

WEST WALES REGIONAL CHAMPIONSHIPS 2018

Swum under the following rules and conditions:
FINA Technical Rules, Swim Wales Laws and Disciplinary Code,
West Wales Regional Championships 2018 Meet Conditions.

**FEBRUARY 2nd (Evening) – FEBRUARY 4th (WL180051)
&
FEBRUARY 10th – 11th (WL180052)**

at

Haverfordwest Leisure Centre

**CLOSING DATE:
MONDAY 8th JANUARY 2018**

EVENT INFORMATION AND ENTRY FORMS

Please note that each event in this competition has a qualifying time and a consideration time. Those who meet the qualifying time will be guaranteed an entry. Where possible, the faster times within the consideration range may also be accepted. Swimmers who meet the consideration time, but due to lack of space are not accepted, will have their entry fees refunded. Swimmers who submit NO TIME will NOT be accepted.

WEST WALES REGIONAL CHAMPIONSHIPS 2018 FEBRUARY 2nd (Evening) – FEBRUARY 4th & FEBRUARY 10th – 11th

This meet will be swum under the following rules and conditions:
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West Wales Regional Championships 2018 Meet Conditions.

Haverfordwest Leisure Centre

MEET INFORMATION

Entries

Entries should be made via clubs ONLY and should be sent electronically using Hy-Tek Team Manager. The events file for use with TM is available from the West Wales web site at:

www.westwalesswim.org.uk

Electronic entries should be emailed to:

robwilliams1145@gmail.com

***Completed chaperone forms, payment summary sheets, etc should be sent to:
Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.***

***Entries from clubs should be accompanied by a Payment Summary Sheet and a SINGLE cheque to cover all entries and coach/chaperone poolside passes.
Cheques should be payable to "Swim Wales Ltd - West Wales Region".***

Please note that entries will be refused if:

- they are received without the relevant fee
- they are completed incorrectly (Membership number must be included)
- they are received after the closing date of Monday 8th January 2018
- 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.

Qualifying Age Dates:

For ALL events the ages shall be as of 31st December 2018.

Age Groups

Individual Events

Girls: 11, 12, 13, 14, 15/16, 17/Over

Boys: 11, 12, 13, 14, 15/16, 17/Over

Relay Events

Girls: 11/12, 14/UN, 16/UN, Open

Boys: 11/12, 14/UN, 16/UN, Open

Entry Fees:

Entry fee is £5.00 per individual event

Entry fee for relay events is £8.00

Please note that no refund of entry fees will be made for withdrawals after the closing date (Monday 8th January 2017) except with a doctor's note. In this situation the doctor's note will only be accepted up until mid-day on the day **before** the start of the meet. Notes received after this time will not be considered for refunds.

Medals and Awards

Individual events:

Awards will be made to the top 3 in each event.

Relay events:

Awards to top 3 teams in each event.

Failure of a swimmer or deputy to attend the appropriate presentation will result in the swimmer forfeiting his/her award.

Spectators

Admission charges:

£3.00 per session

£7.00 per day

Please Note: The Spectator Area must be cleared at the end of each session.

Camera Use

The use of **all** photographic equipment is controlled at this meet and everyone is reminded that such equipment should not be used without a pass.

Passes can be obtained (free of charge) from the entry desk **upon proof of identity**. Acceptable forms of ID are: Photographic driving license, passport, household bill for proof of address. You will be issued with a tag for your photographic equipment and this must remain attached within the pool area. The records of camera use will be retained by the West Wales Region.

By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited professional photographer may be used for promotional purposes by the Region or the Governing Body.

Mobile Phones

Mobile phones must **not** be used in the building at all.

Session Times

To be confirmed following receipt of entries.

General Conditions

This meet will be swum under the following rules and conditions:

FINA Technical Rules, Swim Wales Laws and Disciplinary Code,
West Wales Regional Championships 2018 Meet Conditions.

No alcohol or tobacco advertising is permitted on any clothing.

SWIM WALES REGIONAL COMPETITIONS ELIGIBILITY

1. Entries may only be accepted from competitors registered as members of clubs, holding either primary or multi registration Welsh membership within the West Wales Region.
2. Swimmers may only swim for one club during these championships.
3. Competitors must have been registered members of the club in whose name they are entered a minimum of 30 days prior to the closing date for entries for the championships. This also includes the relay events.
4. Competitors who compete in ASA County Championships will not be accepted to swim in the following annual cycle of Regional Competitions:
 - a) The Junior Development Meet in May/June.
 - b) The Sub Regional Championships in November/December.
 - c) The Regional Championships in February the following year i.e. ASA County Championships in 2017 means they would not be accepted for the Swim Wales Regional Championships in 2018.

Please note that this rule does NOT include the Inter-Counties competition where swimmers were selected to represent Swim Wales.

All decisions made by the Meet Director will be final and binding.

Events

Events will be held as shown on the attached programme of events.

Time trials will not be permitted.

Relay Events

Clubs may enter an A and a B relay team per event, but a swimmer is only allowed to swim in either the A or the B team.

Also, please note that only swimmers who have entered an individual event in the championships are permitted to swim in the relay competition.

Relay forms must be submitted by the end of the FIRST warm-up session on the day of the relay events. Failure to do so may result in the disqualification of the team. A separate form must be completed for EACH team per event.

Swimmers names must be submitted in the swimming order. **Relay teams failing to swim in the submitted order will be disqualified.**

If it can be proved to the referee that a member of a Relay Team is incapacitated through ill health or accident, the referee may use his/her discretion and allow a substitute to swim.

Entries

The Organisers may request validation of any stated Entry Time.

Please note that each event in this competition has a qualifying time and a consideration time. Those who meet the qualifying time will be guaranteed an entry. Where possible, the faster times within the consideration range may also be accepted. Swimmers who meet the consideration time, but due to lack of space are not accepted, will have their entry fees refunded. Swimmers who submit NO TIME will NOT be accepted.

Please note that both short course and long course times are accepted for entry in this meet.

Presentation

The Meet Director may decide to carry out presentations during the session.

Competitors must report to the Presentation Marshall immediately after announcements have been made.

Appropriate clothing, i.e. t-shirt, full tracksuit and appropriate footwear must be worn for the presentation. (Awards may not be presented if a swimmer is inappropriately dressed)

Officials

Each Club is required to supply at least two qualified officials per session. Officials will be required to follow the protocol which can be down loaded from the Swim Wales web site.
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Meet Procedure

Heats

Competitors will be seeded according to submitted times - **slowest to fastest**.

Coaches should ensure that swimmers make themselves available for marshalling at least 2 events prior to the event they are competing in.

Other conditions

Starts

Over the top starts will, where necessary or appropriate, be used during the Meet.

Passes

All Coaches and Chaperones who will be on the poolside at any time during the competition, must have individual accreditation obtained by completing the official form enclosed in this Information Pack. Completed forms must be accompanied by a passport size photograph.

Poolside passes will be transferrable between coaches and chaperones **from the same club** who have completed an official accreditation form.

Accredited coaches and chaperones **from the same club** may use purchased poolside passes 'on rota', although the number of coaches and/or chaperones on poolside at any one time must not exceed the number of passes that have been paid for.

Passes will need to be worn at all times. Anyone without a pass will be asked to leave poolside/changing area.

Please note that poolside passes cover entry to the poolside and changing areas only. Entry to the spectator balcony is not included.

The closing date for passes will be the same as the closing date for entries. Applications will not be accepted on the day.

Health and Safety

All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

It is the responsibility of the swimmer and/or parent/guardian 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 note confirming that their participation presents no health or safety problems.

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 / or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.

Unacceptable Behavior

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.

Competitive Start Award

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.

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.”

Video and Photography.

Please see appendix “Swim Wales Photography Guidance”.

Data Protection

The Region, along with the Governing Body will use computers to record entry times and results. By submitting entries you are accepting the conditions and consent is hereby given for holding personal information relating to the sport of Swimming as required by the current Data Protection Act.

The organisers retain the right to amend these conditions if necessary, without notice.

West Wales Regional Championships 2018

Programme of Events - First Weekend

DAY 1 - FRIDAY EVENING		
Session 1	Event No	
	1	Boys 11/OV 1500m Freestyle (HDW)
	2	Girls 11/OV 800m Freestyle (HDW)
DAY 2 - SATURDAY		
Session 2		
Heats	3	Girls 13/OV 50m Backstroke
	4	Boys 11/12 50m Butterfly
	5	Boys 13/OV 100m Backstroke
	6	Girls 13/OV 400m IM (HDW)
	7	Boys 11/12 400m IM (HDW)
	8	Girls 11/12 200m Freestyle (HDW)
15 Mins Break		
Finals	3	Girls 13 50m Backstroke
	3	Girls 14 50m Backstroke
	3	Girls 15/16 50m Backstroke
	3	Girls 17/OV 50m Backstroke
	4	Boys 11 50m Butterfly
	4	Boys 12 50m Butterfly
	5	Boys 13 100m Backstroke
	5	Boys 14 100m Backstroke
	5	Boys 15/16 100m Backstroke
	5	Boys 17/OV 100m Backstroke

Session 3		
Heats	9	Girls 11/12 50m Butterfly
	10	Boys 11/12 100m Freestyle
	11	Girls 13/OV 100m Butterfly
	12	Girls 11/12 400m IM (HDW)
	13	Boys 13/OV 200m Breaststroke (HDW)
15 Mins Break		
Finals	9	Girls 11 50m Butterfly
	9	Girls 12 50m Butterfly
	10	Boys 11 100m Freestyle
	10	Boys 12 100m Freestyle
	11	Girls 13 100m Butterfly
	11	Girls 14 100m Butterfly
	11	Girls 15/16 100m Butterfly
	11	Girls 17/OV 100m Butterfly

Session 4		
Heats	14	Boys 13/OV 50m Butterfly
	15	Girls 11/12 100m Breaststroke
	16	Boys 11/12 200m Backstroke (HDW)
	17	Boys 13/OV 400m Freestyle (HDW)
	18	Girls 13/OV 200m Freestyle (HDW)
15 Mins Break		
Finals	14	Boys 13 50m Butterfly
	14	Boys 14 50m Butterfly
	14	Boys 15/16 50m Butterfly
	14	Boys 17/OV 50m Butterfly
	15	Girls 11 100m Breaststroke
	15	Girls 12 100m Breaststroke

DAY 3 - SUNDAY		
Session 5	Event No	
Heats	19	Girls 11/12 50m Freestyle
	20	Boys 11/12 100m Breaststroke
	21	Girls 13/OV 100m Freestyle
	22	Girls 11/12 200m IM (HDW)
	23	Boys 13/OV 200m Backstroke (HDW)
15 Mins Break		
Finals	19	Girls 11 50m Freestyle
	19	Girls 12 50m Freestyle
	20	Boys 11 100m Breaststroke
	20	Boys 12 100m Breaststroke
	21	Girls 13 100m Freestyle
	21	Girls 14 100m Freestyle
	21	Girls 15/16 100m Freestyle
	21	Girls 17/OV 100m Freestyle

Session 6		
Heats	24	Boys 11/12 50m Backstroke
	25	Girls 11/12 100m Butterfly
	26	Boys 13/OV 100m Breaststroke
	27	Boys 11/12 200m IM (HDW)
	28	Girls 13/OV 200m Backstroke (HDW)
15 Mins Break		
Finals	24	Boys 11 50m Backstroke
	24	Boys 12 50m Backstroke
	25	Girls 11 100m Butterfly
	25	Girls 12 100m Butterfly
	26	Boys 12 100m Breaststroke
	26	Boys 14 100m Breaststroke
	26	Boys 15/16 100m Breaststroke
	26	Boys 17/OV 100m Breaststroke

Session 7		
Heats	29	Boys 13/OV 50m Freestyle
	30	Girls 13/OV 50m Breaststroke
	31	Boys 11/12 200m Freestyle (HDW)
	32	Boys 13/OV 200m Butterfly (HDW)
	33	Girls 13/OV 200m Butterfly (HDW)
	34	Girls 11/12 200m Backstroke (HDW)
15 Mins Break		
Finals	29	Boys 13 50m Freestyle
	29	Boys 14 50m Freestyle
	29	Boys 15/16 50m Freestyle
	29	Boys 17/OV 50m Freestyle
	30	Girls 13 50m Breaststroke
	30	Girls 14 50m Breaststroke
	30	Girls 15/16 50m Breaststroke
	30	Girls 17/OV 50m Breaststroke

West Wales Regional Championships 2018 Programme of Events - Second Weekend

Please note that there is no Event 38 or Event 62 in this programme.

DAY 4 - SATURDAY				
Session 8	Event No			
Heats	35	Girls	11/12	50m Breaststroke
	36	Girls	13/OV	100m Backstroke
	37	Boys	13/OV	100m Butterfly
	39	Girls	11/12	400m Freestyle (HDW)
	40	Boys	11/12	200m Breaststroke (HDW)
15 Mins Break				
Finals	35	Girls	11	50m Breaststroke
	35	Girls	12	50m Breaststroke
	36	Girls	13	100m Backstroke
	36	Girls	14	100m Backstroke
	36	Girls	15/16	100m Backstroke
	36	Girls	17/OV	100m Backstroke
	37	Boys	13	100m Butterfly
	37	Boys	14	100m Butterfly
	37	Boys	15/16	100m Butterfly
	37	Boys	17/OV	100m Butterfly

Session 9				
Heats	Event No			
Heats	41	Girls	13/OV	50m Freestyle
	42	Boys	13/OV	50m Breaststroke
	43	Boys	11/12	100m Backstroke
	44	Girls	13/OV	200m IM (HDW)
	45	Boys	13/OV	200m IM (HDW)
	46	Girls	11/12	200m Breaststroke (HDW)
15 Mins Break				
Finals	41	Girls	13	50m Freestyle
	41	Girls	14	50m Freestyle
	41	Girls	15/16	50m Freestyle
	41	Girls	17/OV	50m Freestyle
	42	Boys	13	50m Breaststroke
	42	Boys	14	50m Breaststroke
	42	Boys	15/16	50m Breaststroke
	42	Boys	17/OV	50m Breaststroke
	43	Boys	11	100m Backstroke
	43	Boys	12	100m Backstroke

Session 10				
Heats	Event No			
Heats	47	Boys	11/12	50m Freestyle
	48	Girls	11/12	100m Backstroke
	49	Boys	13/OV	200m Freestyle (HDW)
	50	Boys	11/12	200m Butterfly (HDW)
	51	Girls	13/OV	200m Breaststroke (HDW)
15 Mins Break				
Finals	47	Boys	11	50m Freestyle
	47	Boys	12	50m Freestyle
	48	Girls	11	100m Backstroke
	48	Girls	12	100m Backstroke

DAY 5 - SUNDAY				
Session 11	Event No			
Heats	52	Boys	13/OV	50m Backstroke
	53	Girls	13/OV	50m Butterfly
	54	Boys	11/12	100m Butterfly
	55	Boys	13/OV	400m IM (HDW)
	56	Girls	13/OV	400m Freestyle (HDW)
	57	Girls	11/12	100m Freestyle
	15 Mins Break			
Finals	52	Boys	13	50m Backstroke
	52	Boys	14	50m Backstroke
	52	Boys	15/16	50m Backstroke
	52	Boys	17/OV	50m Backstroke
	53	Girls	13	50m Butterfly
	53	Girls	14	50m Butterfly
	53	Girls	15/16	50m Butterfly
	53	Girls	17/OV	50m Butterfly
	54	Boys	11	100m Butterfly
	54	Boys	12	100m Butterfly
	57	Girls	11	100m Freestyle
	57	Girls	12	100m Freestyle

Session 12				
Heats	Event No			
Heats	58	Boys	11/12	50m Breaststroke
	59	Girls	11/12	50m Backstroke
	60	Boys	13/OV	100m Freestyle
	61	Girls	13/OV	100m Breaststroke
	63	Boys	11/12	400m Freestyle (HDW)
	64	Girls	11/12	200m Butterfly (HDW)
	15 Mins Break			
Finals	58	Boys	11	50m Breaststroke
	58	Boys	12	50m Breaststroke
	59	Girls	11	50m Backstroke
	59	Girls	12	50m Backstroke
	60	Boys	13	100m Freestyle
	60	Boys	14	100m Freestyle
	60	Boys	15/16	100m Freestyle
	60	Boys	17/OV	100m Freestyle
	61	Girls	13	100m Breaststroke
	61	Girls	14	100m Breaststroke
	61	Girls	15/16	100m Breaststroke
	61	Girls	17/OV	100m Breaststroke

Session 13				
All relay events are HDW				
Event No				
65	Boys	Open	4 x 50	Medley Relay
66	Girls	Open	4 x 50	Medley Relay
67	Boys	16/UN	4 x 50	Medley Relay
68	Girls	16/UN	4 x 50	Medley Relay
69	Boys	14/UN	4 x 50	Medley Relay
70	Girls	14/UN	4 x 50	Medley Relay
71	Boys	11/12	4 x 50	Medley Relay
72	Girls	11/12	4 x 50	Medley Relay
73	Boys	Open	4 x 50	Freestyle Relay
74	Girls	Open	4 x 50	Freestyle Relay
75	Boys	16/UN	4 x 50	Freestyle Relay
76	Girls	16/UN	4 x 50	Freestyle Relay
77	Boys	14/UN	4 x 50	Freestyle Relay
78	Girls	14/UN	4 x 50	Freestyle Relay
79	Boys	11/12	4 x 50	Freestyle Relay
80	Girls	11/12	4 x 50	Freestyle Relay
81	Mixed	Open	4 x 50	Freestyle Relay
82	Mixed	16/UN	4 x 50	Freestyle Relay
83	Mixed	14/UN	4 x 50	Freestyle Relay
84	Mixed	11/12	4 x 50	Freestyle Relay

West Wales Regional Championships 2018 - Short Course Qualifying & Consideration Times

		BOYS							
		11 yrs	12 yrs	13 yrs	14 yrs	15/16 yrs	17 & over		
50m Freestyle	QT	35.90	33.90	32.10	30.40	28.30	27.80	QT	50m
	CT	45.00	41.01	38.50	36.98	34.30	32.80	CT	Freestyle
100m Freestyle	QT	1:17.80	1:13.20	1:08.90	1:05.40	1:01.20	1:00.10	QT	100m
	CT	1:28.50	1:25.96	1:21.70	1:17.21	1:09.40	1:05.00	CT	Freestyle
200m Freestyle	QT	2:48.80	2:39.10	2:30.10	2:22.50	2:13.20	2:11.10	QT	200m
	CT	3:19.80	3:08.42	2:58.00	2:50.44	2:35.15	2:31.38	CT	Freestyle
400m Freestyle	QT	5:53.30	5:34.00	5:16.40	5:01.50	4:42.10	4:36.70	QT	400m
	CT	6:50.00	6:30.40	6:07.87	5:33.61	5:10.10	4:53.50	CT	Freestyle
1500m Freestyle	QT	23:50.50	22:01.70	20:52.80	19:55.50	18:40.60	18:21.90	QT	1500m
	CT	28:30.00	27:30.00	25:00.00	23:55.00	22:40.00	22:15.00	CT	Freestyle
50m Backstroke	QT	41.20	39.00	36.50	34.80	31.90	31.50	QT	50m
	CT	52.00	49.90	44.70	41.53	38.90	37.50	CT	Backstroke
100m Backstroke	QT	1:27.60	1:22.50	1:17.30	1:13.00	1:07.80	1:06.30	QT	100m
	CT	1:48.60	1:43.70	1:37.50	1:31.30	1:18.43	1:15.40	CT	Backstroke
200m Backstroke	QT	3:06.90	2:56.50	2:45.90	2:37.00	2:26.50	2:24.00	QT	200m
	CT	3:40.50	3:28.10	3:18.00	3:03.70	2:51.29	2:35.50	CT	Backstroke
50m Breaststroke	QT	46.50	43.70	40.70	38.60	35.60	35.00	QT	50m
	CT	1:06.00	1:02.07	57.00	53.00	47.60	46.50	CT	Breaststroke
100m Breaststroke	QT	1:40.10	1:33.80	1:27.40	1:22.70	1:16.60	1:15.10	QT	100m
	CT	2:05.30	1:56.42	1:50.93	1:45.31	1:33.75	1:28.49	CT	Breaststroke
200m Breaststroke	QT	3:35.10	3:22.50	3:09.50	2:58.90	2:47.00	2:43.00	QT	200m
	CT	4:23.00	4:11.65	3:45.50	3:28.33	3:09.47	3:02.28	CT	Breaststroke
50m Butterfly	QT	39.60	37.50	35.30	33.40	30.90	30.10	QT	50m
	CT	47.00	45.00	42.07	41.01	36.90	35.60	CT	Butterfly
100m Butterfly	QT	1:27.60	1:22.00	1:16.70	1:12.30	1:07.30	1:05.60	QT	100m
	CT	1:49.00	1:42.15	1:33.40	1:23.40	1:18.83	1:14.30	CT	Butterfly
200m Butterfly	QT	3:11.70	3:00.80	2:49.50	2:40.10	2:28.30	2:23.90	QT	200m
	CT	3:40.00	3:24.81	3:15.50	3:05.57	2:48.00	2:40.00	CT	Butterfly
200m Ind. Medley	QT	3:11.00	3:00.50	2:50.40	2:40.70	2:30.30	2:27.30	QT	200m
	CT	3:44.00	3:33.41	3:17.20	3:05.12	2:55.34	2:40.30	CT	Ind. Medley
400m Ind. Medley	QT	6:45.50	6:20.90	6:00.40	5:40.60	5:18.10	5:12.20	QT	400m
	CT	7:45.50	7:25.85	7:09.00	6:43.97	6:21.10	6:08.00	CT	Ind. Medley

Entry times faster than or equal to the QT will be guaranteed an entry. Entry times falling between the QT and CT will be included provided the meet is not oversubscribed, with faster times being given priority. Entry times submitted as NT will not be accepted. The West Wales Region Meet Management Committee reserves the right to return entries.

West Wales Regional Championships 2018 - Short Course Qualifying & Consideration Times

		GIRLS							
		11 yrs	12 yrs	13 yrs	14 yrs	15/16 yrs	17 & over		
50m Freestyle	QT	36.50	34.70	33.30	32.40	31.30	31.30	QT	50m
	CT	47.50	44.22	41.30	38.00	34.23	33.19	CT	Freestyle
100m Freestyle	QT	1:18.70	1:14.30	1:11.50	1:09.50	1:07.10	1:06.90	QT	100m
	CT	1:37.00	1:33.16	1:28.50	1:23.40	1:22.50	1:21.96	CT	Freestyle
200m Freestyle	QT	2:49.60	2:39.90	2:33.60	2:29.60	2:24.60	2:23.20	QT	200m
	CT	3:20.60	3:11.88	3:05.00	2:59.52	2:57.00	2:55.92	CT	Freestyle
400m Freestyle	QT	5:52.90	5:33.00	5:20.50	5:12.50	5:03.10	5:00.50	QT	400m
	CT	6:59.00	6:39.60	6:27.00	6:15.00	6:11.00	6:07.44	CT	Freestyle
800m Freestyle	QT	12:09.50	11:29.30	10:58.30	10:40.80	10:23.50	10:20.70	QT	800m
	CT	14:10.00	13:40.00	13:08.00	12:48.96	12:42.00	12:36.84	CT	Freestyle
50m Backstroke	QT	41.40	39.30	37.70	36.50	35.30	35.10	QT	50m
	CT	54.00	50.83	49.40	47.90	44.56	42.00	CT	Backstroke
100m Backstroke	QT	1:28.10	1:22.70	1:19.20	1:17.00	1:14.40	1:14.00	QT	100m
	CT	1:51.00	1:43.24	1:37.20	1:32.40	1:31.00	1:30.36	CT	Backstroke
200m Backstroke	QT	3:06.30	2:56.30	2:49.60	2:44.80	2:38.70	2:37.20	QT	200m
	CT	3:40.00	3:31.56	3:24.60	3:17.76	3:15.25	3:13.32	CT	Backstroke
50m Breaststroke	QT	46.70	44.00	42.10	40.80	39.40	39.10	QT	50m
	CT	1:04.00	1:00.69	1:00.00	59.97	51.00	49.50	CT	Breaststroke
100m Breaststroke	QT	1:40.20	1:34.40	1:29.80	1:26.50	1:24.30	1:23.10	QT	100m
	CT	2:01.00	1:53.28	1:48.80	1:43.80	1:43.00	1:42.12	CT	Breaststroke
200m Breaststroke	QT	3:34.90	3:22.40	3:12.80	3:06.70	3:01.60	3:00.20	QT	200m
	CT	4:14.00	4:02.88	3:53.50	3:44.04	3:42.00	3:40.20	CT	Breaststroke
50m Butterfly	QT	40.10	37.90	36.40	35.20	34.00	33.90	QT	50m
	CT	59.50	56.90	51.40	46.50	42.80	42.00	CT	Butterfly
100m Butterfly	QT	1:28.00	1:22.40	1:19.00	1:16.30	1:14.10	1:13.30	QT	100m
	CT	1:46.00	1:39.88	1:36.60	1:33.56	1:32.00	1:30.12	CT	Butterfly
200m Butterfly	QT	3:13.90	3:00.70	2:52.60	2:46.70	2:41.20	2:39.30	QT	200m
	CT	3:50.00	3:36.84	3:28.60	3:20.04	3:18.50	3:15.60	CT	Butterfly
200m Ind. Medley	QT	3:11.40	3:00.60	2:53.80	2:48.70	2:43.40	2:42.00	QT	200m
	CT	3:51.50	3:40.72	3:32.80	3:24.44	3:21.20	3:18.60	CT	Ind. Medley
400m Ind. Medley	QT	6:43.60	6:19.90	6:03.90	5:53.80	5:42.60	5:40.60	QT	400m
	CT	7:59.60	7:35.88	7:19.00	7:04.56	7:00.00	6:56.76	CT	Ind. Medley

Entry times faster than or equal to the QT will be guaranteed an entry. Entry times falling between the QT and CT will be included provided the meet is not oversubscribed, with faster times being given priority. Entry times submitted as NT will not be accepted.
The West Wales Region Meet Management Committee reserves the right to return entries.

WEST WALES REGIONAL CHAMPIONSHIPS
FEBRUARY 2nd (Evening) - FEBRUARY 4th & FEBRUARY 10th – 11th

INDIVIDUAL ENTRY FORM

Name in full:.....

Age (31/12/2018): Date of Birth: DD / MM / YYYY M/F:.....

Address:

.....

Post Code:..... Tel No:.....

Club Name:.....

Swim Wales Membership Number:.....

Both short course and long course times are accepted for entry in this meet

EVENT	EVENT NO	ENTRY TIME	EVENT	EVENT NO	ENTRY TIME
			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@ £5.00 Total Payable

I declare that the above information is correct and agree to abide by the Meet conditions. I accept there will be no refund of entry fees, unless the Meet is oversubscribed.

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

Signature of Competitor/Parent:..... Date:.....

Signature of Coach:.....

Closing Date: Monday 8th January 2018

West Wales Regional Championships 2018

4 x 50m Relay Teams Entry Form

Ages as on 31st December 2018.

Club: _____

Contact Name: _____ **Tel. Number:** _____

Enter times (converted to 25m pool) in the appropriate boxes below:

GIRLS	Medley Relay 4 x 50m		Freestyle Relay 4 x 50m	
	Event No	Time	Event No	Time
11/12	72		80	
14/UN	70		78	
16/UN	68		76	
Open	66		74	

BOYS	Medley Relay 4 x 50m		Freestyle Relay 4 x 50m	
	Event No	Time	Event No	Time
11/12	71		79	
14/UN	69		77	
16/UN	67		75	
Open	65		73	

MIXED			Freestyle Relay 4 x 50m	
			Event No	Time
11/12			84	
14/UN			83	
16/UN			82	
Open			81	

Total number of relays: x £8.00 = £

Entry fee: £8.00 for each relay event. Please complete Payment Summary Sheet.

**Entries and fees to be received by the meet organiser by:
Monday 8th January 2018**

Entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.
Email: robwilliams1145@gmail.com

WEST WALES
REGIONAL CHAMPIONSHIPS
Feb 2nd (Eve) – Feb 4th & Feb 10th - 11th

Affix passport style
photograph here.

COACH/CHAPERONE ACCREDITATION FORM

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

FULL NAME:

NAME OF CLUB:

POSITION e.g Club Coach:.....

ADDRESS:.....

..... POST CODE:

TEL NO: FAX NO:.....

EMAIL:.....

SWIM WALES REGISTRATION NUMBER :.....

CRB NUMBER:

Please note only members registered with Swim Wales or the ASA and having a current DBR check are eligible for a coach/chaperone pass.

No passes will be available on the day and must be purchased beforehand.

There will be no access to the poolside without a coach/chaperone pass.

Please note that poolside passes cover entry to the poolside and changing areas only. Entry to the spectator balcony is not included.

All completed forms to be returned to Rob Williams.

Closing Date: Monday 8th January 2018

WEST WALES REGIONAL CHAMPIONSHIPS
FEBRUARY 2nd (Evening) – FEBRUARY 4th & FEBRUARY 10th – 11th

Payment Summary Sheet

Please return this form together with:

1. Entry Forms
2. Cheque/s made payable to **“Swim Wales Ltd – West Wales Region”**.
3. Coach/Chaperone Accreditation Forms
4. SAE for confirmation of entries

Club			
Name			
Address			
Post Code		Tel No	
Email			
Position in Club			

Summary

	Number		
Total Individual Entries		@ £5.00	£
Total Relay Entries		@ £8.00	£
Total Poolside Passes (i.e. max no. of coaches/chaperones to be on poolside at any one time)		@ £12.00	£
Total Cheque Enclosed made payable to “Swim Wales Ltd – West Wales Region” .			£

It is requested that a single cheque for the complete club entry is submitted.

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:

Return to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.
Email: robwilliams1145@gmail.com

Closing Date: Monday 8th January 2018

West Wales Regional Competition

Relay Team Registration

Event No:		Club:		Team (A/B)	
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Medley or Freestyle

GIRLS or BOYS or MIXED

11/12 14/UN 16/UN Open

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

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

West Wales Regional Competition

Event No:		Club:		Team (A/B)	
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Medley or Freestyle

GIRLS or BOYS or MIXED

11/12 14/UN 16/UN Open

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

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

West Wales Regional Championships

Information for Spectators with Disability

Are you a Registered Disabled person or have a disability that makes it difficult or uncomfortable for you to queue prior to paying entry as a spectator? If so, then on arrival at the pool please go to the meet office where assistance will be available.

Swim Wales Photography Guidance

SWIM WALES
WALES NATIONAL POOL SWANSEA
SKETTY LANE
SWANSEA
SA2 8QG



Swim Wales Photography Guidance

Following consultation and to ensure consistency across the ASA and Swim Wales events, Swim Wales have made the decision to adopt the same 'photography at events' guidelines as the ASA Wave Power.

This guidance applies to all images and videos taken on any type of camera or recording device (including mobile phones). It applies to all training sessions, activities and events run by a Swim Wales affiliated organisation. It should be acknowledged that although the majority of images taken are appropriate and in good faith, images can be misused and children can be put at risk if common sense procedures are not observed.

Aims

The Swim Wales Photography Guidance aims to help organisations avoid three potential sources of child abuse:

- The use, adaptation, sharing or copying of images for child abuse purposes, either electronically or in print.
- The possible identification of a child when an image is accompanied by significant personal information, which can lead to the child being 'groomed'.
- The identification and locating of children where there are safeguarding concerns; such cases would include, for example, children who could be compromised by an image because:
 - They have been removed from their family for their own safety.
 - There are restrictions on their contact with one parent following a parental separation.
 - They are a witness in criminal proceedings.

Recommended best practice

- The publishing of a photograph of a member under 18, either on a notice board or in a published article or video recording (including video streaming) of a competition ('Publication') should only be done with parental consent and in line with Swim Wales guidelines.
- A parent or guardian has a right to refuse to have their child photographed. The exercise of this right of refusal should not be used as grounds for refusing entry into a competition. Therefore, any photo that may go to press or on a notice board, be it through a member of the organisation or an official photographer, should receive parental consent before being published or displayed, preferably in writing. A suggested template allowing parents to indicate refusal of consent is provided on the ASA Wave power document p. 117.
- In the case of any event or competition where the host organisation has an official photographer, all parents of members who are attending should be made aware of this in the event details. If photos are to be published anywhere, each individual parent

Swim Wales Photography Guidance

SWIM WALES
WALES NATIONAL POOL SWANSEA
SKETTY LANE
SWANSEA
SA2 8QG



should be given the opportunity to withhold their consent. Their right to do so should be specifically drawn to their attention.

The Swim Wales guidelines state that all photographs for publication must observe generally accepted standards of decency, particularly:

- Action shots should be a celebration of the sporting activity and not a sexualised image in a sporting context. • Action shots should not be taken or retained where the photograph reveals a torn or displaced swimming costume.
- Poolside shots of children should be above the waist only in a swimming costume, though full length tracksuit shots are approved.
- Photographs should not be taken from behind the starting blocks or that show young participants climbing out of the pool.

Published photographs may identify the individual by name and organisation but should not state the member's place of residence or school attended. The Swim Wales does not wish to stop parents photographing their child if they wish, but all organisations must ensure they do all they can to safeguard each child's wellbeing.

The official photographer

In some cases, the organisation will ask a member or officer to act as an official photographer for an event and in some cases they may employ a specialist photographer. Their role is to take appropriate photos that celebrate and promote aquatics.

When taking any image, they should be asked to:

- Focus on the activity rather than the individual child.
- Include groups of children rather than individuals, if possible.
- Ensure all those featured are appropriately dressed.
- Represent the broad range of youngsters participating in swimming - boys and girls, children with disabilities, members of minority ethnic communities, etc.
- Organisations should screen applicants for their suitability (just as they would check any other member of staff or volunteer working with children) and then provide training and information on the organisation's child safeguarding policies and procedures.
- The official photographer (whether a professional photographer or a member of staff) should receive clear instructions, preferably in writing, from the organisation at an early stage.
- The organisation should provide them with a copy of this guidance and a clear brief about what is appropriate in terms of content.
- Images should not be allowed to be taken outside the activity being covered.
- The organisation should determine who will hold the images recorded and what is to be done with them after they have served their purpose.

Swim Wales Photography Guidance

SWIM WALES
WALES NATIONAL POOL SWANSEA
SKETTY LANE
SWANSEA
SA2 8QG



Guidance on filming children during training sessions

The filming of children during training sessions is not recommended. The requirement for any filming must be justified by the organisation, (e.g. to assist in stroke development).

Assuming filming is justified, written consent is required from the parents of each child who should then be invited to attend the filming and to subsequently view the video.

The individual who is responsible for filming should exercise caution when recording and ensure the content of the footage is appropriate, following the advice outlined above. Filming should cease and/ or the footage destroyed should any concerns be raised or if consent is withdrawn.

Once the footage has served its purpose, it should always be destroyed, unless the need to keep it can be justified.

Mobile phones

Mobile phones should be registered as a camera if it has that facility in order to adhere to our policy on cameras. All organisations need to make their members aware that while the Swim Wales does not support the banning of phones, as children need them to keep in touch with parents, particularly in emergencies, we do support the requirement that phones should emit a 'noticeable sound' if the camera facility is used.

Organisations should also remind members that any photos taken should fall within our guidelines and that if mobile phones are taken into changing rooms, the facility to take photos must not be used.

Please refer to the ASA Wave Power Changing Room Policy (p. 65) in addition to the guidance on child abuse images on p. 67 and on the use of electronic information on p. 70.

Should photographs or footage of children be posted on an organisation's website?

It is recommended that photographs or footage of individual children should not be kept on an organisation's website, and certainly not with the child's name as this could lead to the child being identified, approached and placed in a vulnerable position. The same applies to printed materials such as an organisation's annual report or kit. Many organisations will use a child's first name, surname or nickname only, with parental consent, so as not to identify them fully.

Parental consent may be withdrawn at any time and the organisation should take all reasonable steps to respect the wishes of the parent/carer.