

# Amman Valley Swimming Club

## Mid-Distance Development Meet 2023



Level 3 Licenced Meet

8 lane 25m pool, electronic timing, and anti-turbulence lane ropes

Licence No: TBC

(Under FINA Technical Rules & Swim Wales Laws)

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### *EVENT INFORMATION AND ENTRY PACK*

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#### Carmarthen Leisure Centre

Llansteffan Road  
Johnstown  
Carmarthen  
SA31 3NQ

**Sunday 12th November 2023**

***Closing Date: 12<sup>th</sup> October 2023***

## EVENT SCHEDULE:

Sunday 12<sup>th</sup> November 2023

### SESSION 1

Event No.	Gender	Distance	Stroke
101	MIXED	800	FREESTYLE
102	MIXED	200	BREASTSTROKE
103	MIXED	200	BACKSTROKE

### SESSION 2

Event No.	Gender	Distance	Stroke
201	MIXED	400	IM
202	MIXED	200	FREESTYLE
203	MIXED	200	BUTTERFLY
204	MIXED (9/11)	4 X 100 RELAY	MEDLEY
205	MIXED (12/14)	4 X 100 RELAY	MEDLEY
206	MIXED (15/OV)	4 X 100 RELAY	MEDLEY

### SESSION 3

Event No.	Gender	Distance	Stroke
301	MIXED	400	FREESTYLE
302	MIXED	200	IM
303	MIXED (9/11)	4 X 100 RELAY	FREESTYLE
304	MIXED (12/14)	4 X 100 RELAY	FREESTYLE
305	MIXED (15/OV)	4 X 100 RELAY	FREESTYLE

### Age Groups:

Individual Events:

Boys 9/10, 11/12, 13/14, 15/16, 17+

Girls 9/10, 11/12, 13/14, 15/16, 17+

Relay Events:

Mixed 9/11, 12/14, 15/over

Age as at: 12<sup>th</sup> November 2023

### Acceptance Criteria:

There are no upper or lower qualifying standards for acceptance into this meet. Entries with No Time are welcome.

The promotor reserves the right to accept or reject entries and to restrict entries in order to complete the meet within the time available. If the meet is oversubscribed, entries will be accepted on a first come first served basis, allowing for equal balance of swimmers across age groups. The promotor reserves the right to close entries before the closing date if the meet is full. Events may be subject to change at the promoters discretion if undersubscribed before the closing date.

<b>VENUE:</b>	Carmarthen Leisure Centre, Llansteffan Road, Johnstown, SA31 3NQ
<b>POOL:</b>	8 lane 25m pool with Daktroniks electronic timing and anti-turbulence lane ropes
<b>AGE GROUPS:</b>	Boys: 9/10, 11/12, 13/14, 15/16, 17+ Girls: 9/10, 11/12, 13/14, 15/16, 17+
<b>AGE:</b>	The age of competitors will be taken as of 12 <sup>th</sup> November 2023 Minimum age of entry is 9 years
<b>EVENTS:</b>	All events will be swum mixed gender and seeded on entry times spearheaded slowest heat to fastest. All events will be Heat Declared Winner.  200m, 400m, 800m Freestyle 200m Breaststroke 200m Backstroke 200m Butterfly 200m, 400m Individual Medley  4 x 100m Freestyle Relay 4 x 100m Medley Relay
<b>AWARDS:</b>	There will be medals for the top three in each event in the following age groups: Boys: 9/10, 11/12, 13/14, 15/16, 17+ Girls: 9/10, 11/12, 13/14, 15/16, 17+ Relays: Mixed 9/11, 12/14, 15/over  There will be awards for Top Boy, Top Girl to the swimmer from any age group and any club that accrues the most points throughout the gala. There will also be an award for Top Club based on points accrued by swimmers in the clubs throughout the gala.
<b>SESSION TIMES:</b>	There will be a warmup before each session. Warm up and session times will be finalised once all entries have been processed and confirmed. Swimmers will be notified accordingly.

**ENTRY FEE:** Individual events: £7.50 per event  
Relays: £12 per team. Clubs may enter 'A' and 'B' teams per each age category.

**SPECTATORS:** Spectator fee will be £3 per session per adult, or £7 for the full day per adult.  
Children under 16years are free entry.

**CAR PARK:** There is free on site car parking

**REFRESHMENTS:** There is access to an onsite Café at Carmarthen Leisure Centre

**STARTS:** Over the top starts will be in use where appropriate throughout the competition.

**ENTRIES:** Electronic entries from the Hy-Tek Team Manager or swim manager software would be most welcome. The events file for input into TM is available upon request or may be downloaded from the 'Other Meets' menu item at [www.westwalesswim.org.uk](http://www.westwalesswim.org.uk) Team Manager Lite application and instructions can be downloaded free of charge from [http://activesupport.force.com/hytekswimming/articles/en\\_US/Article/Download-and-Install-TM-Lite](http://activesupport.force.com/hytekswimming/articles/en_US/Article/Download-and-Install-TM-Lite)

Enter event numbers and latest short course times on the entry form. Long course times converted to short course times are acceptable (please use ASA tables for conversion). Entry times must be on the Swim Wales rankings. Random checks will be made. Estimated times are not permitted. As this is a Level 3 meet then entry times of no time (NT) are also welcome.

Payment:

Payment to be made by BACS (BACS details will be provided on confirmation of entries) The promoter reserves the right to reject entries for the following reasons:

- The relevant entry fee is not paid
- Incorrectly completed or improved entries
- Received after the closing date

WE RESERVE THE RIGHT TO CLOSE ENTRIES BEFORE THIS DATE IF THE MEET IS FULL.

NO LATE ENTRIES WILL BE ACCEPTED AND THERE WILL BE NO ENTRIES ON THE DAY.

Entries to:

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

e-mail: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

PLEASE USE A SEPARATE ENTRY FORM FOR EACH SWIMMER, AND GROUP ENTRY FORMS INTO MALE AND FEMALE BEFORE SUBMITTING.

It is the responsibility of the clubs to ensure that all swimmers are current members of their club and have current Swim Wales membership. In the event of over subscription, the event promoter has the right to scratch entries and/or change the schedule of events.

Each club must have at least one WASA registered, and DBS checked adult on poolside with the swimmers.

RELAY TEAMS WILL BE REQUIRED TO FILL IN AND SUBMIT TO THE MEET OFFICE A RELAY FORM FOR ALL ENTERED RELAYS (FOUND IN THIS MEET PACK) PRIOR TO THE START OF THE SESSION IN WHICH THE RELAY IS SWUM IN. Failure to submit a complete relay form may result in disqualification. relay forms must be submitted in the order in which the team is to be swum in; teams who fail to swim in submitted order face disqualification (referees' discretion).

- WITHDRAWALS:** Competitors who wish to withdraw from an event must do so by emailing [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com) or during the meet at the Meet Office. No refunds will be made for withdrawals after the closing date other than on medical grounds. If a swimmer needs to withdraw on medical grounds and requires a refund, please email a doctor's letter/certificate stating the swimmer is medically unable to participate to [social@ammanvalleysc.co.uk](mailto:social@ammanvalleysc.co.uk) before 12<sup>th</sup> November 2023.
- RESULTS:** The Meet results will be emailed to clubs within 72 hours of the meet closing. Results will also be passed to Swim Wales for their reference and inclusion in rankings. Results will be available through the Meet Mobile App during the day (available on the app store and google play)
- POOLSIDE PASSES:** Poolside passes can be purchased at time of submitting entries at £15 per pass. There is no access to poolside for anyone without a poolside pass. Poolside passes cannot be purchased on the day.
- MARSHALLING:** Marshalling will be in place on poolside. It is the swimmers' responsibility to present themselves ready to swim, to the Marshalling Area prior to the start of their event.
- OFFICIALS:** In order to run this event, we require parents from all participating clubs to volunteer to be qualified officials. Visiting clubs are requested to provide at least one qualified official per 10 swimmers. Visiting clubs are requested to please email [social@ammanvalleysc.co.uk](mailto:social@ammanvalleysc.co.uk) to provide a list of qualified officials when submitting their entries. Our head referee will be Ann Adams

**HEALTH &  
SAFETY:**

All swimmers, officials, volunteers and parents are required at all times to abide by the rules set out in the Pool Operating Procedures and Normal Operating Procedures & Emergency Action Plan for Carmarthen Leisure Centre

No outdoor shoes to be worn on poolside. Suitable footwear must be worn outside the pool area including balcony area and particularly when moving around and climbing the steps in the competitor's area. Swimmers are not permitted to leave the pool and changing area unless fully clothed and wearing suitable footwear.

For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, earrings (except studs), and rings (except wedding bands).

Carmarthen Leisure Centre and Amman Valley SC will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim meet. A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive.

No swimmer should topple into the water in the event of a false or faulty start - a proper shallow dive must be performed. It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk.

If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.

**CONDUCT:**

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.

Unacceptable behaviour will not be tolerated in any circumstances be that parent, swimmer, volunteer, or coach, and all such occurrences will be referred to the Meet Director and Referee and could result in removal from the competition.

**DATA  
PROTECTION:**

Data Protection Entries and results for this Meet will be held on computer. As required by the Data Protection Act 1998, submission of entries implies consent to the holding of personal information on computer. These details maybe made public before, during or after the Meet.

The use of all photographic equipment is controlled at this Meet.

**CAMERA &  
MOBILE PHONE  
USE:**

**NO FLASH** photography is permitted.

This guidance applies to all images and videos taken on any type of camera or recording device (including mobile phones) at the Meet. Mobile phones that have a camera facility/hardware are recognised as a camera or photographic device.

Amman Valley Swimming Club and Carmarthen Leisure Centre follow Swim Wales guidance which does not support the banning of phones, it does support the requirement that phones should emit a 'noticeable sound' if the camera facility is used. Any photos taken should fall within the Swim Wales guidelines which are contained in the General Meet Conditions under "Events" at

[www.swimwales.org/key-documents](http://www.swimwales.org/key-documents)

The publishing of a photograph of a swimmer under 18, either on a notice board or in a published article or video recording (including video streaming) of the Meet should only be done with parental consent and in line with Swim Wales guidelines.

**GENERAL:**

Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Referee's decision will be final.

Correspondence with regards to entries to: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

Other general enquiries to: [social@ammanvalleysc.co.uk](mailto:social@ammanvalleysc.co.uk)

**APPEALS:**

Any appeals must be submitted in accordance with FINA procedures and will be handled appropriately by the Meet Director and Referees



Amman Valley Swimming Club: Mid-Distance Development Meet 2023  
**INDIVIDUAL ENTRY FORM**

NAME: \_\_\_\_\_ M/F: \_\_\_\_\_

SWIM WALES/ASA MEMBERSHIP NO: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

AGE: (as of 12<sup>th</sup> Nov 2023) \_\_\_\_\_ CLUB: \_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_ CONTACT EMAIL: \_\_\_\_\_

EVENT		EVENT NO:	ENTRY TIME
FREESTYLE	200		
	400		
	800		
BREASTSTROKE	200		
BACKSTROKE	200		
BUTTERFLY	200		
INDIVIDUAL MEDLEY	200		
	400		

TOTAL NUMBER OF ENTRIES: \_\_\_\_\_ @ £7.50 PER EVENT

TOTAL PAYABLE: £ \_\_\_\_\_

**CLOSING DATE: 12<sup>th</sup> October 2023**

**ENTRIES TO:** Rob Williams, 12 Park Terrace, Pontarddulais, Swansea SA4 8HS [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)





Amman Valley Swimming Club: Mid-Distance Development Meet 2023  
**RELAY ENTRY FORM**

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

CONTACT NUMBER: \_\_\_\_\_ CONTACT EMAIL: \_\_\_\_\_

EVENT		EVENT NO:	SELECT AS APPROPRIATE	
			A TEAM:	B TEAM:
MIXED 4 X 100 FREESTYLE	9/11			
	12/14			
	15/OVER			
MIXED 4 X 100 MEDLEY	9/11			
	12/14			
	15/OVER			

TOTAL NUMBER OF RELAY ENTRIES: \_\_\_\_\_ @ £12 PER TEAM

TOTAL PAYABLE: £ \_\_\_\_\_

**CLOSING DATE: 12<sup>th</sup> October 2023**

**ENTRIES TO:** Rob Williams, 12 Park Terrace, Pontarddulais, Swansea SA4 8HS [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)



Amman Valley Swimming Club: Mid-Distance Development Meet 2023  
**POOLSIDE PASS APPLICATION FORM**

Full Name: \_\_\_\_\_

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

Position (e.g. Team Manager, Coach etc): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Swim Wales/ASA Membership No: \_\_\_\_\_

DBS Number: \_\_\_\_\_ Date of Issue: \_\_\_\_\_

Email address: \_\_\_\_\_

POOLSIDE PASSES WILL NOT BE AVAILABLE FOR PURCHASE AT THE MEET

**CLOSING DATE: 12<sup>th</sup> October 2023**

**RETURN WITH ENTRIES TO:** Rob Williams, 12 Park Terrace, Pontarddulais, Swansea SA4 8HS  
[robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)



## Amman Valley Swimming Club: Mid-Distance Development Meet 2023 PAYMENT SUMMARY SHEET

PLEASE COMPLETE THE FOLLOWING PAYMENT SUMMARY SHEET AND RETURN WITH ENTRIES

Contact Name: \_\_\_\_\_ Tel No: \_\_\_\_\_

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

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

Number of Poolside Passes required \_\_\_\_\_ @ £15 = £ \_\_\_\_\_

Total Number of Individual Entries \_\_\_\_\_ @ £7.50 per event = £ \_\_\_\_\_

Total Number of Relay Entries \_\_\_\_\_ @ £12 per team = £ \_\_\_\_\_

**TOTAL:** \_\_\_\_\_

Payment to be made by BACS at time of entry. Please contact [social@ammanvalleysc.co.uk](mailto:social@ammanvalleysc.co.uk) and BACS details will be provided on confirmation of entries.

**CLOSING DATE: 12<sup>th</sup> October 2023**

**ENTRIES TO:** Rob Williams, 12 Park Terrace, Pontarddulais, Swansea SA4 8HS [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)



THANK YOU  
See You Soon!



Amman Valley Swimming Club



@AmmanValleySC\_



@amman\_valley\_swimming\_club



## Amman Valley Swimming Club: Mid-Distance Development Meet 2023

### RELAY TEAMS ENTRY FORM

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

Team A/B: \_\_\_\_\_

<b>MIXED 9/11 YEARS</b>			
	<b>FULL NAME</b>	<b>MEMBERSHIP NUMBER</b>	<b>DATE OF BIRTH</b>
<b>4 X 100 MEDLEY RELAY</b>			
<b>4 X 100 FREESTYLE RELAY</b>			

This form must be submitted to meet office (poolside) by the end of the warmup of the session the relay takes place in. Failure to submit the relay form(s) in time may result in disqualification. Relay forms should be submitted in the order in which the team will swim – teams who fail to swim in the submitted order will face disqualification (referees' discretion).



## Amman Valley Swimming Club: Mid-Distance Development Meet 2023

### RELAY TEAMS ENTRY FORM

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

Team A/B: \_\_\_\_\_

<b>MIXED 12/14 YEARS</b>			
	<b>FULL NAME</b>	<b>MEMBERSHIP NUMBER</b>	<b>DATE OF BIRTH</b>
<b>4 X 100 MEDLEY RELAY</b>			
<b>4 X 100 FREESTYLE RELAY</b>			

This form must be submitted to meet office (poolside) by the end of the warmup of the session the relay takes place in. Failure to submit the relay form(s) in time may result in disqualification. Relay forms should be submitted in the order in which the team will swim – teams who fail to swim in the submitted order will face disqualification (referees' discretion).



## Amman Valley Swimming Club: Mid-Distance Development Meet 2023

### RELAY TEAMS ENTRY FORM

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

Team A/B: \_\_\_\_\_

<b>MIXED 15/Ov YEARS</b>			
	<b>FULL NAME</b>	<b>MEMBERSHIP NUMBER</b>	<b>DATE OF BIRTH</b>
<b>4 X 100 MEDLEY RELAY</b>			
<b>4 X 100 FREESTYLE RELAY</b>			

This form must be submitted to meet office (poolside) by the end of the warmup of the session the relay takes place in. Failure to submit the relay form(s) in time may result in disqualification. Relay forms should be submitted in the order in which the team will swim – teams who fail to swim in the submitted order will face disqualification (referees' discretion).