Swim Wales Regional Long Course Championships 2024 – West

Friday 9th (Evening) – Sunday 11th February 2024
License No: 1WL240022

at

Wales National Pool, Swansea. SA2 8QG

Meet Information Pack

CLOSING DATE:
Saturday, 20th January at 12:00 Noon

#SWRRS

Meet Summary

The Swim Wales Regional Long Course Championships is a closed event and is aimed at developing Welsh swimmers offering an opportunity to compete regionally.

Event webpage:

https://www.swimwales.org/shop/events/swim-wales-regional-racing-series-lc-west/

License number: 1WL240022

Venue: Wales National Pool, Sketty Lane, Swansea. SA2 8QG

Please use the following web link for all information relating to the venue:

https://www.swanseabaysportspark.wales/

1. Meet conditions

1.1 This event will be swum under the World Aquatics and will all be Heat Declared Winner (HDW).
1.2 **Age groups** for the **individual** are 11-12, 13-14, 15-16, 17+ years.
1.3 **Age groups** for the **relays** are 11-12, 13-14, 15-16, 17+ years.
1.4 **Heats** will be swum seeded by time regardless of age.

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.

Participation of Russian and Belarussian sportspeople

In circumstances where swimmers have a registered World Aquatics sport nationality as Russia or Belarus, athletes will be permitted to participate provided that that, Swim Wales as the meet organiser, has written confirmation from the athlete that:

a. They are not doing so as a representative of the Russian or Belarussian state; i.e. they are competing as a neutral, or under an alternative passport/dual nationality; and

b. They are not in receipt of funding aligned to the Russian or Belarussian state, including sponsorship from companies operated or controlled by persons with strong links to the Russian state; and

c. They have not, and do not intend to, express support for the invasion of Ukraine, the Russian or Belarussian regimes, or their leadership in any way as part of their participation in the event.

2. Entry Conditions

2.1 This is a closed Swim Wales event. Entries will be accepted from active Swim Wales club members.

2.2 Competitors can only compete for one club for the duration of the competition.

2.3 Competitors must hold either primary or multi club registration Swim Wales membership within the West Wales Region.

2.4 Competitors who compete in Swim England County Championships (or another home nation equivalent events) will not be accepted to swim in the following Swim Wales regional based competitions within the season.;

2.4.1 Swim Wales Regional Short Course Championships

2.4.2 Swim Wales Regional Racing Series

2.5 All decisions made by the regional event management will be final and binding.

2.6 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.

2.7 In the event of over subscription scratches will be made at the discretion of regional event management and will be based on entry times (with the slowest swimmers being scratched first). Refunds for scratched entries and purchased spectator tickets will be processed.

2.8 Entries are not confirmed until published, 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.

2.8.1 Refunds will only be given for entry fees, spectator tickets and poolside passes.

2.9 **Both qualifying and consideration standards will be used for this meet and these are included in this meet pack.**

Additionally, there will be qualifying and consideration standards for para competitors/competitors with a registered disability that will be used for this meet. PLEASE SEE SEPARATE DOCUMENT "Para Short Course Qualification Standards.XLXS" AS PROVIDED BY SWIM WALES.

2.9.1 Entry times can be submitted individually or via a bulk club entry. The event management reserve the right to request validation of any stated submitted entry times. Please state if you are entering any para swimmers

2.9.2 Times will be considered from level 1, 2 and 3 licensed competitions.

2.9.3 Times will be taken at the point of entry and will not be updated, amended or refunded (unless medical) after entry is submitted.

2.9.4 We do not accept split, relay times or 'no time (NT)' entries.

2.9.5 50m pool times or conversions to 50m pool times will be accepted for this meet; (be that an actual 50m achieved time or a 25m conversion to a 50m time) will be taken The time converter used in the entry system that is publicly available for use can be found here: https://www.swimmingresults.org/downloads/equivalent-time/

2.9.6 All times will be accepted from the **1st January 2023.**

2.10 All competitors must have equaled or bettered the published qualifying standards or consideration standards in a designated or licensed meet (Swim Wales, Swim England, Scottish Swimming and British Swimming).

2.11 It is the competitors responsibility to check the draft entry list and inform the regional event management (robwilliams1145@gmail.com) of discrepancies or errors. This must be raised within 48 hours of the confirmed entry list being published.

2.12 Entries: Please see details of entry process and method of payment on the following page.

2.13 **Entries will close on Saturday 20th January at 12.00 Noon.**

2.14 Electronic individual event entry via club cost: £10.00. Paper entry £11.50

2.15 Age of competitors will be taken as 31st December 2024.

2.16 Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach). Swimmers who have not attained the standard of the Competitive Start Award must lower themselves into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.

2.17 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.

2.18 **Relays:**

Clubs may enter 1xA and 1xB relay teams per event, but competitors are only allowed to compete in either team A or team B.

1.1.1 **Relay event entry cost: £12.50.**

1.1.2 Relays are entered via your clubs entry file.

1.1.3 Relay forms, specifying the competitor's information, must be submitted to the timing management team control room 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.

1.1.4 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.

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

Entries

Where possible, entries should be made via clubs ONLY and should be sent electronically using Hy-Tek Team Manager or Swim Manager. The events file for use with TM and SM will be available from both the Swim Wales website and on the West Wales site at:

www.westwalesswim.org.uk

Electronic entries should be emailed to:

robwilliams1145@gmail.com

Payment summary sheets, etc should also be emailed to: robwilliams1145@gmail.com.

Entry fees may be paid by BACS and this is the preferred method:

Name: Swim Wales W Wales Reg
Account No: 02737594
Sort Code: 30-92-49

Reference: Please use **"WWLC23"** followed by your four digit team code. e.g for Llanelli the reference would be "WWLC23LLLY", for Swansea Aquatics it would be "WWLC23SWAY", etc

Please confirm payment by email to swimwales-finance@swimming.org plus a copy to robwilliams1145@gmail.com using the above reference and stating amount paid and date of payment to Swim Wales

Alternatively, fees may be paid by a single club cheque to cover all entries and coach/chaperone poolside passes. Cheques should be payable to "Swim Wales Ltd - West Wales Region" and sent to Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.

Please note that entries will be refused if:

- they are received without the relevant fee being paid
- they are completed incorrectly (Membership number must be included)
- they are received after the closing date of Saturday, 20th January at 12:00 Noon
- submitted entry times are slower than the consideration times or if a time of NT is submitted. Please note that in both of these situations NO entry fees will be refunded.

A random selection of submitted times will also be checked against the ASA Rankings Database. Entry times which cannot be confirmed in the database will be refused and NO entry fees will be refunded.

3. Medals

3.1 Medals will be awarded to first, second and third place in individual events (HDW) in the following age groups: 11-12, 13-14, 15-16 and 17+ years.

3.2 Medals will be awarded to first, second and third place in relay events (HDW) in the following age groups: 11-12, 13-14, 15-16 and 17+ years.

3.3 Para Swimming medals;

- 3.3.1 Para competitors can win medals based on outright performance.
- 3.3.2 There will be a para swimming points leader board published throughout the event showing all para competitor results based on British Para Swimming points.
- 3.3.3 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) in each age group band (same age group bands as above) on a multi class, multi event basis.

4. Withdrawals & Refunds

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, **Monday 5th February**.

To do this, please contact robwilliams1145@gmail.com 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.

5. Marshalling

5.1 Competitors must report to poolside marshalling located adjacent to the changing village entrance.

5.2 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.

5.3 Marshals are in place to guide competitors only, and are not responsible for ensuring competitors swim their race(s).

6. Poolside Passes

6.1 Cost £15 per application for a weekend pass and £7.50 for a day pass (both include the Friday session)**.**

6.2 Applications will be available to access on the event webpage/events portal in the Swim Wales Just Go membership system on **Monday, 22nd January at 10.00am.**

6.3 Applications must be submitted and paid in full.

6.4 Applicants must have a **valid DBS uploaded onto their Just Go account and an active membership**.

6.5 Late submissions (**applications submitted after Midnight on Monday 5th February**) will result in an additional £5 administration charge.

6.6 Passes include full event access, event accreditation, seeded finals sheets and refreshments.

6.7 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.

Seeded heat sheets will also be available for download from the West Wales website at:

https://www.westwalesswim.org.uk/regionals-lc-championships-2024/

Seeded sheets will NOT be available to collect with your poolside passes.

6.8 Poolside passes are intended for use for the named individual only and are not transferable; misuse may result in removal of your pass.

7. Spectator Admission Tickets

7.1 Access to purchase spectator tickets will be available from **Monday 22nd January at 10:00am** via the event webpage.

7.2 Ticket costs:

- 7.2.1 Adults (aged 18+ years) - £4 per session
- 7.2.2 Children (aged 5 – 17 years) & Concessions (60 years and over) - £3 per session
- 7.2.3 Adults (aged 18+ years) - £7.50 per day
- 7.2.4 Children (aged 5 – 17 years) & Concessions (60 years and over) - £5 per day.
- 7.2.5 Family package for 4 people (must be at least 2 adults with any combination of other adults/children/concessions for the other 2 tickets) - £22.50 per day
- 7.2.6 Adults (aged 18+) - £12 Weekend
- 7.2.7 Children (5-17 years) & Concessions (60 years and over) - £8 Weekend.
- 7.2.8 Family package for 4 people (must be at least 2 adults with any combination of other adults/children/concessions for the other 2 tickets) - £35 weekend
- 7.2.9 Children (under 5 years) – FREE

7.3 Spectators may be restricted due to site capacity and safety mitigations.

7.4 Full information and access to seeded heat sheets will be available for FREE and accessed via the dedicated/relevant event webpage.

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 an 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 West Regional Championships to Kelly Stokes using the email address: **westwalesregionalswimming@gmail.com**

We will continue to use 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. An ANPR camera system will be in place for the duration of the competition. 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.

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.

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 pool lifeguards

- If you see something that could cause an accident, please alert the leisure centre 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 #SWRRS @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 behaviour 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.

Swim Wales Regional Long Course Championships 2024: Event Schedule

Friday evening

Session 1 Warmup: TBC Start: TBC

111	M 50m Butterfly
112	F 1500m Freestyle
113	M 50m Backstroke
114	F 50m Butterfly
115	M 1500m Freestyle
116	F 50m Backstroke

Saturday

Session 2 Warmup: TBC Start: TBC

211	M 200m IM
212	F 400m IM
213	M 100m Breaststroke
214	F 200m Backstroke
215	M 50m Freestyle
216	F 11/12 4 x 200m Freestyle Relay
217	F 13/14 4 x 200m Freestyle Relay
218	F 15/16 4 x 200m Freestyle Relay
219	F 17/Ov 4 x 200m Freestyle Relay

Session 3 Warmup: TBC Start: TBC

221	M 100m Backstroke
222	F 800m Free
223	M 100m Freestyle
224	F 200m Breaststroke
225	M 11/12 4 x 100m Freestyle Relay
226	M 13/14 4 x 100m Freestyle Relay
227	M 15/16 4 x 100m Freestyle Relay
228	M 17/Ov 4 x 100m Freestyle Relay

Session 4 Warmup: TBC Start: TBC

231	F 50m Breaststroke
232	M 200m Butterfly
233	F 100m Butterfly
234	M 400m Freestyle
235	F 200m Freestyle
236	M 11/12 4 x 100m Medley Relay
237	M 13/14 4 x 100m Medley Relay
238	M 15/164 x 100m Medley Relay
239	M 17/Ov4 x 100m Medley Relay

Sunday

Session 5 Warmup: TBC Start: TBC

311	F 200m IM
312	M 400m IM
313	F 100m Breaststroke
314	M 200m Backstroke
315	F 50m Freestyle
316	M 11/12 4 x 200m Freestyle Relay
317	M 13/14 4 x 200m Freestyle Relay
318	M 15/16 4 x 200m Freestyle Relay
319	M 17/Ov 4 x 200m Freestyle Relay

Session 6 Warmup: TBC Start: TBC

321	F 100m Backstroke
322	M 800m Free
323	F 100m Freestyle
324	M 200m Breaststroke
325	F 11/12 4 x 100m Freestyle Relay
326	F 13/14 4 x 100m Freestyle Relay
327	F 15/16 4 x 100m Freestyle Relay
328	F 17/Ov 4 x 100m Freestyle Relay

Session 7 Warmup: TBC Start: TBC

331	M 50m Breaststroke
332	F 200m Butterfly
333	M 100m Butterfly
334	F 400m Freestyle
335	M 200m Freestyle
336	F 11/12 4 x 100m Medley Relay
337	F 13/14 4 x 100m Medley Relay
338	F 15/16 4 x 100m Medley Relay
339	F 17/Ov 4 x 100m Medley Relay

Swim Wales Regional Long Course Championships
Short Course **Qualification** Standards
Age as of 31st December in year of competition

MALE								FEMALE						
11	**12**	**13**	**14**	**15**	**16**	**17+**	**EVENT**	**11**	**12**	**13**	**14**	**15**	**16**	**17+**
00:38.8	00:37.0	00:35.1	00:32.7	00:31.1	00:30.1	00:29.4	**50m Free**	00:39.7	00:37.8	00:36.7	00:34.3	00:33.1	00:32.1	00:31.5
01:24.0	01:20.0	01:14.8	01:10.2	01:06.1	01:04.6	01:02.6	**100m Free**	01:25.6	01:21.5	01:18.9	01:13.9	01:11.2	01:09.3	01:08.1
03:03.5	02:54.8	02:45.5	02:35.4	02:26.7	02:23.0	02:19.3	**200m Free**	03:05.3	02:56.4	02:50.8	02:40.3	02:34.7	02:29.5	02:26.9
06:25.1	06:06.7	05:48.8	05:26.9	05:09.4	05:00.6	04:52.3	**400m Free**	06:29.4	06:10.8	05:59.0	05:37.2	05:26.8	05:15.9	05:10.4
13:17.8	12:39.8	11:59.8	11:12.7	10:34.8	10:17.9	10:00.5	**800m Free**	13:35.2	12:56.4	12:30.5	11:48.1	11:25.0	11:05.5	10:53.7
23:15.7	23:15.7	23:15.7	21:51.6	20:37.8	20:05.6	19:32.4	**1500m Free**	23:20.2	23:20.2	23:20.2	22:18.8	21:28.0	20:50.9	20:27.5
00:50.5	00:48.1	00:45.4	00:41.9	00:39.3	00:38.3	00:37.2	**50m Breast**	00:51.5	00:49.1	00:47.6	00:44.6	00:43.0	00:41.7	00:41.0
01:49.6	01:44.4	01:38.8	01:30.9	01:25.7	01:23.4	01:21.0	**100m Breast**	01:53.3	01:47.9	01:43.2	01:36.5	01:33.4	01:29.9	01:28.8
03:56.5	03:45.3	03:32.2	03:18.7	03:08.2	03:02.1	02:57.2	**200m Breast**	04:01.3	03:49.8	03:41.8	03:29.4	03:23.0	03:16.4	03:12.9
00:43.7	00:41.6	00:39.3	00:35.7	00:33.9	00:32.9	00:31.9	**50m Fly**	00:44.5	00:42.4	00:40.9	00:37.6	00:36.3	00:35.4	00:34.7
01:36.0	01:31.4	01:24.8	01:18.8	01:14.7	01:12.1	01:10.1	**100m Fly**	01:39.4	01:34.7	01:30.9	01:24.5	01:21.8	01:18.8	01:17.3
03:30.9	03:20.9	03:09.2	02:54.4	02:45.9	02:39.3	02:35.1	**200m Fly**	03:37.3	03:26.9	03:17.2	03:04.7	02:58.7	02:52.5	02:49.3
00:45.0	00:42.9	00:40.9	00:37.4	00:35.0	00:34.3	00:33.4	**50m Back**	00:46.8	00:44.6	00:42.7	00:39.8	00:38.3	00:37.1	00:36.2
01:36.8	01:32.2	01:26.9	01:19.7	01:15.5	01:13.0	01:11.1	**100m Back**	01:38.4	01:33.7	01:30.5	01:24.7	01:22.1	01:19.4	01:18.1
03:26.6	03:16.8	03:05.7	02:53.5	02:44.1	02:40.2	02:35.7	**200m Back**	03:33.2	03:23.1	03:15.9	03:02.8	02:56.2	02:50.4	02:47.4
03:32.3	03:22.2	03:10.3	02:58.2	02:49.0	02:44.1	02:39.8	**200m IM**	03:36.0	03:25.7	03:18.2	03:08.2	03:01.9	02:56.0	02:52.9
07:28.0	07:06.7	06:42.5	06:18.6	05:57.2	05:47.1	05:38.7	**400m IM**	07:30.7	07:09.2	06:54.4	06:34.7	06:23.1	06:09.7	06:03.3

Swim Wales Regional Long Course Championships

Long Course **Consideration** Standards

Age as of 31st December in year of competition

MALE								FEMALE						
11	**12**	**13**	**14**	**15**	**16**	**17+**	**EVENT**	**11**	**12**	**13**	**14**	**15**	**16**	**17+**
00:43.08	00:41.03	00:38.95	00:36.26	00:34.55	00:33.46	00:32.60	**50m Free**	00:44.10	00:42.00	00:40.78	00:38.10	00:36.75	00:35.65	00:34.92
01:33.21	01:28.77	01:23.03	01:17.90	01:13.38	01:11.67	01:09.47	**100m Free**	01:35.00	01:30.48	01:27.55	01:22.05	01:19.00	01:16.92	01:15.58
03:23.72	03:14.02	03:03.76	02:52.53	02:42.88	02:38.73	02:34.58	**200m Free**	03:25.64	03:15.85	03:09.62	02:57.90	02:51.67	02:45.93	02:43.00
07:07.44	06:47.08	06:27.18	06:02.88	05:43.47	05:33.70	05:24.42	**400m Free**	07:12.18	06:51.60	06:38.53	06:14.24	06:02.76	05:50.67	05:44.57
14:45.51	14:03.34	13:19.02	12:26.64	11:44.64	11:25.84	11:06.54	**800m Free**	15:04.87	14:21.78	13:53.09	13:05.96	12:40.32	12:18.71	12:05.64
25:49.20	25:49.20	25:49.20	24:15.92	22:53.99	22:18.22	21:41.34	**1500m Free**	25:54.21	25:54.21	25:54.21	24:46.08	23:49.67	23:08.52	22:42.51
00:56.03	00:53.36	00:50.43	00:46.52	00:43.59	00:42.49	00:41.27	**50m Breast**	00:57.18	00:54.46	00:52.87	00:49.45	00:47.74	00:46.28	00:45.54
02:01.67	01:55.87	01:49.65	01:40.85	01:35.12	01:32.55	01:29.87	**100m Breast**	02:05.77	01:59.78	01:54.53	01:47.08	01:43.66	01:39.76	01:38.53
04:22.56	04:10.06	03:55.53	03:40.51	03:28.91	03:22.08	03:16.70	**200m Breast**	04:27.82	04:15.07	04:06.15	03:52.48	03:45.27	03:37.95	03:34.16
00:48.46	00:46.15	00:43.59	00:39.68	00:37.61	00:36.51	00:35.41	**50m Fly**	00:49.36	00:47.01	00:45.42	00:41.76	00:40.29	00:39.32	00:38.46
01:46.54	01:41.47	01:34.14	01:27.42	01:22.91	01:19.98	01:17.78	**100m Fly**	01:50.38	01:45.13	01:40.85	01:33.77	01:30.84	01:27.42	01:25.84
03:54.10	03:42.95	03:30.01	03:13.53	03:04.13	02:56.80	02:52.16	**200m Fly**	04:01.15	03:49.67	03:38.93	03:25.01	03:18.41	03:11.45	03:07.91
00:50.00	00:47.62	00:45.42	00:41.51	00:38.83	00:38.10	00:37.12	**50m Back**	00:51.92	00:49.45	00:47.37	00:44.20	00:42.49	00:41.15	00:40.17
01:47.44	01:42.32	01:36.46	01:28.52	01:23.76	01:21.07	01:18.88	**100m Back**	01:49.23	01:44.03	01:40.49	01:34.02	01:31.09	01:28.16	01:26.69
03:49.36	03:38.44	03:26.10	03:12.55	03:02.17	02:57.78	02:52.77	**200m Back**	03:56.67	03:45.40	03:37.46	03:22.93	03:15.60	03:09.13	03:05.84
03:55.64	03:44.42	03:31.23	03:17.80	03:07.55	03:02.17	02:57.41	**200m IM**	03:59.74	03:48.33	03:40.02	03:28.91	03:21.95	03:15.36	03:11.94
08:17.31	07:53.63	07:26.76	07:00.27	06:36.46	06:25.23	06:15.95	**400m IM**	08:20.26	07:56.43	07:39.95	07:18.09	07:05.27	06:50.38	06:43.30

ENTRY FORM FOR PAPER ENTRIES

Last Name:…….. First Name:…….. Club Name:……

Age (31/12/2024): ..... Date of Birth: D D / M M / Y Y Y Y Male/Female:…….

Address: ……

……..

Post Code:…… Tel No:……

Swim Wales Membership Number:……

Email:……

Both long course and short course times are accepted for entry in this meet. Please tick as appropriate.

EVENT	EVENT NO	ENTRY TIME	SC ✓	LC ✓	EVENT	EVENT NO	ENTRY TIME	SC ✓	LC ✓
					50 Breast				
50 Free					100 Breast				
100 Free					200 Breast				
200 Free									
400 Free					50 Fly				
800 Free					100 Fly				
1500 Free					200 Fly				
50 Back					200 IM				
100 Back					400 IM				
200 Back									

Total number of swims ……@ £10.00 (via club) or £11.50 (paper entry). Total Payable £…….

I declare that the above information is correct and agree to abide by the Meet conditions.

I also confirm that the above competitor has achieved the ASA Competitive Start Award

Signature of Competitor/Parent/Coach:…… Date:……

Closing Date: Saturday, 20th January at 12:00 Noon

West Wales Region

Relay Team Registration

Event No:		Club:		Team (A/B)	

☐ Medley or ☐ Freestyle

☐ GIRLS or ☐ BOYS or ☐ MIXED

☐ 11/12 ☐ 13/14 ☐ 15/16 ☐ 17/Ov

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

	Name	Swim Wales ID Number	Date of Birth
1.			
2.			
3.			
4.			

West Wales Region

Relay Team Registration

Event No:		Club:		Team (A/B)	

☐ Medley or ☐ Freestyle

☐ GIRLS or ☐ BOYS or ☐ MIXED

☐ 11/12 ☐ 13/14 ☐ 15/16 ☐ 17/Ov

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

	Name	Swim Wales ID Number	Date of Birth
1.			
2.			
3.			
4.			

Payment Summary Sheet

Please return this form electronically to robwilliams1145@gmail.com together with:

1. Hy-Tek entry file
2. Cheque/s made payable to ***"Swim Wales Ltd – West Wales Region"*** or payment made via BACS

Club			
Name			
Address			
Post Code		Tel No	
Email			
Position in Club			

Summary

	Number		
Total Individual Electronic Entries		@ £10.00	£
Total Paper Entries (Individual)		@ £11.50	£
Relay Entries		@ £12.50	£
Swim Wales Head Coach Pass		Please indicate attendance	No Charge
Total Coaches Passes (per weekend)		Numbers for catering	
Total Chaperone Passes (per weekend)		Numbers for catering	
Please see Page 5 of this document for BACS payment details, etc.		**Total:**	£

I confirm all swimmers are current members of Swim Wales and have paid the appropriate membership fee.

I declare that only our team members who have reached the standard of the ASA 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 West Wales Region Meet Management Committee for this event**.**

Signature …….. Date: ……

Closing Date: Saturday 20th January at 12:00 Noon