



**Pembrokeshire County Swimming
Invitational Championships 2024
(Licensed Meet)**



**Saturday 22nd & Sunday 23rd June 2024
Haverfordwest Leisure Centre
Including the Martin Noble Awards**

License No: 3WL240196

Closing Date: Friday 31st May 2024



Pembrokeshire County Swimming

Saturday 22nd & Sunday 23rd June 2024

Haverfordwest Leisure centre

25 Metre pool, Electronic timing

No Times Required

Male + Female events being swam as mixed heats.

Age as of 23rd June 2024

10/U, 11/12 13/14, 15/OV

50m + 100m + 200m All HDW

Relays 12/U 13/14 (4 x 50) Open (4x100).

MEDAL PLACES: 1st, 2nd & 3rd

Martin Noble Award's

Pentathlon Format

AWARD FOR TOP CLUB

Individual Events: £6 per event

Relay Events: £8 per team (Max 2 Teams A&B)

Closing Date: Friday 31st May 2024



Pembrokeshire County Swimming Invitational Championships

Warm up: 8:00am, Start 9:00am.

Programme of Events:

Pembrokeshire County Swimming reserve the right to amend the order of events if necessary.

Saturday 22 nd June	Sunday 23 rd June
Session 1	Session 3
101) Mixed 200 Individual Medley 102) Mixed 50 Butterfly 103) Mixed 100 Breaststroke 104) Mixed 50 Backstroke 105&106&107) Female Medley Relay (12/U 13/14 Open)	301) Mixed 200 Freestyle 302) Mixed 100 Butterfly 303) Mixed 50 Breast 304) Mixed 100 Backstroke 305&307&307) Female Free Relay (12/U 13/14 Open)
Session 2	Session 4
201&202&203) Male Medley Relay (12/U 13/14 Open) 204) Mixed 200 Fly 205) Mixed 100 Free 206) Mixed 200 Backstroke 207&208&209) Mixed Medley Relay (12/U 13/14 Open)	401&402&403) Male Free Relay (12/U 13/14 Open) 404) Mixed 200 Breast 405) Mixed 100 Individual Medley 406) Mixed 50 Freestyle 407&408&409) Mixed Free Relay (12/U 13/14 Open)

The Martin Noble Awards.

12/U – Martin Noble Mini Award.

4 x 50 & 100 IM – DQ = Slowest time plus 5 seconds

Open – Martin Noble Shield Award.

4 x 100 & 200 IM – DQ = Slowest time plus 5 seconds

No additional cost to enter the pentathlons.

Relay Team Registration

Please use separate sheet for EACH relay team. Tick the appropriate event and complete the list of names below in the order the team will be swimming.

TM Entries can be emailed or printed and sent/given to Rob Williams.

Team Name.....A Or B.....

Female Relays

Event/Age	12/Under	13/14	Open
Medley (105/106/107)			
Free (305/306/307)			

Male Relays

Event/Age	12/Under	13/14	Open
Medley (201/202/203)			
Free (407/408/409)			

Mixed Relays

Event/Age	13/Under	13/14	Open
Medley (207/208/209)			
Free (407/408/409)			

Name

Swim Wales Membership ID

Date of Birth

.....
.....
.....
.....



Pembrokeshire County Swimming Invitational Championships 2024

Payment Summary Sheet – For Clubs to complete only

Please complete the following payment Summary sheet and return entries.

Club: _____

Contact Name and Telephone Number: _____

Email Address: _____

	Number		
Total Entries for BOYS		@ £6.00	£
Total Entries for GIRLS		@ £6.00	£
Total Relays		@8.00	£
Total Coach Passes (To Include Food)		@10.00	£
Total Amount Enclosed			£

Gala entries to go to your club. Then the club will submit to:

Return to: Rob Williams,

Email: robwilliams1145@gmail.com

Please also CC pcs.galas@gmail.com

Gala fees to be paid to your club please.

Clubs then to make one payment to be made via BACS

Sort Code 40-36-24 Account Number 01472119

Account Name Pembrokeshire County Swimming



Pembrokeshire County Swimming Invitational Championships 2024

Poolside Pass Application Form

Please note that all applications for poolside passes from Coaches, Team Managers, and Poolside Helpers etc, must be accompanied by a Swim Wales or ASA Membership Number and a current DBS number.

Please complete in BLOCK CAPITALS.

Full Name:
Name of Club:
Position (e.g. Team Manager):
Address:
.....
Postcode:
Telephone Number:
SWIM WALES / ASA Membership No:
DBS Number: Date of Issue:
E-mail Address: -

A maximum of 4 coaches allowed on poolside.

Passes will not be authorised on the day.

Please return with entries to:

Email: robwilliams1145@gmail.com

Please CC pcs.galas@gmail.com



Pembrokeshire County Swimming

Invitational Championships 2024

Competition rules and conditions

- 1). All events are HDW. Over the top starts may be used.
- 2). All swimmers must be members of Swim Wales.
- 3). Entries will be seeded slowest to fastest from submitted times. Heats will be mixed Male/Female.
- 4). NO late entries will be accepted.
- 5). Swimmers must report to Marshalling Area on poolside.
- 6). No refunds will be given unless a doctor's certificate is provided.
- 7). Only 4 club Coach/TM on poolside and must hold a pass which can be authorised prior to meet. Additional passes can be requested and will be reviewed by event management and a decision made based on the size of the squad.
- 8.). **Relays** – Mixed events are any order eg Male Female Female Male or Male Male Female Female.. Swimmers entering relays must have been entered into the meet for an individual race. Maximum of two teams per event (A&B). Swimmers are unable to swim in A&B team of the same event.
- 9). Swimmers must have attained the standard of ASA Competitive Start Award in order to start from the blocks (this is the responsibility of the club coach).
- 10). Swimmers who have not attained the standard must lower themselves over the side into the water, on the long whistle of the referee, before starting at an appropriate place.
- 11). When a competition involves children under the age of 18 years of age it is a mandatory meet license requirement that all persons (including competitors/ officials / volunteers / spectators), wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device / equipment used for taking / recording such images must register their details with the event management in advance of taking any images. This can be done at the desk for entrance.

This includes but is not limited to:

Still Cameras, Cine Cameras, Video Cameras, Camera/video enabled mobile phones and Camera enabled PDA's

Proof of identity is required to register any photographic / video equipment.

Please see below for the policy in full.

11). Jewellery, for safety and security reasons is not permitted while in the water during warm up, swim down or competition, Pembrokeshire County Swimming will not be responsible for any jewellery lost or damaged during the competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings except wedding bands.

12). All participants must observe the safely precautions in operation at Haverfordwest Leisure Centre. Pembrokeshire County Swimming will not be responsible for any loss or damage occurring during this meet.

13). Any matters concerning the meet not covered in these rules will be dealt with according to the laws of the sport and at the discretion of the promoter. The promoter reserves the right to amend the Meet rules at their discretion.

14). Unacceptable behaviour

Behaviour becomes "unacceptable" when it considered "offensive" to others; this includes, but is not limited to the following:

Theft, wilful damage to property or equipment, acts of vandalism, abuse of alcohol or drugs, bullying, offensive language, aggressive/violent acts, threatening behaviour, all breaches of safety practices, failure to comply with instructions or directions and actions that bring the sport of swimming into disrepute.

In addition to this any swimmer who at the time of the gala is suspended from either Club, Performance Club or Swim Wales will be unable to swim at the meet and will not be entitled to a refund.

15) All Clubs are asked to provide 2 officials per session in order for the meet to be run to the license requirements.

16) Spectators will be allowed for this event as it stands. £2 per session. £5 per day. £8 weekend pass.

17) Scratches, In the event of over subscription, the event promoter has the right to scratch entries and/or change the schedule of events. In the 50-100m events priority for inclusion will be given to swimmers registered with a Pembrokeshire club, scratches will be at the discretion of the event management. In the event of over subscription in the 200m events, priority for inclusion will be given to swimmers registered to a Pembrokeshire club, after which scratches will be at the discretion of the event management.

The following photography policy is adopted from Swim Wales.

Please be advised that photographs and videos may be taken at this event. Swim Wales & PCS 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. PCS & affiliated clubs may use photographs taken at this event as promotional material and used across public forums including their website and social media accounts, and possibly the local press. 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. There may be an official photographer at this event. If any parent does not wish their child to be photographed, please can you email pcs.galas@gmail.com by the closing date 31st May 2024.

The welfare, wellbeing and safeguarding of participants during this event is very important to the club and there will be a Safeguarding Officer in attendance throughout the meet.

Any point not covered will be at the discretion of the organisers.