



## **Llanelli Open Meet 2022**

**Combined Level 2 and Level 3 (Junior Development) Meet  
License Nos: 2WL220638 & 3WL220639**

Swum under the following rules and conditions:  
FINA Technical Rules, Swim Wales Laws,  
Llanelli Open Meet Conditions.

**SATURDAY, 21<sup>st</sup> May 2022**

**at**

**Llanelli Leisure Centre**

**CLOSING DATE:  
MONDAY, 25<sup>th</sup> APRIL 2022**

### **EVENT INFORMATION AND ENTRY FORMS**

Please note that each Level 2 event in this competition has a qualifying time and a consideration time. Those who meet the qualifying time will be given priority in these events. Entry times falling between the QT and CT will also be included provided the meet is not oversubscribed. Swimmers who meet the consideration time, but due to lack of space are not accepted, will have their entry fees refunded.

Also, please note that each Junior Development Level 3 event has an UPPER cut off time. Submitted entry times for this section must be SLOWER than the upper cut off times. 'No Time' entries are welcome here. A swimmer who has already achieved a time FASTER than or EQUAL TO the cut off time for a particular event is not eligible to swim in that event.

**Llanelli Amateur Swimming Club**  
**Open Meet 2022**  
**Combined Level 2 and Level 3 (Junior Development) Meet**  
**License Nos: 2WL220638 & 3WL220639**

**Saturday, May 21<sup>st</sup> 2022**

1. The meet will be swum under the following rules and conditions:

FINA Technical Rules, Swim Wales Laws and Disciplinary Code, Llanelli Open Meet Conditions.

2. All entrants must be members of an Affiliated Club

3. Entries:

Electronic entries using Hy-Tek Team Manager or Swim Manager is the preferred method of entry. The events file for use with TM and SM is available from both the Swim Wales website and on the West Wales site under the 'Other Meets' menu item at:

[www.westwalesswim.org.uk](http://www.westwalesswim.org.uk)

Electronic entries should be emailed to:

[robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

Completed chaperone forms, payment summary sheets, etc should also be emailed to:

[robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com).

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 "Llanelli ASC" and sent to Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.

Alternatively, entry fees may be paid by BACS:

**Name:** Llanelli Amateur Swimming and Water Polo Club  
**Account No:** 10994669  
**Sort Code:** 20-51-32

**Reference:** Please use "LL22" followed by your four digit team code. e.g for Llanelli the reference would be "LL22LLLY", for Swansea Aquatics it would be "LL22SWAY", etc

If payment is made via BACS then a confirmation email stating the amount and date of payment is also required to:

[robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

4. Age groups for boys:  
Level 2 events: 10/11, 12/13, 14/15, 16/OV.  
Level 3 events: 9, 10, 11, 12.

Age groups for girls:  
Level 2 events: 10/11, 12/13, 14/15, 16/OV  
Level 3 events: 9, 10, 11, 12.

5. Please note that each Level 2 event in this competition has a qualifying time and a consideration time. Entry times faster than or equal to the QT will be given priority in these events. Entry times falling between the QT and CT will also be included provided the meet is not oversubscribed. Swimmers who meet the consideration time, but due to lack of space

are not accepted, will have their entry fees refunded.

Also, please note that each Junior Development Level 3 event has an UPPER cut off time. Submitted entry times for these events must be SLOWER than the upper cut off times. 'NT' is also accepted. A swimmer who has already achieved a time FASTER than or EQUAL TO the cut off time for a particular event is not eligible to swim in that event.

The Llanelli Open Meet Management Committee reserves the right to scratch entries. Should this situation arise, refunds will be available on the day of the meet in the form of a single cheque payable to each club and may be collected from the balcony above the learner pool.

6. No swimmers may enter events "Out of Age".
7. Enter event numbers and entry times in the appropriate boxes on the entry form. **Please note that a random selection of submitted times will 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.**
8. All entries to be accompanied by the correct fee (£6.00 per event), a payment summary sheet, completed coach/chaperone accreditation forms where appropriate. Cheques should be made payable to "Llanelli ASC". Clubs may also make payment by BACS. Please see page 2 of this document for details.

Please note that no refund of entry fees will be made for withdrawals after the closing date (Monday, 25<sup>th</sup> April 2022) 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.

9. Closing date for entries: **Monday, 25<sup>th</sup> April, 2022.**
10. Clubs may have a maximum of two poolside managers at each session unless by prior arrangement with the meet organisers. These will be admitted with a special pass ordered beforehand - £12.00 per person, to include access to the poolside and programmes for each session. Passes may be collected from the balcony above the learner pool on the morning of the meet and will be in the form of a badge that must be worn at all times. Please note that Coaches/Managers without a pass will not be allowed onto the poolside.

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.

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

11. Team managers must ensure that swimmers are available to the marshals two heats before their swim.
12. Awards to the first three in all events.
13. All swimmers must be amateurs as defined by Swim Wales law.
14. **Ages as at the day of the meet. i.e. 21<sup>st</sup> May 2022.**
15. Clubs will be sent confirmation of the entries entered into the computer.
16. Programmes for the meet will be printed in advance showing the heat & lane allocation of each swimmer for each event. When a swimmer fails to show in the marshalling area prior to the start of the race then that lane will be left empty. No substitute swimmers will be allowed.
17. The first session will have warm up at 8.00am and start at 9.00am. Warm up and start times for sessions 2 & 3 will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.

## **Health & Safety**

In addition to the above meet conditions a number of Health and Safety rules as laid down by Swim Wales must be observed:

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 Behaviour**

Behaviour becomes “unacceptable” when it is considered “Offensive” to others; this includes, but is not limited to, the following:

Theft, wilful 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.

## **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.**

Llanelli ASC will adhere to the Swim Wales Film and Photography Policy as outlined below.

### **Swim Wales Film and Photography Policy**

Please be advised that photographs and videos may be taken at this event. Swim Wales are aware of the wide range of devices including mobile telephones that have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of a child/children which may present a risk of harm to the child/children concerned. The use of such equipment is difficult to control but we can all be vigilant. If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team. The full swim Wales Photography Guidance Policy can be found on the Swim Wales website.

## **COVID:**

Due to the ongoing and ever changing landscape, event management will confirm the use of mitigating risk considerations, such as Lateral Flow Testing, masks and social distancing prior to the commencement of the event. Swimmers are advised that

adherence to any published rules, regulations and/or requirements imposed by Welsh Government, Local Authority/Facility and/or Swim Wales is binding. Swimmers unwilling to adhere to the above will not be permitted site entry.

18. All correspondence to:

Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.

Email: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

# Llanelli Open Meet 2022

## SATURDAY, 21<sup>st</sup> May 2022 at Llanelli Leisure Centre

### Programme of Events – All Events HDW

| Session 1<br>Warmup 8.00am, Start 9.00am |        |      |        |       |
|--|--------|------|--------|-------|
| Event                                    | Gender | Dist | Stroke | Level |
| 1  | Boys   | 200  | I.M.   | 2     |
| 2  | Girls  | 200  | I.M.   | 2     |
| 3  | Boys   | 50   | Back   | 3     |
| 4  | Girls  | 50   | Back   | 3     |
| 5  | Boys   | 100  | Fly    | 2     |
| 6  | Girls  | 100  | Fly    | 2     |
| 7  | Boys   | 100  | Free** | 3     |
| 8  | Girls  | 100  | Free** | 3     |

| Session 2<br>Warmup TBA, Start TBA |        |      |        |       |
|------------------------------------|--------|------|--------|-------|
| Event                              | Gender | Dist | Stroke | Level |
| 9                                  | Boys   | 100  | I.M.   | 3     |
| 10                                 | Girls  | 100  | I.M.   | 3     |
| 11                                 | Boys   | 200  | Free   | 2     |
| 12                                 | Girls  | 200  | Free   | 2     |
| 13                                 | Boys   | 50   | Breast | 3     |
| 14                                 | Girls  | 50   | Breast | 3     |
| 15                                 | Boys   | 100  | Back   | 2     |
| 16                                 | Girls  | 100  | Back   | 2     |

| Session 3<br>Warmup TBA, Start TBA |        |      |        |       |
|------------------------------------|--------|------|--------|-------|
| Event                              | Gender | Dist | Stroke | Level |
| 17                                 | Boys   | 50   | Fly    | 3     |
| 18                                 | Girls  | 50   | Fly    | 3     |
| 19                                 | Boys   | 100  | Breast | 2     |
| 20                                 | Girls  | 100  | Breast | 2     |
| 21                                 | Boys   | 50   | Free   | 3     |
| 22                                 | Girls  | 50   | Free   | 3     |
| 23                                 | Boys   | 100  | Free** | 2     |
| 24                                 | Girls  | 100  | Free** | 2     |

**\*\*Swimmers who qualify for both the Level 2 100m Freestyle AND the Level 3 100m Freestyle may choose to enter either of these events but may NOT ENTER BOTH.**

Session 1 will have warmup at 8.00am and start at 9.00am. Warmup and start times for sessions 2 & 3 will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.

For **Level 2** events, medals will be awarded in the age groups: 10/11, 12/13, 14/15, 16/ov

For **Level 3** events, medals will be awarded in the age groups: 9, 10, 11, 12.

# Llanelli Open Meet 2022

## Short Course Qualifying & Consideration Times for Level 2 Events

| GIRLS     |                |                |                |                | BOYS      |                   |           |                |                |                |                |           |
|-----------|----------------|----------------|----------------|----------------|-----------|-------------------|-----------|----------------|----------------|----------------|----------------|-----------|
|           | 10/11          | 12/13          | 14/15          | 16/OV          |           |                   |           | 10/11          | 12/13          | 14/15          | 16/OV          |           |
| QT        | 1.18.70        | 1.11.50        | 1.08.30        | 1.06.90        | QT        | 100m Freestyle**  | QT        | 1.17.80        | 1.08.90        | 1.03.10        | 1.00.10        | QT        |
| <b>CT</b> | <b>1.45.82</b> | <b>1.37.54</b> | <b>1.24.56</b> | <b>1.17.54</b> | <b>CT</b> |                   | <b>CT</b> | <b>1.44.00</b> | <b>1.34.00</b> | <b>1.20.00</b> | <b>1.11.00</b> | <b>CT</b> |
| QT        | 2.49.60        | 2.33.60        | 2.26.60        | 2.23.20        | QT        | 200m Freestyle    | QT        | 2.48.80        | 2.30.10        | 2.17.20        | 2.11.10        | QT        |
| <b>CT</b> | <b>3.26.15</b> | <b>2.59.45</b> | <b>2.48.36</b> | <b>2.40.50</b> | <b>CT</b> |                   | <b>CT</b> | <b>3.25.00</b> | <b>2.56.00</b> | <b>2.39.00</b> | <b>2.22.00</b> | <b>CT</b> |
| QT        | 1.40.20        | 1.29.80        | 1.25.10        | 1.23.10        | QT        | 100m Breaststroke | QT        | 1.40.10        | 1.27.40        | 1.19.10        | 1.15.10        | QT        |
| <b>CT</b> | <b>2.19.42</b> | <b>1.58.28</b> | <b>1.43.98</b> | <b>1.40.87</b> | <b>CT</b> |                   | <b>CT</b> | <b>2.19.00</b> | <b>1.55.00</b> | <b>1.37.00</b> | <b>1.32.00</b> | <b>CT</b> |
| QT        | 1.28.00        | 1.19.00        | 1.15.10        | 1.13.30        | QT        | 100m Butterfly    | QT        | 1.27.60        | 1.16.70        | 1.09.00        | 1.05.60        | QT        |
| <b>CT</b> | <b>1.56.74</b> | <b>1.46.06</b> | <b>1.36.35</b> | <b>1.28.60</b> | <b>CT</b> |                   | <b>CT</b> | <b>1.55.00</b> | <b>1.43.00</b> | <b>1.30.00</b> | <b>1.20.00</b> | <b>CT</b> |
| QT        | 1.28.10        | 1.19.20        | 1.15.30        | 1.14.00        | QT        | 100m Backstroke   | QT        | 1.27.60        | 1.17.30        | 1.09.80        | 1.06.30        | QT        |
| <b>CT</b> | <b>1.57.34</b> | <b>1.45.85</b> | <b>1.30.44</b> | <b>1.28.47</b> | <b>CT</b> |                   | <b>CT</b> | <b>1.55.00</b> | <b>1.43.00</b> | <b>1.24.00</b> | <b>1.20.00</b> | <b>CT</b> |
| QT        | 3.11.40        | 2.53.80        | 2.45.50        | 2.42.00        | QT        | 200m Ind. Medley  | QT        | 3.11.00        | 2.50.40        | 2.34.30        | 2.27.30        | QT        |
| <b>CT</b> | <b>3.43.86</b> | <b>3.34.99</b> | <b>3.21.86</b> | <b>3.10.77</b> | <b>CT</b> |                   | <b>CT</b> | <b>3.42.00</b> | <b>3.30.00</b> | <b>3.10.00</b> | <b>2.54.00</b> | <b>CT</b> |

Please note that each Level 2 event in this competition has a qualifying time and a consideration time. Entry times faster than or equal to the QT will be given priority in these events. Entry times falling between the QT and CT will also be included provided the meet is not oversubscribed. Swimmers who meet the consideration time, but due to lack of space are not accepted, will have their entry fees refunded. The Llanelli Open Meet Management Committee reserves the right to scratch entries

**\*\*Swimmers who qualify for both the Level 2 100m Freestyle AND the Level 3 100m Freestyle may choose to enter either of these events but may NOT ENTER BOTH.**

# Llanelli Open Meet 2022

## Level 3 Junior Development Events

### Upper Cut Off Times

| GIRLS   |          |          |          |                  | BOYS    |          |          |          |
|---------|----------|----------|----------|------------------|---------|----------|----------|----------|
| 9 Years | 10 Years | 11 Years | 12 Years |                  | 9 Years | 10 Years | 11 Years | 12 Years |
| 37.80   | 35.30    | 33.60    | 32.00    | 50m Freestyle    | 37.30   | 34.70    | 33.00    | 31.10    |
| 1.25.50 | 1.17.50  | 1.12.20  | 1.08.30  | 100m Freestyle** | 1.24.20 | 1.15.80  | 1.11.50  | 1.07.10  |
| 50.00   | 45.90    | 43.00    | 40.60    | 50m Breaststroke | 49.10   | 45.50    | 42.80    | 40.20    |
| 42.90   | 39.00    | 36.90    | 35.00    | 50m Butterfly    | 42.30   | 38.90    | 36.50    | 34.60    |
| 43.60   | 40.20    | 38.10    | 36.20    | 50m Backstroke   | 43.30   | 40.10    | 37.90    | 36.00    |
| 1.36.90 | 1.27.00  | 1.23.80  | 1.19.70  | 100m Ind. Medley | 1.35.60 | 1.28.30  | 1.23.80  | 1.19.10  |

**Submitted entry times must be SLOWER than the upper cut off times shown above. A swimmer who has already achieved a time FASTER than, or EQUAL TO the cut off time for a particular event is not eligible to swim in that event. Entry times of 'NT' are accepted.**

**\*\*Swimmers who qualify for both the Level 2 100m Freestyle AND the Level 3 100m Freestyle may choose to enter either of these events but may NOT ENTER BOTH.**



# Llanelli Amateur Swimming Club - Open Meet 2022 - Entry Form

**For all events in this meet, age groups will be as of 21<sup>st</sup> May 2022**

**Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Gender:**  Male  Female

**Club:** \_\_\_\_\_ **Contact Name:** \_\_\_\_\_ **Contact Telephone Number:** \_\_\_\_\_

**Swim Wales/ASA ID Number:** \_\_\_\_\_ **Email Address** \_\_\_\_\_

**Enter event numbers and entry times in the appropriate boxes below. Please see separate sheets for qualifying and consideration times for the Level 2 events and for upper cut off times for the Level 3 (Junior Development) events.**

|                                       | Backstroke |                  | Breaststroke |                  | Butterfly |                  | Freestyle |                  | Individual Medley |                  |
|---------------------------------------|------------|------------------|--------------|------------------|-----------|------------------|-----------|------------------|-------------------|------------------|
|                                       | Event No   | Time             | Event No     | Time             | Event No  | Time             | Event No  | Time             | Event No          | Time             |
| <b>50m</b><br><b>(Jnr. Dev. Only)</b> |            | (Jnr. Dev. Only) |              | (Jnr. Dev. Only) |           | (Jnr. Dev. Only) |           | (Jnr. Dev. Only) |                   |                  |
| <b>100m</b>                           |            |                  |              |                  |           |                  |           | (**)             |                   | (Jnr. Dev. Only) |
| <b>200m</b>                           |            |                  |              |                  |           |                  |           |                  |                   |                  |

**\*\*Swimmers who qualify for both the Level 2 100m Freestyle AND the Level 3 100m Freestyle may choose to enter either of these events but may NOT ENTER BOTH.**

Total number of entries on this sheet:  x £6.00 = £

Entry fee: £6.00 per individual event. Cheques payable to "Llanelli ASC".  
Closing Date for Entries: **Monday, 25<sup>th</sup> April 2022**

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

**Llanelli Amateur Swimming Club  
Open Meet – 21<sup>st</sup> May 2022**

Affix passport style  
photograph here.

## **COACH/CHAPERONE ACCREDITATION FORM**

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

FULL NAME: \_\_\_\_\_

CLUB: \_\_\_\_\_

POSITION (e.g. Club Coach) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

POST CODE: \_\_\_\_\_

TEL. NO. \_\_\_\_\_

EMAIL: \_\_\_\_\_

SWIM WALES OR ASA REG. NO. \_\_\_\_\_

DBS NUMBER: \_\_\_\_\_

**Please note only members registered with Swim Wales or the ASA and having a current DBS 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.**

All completed forms to be returned to Rob Williams.

**Closing Date: Monday, 25<sup>th</sup> April 2022**

# Llanelli ASC – Open Meet 2022

## Payment Summary Sheet

Please complete the following Payment Summary Sheet and return with entries.

**Club:** \_\_\_\_\_

**Contact Name** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

No. Coach Passes  X £12.00 = £

Total Individual Entries  X £6.00 = £

Total Amount Due: £

Please return with entries to:

Rob Williams,  
12 Park Terrace,  
Pontarddulais,  
Swansea.  
SA4 8HS

Email: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)