



City of Cardiff Swimming Club
Clwb Nofio Dinas Caerdydd



CARDIFF INTERNATIONAL OPEN MEET

CITY OF CARDIFF SWIMMING CLUB 20
LONG COURSE LEVEL 1 MEET 19



Friday 24 Saturday 25 Sunday 26 May 2019

Cardiff International Pool



Event Information and Entry Forms

Licence Number: 1WL190057

(Under FINA Technical Rules & Swim Wales Laws)
ALL SESSION TIMES TO BE CONFIRMED



CITY OF CARDIFF SWIMMING CLUB

11th CARDIFF INTERNATIONAL OPEN MEET 2019

LICENCE NUMBER 1WL190057
(under FINA Technical Rules and Swim Wales Laws)

Friday – Sunday | 24 - 26th May 2019

This is a Level 1 Licensed Meet to enable swimmers to qualify for the British Summer Championships & Summer National Finals

Only electronic entries will be accepted for this meet

VENUE	Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS		
POOL	10 Lane – 50m pool – electronic timing – with anti-turbulence lane ropes		
AGE GROUPS	OPEN	Male & Female and Para Swimmers	
	Male & Female	11/12yrs, 13/14yrs, 15yrs+	
	Minimum age for entry is 11 years		
AGE AT DATE	26 May 2019		

EVENTS			
50m	Backstroke Breaststroke Butterfly Freestyle	Heats & Finals Open only	
100m	Backstroke Breaststroke Butterfly Freestyle	Heats & Finals	11/12yrs 13/14yrs 15yrs+
200m	Backstroke Breaststroke Butterfly Freestyle	Heats & Finals	11/12yrs 13/14yrs 15yrs+
200m	Individual Medley	Heats & Finals	11/12yrs 13/14yrs 15yrs+
400m	Freestyle	HDW	11/12yrs 13/14yrs 15yrs+
400m	Individual Medley	HDW	13/14yrs 15yrs+
<i>The 800m/1500m are mixed events although heats will be run female then male swimmers</i>			
800m	Freestyle	HDW	13/14yrs 15yrs+
1500m	Freestyle	HDW	13/14yrs 15yrs+

NOTE Para Swimmers can only enter events with para swimmer consideration standards as set out below

remembering | Keith Bewley



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PROMOTER'S CONDITIONS

AWARDS

Medals will be given to the first 3 places in each age category after the completion of HDW heats.

For the 100m & 200m events, medals will be awarded to the first three places from each set of Finals. (11/12yrs, 13/14yrs, 15yrs+) In the 50m events medals will be awarded to the first three places from each Open Final.

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 Open 50m events.

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 and Consideration times will be applied. Age Group entry times must be faster than the CT and Open faster than the QT. Entry Times outside these limits, and entries with 'No Time' submitted will be rejected (swimmers seeking to enter male 800m & female 1500m with NT may be accepted at the promoter's discretion).

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 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.

Para swimmer entry will only be accepted from classified swimmers with British/IPC classification. Swimmers without a classification will not be able to compete.

Para swimmers will be integrated into events in accordance with their entry time which must be faster than the para swimmer consideration standards in the designated events set out in this meet pack. They can only enter the events listed in these standards.

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.



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The electronic event entry file can be obtained from the Cardiff International Open Meet page on our website: www.cardiffswimming.co.uk

Electronic entries/enquiries to be emailed to home.meets@cardiffswimming.co.uk

Electronic entries must be produced from Hy-Tek's Team Manager or Team Manager Lite software. Team Manager Lite application and instructions can be downloaded free of charge from www.hy-tekltd.com/downloads

Para swimmers are allocated Exception Codes, which prevent them from being disqualified for rule infringement due to the nature of their impairment.

The promoter 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 para swimmers and request that they/clubs confirm it is correct and up to date.

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.

BACS details are available upon request for payment of entry fees and passes.

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 and 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 received without the relevant fee
- ❖ Outside the consideration entry times or entry submitted with No Time
- ❖ Improved entries
- ❖ Received after the closing date WEDNESDAY 17 April 2019 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.

City of Cardiff Swimming Club 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.

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



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On receipt of all entries City of Cardiff Swimming Club 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 result.

ENTRY PRICING

£8.75 per event

CLOSING DATE

WEDNESDAY 17th APRIL 2019 Time: 20:00 (No late entries will be accepted)

SPECTATOR ENTRY

Full weekend programme £3.50 and there is a spectator entry fee on each day

SEEDING

HDW Heats

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

Preliminary Heats & Finals

The placing of competitors in the heats will be multi age, spearheaded, and swum slowest to fastest, with the three fastest heats being cyclically seeded.

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

WITHDRAWALS

Should a swimmer wish to withdraw from an event/all events before the commencement of the meet this should be notified via e-mail to home.meets@cardiffswimming.co.uk

During the gala, all withdrawals must be notified in writing to the meet office by no later than 4:00pm 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 25 June 2019.

FINALS: withdrawal

Withdrawals from finals including reserves must be made at the withdrawal desk (located outside the Meet Office) within 15 minutes of the last heat completed in each session; i.e. after e106, e204, e406, e504, e704, e802

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

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 Legacy Leisure

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.

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.



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POOLSIDE PASSES

Passes must be purchased in advance of the Meet for all coaches, chaperones, personal care attendants and team managers who require poolside access.

£22.50 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/ASA registration number, a DBS number and a passport photo.

All coaches, chaperones, personal care attendants and team managers must conform to the ASA child protection procedures and complete the form in this Meet Pack

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

SIGN IN SHEETS

Swimmers must confirm they are swimming in 800m & 1500m events and sign in sheets will be used.

Swimmers in e206 800m freestyle must sign in BEFORE the start of warm up in session 2 on Friday.

Swimmers in e506 1500m freestyle must sign in BEFORE the start of warm up in session 5 on Saturday

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 NO SHOW swimmer.

STARTS

Over the top starts will be used wherever possible.

ELECTRONICS

Omega electronic timing system with electronic display.

PROGRAMME OF EVENTS

THERE IS A FULL DAY OF RACING ON FRIDAY

SESSION 1 FRIDAY			SESSION 2 FRIDAY		
Warm up approx. 8:00am Start TBC			Warm up and Start TBC		
101 Heats	Male	100m Breaststroke	201 Heats	Male	50m Freestyle
102 Heats	Female	200m Butterfly	202 Heats	Female	50m Butterfly
103 Heats	Male	200m Freestyle	203 Heats	Male	200m Backstroke
104 Heats	Female	100m Freestyle	204 Heats	Female	100m Backstroke
105 Heats	Male	50m Backstroke	205 HDW	Male	400m IM
106 Heats	Female	50m Breaststroke	206 HDW	Mixed	800m Freestyle

SESSION 3 FRIDAY FINALS

Warm up and Start TBC

101 FINALS	Male	100m Breaststroke	106 FINALS	Female	50m Breaststroke
102 FINALS	Female	200m Butterfly	201 FINALS	Male	50m Freestyle
103 FINALS	Male	200m Freestyle	202 FINALS	Female	50m Butterfly
104 FINALS	Female	100m Freestyle	203 FINALS	Male	200m Backstroke
105 FINALS	Male	50m Backstroke	204 FINALS	Female	100m Backstroke



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SESSION 4 SATURDAY Warm up approx. 8:00am Start TBC

401 Heats	Female	200m Freestyle
402 Heats	Male	200m Butterfly
403 Heats	Female	100m Butterfly
404 Heats	Male	100m Backstroke
405 Heats	Female	50m Backstroke
406 Heats	Male	50m Breaststroke

SESSION 5 SATURDAY Warm up and Start TBC

501 Heats	Female	50m Freestyle
502 Heats	Male	50m Butterfly
503 Heats	Female	200m Breaststroke
504 Heats	Male	100m Freestyle
505 HDW	Female	400m IM
506 HDW	Mixed	1500m Freestyle

SESSION 6 SATURDAY FINALS

Warm up and Start TBC

401 FINALS	Female	200m Freestyle	406 FINALS	Male	50m Breaststroke
402 FINALS	Male	200m Butterfly	501 FINALS	Female	50m Freestyle
403 FINALS	Female	100m Butterfly	502 FINALS	Male	50m Butterfly
404 FINALS	Male	100m Backstroke	503 FINALS	Female	200m Breaststroke
405 FINALS	Female	50m Backstroke	504 FINALS	Male	100m Freestyle

SESSION 7 SUNDAY Warm up approx. 8:00am Start TBC

701 Heats	Female	100m Breaststroke
702 Heats	Male	200m Breaststroke
703 Heats	Female	200m IM
704 Heats	Male	200m IM

SESSION 8 SUNDAY Warm up and Start TBC

801 Heats	Female	200m Backstroke
802 Heats	Male	100m Butterfly
803 HDW	Female	400m Freestyle
804 HDW	Male	400m Freestyle

SESSION 9 SUNDAY FINALS

Warm up and Start TBC

701 FINALS	Female	100m Breaststroke	704 FINALS	Male	200m IM
702 FINALS	Male	200m Breaststroke	801 FINALS	Female	200m Backstroke
703 FINALS	Female	200m IM	802 FINALS	Male	100m Butterfly

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.

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.

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.

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



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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

Behavior 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 behavior, all breaches of safety practices, failure to comply with instructions/directions, actions that bring the sport of swimming into disrepute

Unacceptable behavior 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 City of Cardiff Swimming Club 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.



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CAMERA USE

The use of all photographic equipment and mobile phones are 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) 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

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 online bookable hotels is available in categories from two to five stars, and most hotels and B&B's are only a short walk from the city's visitor attractions, shops and rail station. To reserve accommodation online visit 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 Legacy Leisure 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 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



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CARDIFF INTERNATIONAL OPEN MEET 2019

Cardiff International Pool, Cardiff
24 25 26 May 2019

LICENCE NUMBER 1WL190057
(under FINA Technical Rules and Swim Wales Laws)

LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

FEMALE								
AGE		11	12	13	14	15	16	17+ OPEN
50m Freestyle	QT	37.30	35.40	34.00	32.90	32.20	31.90	31.80
	CT	39.30	37.40	36.00	34.90	34.20	33.90	
100m Freestyle	QT	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80	1:08.10
	CT	1:23.30	1:19.20	1:16.70	1:14.70	1:13.60	1:12.80	
200m Freestyle	QT	2:51.30	2:42.50	2:36.20	2:32.10	2:29.10	2:27.50	2:25.80
	CT	2:57.30	2:48.50	2:42.20	2:38.10	2:35.10	2:33.50	
400m Freestyle	QT	5:56.40	5:38.80	5:26.30	5:18.00	5:12.80	5:09.20	5:06.30
	CT	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	10:35.10
	CT			11:25.80	11:21.00	11:20.50	11:01.00	
1500m Freestyle	QT			21:30.40	21:00.80	20:43.10	20:22.90	20:22.90
	CT			22:00.40	21:30.80	21:13.10	20:52.90	
50m Breaststroke	QT	47.80	45.00	43.10	41.50	40.60	40.10	39.80
	CT	49.80	47.00	45.10	43.50	42.60	42.10	
100m Breaststroke	QT	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10	1:25.20
	CT	1:45.60	1:39.20	1:34.80	1:32.50	1:31.50	1:30.10	
200m Breaststroke	QT	3:36.60	3:24.90	3:15.50	3:09.50	3:06.70	3:05.80	3:04.00
	CT	3:42.60	3:30.90	3:21.50	3:15.50	3:12.70	3:11.80	
50m Butterfly	QT	40.70	38.60	36.70	35.70	34.80	34.20	34.20
	CT	42.70	40.60	38.70	37.70	36.80	36.20	
100m Butterfly	QT	1:27.90	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80	1:14.00
	CT	1:31.90	1:26.60	1:23.10	1:21.20	1:19.50	1:18.80	
200m Butterfly	QT	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30	2:41.30
	CT	3:18.60	3:07.70	2:59.50	2:54.00	2:51.70	2:49.30	
50m Backstroke	QT	43.10	40.90	39.40	38.00	37.00	36.60	36.30
	CT	45.10	42.90	41.40	40.00	39.00	38.60	
100m Backstroke	QT	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10	1:16.30
	CT	1:33.90	1:28.50	1:25.70	1:23.60	1:21.90	1:21.10	
200m Backstroke	QT	3:11.00	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90	2:42.80
	CT	3:17.00	3:06.60	3:00.30	2:55.80	2:51.80	2:49.90	
200m I/M	QT	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90	2:45.50
	CT	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	5:48.70
	CT			6:16.60	6:08.00	6:01.20	5:56.80	

QT = Qualification Time

CT = Consideration Time

Set in individual ages (age groups detailed on p2)

**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

24 25 26 May 2019

LICENCE NUMBER 1WL190057

(under FINA Technical Rules and Swim Wales Laws)

LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

MALE								
AGE		11	12	13	14	15	16	17+ OPEN
50m Freestyle	QT	37.00	34.90	33.00	31.30	29.70	28.70	28.40
	CT	39.00	36.90	35.00	33.30	31.70	30.70	
100m Freestyle	QT	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60	1:01.50
	CT	1:22.80	1:17.70	1:13.80	1:10.90	1:08.40	1:06.60	
200m Freestyle	QT	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30	2:13.70
	CT	2:57.30	2:46.80	2:38.60	2:31.60	2:26.70	2:22.30	
400m Freestyle	QT	5:56.00	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10	4:44.60
	CT	6:04.00	5:46.10	5:29.80	5:15.00	5:05.60	4:57.10	
800m Freestyle	QT			11:12.80	10:42.50	10:21.80	10:05.00	9:55.50
	CT			11:37.80	11:07.50	10:46.80	10:30.00	
1500m Freestyle	QT			21:16.60	20:19.00	19:37.10	19:07.70	18:49.00
	CT			21:46.60	20:49.00	20:07.10	19:37.70	
50m Breaststroke	QT	48.20	44.60	41.80	39.70	37.80	36.80	35.80
	CT	50.20	46.60	43.80	41.70	39.80	38.80	
100m Breaststroke	QT	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:17.00
	CT	1:45.50	1:38.70	1:32.80	1:28.60	1:25.40	1:22.90	
200m Breaststroke	QT	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60	2:47.00
	CT	3:45.10	3:31.20	3:18.50	3:08.50	3:01.40	2:57.60	
50m Butterfly	QT	40.80	38.10	35.90	34.00	32.20	31.40	30.60
	CT	42.80	40.10	37.90	36.00	34.20	33.40	
100m Butterfly	QT	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80	1:06.50
	CT	1:31.70	1:25.50	1:20.80	1:16.80	1:13.80	1:11.80	
200m Butterfly	QT	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40	2:27.60
	CT	3:18.50	3:05.90	2:55.90	2:46.90	2:40.40	2:36.40	
50m Backstroke	QT	43.20	40.50	38.20	36.10	34.50	33.50	32.70
	CT	45.20	42.50	40.20	38.10	36.50	35.50	
100m Backstroke	QT	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30	1:09.30
	CT	1:33.80	1:28.10	1:23.20	1:19.00	1:16.20	1:14.30	
200m Backstroke	QT	3:12.00	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40	2:28.60
	CT	3:18.00	3:06.70	2:56.30	2:48.30	2:42.00	2:37.40	
200m I/M	QT	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90	2:31.00
	CT	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	5:36.20	5:27.60	5:22.60
	CT			6:12.40	5:55.30	5:42.20	5:34.60	

QT = Qualification Time

CT = Consideration Time

Set in individual ages (age groups detailed on p2)

**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

CARDIFF INTERNATIONAL OPEN MEET 2019

Cardiff International Pool, Cardiff
24 25 26 May 2019

LICENCE NUMBER 1WL190057

(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			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

CARDIFF INTERNATIONAL OPEN MEET 2019

Cardiff International Pool, Cardiff

24 25 26 May 2019

LICENCE NUMBER 1WL190057

(under FINA Technical Rules and Swim Wales Laws)

Coaches/Team Managers/ Chaperone/Pass - Application Form

Name of Club		Club Code
Full Name(s)	1 2 3 4 5	
Position(s) 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 photographs 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 £22.50 (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 passes per club and are non-transferable.

All completed forms to be returned to

Stephen Jones

18 Nasturtium Way CARDIFF CF23 8SF

EMAIL: home.meets@cardiffswimming.co.uk

CLOSING DATE: Wednesday 17 April 2019



City of Cardiff Swimming Club
Clwb Nofio Dinas Caerdydd

CARDIFF INTERNATIONAL OPEN MEET 2019

Cardiff International Pool, Cardiff
 24 25 26 May 2019
 LICENCE NUMBER 1WL190057
 (under FINA Technical Rules and Swim Wales Laws)

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

Name of Club		Club Code
Contact Name		CLUB BANK DETAILS
Address		Bank Sort Code Account No.
TEL No./Mobile		
E Mail		
TEAM SIZE		
No. Of Individual Entries		@ £8.75 per event £
No. Of Coaches Passes		@ £22.50 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 SignatureDate:

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

Stephen Jones
 18 Nasturtium Way
 CARDIFF CF23 8SF

CLOSING DATE: Wednesday 17 April 2019



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd

CARDIFF INTERNATIONAL OPEN MEET 2019

Cardiff International Pool, Cardiff

24 25 26 May 2019

LICENCE NUMBER 1WL190057

(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:

FRIDAY 1	<input type="text"/>	2	<input type="text"/>	3	<input type="text"/>
SATURDAY 4	<input type="text"/>	5	<input type="text"/>	6	<input type="text"/>
SUNDAY 7	<input type="text"/>	8	<input type="text"/>	9	<input type="text"/>

All completed forms to be e-mailed to Jim McCulloch: officials@cardiffswimming.co.uk