



**City of Cardiff Swimming Club**  
**Clwb Nofio Dinas Caerdydd**



**WELSH CAPITAL OPEN MEET 2017**

**CITY OF CARDIFF SWIMMING CLUB**  
**LONG COURSE LEVEL 1 MEET**



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**Licence Number: 1WL171071**  
**IPC registered & approved**  
**(Under FINA Technical Rules & Swim Wales Laws)**

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**Friday 3 Saturday 4 Sunday 5**  
**November 2017**

**Cardiff International Pool**  
**Event Information and Entry Forms**

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cardiff international pool  
pwll rhyngwladol caerdydd



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

# CITY OF CARDIFF SWIMMING CLUB

## 10<sup>th</sup> WELSH CAPITAL OPEN MEET 2017

LICENCE NUMBER 1WL171071

IPC registered & approved

(Under FINA Technical Rules and Swim Wales Laws)

Friday 3<sup>rd</sup> Saturday 4<sup>th</sup> & Sunday 5<sup>th</sup> November 2017

This is a Level 1 Licenced LONG COURSE Meet enabling qualification to Regional Championships & Commonwealth Games

**Only electronic entries will be accepted for this meet**

<b>VENUE</b>	Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS		
<b>POOL</b>	10 Lane – 50m pool – electronic timing – with anti-turbulence lane ropes		
<b>AGE GROUPS</b>	OPEN	Male & Female and Para Swimmers	
	Male	9/10yrs, 11/12yrs, 13/14yrs, 15yrs, 16yrs	
	Female	9/10yrs, 11/12yrs, 13/14yrs, 15yrs, 16yrs	
	Minimum age for entry is 9 years		
<b>AGE AT DATE</b>	<b>5 November 2017</b>		

EVENTS	Heats & Finals	Open	HDW Age Groups
50m	Backstroke Breaststroke Butterfly Freestyle		- Open & Age Groups
100m	Backstroke Breaststroke Butterfly Freestyle		- Open & Age Groups
200m	Backstroke Breaststroke Butterfly Freestyle		- Open & Age Groups
200m	Individual Medley		- Open & Age Groups
HDW 400m	Freestyle		- Open & Age Groups
HDW 400m	Individual Medley	- male	- Open & 13/14yrs, 15yrs, 16yrs
		- female	- Open & 13/14yrs, 15yrs, 16yrs
HDW 800m	Freestyle	- female	- Open & 13/14yrs, 15yrs, 16yrs
HDW 1500m	Freestyle	- male	- Open & 13/14yrs, 15yrs, 16yrs

### SWIM WALES “MISSION STATEMENT”

“Every Swimmer must have the opportunity to swim in appropriate, quality competition to enable them to meet their true potential.”



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### PROMOTER'S CONDITIONS

#### AWARDS

Medals will be given to the first 3 places after the heats & finals in the Open category and will be awarded to the first 3 places in the age group HDW events. The top 3 male & top 3 female MC swimmers, placed in accordance with British Disability Points in each event will be awarded medals.

Additional awards will be made to the Top Male, Top Female and Top Visiting Club, based upon accumulated points.

Prize money of £50:00 (which will be sent to respective clubs after the Meet via BACS payment) will be awarded to the winners in each of the Finals.

Competitors will only receive an award if they have achieved the qualifying standard. Swimmers must ensure that they are suitably clothed (t shirt and shorts) when receiving awards.

#### ENTRIES

Qualifying times will be applied to the Open events and qualifying & consideration times will be applied to the age group events. All entry times must be faster than the QT or CT depending on which part of the meet is being entered. Entry Times outside these limits, and entries with 'No Time' submitted will be rejected.

Swimmers eligible to swim in an age group HDW event may elect to compete in the equivalent open heats/finals event instead. Swimmers may choose to swim in the open event for some events AND swim as an age group swimmer in other events. This must be decided at time of entry and indicated clearly on the entry file.

Entry Times must have been obtained at a licenced meet, and random checks will be made against the ASA Online Rankings Database. City of Cardiff Swimming Club may request validation of any stated entry time. **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.

The electronic event entry file can be obtained from the Welsh Capital Open Meet page on our website: [www.cardiffswimming.co.uk](http://www.cardiffswimming.co.uk)

Email any electronic entries/enquiries to [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

Instructions for Team Manager Lite application can be downloaded free of charge from [www.hy-tek.com/downloads](http://www.hy-tek.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 via BACS transfer, to cover all swimmers and coach passes.

Cheques are to be made payable to City of Cardiff Swimming Club. BACS details are available upon request.

Electronic entries will be acknowledged with receipt confirmation. No entries will



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## Clwb Nofio Dinas Caerdydd

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 and/or received without the relevant fee
- ❖ Outside the consideration entry times or entry submitted with No Time
- ❖ Improved entries
- ❖ Received after the closing date Wednesday 4<sup>th</sup> October 2017 at 20:00

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### **NO LATE ENTRIES WILL BE ACCEPTED AND THERE WILL BE NO ENTRIES ON THE DAY**

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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.

City of Cardiff Swimming Club reserve the right to return entries if the meet is oversubscribed. In this case, the slowest entry times in each open & age group will be rejected and swimmers will be scratched at the promoter's discretion.

City of Cardiff Swimming Club reserves the right to cancel the event if the meet is under subscribed.

City of Cardiff Swimming Club reserves the right to move or cancel specific events (as a last resort) if the meet is oversubscribed in order to comply with timing requirements set out by Meet Licensing.

**No refunds will be made for withdrawals after the closing date of Wednesday 4<sup>th</sup> October 2017 at 20:00 other than on medical grounds.** A medical note must be provided on or before 30 November 2017.

## **PARA SWIMMING**

The sport of Swimming for athletes with impairment is governed by the IPC, and co-ordinated by the World Para Swimming Technical Committee, using the International Swimming Federation's (FINA) modified rules.

*"It is important that within the competitive programme, individuals are able to compete in events which are appropriate to their stage of development and talents".*

Entry will only be accepted from classified swimmers with British/IPC classification. Swimmers without a classification will not be able to compete. Swimmers are allocated Exception Codes, which prevent them from being disqualified for rule infringement due to the nature of their impairment.

The Meet Organizers will be responsible for having up to date information about each swimmer at entry and will provide this to the meet referee prior to the commencement of the Meet. In order to comply with this, we will confirm the information to swimmers and request that they/Clubs confirm it is correct and up to date.

Swimmers must have times recorded on British Ranking per event and have



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obtained the para swimmer consideration standards in the designated events set out in this meet pack. For the events not listed in these Standards, then the QT/CT times apply.

Para swimmers will be integrated into events in accordance with their entry time.

### ENTRY PRICING

£7.25 per event

### CLOSING DATE

Wednesday 4<sup>th</sup> October 2017 at 20:00 (No late entries will be accepted)

### SPECTATOR ENTRY

£12.50 for a whole meet pass  
£6.50 for a day pass and £3.50 per session.  
Meet Programme £2.50

### SEEDING

#### HDW Heats

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

#### Preliminary Heats & Finals in OPEN category

In the heats, all ages will swim together seeded by time, with the top 10 swimmers going forward to the evening finals.

Any slower open swimmers who cannot be accommodated into the number of heats set out in the Programme of Events, will swim in the HDW Age Group events in the middle sessions.

Finalists shall be allocated lanes using the spearhead principle from the results of the heats.

#### Withdrawals are required for all final events.

Withdrawals from finals including reserves must be made at the withdrawal desk (located outside the Meet Office) within 15 minutes of the last swim of the heat session.

A list of confirmed finalists will be available 30 minutes after the closure of the withdrawal desk. There will be no alternates once the finalists have been posted.

### WITHDRAWALS

All withdrawals must be notified via email [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk) before the commencement of the meet.

During the gala, all withdrawals must be notified in writing to the meet office by no later than 5:00pm on the day before competition.

No refunds will be made for withdrawals other than on medical grounds. A medical note must be provided on or before 30 November 2017.

### SESSION TIMES

Session timing 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.

### SIGNING IN SHEETS

**Sign in sheets will be used for 800m and 1500m events. Swimmers must sign in to confirm that they are swimming, before the start of warm up in Session 1.**



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**FOR THE AVOIDANCE OF DOUBT THIS MEANS BEFORE the start of the warm up on Friday.** Failure to do so will mean the swimmer is removed from the event and their entry fee is forfeited. **A £15 FINE will be imposed to any signed in swimmer if they are a No Show**

**SIGN IN SHEETS WILL ALSO BE USED FOR ALL events in S3 & S6.** Swimmers must sign in to confirm that they are swimming **BEFORE the START of the respective session WARM UP.**

### STARTS ELECTRONICS

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

### PROGRAMME OF EVENTS

#### SESSION 1 FRIDAY WARM UP TBC      SESSION START TBC

101 HDW	Female	800m	Freestyle
102 HDW	Male	1500m	Freestyle

There will be up to 4 heats in each morning session in the OPEN category for the fastest seeded swimmers entered and the 10 fastest will progress to the finals. Any OPEN swimmer who cannot be accommodated in these heats will be placed in the HDW events

HDW events are for any remaining open swimmers + Age Groups,

#### SESSION TWO SATURDAY (OPEN) Warm up & Session Times TBC

#### SESSION FIVE SUNDAY (OPEN) Warm up & Session Times TBC

201 Heat	Female	200m	IM
202 Heat	Male	200m	Freestyle
203 Heat	Female	200m	Breaststroke
204 Heat	Male	100m	Butterfly
205 HDW	Female	400m	Freestyle
206 HDW	Male	400m	IM
207 Heat	Female	100m	Backstroke
208 Heat	Male	200m	Backstroke
209 Heat	Female	200m	Butterfly
210 Heat	Male	100m	Breaststroke
211 Heat	Female	100m	Freestyle
212 Heat	Male	50m	Backstroke
213 Heat	Female	50m	Butterfly
214 Heat	Male	50m	Freestyle
215 Heat	Female	50m	Breaststroke

501 Heat	Male	200m	IM
502 Heat	Female	200m	Freestyle
503 Heat	Male	200m	Breaststroke
504 Heat	Female	100m	Butterfly
505 HDW	Male	400m	Freestyle
506 HDW	Female	400m	IM
507 Heat	Male	100m	Backstroke
508 Heat	Female	200m	Backstroke
509 Heat	Male	200m	Butterfly
510 Heat	Female	100m	Breaststroke
511 Heat	Male	100m	Freestyle
512 Heat	Female	50m	Backstroke
513 Heat	Male	50m	Butterfly
514 Heat	Female	50m	Freestyle
515 Heat	Male	50m	Breaststroke

#### SESSION THREE SATURDAY (AGE GROUPS) Warm up & Session Times TBC

#### SESSION SIX SUNDAY (AGE GROUPS) Warm up & Session Times TBC

301 HDW	Female	200m	IM
302 HDW	Male	200m	Freestyle
303 HDW	Female	200m	Breaststroke
304 HDW	Male	100m	Butterfly
305 HDW	Female	400m	Freestyle
306 HDW	Male	400m	IM
307 HDW	Female	100m	Backstroke
308 HDW	Male	200m	Backstroke
309 HDW	Female	200m	Butterfly
310 HDW	Male	100m	Breaststroke
311 HDW	Female	100m	Freestyle
312 HDW	Male	50m	Backstroke
313 HDW	Female	50m	Butterfly
314 HDW	Male	50m	Freestyle
315 HDW	Female	50m	Breaststroke

601 HDW	Male	200m	IM
602 HDW	Female	200m	Freestyle
603 HDW	Male	200m	Breaststroke
604 HDW	Female	100m	Butterfly
605 HDW	Male	400m	Freestyle
606 HDW	Female	400m	IM
607 HDW	Male	100m	Backstroke
608 HDW	Female	200m	Backstroke
609 HDW	Male	200m	Butterfly
610 HDW	Female	100m	Breaststroke
611 HDW	Male	100m	Freestyle
612 HDW	Female	50m	Backstroke
613 HDW	Male	50m	Butterfly
614 HDW	Female	50m	Freestyle
615 HDW	Male	50m	Breaststroke



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SESSION FOUR SATURDAY			SESSION SEVEN SUNDAY		
FINALS	Warm up & Session Times TBC		FINALS	Warm up & Session Times TBC	
401 FINAL	Female	200m IM	701 FINAL	Male	200m IM
402 FINAL	Male	200m Freestyle	702 FINAL	Female	200m Freestyle
403 FINAL	Female	200m Breaststroke	703 FINAL	Male	200m Breaststroke
404 FINAL	Male	100m Butterfly	704 FINAL	Female	100m Butterfly
407 FINAL	Female	100m Backstroke	707 FINAL	Male	100m Backstroke
408 FINAL	Male	200m Backstroke	708 FINAL	Female	200m Backstroke
409 FINAL	Female	200m Butterfly	709 FINAL	Male	200m Butterfly
410 FINAL	Male	100m Breaststroke	710 FINAL	Female	100m Breaststroke
411 FINAL	Female	100m Freestyle	711 FINAL	Male	100m Freestyle
412 FINAL	Male	50m Backstroke	712 FINAL	Female	50m Backstroke
413 FINAL	Female	50m Butterfly	713 FINAL	Male	50m Butterfly
414 FINAL	Male	50m Freestyle	714 FINAL	Female	50m Freestyle
415 FINAL	Female	50m Breaststroke	715 FINAL	Male	50m Breaststroke

### WARM DOWN POOL

There may be a warm down pool available in the morning sessions of the meet for swimmers to use after their events. Timings will be confirmed with Parkwood.

### MEET RESULTS

City of Cardiff Swimming Club will be running a live results service throughout the meet, and live results will also be available on Hy-Tek's 'Meet Mobile' app, for iPhone and iPad. Please note that Hy-tek are now charging for Results.

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

For clubs using Hy-Tek, a complete electronic copy of the Meet results can be obtained following the Meet. For all other clubs a PDF copy of the Meet results can be obtained following the Meet. Any Clubs wishing to use this service should provide their e-mail details to the Meet Office during or prior to the Meet.

### OFFICIALS

Visiting clubs bringing a team of 10 or more swimmers are requested to provide at least one qualified official per session and their details (together with their qualification) are to be forwarded with the entry information. Meals and refreshments will be provided.

### POOLSIDE PASSES

These are required for all coaches, chaperones & team managers who require access poolside. A maximum of 5 "Club Staff" will be permitted poolside.

Passes must be purchased in advance of the Meet and will be required to be worn at all times to gain access to and whilst on poolside.

£20.00 per poolside pass.  
(Para swimmers' personal care attendants will receive one free Pass.)

Passes will only be issued on receipt of Swim Wales/ASA registration number, a DBS number and a passport photo. All coaches, chaperones and team managers must conform to the ASA child protection procedures and complete the form in the Meet Pack

Swim Wales passes may be used for identification. However, a poolside pass must still be purchased.

**THERE IS NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS.**

**PASSES MUST BE PURCHASED IN ADVANCE, NOT ON THE DAY.**



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### 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).

City of Cardiff Swimming Club 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.





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### 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.

### SWIM SHOP

A Swim Shop will be in operation throughout the Meet.

### CAMERA USE & MOBILE PHONES

The use of all photographic equipment/mobile phones are controlled at the 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) at the Meet.

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.

### ACCOMMODATION

A range of hotels which can be booked on line are available in and around Cardiff. To reserve accommodation online visit [www.visitcardiff.com/Accommodation-in-Cardiff](http://www.visitcardiff.com/Accommodation-in-Cardiff)

### GENERAL

Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Referees 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 Parkwood staff over the gala event with no action required other than to follow the 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 Parkwood 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 Parkwood staff immediately

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



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## Welsh Capital Open Meet 2017

Cardiff International Pool, Cardiff

3 4 5 November 2017

LICENCE NUMBER 1WL171071

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(Under FINA Technical Rules and Swim Wales Laws)

### LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

		FEMALE								
AGE		9	10	11	12	13	14	15	16	OPEN
50m Freestyle	QT	42.80	39.80	37.30	35.40	34.00	32.90	32.20	31.90	30.50
	CT	44.80	41.80	39.30	37.40	36.00	34.90	34.20	33.90	
100m Freestyle	QT	1:38.30	1:26.20	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80	1:07.30
	CT	1:42.30	1:30.20	1:23.30	1:19.20	1:16.70	1:14.70	1:13.60	1:12.80	
200m Freestyle	QT	3:29.10	3:04.40	2:51.30	2:42.50	2:36.20	2:32.10	2:29.10	2:27.50	2:25.80
	CT	3:35.10	3:10.40	2:57.30	2:48.50	2:42.20	2:38.10	2:35.10	2:33.50	
400m Freestyle	QT	7:20.70	6:27.40	5:56.40	5:38.80	5:26.30	5:18.00	5:12.80	5:09.20	5:06.30
	CT	7:28.70	6:35.40	6:04.40	5:46.80	5:34.30	5:26.00	5:20.80	5:17.20	
800m Freestyle	QT					11:10.80	10:56.00	10:45.50	10:36.00	10:48.00
	CT					11:26.80	11:12.00	11:01.50	10:52.00	
50m Breaststroke	QT	57.00	51.20	47.80	45.00	43.10	41.50	40.60	40.10	39.50
	CT	59.00	53.20	49.80	47.00	45.10	43.50	42.60	42.10	
100m Breaststroke	QT	2:08.70	1:50.30	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10	1:23.60
	CT	2:12.70	1:54.30	1:45.60	1:39.20	1:34.80	1:32.50	1:31.50	1:30.10	
200m Breaststroke	QT	4:27.30	3:55.50	3:36.60	3:24.90	3:15.50	3:09.50	3:06.70	3:05.80	2:59.80
	CT	4:33.30	4:01.50	3:42.60	3:30.90	3:21.50	3:15.50	3:12.70	3:11.80	
50m Butterfly	QT	48.20	44.00	40.70	38.60	36.70	35.70	34.80	34.20	33.90
	CT	50.20	46.00	42.70	40.60	38.70	37.70	36.80	36.20	
100m Butterfly	QT	1:47.70	1:37.10	1:27.90	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80	1:12.10
	CT	1:51.70	1:41.10	1:31.90	1:26.60	1:23.10	1:21.20	1:19.50	1:18.80	
200m Butterfly	QT	3:56.60	3:34.60	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30	2:38.30
	CT	4:02.60	3:40.60	3:18.60	3:07.70	2:59.50	2:54.00	2:51.70	2:49.30	
50m Backstroke	QT	50.20	46.00	43.10	40.90	39.40	38.00	37.00	36.60	35.70
	CT	52.20	48.00	45.10	42.90	41.40	40.00	39.00	38.60	
100m Backstroke	QT	1:52.00	1:37.50	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10	1:14.60
	CT	1:56.00	1:41.50	1:33.90	1:28.50	1:25.70	1:23.60	1:21.90	1:21.10	
200m Backstroke	QT	3:52.70	3:26.30	3:11.00	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90	2:39.90
	CT	3:58.70	3:32.30	3:17.00	3:06.60	3:00.30	2:55.80	2:51.80	2:49.90	
200m I/M	QT	3:55.20	3:29.60	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90	2:43.70
	CT	4:01.20	3:35.60	3:20.30	3:09.30	3:02.80	2:58.30	2:54.90	2:52.90	
400m I/M	QT					6:10.60	6:02.00	5:55.20	5:50.80	5:43.90
	CT					6:18.60	6:08.00	6:01.20	5:56.80	

QT = Qualification Time

CT = Consideration Time

There will be up to 4 heats in each morning session in the OPEN category for the fastest seeded swimmers entered.  
Any OPEN swimmer who cannot be accommodated in these heats will be placed in the HDW events

HDW events are for any remaining open swimmers + Age Groups,

**Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software.  
The organisers reserve the right to return entries.**



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Cardiff International Pool, Cardiff

3 4 5 November 2017

LICENCE NUMBER 1WL171071

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(Under FINA Technical Rules and Swim Wales Laws)

### LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

		MALE								
AGE		9	10	11	12	13	14	15	16	OPEN
50m Freestyle	QT	42.60	39.00	37.00	34.90	33.00	31.30	29.70	28.70	28.10
	CT	44.60	41.00	39.00	36.90	35.00	33.30	31.70	30.70	
100m Freestyle	QT	1:38.20	1:24.80	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60	59.50
	CT	1:42.20	1:28.80	1:22.80	1:17.70	1:13.80	1:10.90	1:08.40	1:06.60	
200m Freestyle	QT	3:23.40	3:03.60	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30	2:09.50
	CT	3:29.40	3:09.60	2:57.30	2:46.80	2:38.60	2:31.60	2:26.70	2:22.30	
400m Freestyle	QT	7:22.50	6:26.40	5:56.00	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10	4:42.50
	CT	7:30.50	6:34.40	6:04.00	5:46.10	5:29.80	5:15.00	5:05.60	4:57.10	
1500m Freestyle	QT					21:16.60	20:19.00	21:16.60	19:07.70	18:20.00
	CT					21:48.60	20:51.00	21:48.60	19:39.70	
50m Breaststroke	QT	56.80	51.60	48.20	44.60	41.80	39.70	37.80	36.80	34.80
	CT	58.80	53.60	50.20	46.60	43.80	41.70	39.80	38.80	
100m Breaststroke	QT	2:07.70	1:50.70	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:14.80
	CT	2:11.70	1:54.70	1:45.50	1:38.70	1:32.80	1:28.60	1:25.40	1:22.90	
200m Breaststroke	QT	4:20.50	3:57.20	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60	2:42.80
	CT	4:26.50	4:03.20	3:45.10	3:31.20	3:18.50	3:08.50	3:01.40	2:57.60	
50m Butterfly	QT	48.80	43.50	40.80	38.10	35.90	34.00	32.20	31.40	29.80
	CT	50.80	45.50	42.80	40.10	37.90	36.00	34.20	33.40	
100m Butterfly	QT	1:49.40	1:35.80	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80	1:05.00
	CT	1:53.40	1:39.80	1:31.70	1:25.50	1:20.80	1:16.80	1:13.80	1:11.80	
200m Butterfly	QT	4:03.70	3:32.30	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40	2:24.70
	CT	4:09.70	3:38.30	3:18.50	3:05.90	2:55.90	2:46.90	2:40.40	2:36.40	
50m Backstroke	QT	50.30	46.00	43.20	40.50	38.20	36.10	34.50	33.50	31.90
	CT	52.30	48.00	45.20	42.50	40.20	38.20	36.50	35.50	
100m Backstroke	QT	1:49.80	1:36.90	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30	1:07.50
	CT	1:53.80	1:40.90	1:33.80	1:28.10	1:23.20	1:19.00	1:16.20	1:14.30	
200m Backstroke	QT	3:46.70	3:25.80	3:12.00	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40	2:26.70
	CT	3:52.70	3:31.80	3:18.00	3:06.70	2:56.30	2:48.30	2:42.00	2:37.40	
200m I/M	QT	3:52.00	3:29.60	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90	2:28.00
	CT	3:58.00	3:35.60	3:20.30	3:08.80	2:58.70	2:50.80	2:44.40	2:39.90	
400m I/M	QT					6:06.40	5:49.30	6:06.40	5:27.60	5:15.00
	CT					6:12.40	5:55.30	6:12.40	5:34.60	

QT = Qualification Time

CT = Consideration Time

There will be up to 4 heats in each morning session in the OPEN category for the fastest seeded swimmers entered.  
Any OPEN swimmer who cannot be accommodated in these heats will be placed in the HDW events

HDW events are for any remaining open swimmers + Age Groups,

**Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software.  
The organisers reserve the right to return entries.**



**City of Cardiff Swimming Club**

**Clwb Nofio Dinas Caerdydd**

# Welsh Capital Open Meet 2017

Cardiff International Pool, Cardiff

3 4 5 November 2017

LICENCE NUMBER 1WL171071

IPC registered and approved

(Under FINA Technical Rules and Swim Wales Laws)

## PARA SWIMMING CONSIDERATION STANDARDS (BPSIM)

50m Free	M	F	100 Free	M	F	200 Free	M	F
S1	02:10.58	01:57.75	S1	03:46.74	05:49.48	S1	07:11.06	09:16.40
S2	01:24.24	01:39.99	S2	03:27.68	04:47.15	S2	05:13.17	09:44.28
S3	00:59.05	01:05.30	S3	02:33.22	02:12.80	S3	04:44.34	04:56.77
S4	00:55.40	00:56.71	S4	02:00.47	02:18.00	S4	04:17.33	04:44.28
S5	00:47.91	00:52.07	S5	01:46.30	01:54.76	S5	03:44.91	03:59.92
S6	00:41.52	00:48.17	S6	01:32.69	01:44.20	S14	02:43.21	02:55.88
S7	00:39.93	00:46.56	S7	01:26.70	01:41.93			
S8	00:37.34	00:42.74	S8	01:21.38	01:31.22			
S9	00:36.40	00:40.45	S9	01:19.79	01:27.93			
S10	00:32.98	00:38.81	S10	01:12.07	01:25.30			
S11	00:37.13	00:43.16	S11	01:23.27	01:35.63			
S12	00:33.80	00:39.73	S12	01:15.10	01:25.53			
S13	00:33.89	00:39.20	S13	01:14.97	01:24.57			
S14	00:35.56	00:39.96	S14	01:16.71	01:25.53			

50m Back	M	F	100 Back	M	F	400 Free	M	F
S1	01:42.47	03:10.27	S1	03:26.43	06:17.03	S6	07:12.47	07:29.92
S2	01:10.32	01:33.45	S2	02:33.66	03:14.11	S7	06:49.53	07:32.44
S3	01:04.55	01:11.99	S6	01:44.69	02:00.50	S8	06:21.89	06:45.09
S4	01:02.19	01:12.27	S7	01:40.03	01:57.07	S9	06:05.93	06:37.12
S5	00:54.49	01:03.45	S8	01:30.55	01:49.37	S10	05:42.48	06:23.99
			S9	01:30.24	01:38.94	S11	06:33.47	07:33.26
			S10	01:23.12	01:36.50	S12	05:54.38	07:10.70
			S11	01:35.59	01:52.41	S13	05:50.70	06:34.66
			S12	01:25.27	01:40.76	S14	06:03.50	07:01.93
			S13	01:23.37	01:35.90			
			S14	01:27.07	01:32.86			

50m brst	M	F	100 Brst	M	F	200m IM	M	F
S1	04:54.34	03:10.15	S4	02:14.92	02:40.30	S5	05:00.36	05:04.67
S2	01:16.01	02:00.25	S5	02:10.77	02:27.29	S6	03:45.95	04:17.22
S3	01:09.19	01:24.87	S6	01:55.82	02:15.97	S7	03:39.34	04:17.84
			S7	01:52.29	02:10.51	S8	03:17.67	03:49.98
			S8	01:42.98	01:52.84	S9	03:12.81	03:38.76
			S9	01:32.13	01:47.62	S10	03:02.67	03:31.32
			S11	01:42.03	01:59.66	S11	03:26.95	04:00.77
			S12	01:35.63	01:53.75	S12	03:09.15	03:51.20
			S13	01:33.39	01:46.72	S13	03:10.81	03:25.23
			S14	01:34.68	01:48.29	S14	03:06.03	03:25.09

50m Fly	M	F	100m Fly	M	F	NOTE NO PARA SWIMMING CONSIDERATION STANDARDS in 200m Brst 200m back 200m Fly & 400m IM	
S1			S8	01:25.43	01:38.74		
S2	03:21.85	03:15.71	S9	01:23.79	01:36.89		
S3	01:58.87	02:08.37	S10	01:19.10	01:34.47		
S4	01:06.39	02:05.57	S11	01:28.73	01:55.91		
S5	00:49.87	01:04.04	S12	01:21.27	01:37.94		
S6	00:43.25	00:51.53	S13	01:20.16	01:30.89		
S7	00:42.10	00:49.64	S14	01:24.24	01:38.14		



**City of Cardiff Swimming Club**

**Clwb Nofio Dinas Caerdydd**

## Welsh Capital Open Meet 2017

Cardiff International Pool, Cardiff

3 4 5 November 2017

LICENCE NUMBER 1WL171071

IPC registered and approved

(Under FINA Technical Rules and Swim Wales Laws)

### Coaches / Chaperone/Team Manager Pass Application Form

Name of Club		Club Code
Full Name (s)	1 2 3 4 5	
Position in Club		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.	1 2 3 4 5	DBS Number(s): 1 2 3 4 5

The above-named person is authorised to hold a pass for this club

**CLUB SECRETARY**..... **SIGNED:** .....

Please note only members affiliated to Swim Wales/Scottish Swimming/ASA or a member of a FINA affiliated country will be eligible for a coach's pass.

Only applications with a photograph will be accepted. Could applicants please write their full name on the rear of the photographs.

Please send a BACS transfer in the sum of £20.00 (or cheque made payable to City of Cardiff Swimming Club) per pass requested.

There will be no access to the poolside without a coach's pass. Passes will be restricted to a maximum of 5 individual passes per club and are non-transferable. Heat sheets will be provided/pass.

All completed forms to be returned to

Stephen Jones  
18 Nasturtium Way  
CARDIFF CF23 8SF  
EMAIL: [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

**CLOSING DATE: Wednesday 4<sup>th</sup> October 2017.**



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

# Welsh Capital Open Meet 2017

Cardiff International Pool, Cardiff

3 4 5 November 2017

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## Meet Entry Summary Sheet

**This Form must be completed and returned with the** Hy-Tek Meet Entry Fee Report and Entry File, unless already emailed to [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

Name of Club		Club Code
Contact Name		<b>CLUB BANK DETAILS</b>
Address		Bank Sort Code Account No.
TEL No./Mobile		
E Mail		
TEAM SIZE		
No. Of Individual Entries		@ £7.25 per event £
No. Of Coaches Passes		@ £20.00 each £
Total payment made payable to City of Cardiff Swimming Club		£.....

**It is requested that a single payment via BACS is made for the complete club entry.**  
**Details of your Club's bank is to be provided in the box above so we can issue a refund if required.**

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 Meet Management for this event.

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

Entries, payments and supporting reports, and poolside pass applications should be sent to:

Stephen Jones  
18 Nasturtium Way  
CARDIFF CF23 8SF

**CLOSING DATE: Wednesday 4<sup>th</sup> October 2017.**



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

## Welsh Capital Open Meet 2017

Cardiff International Pool, Cardiff

3 4 5 November 2017

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(Under FINA Technical Rules and Swim Wales Laws)

### Officials Nomination Form

**PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS**

Name of Club		Club Code
Full Name		
Qualification (J1 J2 J2S Referee)		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.		DBS Number:

#### Available Sessions

1	<input type="text"/>	<input type="text"/>	<input type="text"/>
2	<input type="text"/>	3	<input type="text"/>
		4	<input type="text"/>
5	<input type="text"/>	6	<input type="text"/>
		7	<input type="text"/>

All completed forms to be e-mailed to Jim McCulloch: [officials@cardiffswimming.co.uk](mailto:officials@cardiffswimming.co.uk)