass
All completed forms to be returned to: competition@torfaendolphins.com