

# **WEST WALES SWIMMING**

**SUB-REGIONAL COMPETITION 2022**

**License No: 3WL22xxxx**

**at**

**Haverfordwest Leisure Centre  
St Thomas Green  
Haverfordwest  
SA61 1QX**

**November 25<sup>th</sup> – 27<sup>th</sup> 2022**

**CLOSING DATE:  
WEDNESDAY, 2<sup>nd</sup> NOVEMBER 2022**

**Please note that each event in this competition has an UPPER cut off time. Submitted entry times must be SLOWER than the upper cut off times. 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.**

# WEST WALES SUB REGIONAL COMPETITION Nov. 25<sup>th</sup> - 27<sup>th</sup> 2022

This meet will be swum under the following rules and conditions:  
FINA Technical Rules, Swim Wales Laws,  
West Wales Sub Regional Competition 2022 Meet Conditions.

## 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](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)

Completed individual entry forms should be kept for reference by the club entry secretary.

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

Alternatively, entry fees may be paid by BACS:

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

**Reference:** Please use "WWSR22" followed by your four digit team code. e.g for Llanelli the reference would be "WWSR22LLLLY", for Swansea Aquatics it would be "WWSR22SWAY", 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)

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 Wednesday, 2<sup>nd</sup> November 2022.

- a submitted time is faster than or equal to the upper cut off time for an event. In this situation no refund of the entry fee will be made.
- The Upper Cut Off times in this competition will be the Qualifying Times for the Regionals Championships

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.

In the event of the meet being oversubscribed the meet organisers reserve the right to limit (scratch) entries.

Should scratching be necessary, scratches will firstly be applied to some or all of the 'No Time' entries in an event. If it is necessary to scratch only some of the NT entries in an event then the NTs will be scratched using a random number generator programme to select swimmers using their psych sheet numbers.

If it becomes necessary to scratch any additional entries then swimmers with the slower entry times will be scratched.

Any lanes that later become available due to late withdrawals will be offered to scratched swimmers up to 12.00 Noon on the Friday before the start of the competition.

Any swimmers not accepted will have their fees returned.

### **800m/1500m Freestyle**

The 800m and 1500m events will now be swum where both male and female swimmers may choose to swim EITHER the 800m OR 1500m event. No swimmer may enter both the 800m and 1500m events. Any swimmer wishing to enter these events must have at least a 400m freestyle time on Rankings.

Depending on numbers, the 800m and 1500m events may be swum as mixed events. However, medals will be awarded separately to male and female swimmers.

### **Qualifying Age Dates:**

For ALL events the ages shall be as of 31<sup>st</sup> December 2022.

## Age Groups

### Individual Events

Girls: 10/11, 12/13, 14/15, 16/Over

Boys: 10/11, 12/13, 14/15, 16/Over

<b>Boys</b>	
Freestyle	50m, 100m, 200m, 400m, 800m, 1500m
Backstroke	50m, 100m, 200m
Breaststroke	50m, 100m, 200m
Butterfly	50m, 100m, 200m
I.M.	200m, 400m

<b>Girls</b>	
Freestyle	50m, 100m, 200m, 400m, 800m, 1500m
Backstroke	50m, 100m, 200m
Breaststroke	50m, 100m, 200m
Butterfly	50m, 100m, 200m
I.M.	200m, 400m

### Medals and Awards

Awards will be made to the top 3 in each event in the age groups 10/11, 12/13, 14/15, 16/Over

### Entry Fees

Entry fee is £6.00 per individual event

Please note that no refund of entry fees will be made for withdrawals after the closing date (Wednesday, 2nd November, 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.

### Spectators

Admission charges:

£3.00 per session

£7.00 per day

£12.00 per weekend

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

### Car Parking

There is ample parking available next to the pool.

### Session Times

To be confirmed following receipt of entries. Confirmation of entries and session times will be sent via email.

## **General Conditions**

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

FINA Technical Rules, Swim Wales Laws,  
West Wales Sub Regional Competition 2022 Meet Conditions.

No alcohol or tobacco advertising is permitted on any clothing.

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

### **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 competition.
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 2022 means they would not be accepted for the Swim Wales Regional Championships in 2023.

### **Events**

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

Time trials will not be permitted.

All events are HDW.

### **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 requested 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.

## 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.

### 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.

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.

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

#### 1. 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.

## 2. 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.

## 3. 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.”

## 4. West Wales will adopt the Swim Wales Film and Photography Policy as shown 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 which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of 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.

Swim Wales may use photographs taken at this event as promotional material and used across public forums including their website and social media accounts. Should you wish to refuse photographic permission please contact the event management team on site. The full swim Wales photography guidance policy can be found on the Swim Wales website.

## 5. Data Protection

The Region, along with the Governing Body, may 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.**



# Swim Wales Sub Regional Competition 2022 - West Programme of Events

**Friday 25<sup>th</sup> November:**

<b>Friday</b>			
<b>Warmup 5.30pm. Start 6.00pm</b>			
<b>Session 1</b>			
<b>101</b>	Girls	10/Ov	800 Free
<b>102</b>	Boys	10/Ov	800 Free
<b>103</b>	Girls	10/Ov	1500 Free
<b>104</b>	Boys	10/Ov	1500 Free

**Saturday 26<sup>th</sup> & Sunday 27<sup>th</sup> November**

<b>Saturday</b>				<b>Sunday</b>			
<b>Session 2</b>				<b>Session 5</b>			
<b>Warmup 8.00am. Start 9.00am</b>				<b>Warmup 8.00am. Start 9.00am</b>			
<b>201</b>	Girls	10/Ov	50 Fly	<b>501</b>	Boys	10/Ov	50 Fly
<b>202</b>	Boys	10/Ov	50 Free	<b>502</b>	Girls	10/Ov	50 Free
<b>203</b>	Girls	10/Ov	400 IM	<b>503</b>	Boys	10/Ov	400 IM
<b>204</b>	Boys	10/Ov	400 Free	<b>504</b>	Girls	10/Ov	400 Free
<b>205</b>	Girls	10/Ov	100 Breast	<b>505</b>	Boys	10/Ov	100 Breast
<b>Session 3</b>				<b>Session 6</b>			
<b>Warmup: TBC. Start: TBC</b>				<b>Warmup: TBC. Start: TBC</b>			
<b>301</b>	Boys	10/Ov	50 Back	<b>601</b>	Girls	10/Ov	50 Back
<b>302</b>	Girls	10/Ov	200 Back	<b>602</b>	Boys	10/Ov	200 Back
<b>303</b>	Boys	10/Ov	200 IM	<b>603</b>	Girls	10/Ov	200 IM
<b>304</b>	Girls	10/Ov	100 Free	<b>604</b>	Boys	10/Ov	100 Free
<b>305</b>	Boys	10/Ov	200 Fly	<b>605</b>	Girls	10/Ov	200 Fly
<b>Session 4</b>				<b>Session 7</b>			
<b>Warmup: TBC. Start: TBC</b>				<b>Warmup: TBC. Start: TBC</b>			
<b>401</b>	Girls	10/Ov	100 Fly	<b>701</b>	Boys	10/Ov	100 Fly
<b>402</b>	Boys	10/Ov	200 Breast	<b>702</b>	Girls	10/Ov	200 Breast
<b>403</b>	Girls	10/Ov	100 Back	<b>703</b>	Boys	10/Ov	100 Back
<b>404</b>	Boys	10/Ov	200 Free	<b>704</b>	Girls	10/Ov	200 Free
<b>405</b>	Girls	10/Ov	50 Breast	<b>705</b>	Boys	10/Ov	50 Breast

## WEST WALES SUB REGIONALS 2022 - UPPER CUT OFF TIMES

### BOYS

Events	BOYS							Events
	10 yrs	11yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 & over	
<b>50m Free</b>	38.00	35.90	33.90	32.10	30.40	29.10	28.30	<b>50m Free</b>
<b>100m Free</b>	1:22.90	1:17.80	1:13.20	1:08.90	1:05.40	1:03.10	1:01.20	<b>100m Free</b>
<b>200m Free</b>	2:59.30	2:48.80	2:39.10	2:30.10	2:22.50	2:17.20	2:13.20	<b>200m Free</b>
<b>400m Free</b>	6:18.00	5:53.30	5:34.00	5:16.40	5:01.50	4:50.10	4:42.10	<b>400m Free</b>
<b>800m Free</b>	13:26.10	12:28.40	11:41.10	11:01.80	10:31.30	10:08.40	9:51.20	<b>800m Free</b>
<b>1500m Free</b>	25:54.80	23:50.50	22:01.70	20:52.80	19:55.50	19:13.80	18:40.60	<b>1500m Free</b>
<b>50m Back</b>	43.60	41.20	39.00	36.50	34.80	33.10	31.90	<b>50m Back</b>
<b>100m Back</b>	1:34.70	1:27.60	1:22.50	1:17.30	1:13.00	1:09.80	1:07.80	<b>100m Back</b>
<b>200m Back</b>	3:19.70	3:06.90	2:56.50	2:45.90	2:37.00	2:30.40	2:26.50	<b>200m Back</b>
<b>50 Breast</b>	49.60	46.50	43.70	40.70	38.60	36.80	35.60	<b>50 Breast</b>
<b>100m Breast</b>	1:48.10	1:40.10	1:33.80	1:27.40	1:22.70	1:19.10	1:16.60	<b>100m Breast</b>
<b>200m Breast</b>	3:51.20	3:35.10	3:22.50	3:09.50	2:58.90	2:51.50	2:47.00	<b>200m Breast</b>
<b>50m Fly</b>	42.40	39.60	37.50	35.30	33.40	31.70	30.90	<b>50m Fly</b>
<b>100m Fly</b>	1:35.90	1:27.60	1:22.00	1:16.70	1:12.30	1:09.00	1:07.30	<b>100m Fly</b>
<b>200m Fly</b>	3:30.40	3:11.70	3:00.80	2:49.50	2:40.10	2:31.80	2:28.30	<b>200m Fly</b>
<b>200m IM</b>	3:25.10	3:11.00	3:00.50	2:50.40	2:40.70	2:34.30	2:30.30	<b>200m IM</b>
<b>400m IM</b>	7:20.20	6:45.50	6:20.90	6:00.40	5:40.60	5:26.40	5:18.10	<b>400m IM</b>

**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 'No Time' are accepted.**

**The West Wales Region Meet Management Committee reserves the right to return entries**

## WEST WALES SUB REGIONALS 2022 - UPPER CUT OFF TIMES

### GIRLS

Events	GIRLS							Events
	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 & over	
<b>50m Free</b>	38.50	36.50	34.70	33.30	32.40	31.70	31.30	<b>50m Free</b>
<b>100m Free</b>	1:24.60	1:18.70	1:14.30	1:11.50	1:09.50	1:08.30	1:07.10	<b>100m Free</b>
<b>200m Free</b>	3:00.40	2:49.60	2:39.90	2:33.60	2:29.60	2:26.60	2:24.60	<b>200m Free</b>
<b>400m Free</b>	6:22.20	5:52.90	5:33.00	5:20.50	5:12.50	5:06.20	5:03.10	<b>400m Free</b>
<b>800m Free</b>	13:36.70	12:09.50	11:29.30	10:58.30	10:40.80	10:30.70	10:23.50	<b>800m Free</b>
<b>1500m Free</b>	26:15.90	23:27.70	22:10.00	21:10.10	20:51.70	20:22.60	20:03.00	<b>1500m Free</b>
<b>50m Back</b>	43.80	41.40	39.30	37.70	36.50	35.90	35.30	<b>50m Back</b>
<b>100m Back</b>	1:35.20	1:28.10	1:22.70	1:19.20	1:17.00	1:15.30	1:14.40	<b>100m Back</b>
<b>200m Back</b>	3:21.80	3:06.30	2:56.30	2:49.60	2:44.80	2:41.10	2:38.70	<b>200m Back</b>
<b>50 Breast</b>	50.00	46.70	44.00	42.10	40.80	39.80	39.40	<b>50 Breast</b>
<b>100m Breast</b>	1:48.80	1:40.20	1:34.40	1:29.80	1:26.50	1:25.10	1:24.30	<b>100m Breast</b>
<b>200m Breast</b>	3:51.50	3:34.90	3:22.40	3:12.80	3:06.70	3:03.50	3:01.60	<b>200m Breast</b>
<b>50m Fly</b>	42.40	40.10	37.90	36.40	35.20	34.40	34.00	<b>50m Fly</b>
<b>100m Fly</b>	1:36.00	1:28.00	1:22.40	1:19.00	1:16.30	1:15.10	1:14.10	<b>100m Fly</b>
<b>200m Fly</b>	3:32.80	3:13.90	3:00.70	2:52.60	2:46.70	2:43.00	2:41.20	<b>200m Fly</b>
<b>200m IM</b>	3:25.60	3:11.40	3:00.60	2:53.80	2:48.70	2:45.50	2:43.40	<b>200m IM</b>
<b>400m IM</b>	7:19.70	6:43.60	6:19.90	6:03.90	5:53.80	5:47.30	5:42.60	<b>400m IM</b>

**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 'No Time' are accepted.**

**The West Wales Region Meet Management Committee reserves the right to return entries**

# WEST WALES - SUB REGIONAL COMPETITION

Nov. 25<sup>th</sup> - 27<sup>th</sup> 2022

## INDIVIDUAL ENTRY FORM

Name in full:.....

Age(31<sup>st</sup> Dec. '22): ..... Date of Birth: DD / MM / YYYY M/F:.....

Address: .....

.....

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

Club Name:.....

Swim Wales Membership Number:.....

\*Please indicate ✓ whether submitted time is **Short Course** or **Long Course**

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

Total number of swims .....@ £6.00 . 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: Wednesday 2<sup>nd</sup> November 2022**

WEST WALES  
SUB REGIONAL COMPETITION  
Nov. 25<sup>th</sup> - 27<sup>th</sup> 2022

Affix passport style  
photograph here.  
or  
preferably send picture  
via email to  
[robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

## 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 :.....

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: Wednesday 2<sup>nd</sup> November 2022**

# WEST WALES SUB REGIONAL COMPETITION

Nov. 25<sup>th</sup> - 27<sup>th</sup> 2022

## Payment Summary Sheet

Please return this form together with:

1. Entry Forms
2. Cheque made payable to **“West Wales Region – Swim Wales”**. Alternatively, payment may be made by bank transfer. Please see page 2 of this document for details.
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		@ £6.00	£
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 <b>“West Wales Region – Swim Wales”</b> . Alternatively, payment may be made by bank transfer. Please see page 2 of this document for details.			£

**It is requested that if paying by cheque, 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](mailto:robwilliams1145@gmail.com)**

**Closing Date: Wednesday 2<sup>nd</sup> November 2022**

