



Llanelli Autumn Meet 2023

**Level 3 Meet
License Nos: 3WL230637**

SUNDAY, 8th October 2023

at

**Llanelli Leisure Centre
Park Cres.
Llanelli
SA15 3AE**

**CLOSING DATE:
SATURDAY, 23rd SEPTEMBER 2023**

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.

Llanelli Amateur Swimming Club
Autumn Meet 2023
Level 3 Development Meet
License No: 3WL23XXXX

Sunday, 8th October 2023

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

FINA Technical Rules, Swim Wales Laws and Disciplinary Code, Llanelli Autumn 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

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 "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 "LA23" followed by your four digit team code. e.g for Llanelli the reference would be "LA23LLLY", for Swansea Aquatics it would be "LA23SWAY", etc

Please note that if payment is made via BACS **then a confirmation email stating the amount and date of payment is also required** to:

robwilliams1145@gmail.com

4. **Age groups** (Age as at: 8th October 2023):

8 Years (50m events only)
9/10, 11/12, 13/14, 15+

Events:

All events will be Heat Declared Winner (HDW)

8/Over: 50m Backstroke, Breaststroke, Butterfly & Freestyle
9/10, 11/12, 13/14, 15+: 100m Backstroke, Breaststroke, Butterfly & Freestyle
9/10, 11/12, 13/14, 15+: 200m Freestyle

9/10: 100m Individual Medley
11/12, 13/14, 15+: 200m Individual Medley

NB: 8 YEAR OLDS ARE ONLY ELIGIBLE TO ENTER THE 50M EVENTS

Entry fee:
£6 per individual event.

Entries

Please note that as this is a level 3 meet, each event in the competition has an UPPER cut off time. Submitted entry times 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.

In the event of the meet being oversubscribed the Llanelli Management Committee reserves the right to scratch entries. Should scratching be necessary, scratches will firstly be applied to some or all of the 'No Time' entries in an event. Should it be 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.

5. No swimmers may enter events "Out of Age".
6. 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.**
7. 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 (Friday, 7th October 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.

8. Closing date for entries: **Saturday, 23rd September, 2023.**
9. 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.

10. Team managers must ensure that swimmers are available to the marshals two heats before their swim.
11. Awards to the first three in all events.
12. All swimmers must be amateurs as defined by Swim Wales law.
13. **Ages as at the day of the meet. i.e. 8th October 2023.**
14. Clubs will be sent confirmation of the entries entered into the computer.
15. Programmes for the meet will be published 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.

16. 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.

17. All correspondence to:

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

Email: robwilliams1145@gmail.com

Llanelli Autumn Meet 2023

Sunday, 8th October, 2023 at Llanelli Leisure Centre

Programme of Events – All Events HDW

Session: 1	
Warm Up 8.00 am Start: 9.00 am	
1	Girls 9 & Over 200 Freestyle
2	Boys 9 & Over 200 Freestyle
3	Girls 9 & Over 100 Backstroke
4	Boys 9 & Over 100 Backstroke
5	Girls 8 & Over 50 Breaststroke
6	Boys 8 & Over 50 Breaststroke
7	Girls 8 & Over 50 Freestyle
8	Boys 8 & Over 50 Freestyle

Session: 2	
Warm Up: TBC Start: TBC	
9	Girls 9/10yrs 100 IM
10	Boys 9/10yrs 100 IM
11	Girls 11 & Over 200 IM
12	Boys 11 & Over 200 IM
13	Girls 9 & Over 100 Breaststroke
14	Boys 9 & Over 100 Breaststroke
15	Girls 8 & Over 50 Butterfly
16	Boys 8 & Over 50 Butterfly

Session: 3	
Warm Up: TBC Start: TBC	
17	Girls 9 & Over 100 Butterfly
18	Boys 9 & Over 100 Butterfly
19	Girls 8 & Over 50 Backstroke
20	Boys 8 & Over 50 Backstroke
21	Girls 9 & Over 100 Freestyle
22	Boys 9 & Over 100 Freestyle

NB: 8 YEAR OLDS ARE ONLY ELIGIBLE TO ENTER THE 50M EVENTS

Llanelli Autumn Meet 2023 - Upper Cut Off Times

BOYS

Events	BOYS								Events
	8 Yrs	9 yrs	10 yrs	11yrs	12 yrs	13 yrs	14 yrs	15 & Over	
50m Free	No UCT	37.30	34.70	33.00	31.10	29.60	28.30	27.30	50m Free
100m Free		1.24.20	1.15.80	1.11.50	1.07.10	1.03.50	1.00.80	59.00	100m Free
200m Free		2.59.50	2.43.80	2.34.70	2.25.80	2.18.10	2.12.20	2.08.30	200m Free
50m Back	No UCT	43.30	40.10	37.90	36.00	33.80	32.50	31.10	50m Back
100m Back		1.35.40	1.27.00	1.20.60	1.15.90	1.11.40	1.07.90	1.05.40	100m Back
50 Breast	No UCT	49.10	45.50	42.80	40.20	37.60	35.90	34.50	50 Breast
100m Breast		1.50.70	1.39.40	1.32.10	1.26.20	1.20.60	1.16.90	1.14.00	100m Breast
50m Fly	No UCT	42.30	38.90	36.50	34.60	32.60	31.10	29.70	50m Fly
100m Fly		1.42.20	1.28.30	1.20.70	1.15.40	1.10.80	1.07.30	1.04.60	100m Fly
100m IM		1.35.60	1.28.30						100m IM
200m IM				2.55.40	2.45.60	2.37.10	2.29.20	2.24.30	200m IM

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.

Llanelli Autumn Meet 2023 - Upper Cut Off Times

GIRLS

Events	Girls								Events
	8 Yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 & Over	
50m Free	No UCT	37.80	35.30	33.60	32.00	31.00	30.30	29.70	50m Free
100m Free		1.25.50	1.17.50	1.12.20	1.08.30	1.06.30	1.04.70	1.03.90	100m Free
200m Free		3.01.70	2.44.90	2.35.40	2.27.00	2.22.20	2.19.30	2.17.00	200m Free
50m Back	No UCT	43.60	40.20	38.10	36.20	35.00	34.10	33.70	50m Back
100m Back		1.37.20	1.27.40	1.20.90	1.16.30	1.13.50	1.11.80	1.10.40	100m Back
50 Breast	No UCT	50.00	45.90	43.00	40.60	39.10	38.10	37.30	50 Breast
100m Breast		1.51.00	1.40.00	1.32.10	1.27.10	1.23.40	1.20.60	1.19.60	100m Breast
50m Fly	No UCT	42.90	39.00	36.90	35.00	33.80	32.90	32.20	50m Fly
100m Fly		1.43.50	1.28.40	1.21.00	1.16.10	1.13.40	1.11.20	1.10.30	100m Fly
100 IM		1.36.90	1.27.00						100m IM
200m IM				2.55.60	2.46.10	2.41.10	2.37.10	2.34.70	200m IM

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.

Llanelli Amateur Swimming Club - Autumn Meet 2023 - Entry Form

For all events in this meet, age groups will be as of 8th October 2023

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 note that each event in the competition has an UPPER cut off time. Submitted entry times 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. Please see pages 7 & 8 of this meet pack for details of the upper cut off times.

	Backstroke		Breaststroke		Butterfly		Freestyle		Individual Medley		
	Event No	Time	Event No	Time	Event No	Time	Event No	Time	Event No	Time	
50m											
100m										(9 & 10 years only)	
200m											(11 & over only)

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

Entry fee: £6.00 per individual event. Payment may be made by cheque or BACS. Please see Page 2 of this document for details.
Closing Date for Entries: Saturday, 23rd September 2023

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

**Llanelli Amateur Swimming Club
Autumn Meet – 8th October 2023**

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: _____

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: Saturday, 23rd September 2023

Llanelli ASC – Autumn Meet 2023

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