



City of Swansea Aquatics Spring Long Course Open Meet 2024

Level 1 Licensed Meet
Licence Number: 1WL240258
(Under World Aquatics Technical Rules and Swim Wales Laws)

Wales National Pool Swansea

Saturday 9th March 2024
Sunday 10th March 2024

Closing Date: 6th February 2024

EVENT INFORMATION AND ENTRY PACK

NEW ENTRY SYSTEM

CITY OF SWANSEA AQUATICS SPRING MEET 2024

From 2024 City of Swansea Aquatics meets will be operating a new method of entry into the Spring level 1 long course meet.

NEW ENTRY INSTRUCTIONS

All entries will only be processed when full payment has been received by City of Swansea Aquatics. Entries must reach the Meet Entry Officer meets.swanseaaquatics@gmail.com on or before midnight on 6th February 2024 using the online form for either Team Entries or Individual and Multi Class Entries – see QR code or weblinks below.

TEAM ENTRIES

Team entries for clubs must be completed electronically using the entry file and the online form. Scan the QR code or use the link to access the online entry form. The entry file will also be uploaded and submitted as part of the form.

Online Team Entry

<https://forms.gle/V6y4WrJetQXtEgeT8>



INDIVIDUAL AND MULTI CLASS ENTRIES

Individual entries and Multi Class swimmers must be completed electronically using the online form. Scan the QR code or use the link to access the online entry form.

Individual Entry Form

<https://forms.gle/xjr2XWCG8QeFmgWX8>



MC Entry Form

<https://forms.gle/iS6vfdo2UsnYUMMRA>



SA SPRING MEET 2024

EVENT SCHEDULE

SATURDAY 9 th March 2024	SUNDAY 10 th March 2024
SESSION 1	SESSION 4
101 BOYS 200M BACKSTROKE	401 GIRLS 200M BACKSTROKE
102 GIRLS 100M BUTTERFLY	402 BOYS 100M BUTTERFLY
103 BOYS 50M FREE	403 GIRLS 50M FREE
104 MIXED 800M FREE (sign-in required)	404 MIXED 1500M FREE (sign-in required)
105 GIRLS 200M BREASTSTROKE	405 BOYS 200M BREASTSTROKE
106 BOYS 200IM	406 GIRLS 200IM
SESSION 2	SESSION 5
201 GIRLS 200M FREE	501 BOYS 200M FREE
202 BOYS 50M BACKSTROKE	502 GIRLS 50M BACKSTROKE
203 GIRLS 50M BUTTERFLY	503 BOYS 50M BUTTERFLY
204 BOYS 400M FREE(sign-in required)	504 GIRLS 400M FREE (sign-in required)
205 GIRLS 100M BACKSTROKE	505 BOYS 100M BACKSTROKE
SESSION 3	SESSION 6
301 BOYS 100M FREESTYLE	601 GIRLS 100M FREESTYLE
302 GIRLS 400IM (sign-in required)	602 BOYS 400IM (sign-in required)
303 BOYS 200M BUTTERFLY	603 GIRLS 200M BUTTERFLY
304 GIRLS 50M BREASTSTROKE	604 BOYS 50M BREASTSTROKE
305 BOYS 100M BREASTSTROKE	605 GIRLS 100M BREASTSROKE

SA SPRING MEET 2024 CONSIDERATION TIMES

FEMALE									
		11	12	13	14	15	16	17	18 & OVER
50 Free	CT	00:39.90	00:36.70	00:35.90	00:34.80	00:33.50	00:33.40	00:32.90	00:30.90
100 Free	CT	01:22.80	01:18.90	01:16.50	01:13.90	01:11.80	01:09.70	01:06.80	01:04.90
200 Free	CT	02:56.80	02:47.90	02:40.30	02:36.10	02:31.40	02:26.60	02:21.90	02:15.10
400 Free	CT		05:40.80	05:33.00	05:22.20	05:13.60	05:05.80	04:58.40	04:49.90
800 Free	CT		10:45.00	10:30.90	09:59.50	09:47.10	09:35.70	09:20.20	09:09.40
1500 Free	CT		20:19.20	19:52.10	19:35.80	18:49.80	18:30.90	18:06.10	17:58.50
50 Breast	CT	00:51.20	00:46.60	00:43.50	00:42.80	00:39.90	00:38.80	00:37.90	00:36.20
100 Breast	CT	01:48.30	01:40.20	01:36.30	01:33.90	01:30.50	01:28.30	01:25.50	01:24.40
200 Breast	CT	03:45.20	03:34.40	03:28.50	03:20.70	03:10.70	03:03.00	02:57.90	02:50.90
50 Fly	CT	00:43.50	00:40.70	00:38.60	00:36.10	00:34.90	00:33.80	00:32.40	00:31.90
100 Fly	CT	01:33.80	01:28.10	01:23.70	01:20.90	01:17.10	01:15.90	01:11.70	01:09.00
200 Fly	CT	03:30.80	03:10.80	02:59.90	02:51.90	02:48.60	02:44.10	02:37.90	02:28.40
50 Back	CT	00:46.00	00:43.30	00:40.90	00:38.70	00:36.60	00:34.20	00:32.90	30.90
100 Back	CT	01:37.50	01:29.10	01:26.70	01:23.40	01:20.10	01:17.40	01:13.20	01:08.90
200 Back	CT	03:25.80	03:09.70	02:58.30	02:52.30	02:47.80	02:40.50	02:37.60	02:26.00
200IM	CT	03:22.60	03:12.80	03:06.00	02:56.50	02:50.90	02:45.20	02:41.10	02:31.10
400IM	CT		06:42.70	06:12.50	05:49.20	05:42.20	05:38.90	05:29.60	05:12.30

ENTRIES SUBMITTED WITHOUT A TIME WILL NOT BE ACCEPTED

SA SPRING MEET 2024 CONSIDERATION TIMES

MALE									
		11	12	13	14	15	16	17	18& Over
50 Free	CT	00:38.90	00:36.20	00:32.50	00:31.70	00:29.90	00:29.00	00:28.30	00:27.90
100 Free	CT	01:22.70	01:15.60	01:13.50	01:09.80	01:06.40	01:03.80	00:59.90	00:58.80
200 Free	CT	02:47.80	02:41.50	02:31.90	02:26.90	02:22.40	02:16.10	02:08.90	02:05.30
400 Free	CT		05:35.00	05:20.00	05:09.90	05:02.60	04:49.70	04:45.20	04:39.90
800 Free	CT		10:27.00	10:00.54	09:50.69	09:45.93	09:18.31	09:15.86	09:02.81
1500 Free	CT		20:14.90	19:30.20	18:59.70	18:04.30	17:35.10	17:15.60	17:05.40
50 Breast	CT	00:49.70	00:47.60	00:45.30	00:42.00	00:38.80	00:36.80	00:34.90	00:33.10
100 Breast	CT	01:43.70	01:40.20	01:34.70	01:27.50	01:22.30	01:19.00	01:16.90	01:15.10
200 Breast	CT	03:36.20	03:34.40	03:25.20	03:09.70	02:59.80	02:52.90	02:47.80	02:42.90
50 Fly	CT	00:41.20	00:40.30	00:38.90	00:36.50	00:33.70	00:31.90	00:30.10	00:29.80
100 Fly	CT	01:30.10	01:28.60	01:24.20	01:17.20	01:11.70	01:09.10	01:04.90	01:02.80
200 Fly	CT	03:14.90	03:11.90	03:00.90	02:49.90	02:38.90	02:33.20	02:25.60	02:20.20
50 Back	CT	00:43.10	00:42.50	00:40.20	00:36.70	00:34.90	00:33.00	00:31.90	00:31.00
100 Back	CT	01:31.90	01:29.80	01:24.40	01:17.80	01:12.40	01:09.90	01:06.10	01:03.60
200 Back	CT	03:10.50	03:07.50	02:58.60	02:45.90	02:36.40	02:30.70	02:26.10	02:22.30
200IM	CT	03:12.80	03:10.90	03:01.10	02:48.00	02:39.30	02:34.80	02:28.90	02:25.80
400IM	CT		06:03.80	05:58.90	05:47.20	05:36.20	05:24.40	05:19.10	05:14.10

ENTRIES SUBMITTED WITHOUT A TIME WILL NOT BE ACCEPTED

Para Long Course Qualification Times – Level 1

For all entries, please see the attached entry form with the meet pack.

Male														
Events	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50m Freestyle	02.10.58	01.24.24	00.59.05	00.55.40	00.47.91	00.41.52	00.39.93	00.37.34	00.36.40	00.32.98	00.37.13	00.33.80	00.33.89	00.35.56
100m Freestyle	03.46.74	03.27.68	02.33.22	02.00.47	01.46.30	01.32.69	01.26.70	01.21.38	01.19.79	01.12.07	01.23.27	01.15.10	01.14.97	01.16.71
200m Freestyle	07.11.06	05.13.17	04.44.34	04.17.33	03.44.91									02.43.21
400m Freestyle						07.12.47	06.49.53	06.21.89	06.05.93	05.42.48	06.33.47	05.54.38	05.50.70	06.03.50
50m Backstroke	01.42.47	01.10.32	01.01.55	01.02.19	00.54.49									
100m Backstroke	03.26.43	02.33.66				01.44.69	01.40.03	01.30.55	1.30.24	01.23.12	01.35.59	01.25.27	01.23.37	01.27.07
50 Breaststroke	04.54.34	01.16.01	01.09.19											
100 Breaststroke				02.14.92	02.10.77	01.55.82	01.52.29	01.42.98	01.32.13		01.42.03	01.35.63	01.33.39	01.34.68
50 Butterfly	00.00.00	03.21.85	01.58.87	01.06.39	00.49.87	00.43.25	00.42.10							
100 Butterfly								01.25.43	01.23.79	01.19.10	01.28.73	01.21.27	01.20.16	01.24.24
200 IM					5.00.36	03.45.95	0.39.34	03.17.67	03.12.81	03.02.67	03.26.95	03.09.15	03.10.81	03.06.03

Female														
Events	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14
50m Freestyle	1.57.75	1.39.99	1.05.30	00.56.71	00.52.07	00.48.17	00.46.56	00.42.74	00.40.45	00.38.81	00.43.16	00.39.73	00.39.20	00.39.96
100m Freestyle	05.49.48	04.47.15	02.12.80	02.18.00	01.54.76	01.44.20	01.41.93	01.31.22	01.27.93	01.25.30	01.35.63	01.25.53	01.24.57	01.25.53
200m Freestyle	09.16.40	09.44.28	04.56.77	04.44.28	03.59.92									02.55.88
400m Freestyle						07.29.92	07.32.44	06.45.09	06.37.12	06.23.99	07.33.26	07.10.70	06.34.66	07.01.93
50m Backstroke	03.10.27	1.33.45	1.11.99	1.12.27	1.03.45									
100m Backstroke	06.17.03	03.14.11				02.00.50	01.57.07	01.49.37	01.38.94	01.36.50	01.52.41	01.40.76	01.35.90	01.32.86
50 Breaststroke	03.10.15	02.00.25	01.24.87											
100 Breaststroke				02.40.30	02.27.29	02.15.97	02.10.51	01.52.84	01.47.62		01.59.66	01.53.75	01.46.72	01.48.29
50 Butterfly	00.00.00	03.15.71	02.08.37	02.05.57	01.04.04	00.51.53	00.49.64							
100 Butterfly								01.38.74	01.36.89	01.34.47	01.55.91	01.37.94	01.30.89	01.38.14
200 IM					05.04.67	04.17.22	04.17.84	03.49.98	03.38.76	03.31.32	04.00.77	03.51.20	03.25.23	03.25.09

NOTE: There are no Para Swimming Consideration Standards in 200m Breaststroke, 200m Butterfly, 200m Backstroke and 400IM

VENUE	Wales National Pool, Sketty, Swansea SA2 8QG
POOL	8 Lane – 50m pool – electronic timing – with anti-turbulence lane ropes A swim down facility may be available during the meet; however, it may be restricted during busy times of the meet.
AGE GROUP BANDS	Male 11yrs, 12-13yrs, 14-15yrs, 16-17yrs & 18yrs & over Female 11yrs, 12-13yrs, 14-15yrs, 16-17yrs & 18yrs & over Note: The minimum age is 12yrs for male and female swimmer entry for the 1500m freestyle, 800m freestyle, 400m freestyle and 400IM events.
MC EVENTS	Para swimmer entry will only be accepted from classified swimmers with British/IPC classification. Swimmers without a classification will not be able to compete. Para swimmers will be integrated into events in accordance with their entry time which must be faster than the para swimmer qualifying time in the designated events set out in this meet pack.
AGE	The age of competitors will be taken as at 31 st December 2024.
EVENTS	All events will be heat declared winner (HDW) The events are detailed in the programme of events and will be swum to the published age groups unless otherwise stated.
ENTRY FEE	£9.25 per event entry. Full payment must accompany entries.
CLOSING DATE	Midnight Monday 6 th February 2024 (late entries will not be accepted)
SPECTATOR ENTRY	Spectators onsite will be welcomed to the competition. Spectators may be restricted due to site capacity and safety mitigations of the site. There will be a spectator entry fee. An Information Table will be available for spectators at the main entrance foyer.
PROGRAMME	Available online. Details to follow.
CAR PARK	Car parking facilities are available as a pay and display. There is an ANPR camera at the venue. We regret that Swansea Aquatics are not responsible for setting the price of parking nor do we receive any money from the use of the car park.
REFRESHMENTS	There is an onsite café at the venue along with vending machines.
ELECTRONICS	Daktronics electronic timing system with electronic display.
STARTS	Over the top starts will be used in the heats and wherever possible.
SEEDING	Events will be seeded based on the submitted entry and achieved prelim times on a spear-headed basis and will be swum slowest to fastest.
AWARDS	Medals will be awarded to the first three places in each age group. The age groups for the events are detailed in the meet pack.

SIGN INS	<p>Sign in sheets will be used for the 400m, 800m and 1500m events. Swimmers MUST sign in to confirm that they are swimming BEFORE the start of warm up of the session the event is in. (Eg: Event 104 Mixed 800m freestyle must sign in before the start of warm up for Session 1)</p> <p>Sign in will close at the start of each warm-up. FAILURE to sign in on time will mean the swimmer is removed from the event and their entry fee is forfeited. Swimmers will sign in at the Sign-In Desk under the scoreboard.</p> <p>SWIMMERS WHO HAVE NOT SIGNED IN CANNOT REPORT TO MARSHALLING</p>
WITHDRAWALS	<p>No refund for entry fees will be made for withdrawals after the closing date (6th February 2024) unless supported with a doctor's note. Where a medical withdrawal is necessary, the doctor's note will be accepted until midday on the day before the start of the meet. Withdrawals after this time will not be considered for refunds. No refunds will be given other than on medical grounds. A refund form will be issued upon request of a medical withdrawal.</p>
MARSHALLING	<p>Marshalling will be in place at various points of the pool deck. It is the SWIMMER'S responsibility to report to marshalling for the event at least 15 minutes prior to their event. Failure to do so may result in the place being lost and filled by an alternate or a reorganisation of the events. As a general rule it is good practise for a swimmer to report to marshalling at least 2 events before their race.</p>
ANTI-DOPING	<p>By entering this event, you / your child agrees to be bound by the British Swimming Anti-doping Rules for a period of 12 months from the commencement of the event. You also agree to abide by the British Swimming & UKAD Anti-doping Rules. For further information see www.britishswimming.org/performance/swimming/anti-doping/</p>
MEET RESULTS	<p>In addition to providing a real time results service, results will also be passed to Swim Wales and Swim England for their reference and inclusion in rankings.</p> <p>For clubs using Hy-Tek or other software systems, a complete electronic copy of the meet results can be sent upon request to the clubs attending the meet when the meet has concluded.</p>
FILM AND PHOTOGRAPHY	<p>Swim Wales Film and Photography Policy</p> <p>Please be advised that photographs and videos may be taken at this event. There is an awareness 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 situated at the enquiries desk. Swansea Aquatics may use photographs taken at this event as promotional material and use them across public forums including their website and social media accounts, and possibly the local press and television. Should you wish to refuse</p>

FILM AND PHOTOGRAPHY (continued)

photographic permission please contact the event management team on site. The full Swim Wales photography guidance policy can be found at the enquiries desk or email swimwales-events@swimming.org.

MEET OFFICE

The meet office is located on the upper floor. An Information Table will be available for spectators at the main entrance foyer.

DATA PROTECTION

Submission of entries implies consent to the holding of any personal data collected and used by City of Swansea Aquatics in accordance with the Data Protection Act 1998 and General Data Protection Regulations (GDPR) May 2018. These details may be made public, during and after the meet. All data will be recorded privately, securely stored and disposed of when no longer needed. You have the right view your personal data and request its deletion under GDPR.

POOL PASSES

Cost £20 per application (required for poolside access) Applicants (coaches, TMs) must have a valid DBS and membership number. Passes include full event access, event accreditation and seeded programme (does not include parking). Poolside passes are intended for use for the named individual only; misuse may result in the removal of the pass.

THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A PASS.

ENTRIES

Consideration times will be applied. Age Group entry times must be equal or faster than the CT. Times outside these limits, and entries with No Time submitted will be rejected. Times must be fastest long course time on British Rankings or short course time converted to long course time – whichever is faster.

ESTIMATED TIMES ARE NOT PERMITTED.

Entry times must have been obtained at a licensed meet, and random checks will be made. City of Swansea Aquatics may request validation of any stated entry time. If swimmers are found to have entered the meet with any false or made-up times, they will be disqualified from all events they have entered, and their entry fees will be forfeited.

NEW ENTRY SYSTEM TO BE FOLLOWED

NO LATE ENTRIES WILL BE ACCEPTED

Entries will NOT be processed unless full payment has been received along with the online form

City of Swansea Aquatics reserves the right to limit entries. In the event that entries are rejected, the entry fee will be refunded to the club in question.

If, however, there are spare lanes in the first heats of any events, the promoter may allow additional swimmers who are already entered into the meet to swim in those empty lanes, as long as they have reached the relevant consideration times.

CONFIRMED ENTRIES

It is the responsibility of the entering club and/or swimmer to check the confirmed entry list and inform event management (meets.swanseaaquatics@gmail.com) of discrepancies or errors. This must be raised within 72 hours of the confirmed entries being published. Confirmed entries will be sent to the contact email address on the Payment Summary Sheet returned with entries.

OFFICIALS

In order to run a licensed meet at Level 1, a lot of help is required. City of Swansea Aquatics would be extremely grateful if your club has licensed officials who would be prepared to help out during the meet. If you have any officials, level J1 or J2 or above, please complete the form within the meet pack and return with your club entries. Our dress code is white polo top, black trousers or skirt.

Email officials.swanseaaquatics@gmail.com with all queries relating to officials.

GENERAL

The meet organiser reserves the right to make any alterations to these conditions if necessary and all participants will be notified. Any matter not covered by these conditions or by Swim Wales, **Swim England** and World Aquatics laws or technical rules will be at City of Swansea Aquatics' discretion. The referee's decision will be final.

APPEALS

Any appeals must be submitted in accordance with World Aquatics procedures and will be handled appropriately.

HEALTH & SAFETY

A copy of the Pool Operating Procedures and/or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet can be obtained in advance.

All attendees 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 – Swimmers must have attained the standard Competitive Start Award in order to start from the blocks (this is the responsibility of the coach).

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, wristbands, earrings (except small studs) and rings (except wedding bands).

City of Swansea Aquatics will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.



Officials Details

Please fill in this form and email to
officials.swanseaaquatics@gmail.com

Title / Name					
Swim Wales / Swim England / Other Membership Number		CLUB			
Contact Number					
Email					
Affiliated Club					
Qualification Please Indicate (please insert 'w' if you are on a workbook)		J1	J2	J2S	Referee

Availability – Please indicate the day(s) and session(s) you would be available to attend

SESSION	Saturday 9 th March	SESSION	Sunday 10 th March
1		4	
2		5	
3		6	

Thank you for supporting our event – it would not be possible without you!

**Poolside Pass Application Form
(Coaches, Team Managers and Poolside Helpers)**

Please note that all applications for poolside passes from coaches, team managers and poolside helpers MUST be accompanied by the following:

i. Swim Wales/Swim England/Other Number : _____

Please complete the following:

1) Full Name: _____

2) Swim Wales/Swim England/Other Number: _____

3) Position (coach, TM, poolside helper) _____

4) Club: _____

5) Current DBS Number: _____

PLEASE SEND TO :

meets.swanseaaquatics@gmail.com

NO LATER THAN 8PM THURSDAY 29th FEBRUARY 2024.

Any poolside pass forms received after this date will result in an additional £5 administration charge.



**FULL PAYMENT OF ENTRIES AND POOLSIDE PASSES TO BE MADE BY
THE CLOSING DATE 6th FEBRUARY 2024**

Full payment can be made via BACS to –

SWANSEA AQUATICS
SORT CODE: 20-51-32
ACCOUNT NUMBER: 50179817