

SWIM WALES REGIONAL CHAMPIONSHIPS 2023 - WEST

Swum under the following rules and conditions:
FINA Technical Rules, Swim Wales Laws and Disciplinary Code,
Swim Wales Regional Championships 2023 - West Meet Conditions.

FEBRUARY 10th (Evening) – FEBRUARY 12th
License No: (2WL230120)

at

Haverfordwest Leisure Centre

EVENT INFORMATION AND ENTRY FORMS

CLOSING DATE:
FRIDAY 20th JANUARY 2023 at 17:00

SWIM WALES REGIONAL CHAMPIONSHIPS 2023 - WEST FEBRUARY 10th (Evening) – FEBRUARY 12th

This meet will be swum under the following rules and conditions:
FINA Technical Rules, Swim Wales Laws and Disciplinary Code,
Swim Wales Regional Championships 2023 - West 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 or Swim Manager. The events file for use with TM and SM is available from both the Swim Wales website and on the West Wales site at:

www.westwalesswim.org.uk

Electronic entries should be emailed to:

robwilliams1145@gmail.com

Completed chaperone forms, payment summary sheets, etc should also be emailed to:
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 "Swim Wales Ltd - West Wales Region" and sent to Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.

Alternatively, entry fees, etc may be paid by BACS:

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

Reference: Please use "WWR23" followed by your four digit team code. e.g for Llanelli the reference would be "WWR23LLLY", for Swansea Aquatics it would be "WWR23SWAY", 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

Please note that entries will be refused if:

- they are received without the relevant fee being paid
- they are completed incorrectly (Membership number must be included)
- they are received after the closing date of Friday 20th January 2023 at 17:00
- 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.

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.

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 31st December 2023.

Age Groups

Individual Events

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

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

Boys		Girls	
Freestyle	50m, 100m, 200m, 400m, 800m, 1500m	Freestyle	50m, 100m, 200m, 400m, 800m, 1500m
Backstroke	50m, 100m, 200m	Backstroke	50m, 100m, 200m
Breaststroke	50m, 100m, 200m	Breaststroke	50m, 100m, 200m
Butterfly	50m, 100m, 200m	Butterfly	50m, 100m, 200m
I.M.	200m, 400m	I.M.	200m, 400m

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 (Friday 20th January 2023 at 17.00) 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

Awards will be made to the top 3 in each event in the age groups 11/12, 13/14, 15/16, 17/Over.

Spectators

Admission charges:

£3.00 per session
£7.00 per day
£12.00 per weekend

Please note that spectator tickets for these championships will need to be purchases in advance via the Swim Wales JustGo Portal.

Also, please be aware that the Spectator Area will be cleared at the end of each session.

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

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.

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 have achieved the qualifying time are automatically eligible to compete in the relevant event subject to the following conditions:

- I. The number of competitors for the event does not exceed the maximum time available for that event.
- II. Acceptance does not extend the duration of the session beyond the session time limit imposed by the Swim Wales License.

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.

Submitted entry times must have been achieved in a licensed meet in the period 1st January 2022 to the closing date (21st January 2023 at 17:00).

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

The meet organisers reserve the right to scratch entries based on times. Entries are not confirmed until the draft entry list is published after close of entries.

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 downloaded from the Swim Wales web site.

Volunteers

As I'm sure you will appreciate, for any competition to run smoothly it is ESSENTIAL that we have a large number of volunteers to help with marshalling, announcing, 'ticket desk', etc, etc. The organisers would therefore be grateful if as many volunteers as possible would make themselves available for the competition.

Volunteers who are willing to help for all or part of the Championships are asked to contact Kelly Stokes by email (kelly.stokes1982@gmail.com) to indicate their availability for the meet.

Meet Procedure

Heats

- All events will be Heat Declared Winner (HDW)
- Events will be seeded according to submitted times.
- All heats will be swum **slowest to fastest**
- All heats will be spearheaded.
- The fastest 3 heats will be circle seeded.

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.”

Photography

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.

The West Wales Region 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.

COVID:

Due to the ongoing threat from Covid, the Swim Wales event management team will continue to encourage the use of mitigating risk considerations, such as wearing masks and social distance when attending the event.

Swim Wales Regional Championships 2023 - West - Short Course Qualifying & Consideration Times

		BOYS								
		11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 & over		
50m	QT	35.90	33.90	32.10	30.40	29.10	28.30	27.80	QT	50m
	CT	45.00	41.01	38:50	36.98	35.64	34.30	32.80	CT	Freestyle
100m	QT	1:17.80	1:13.20	1:08.90	1:05.40	1:03.10	1:01.20	1:00.10	QT	100m
	CT	1:28.50	1:25.96	1:21.70	1:17.21	1:13.31	1:09.40	1:05.00	CT	Freestyle
200m	QT	2:48.80	2:39.10	2:30.10	2:22.50	2:17.20	2:13.20	2:11.10	QT	200m
	CT	3:19.80	3:08.42	2:58.00	2:50.44	2:42.80	2:35.15	2:31.38	CT	Freestyle
400m	QT	5:53.30	5:34.00	5:16.40	5:01.50	4:50.10	4:42.10	4:36.70	QT	400m
	CT	6:50.00	6:30.40	6:07.87	5:33.61	5:21.86	5:10.10	4:53.50	CT	Freestyle
800m	QT	12:28.40	11:41.10	11:01.80	10:31.30	10:08.40	9:51.20	9:40.20	QT	800m
	CT	14:20.00	13:50.00	13:05.00	12:40.00	12:10.00	11:50.00	11:20.00	CT	Freestyle
1500m	QT	23:50.50	22:01.70	20:52.80	19:55.50	19:13.80	18:40.60	18:21.90	QT	1500m
	CT	26:30.00	24:30.00	23:00.00	22:00.00	21:17.50	20:40.00	20:05.00	CT	Freestyle
50m	QT	41.20	39.00	36.50	34.80	33.10	31.90	31.50	QT	50m
	CT	52.00	49.90	44.70	41.53	40.22	38.90	37.50	CT	Backstroke
100m	QT	1:27.60	1:22.50	1:17.30	1:13.00	1:09.80	1:07.80	1:06.30	QT	100m
	CT	1:48.60	1:43.70	1:37.50	1:31.30	1:24.87	1:18.43	1:15.40	CT	Backstroke
200m	QT	3:06.90	2:56.50	2:45.90	2:37.00	2:30.40	2:26.50	2:24.00	QT	200m
	CT	3:40.50	3:28.10	3:18.00	3:03.70	2:57.50	2:51.29	2:35.50	CT	Backstroke
50m	QT	46.50	43.70	40.70	38.60	36.80	35.60	35.00	QT	50m
	CT	1:06.00	1:02.07	57.00	53.00	50.30	47.60	46.50	CT	Breaststroke
100m	QT	1:40.10	1:33.80	1:27.40	1:22.70	1:19.10	1:16.60	1:15.10	QT	100m
	CT	2:05.30	1:56.42	1:50.93	1:45.31	1:39.53	1:33.75	1:28.49	CT	Breaststroke
200m	QT	3:35.10	3:22.50	3:09.50	2:58.90	2:51.50	2:47.00	2:43.00	QT	200m
	CT	4:23.00	4:11.65	3:45.50	3:28.33	3:18.90	3:09.47	3:02.28	CT	Breaststroke
50m	QT	39:60	37.50	35.30	33.40	31.70	30.90	30.10	QT	50m
	CT	47.00	45.00	42.07	41.01	39.00	36.90	35.60	CT	Butterfly
100m	QT	1:27.60	1:22.00	1:16.70	1:12.30	1:09.00	1:07.30	1:05.60	QT	100m
	CT	1:49.00	1:42.15	1:33.40	1:23.40	1:21.12	1:18.83	1:14.30	CT	Butterfly
200m	QT	3:11.70	3:00.80	2:49.50	2:40.10	2:31.80	2:28.30	2:23.90	QT	200m
	CT	3:40.00	3:24.81	3:15.50	3:05.57	2:56.79	2:48.00	2:40.00	CT	Butterfly
200m	QT	3:11.00	3:00.50	2:50.40	2:40.70	2:34.30	2:30.30	2:27.30	QT	200m
	CT	3:44.00	3:33.41	3:17.20	3:05.12	3:00.23	2:55.34	2:40.30	CT	Ind. Medley
400m	QT	6:45.50	6:20.90	6:00.40	5:40.60	5:26.40	5:18.10	5:12.20	QT	400m
	CT	7:45.50	7:25.85	7:09.00	6:43.97	6:32.54	6:21.10	6:08.00	CT	Ind. Medley

Swim Wales Regional Championships 2023 - West - Short Course Qualifying & Consideration Times

		GIRLS								
		11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 Years	17 & over		
50m	QT	36.50	34.70	33.30	32.40	31.70	31.30	31:30	QT	50m
	CT	47.50	44.22	41.30	38.00	36.12	34.23	33.19	CT	Freestyle
100m	QT	1:18.70	1:14.30	1:11.50	1:09.50	1:08.30	1:07.10	1:06.90	QT	100m
	CT	1:37.00	1:33.16	1:28.50	1:23.40	1:22.95	1:22.50	1:21.96	CT	Freestyle
200m	QT	2:49.60	2:39.90	2:33.60	2:29.60	2:26.60	2:24.60	2:23.20	QT	200m
	CT	3:20.60	3:11.88	3:05.00	2:59.52	2:58.56	2:57.00	2:55.92	CT	Freestyle
400m	QT	5:52.90	5:33.00	5:20.50	5:12.50	5:06.20	5:03.10	5:00.50	QT	400m
	CT	6:59.00	6:39.60	6:27.00	6:15.00	6:13.00	6:11.00	6:07.44	CT	Freestyle
800m	QT	12:09.50	11:29.30	10:58.30	10:40.80	10:30.70	10:23.50	10:20.70	QT	800m
	CT	14:10.00	13:40.00	13:08.00	12:48.96	12:45.98	12:42.00	12:36.84	CT	Freestyle
1500m	QT	23:27.70	22:10.00	21:10.10	20:51.70	20:22.60	20:03.00	19:57.70	QT	1500m
	CT	25:30.00	24:17.00	23:30.00	22:55.00	22:25.00	22:05.00	21:30.00	CT	Freestyle
50m	QT	41.40	39.30	37.70	36.50	35.90	35.30	35.10	QT	50m
	CT	54.00	50.83	49.40	47.90	46.23	44.56	42.00	CT	Backstroke
100m	QT	1:28.10	1:22.70	1:19.20	1:17.00	1:15.30	1:14.40	1:14.00	QT	100m
	CT	1:51.00	1:43.24	1:37.20	1:32.40	1:31.70	1:31.00	1:30.36	CT	Backstroke
200m	QT	3:06.30	2:56.30	2:49.60	2:44.80	2:41.10	2:38.70	2:37.20	QT	200m
	CT	3:40.00	3:31.56	3:24.60	3:17.76	3:16.51	3:15.25	3:13.32	CT	Backstroke
50m	QT	46.70	44.00	42.10	40.80	39.80	39.40	39.10	QT	50m
	CT	1:04.00	1:00.69	1:00.00	59.97	55.49	51.00	49.50	CT	Breaststroke
100m	QT	1:40.20	1:34.40	1:29.80	1:26.50	1:25.10	1:24.30	1:23.10	QT	100m
	CT	2:01.00	1:53.28	1:48.80	1:43.80	1:43.40	1:43.00	1:42.12	CT	Breaststroke
200m	QT	3:34.90	3:22.40	3:12.80	3:06.70	3:03.50	3:01.60	3:00.20	QT	200m
	CT	4:14.00	4:02.88	3:53.50	3:44.04	3:43.02	3:42.00	3:40.20	CT	Breaststroke
50m	QT	40.10	37.90	36.40	35.20	34.40	34.00	33.90	QT	50m
	CT	59.50	56.90	51.40	46.50	44.65	42.80	42.00	CT	Butterfly
100m	QT	1:28.00	1:22.40	1:19.00	1:16.30	1:15.10	1:14.10	1:13.30	QT	100m
	CT	1:46.00	1:39.88	1:36.60	1:33.56	1:32.78	1:32.00	1:30.12	CT	Butterfly
200m	QT	3:13.90	3:00.70	2:52.60	2:46.70	2:43.00	2:41.20	2:39.30	QT	200m
	CT	3:50.00	3:36.84	3:28.60	3:20.04	3:19.27	3:18.50	3:15.60	CT	Butterfly
200m	QT	3:11.40	3:00.60	2:53.80	2:48.70	2:45.50	2:43.40	2:42.00	QT	200m
	CT	3:51.50	3:40.72	3:32.80	3:24.44	3:22.82	3:21.20	3:18.60	CT	Ind. Medley
400m	QT	6:43.60	6:19.90	6:03.90	5:53.80	5:47.30	5:42.60	5:40.60	QT	400m
	CT	7:59.60	7:35.88	7:19.00	7:04.56	7:02.28	7:00.00	6:56.76	CT	Ind. Medley

SWIM WALES REGIONAL CHAMPIONSHIPS 2023 - WEST
 FEBRUARY 10th (Evening) – FEBRUARY 12th

INDIVIDUAL ENTRY FORM

Name in full:.....

Age (31/12/2023): 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@ £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: Friday 20th January 2023 at 17:00

SWIM WALES REGIONAL
CHAMPIONSHIPS 2023 - WEST

Affix passport style
photograph here.
or
preferably send picture
via email to

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 :.....

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: Friday 20th January 2023 at 17:00

SWIM WALES REGIONAL CHAMPIONSHIPS 2023 - WEST

FEBRUARY 10th (Evening) – FEBRUARY 12th

Payment Summary Sheet

Please return this form together with:

1. Entry Forms
2. Cheque/s made payable to **“Swim Wales Ltd – West Wales Region”** or payment made via BACS
3. Coach/Chaperone Accreditation Forms

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 “Swim Wales Ltd – West Wales Region” . Alternatively please send email to confirm payment made by BACS			£

It is requested that a single cheque for the complete club entry is submitted. Alternatively payment may be made by BACS. See Page 2 for account details.

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: Friday 20th January 2023 at 17:00

