



## **AUTUMN MEET 2024**

### **A/B Graded Meet**

**Sat. 5<sup>th</sup> & Sun. 6<sup>th</sup> October 2024**

**At**

**Llanelli Leisure Centre**

**License No: 3WL24xxxx**

**CLOSING DATE:  
MONDAY 16<sup>th</sup> SEPTEMBER 2024**

# Llanelli ASC – A/B Graded Meet - Autumn 2024

This meet will be swum under the following rules and conditions:  
World Aquatics and Swim Wales Laws,  
Llanelli ASC Autumn Meet 2024 Meet Conditions.  
Meet License No.: 3WL24xxxx

**Sat. 5<sup>th</sup> & Sun. 6<sup>th</sup> October 2024**

For 2024 the Llanelli ASC Autumn Meet will be a A/B graded meet. A graded meet is a Heat Declared Winner meet where the results for each event are separated into groups based on the entry time for each swimmer.

Please note that the following explanation regarding 'A' grade and 'B' grade swimmers will NOT apply to the 8 year old swimmers. The 8 year old swimmers will be treated as a single group. With this in mind, there will not be any 'A' Grade Qualifying Times for the 8 year olds.

For the 9 years and over swimmers, each event will have a 'A' grade Qualifying Time. Swimmers who submit an entry time equal to or faster than the 'A' grade QT will be entered into the 'A' division of that particular event.

Swimmers who submit an entry time slower than the 'A' grade QT (this includes 'NT' swimmers) will be entered into the 'B' division of the event.

For example, let's say that for the 9/10 Girls 50m Free the A Grade QT is 45.50.

This means any swimmer in the 9/10 age group with an **entry** time of 45.50 or faster will be ranked and scored with the A group. Swimmers in this age group with an **entry** time of 45.51 or slower (including NT swimmers) will be ranked and scored with the B group.

As an illustration, let's further suppose that we have the following 3 entries for this event:

Name	Age	Team	Entry Time	Grade
Smith, Rachel	10	Llanelli	45.00	A - (Faster than 'A' Grade QT)
Smith, Francis	9	Llanelli	46.00	B - (Slower than 'A' Grade QT)
Smith, Louise	10	Llanelli	NT	B - (Slower than 'A' Grade QT)

In this example the results might look something like:

## Event 800 Girls 9-10 50 SC Meter Freestyle

Name	Age	Team	Seed Time	Finals Time
<b>A - Division</b>				
1 Smith, Rachel	10	Llanelli Asc	45.00	44.36
<b>B - Division</b>				
1 Smith, Louise	10	Llanelli Asc	NT	45.49
2 Smith, Francis	9	Llanelli Asc	46.00	46.63

Please note that for any given swimmer the above arrangements work on an event-by-event basis, which means that a swimmer may be graded in the 'A' category in one event and in the 'B' category for another.

### Medals:

For the 8 year olds, awards will be made to the first 3 swimmers in each of the 50m events plus the 100m IM event.

For the 9 and over swimmers, awards will be made to the first three in both 'A' and 'B' categories in all events. Please note that 'A' grade swimmers whose race time does not achieve the 'A' grade QT in a particular event will not be eligible for points or awards in the 'B' category and will be ranked in a non-award category. However, times which fall into the non-award category will still be submitted to and included in the UK rankings database.

## Meet Conditions

1. All entrants must be members of an Affiliated Club
2. Events will be swum mixed gender with awards being made in the age groups: 8 (50m events and 100m IM only), 9/10, 11/12, 13/14, 15+ for both male and female swimmers.
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](http://www.westwalesswim.org.uk)

Electronic entries should be emailed to:

[robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

Completed chaperone forms, payment summary sheets, etc should also be emailed to:

[robwilliams1145@gmail.com](mailto: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:** 04022475  
**Sort Code:** 40-43-31

**Reference:** Please use "LLA24" followed by your four digit team code. e.g for Llanelli the reference would be "LLA24LLLY", for Swansea Aquatics it would be "LLA24SWAY", 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](mailto:robwilliams1145@gmail.com)

4. All events will be Heat Declared Winner.
5. No swimmers may enter events “Out of Age”.
6. Enter latest short course times in the appropriate boxes on the entry form. Long course times converted to short course times are acceptable. As this is a Level 3 meet then entry times of NT are also welcome.
7. All entries to be accompanied by the correct fee (£7.00 per event). Please see payment details above.
8. Confirmation of entries will be sent via email.
9. All entries must be accompanied by a Payment Summary Sheet.
10. Closing date for entries: **Monday 16<sup>th</sup> September 2024.**

11. Swimmers will be accepted up to the maximum possible. If entries exceed capacity the meet organisers reserve the right to limit (scratch) entries.

Should scratching be necessary in a particular event, then every effort will be made to scratch an equal proportion of ‘A’ grade and ‘B’ grade swimmers.

‘A’ grade swimmers: For the ‘A’ grade swimmers those with the **fastest** times will be scratched.

‘B’ grade swimmers: In events that do not have any ‘No Time’ entries then swimmers with the **slower** entry times will be scratched.

Should it be necessary to scratch ‘B’ grade swimmers in events that do have ‘No Time’ entries, scratches will firstly be applied to some or all of the ‘No Time’ entries in the event. If it is 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 in the event then swimmers with the slower entry times will be scratched.

Any swimmers not accepted will have their fees returned and will be available on the day of the meet in the form of a single cheque payable to each club and may be collected from the balcony above the learner pool.

12. Team managers, coaches and chaperones will only be admitted onto the poolside with a special pass ordered beforehand - **£12.00** per person to include access to the poolside together with 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 etc without a pass will not be allowed onto the poolside.

All requests for poolside passes must be submitted by the meet closing date (16<sup>th</sup> September 2024) and must be accompanied by a completed Poolside Pass Application form. ***Coach passes will not be available for purchase on the day of the meet and must be ordered in advance.***

13. Team managers must ensure that swimmers are available to the marshals two heats before their swim.
14. All swimmers must be amateurs as defined by Swim Wales law.
15. Ages as at the first day of the meet. i.e. 5<sup>th</sup> October 2024.
16. Programmes for the meet will be produced 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.
17. The first session on both days will have warm up at 8.00am and start at 9.00am. Warm up and start times for the remaining sessions will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.
18. Refreshments – There is a cafeteria at the pool which sells snacks. Vending machines are also available.
19. Results will be available for download from the West Wales web site ([www.westwalesswim.org.uk](http://www.westwalesswim.org.uk)) under the ‘Other Meets’ menu as soon as practical after the meet.

## **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.

20. All correspondence to:

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

Email: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

# Llanelli Autumn Meet– Sat. 5<sup>th</sup> & Sun. 6<sup>th</sup> October 2024

## Saturday

Session 1				
Event no	Gender	Age Groups	Distance	Stroke
101	MIXED	9/10, 11/12, 13/14, 15+	400m	FREESTYLE <i>#Sign in required</i>
102	MIXED	8	100m	IM
103	MIXED	9/10, 11/12, 13/14, 15+	200 m	IM

Session 2				
Event no	Gender	Age Groups	Distance	Stroke
201	MIXED	9/10, 11/12, 13/14, 15+	200m	BACKSTROKE
202	MIXED	8, 9/10, 11/12, 13/14, 15+	50m	FREESTYLE
203	MIXED	9/10, 11/12, 13/14, 15+	100m	BREASTSTROKE

Session 3				
Event no	Gender	Age Groups	Distance	Stroke
301	MIXED	9/10, 11/12, 13/14, 15+	200m	FREESTYLE
302	MIXED	8, 9/10, 11/12, 13/14, 15+	50m	BACKSTROKE
303	MIXED	9/10, 11/12, 13/14, 15+	100m	BUTTERFLY

## Sunday

Session 4				
Event no	Gender	Age Groups	Distance	Stroke
401	MIXED	11/12, 13/14, 15+	*800m	FREESTYLE <i>#Sign in required</i>
402	MIXED	11/12, 13/14, 15+	400m	IM <i>#Sign in required</i>

Session 5				
Event no	Gender	Age Groups	Distance	Stroke
501	MIXED	9/10, 11/12, 13/14, 15+	200m	BUTTERFLY
502	MIXED	8, 9/10, 11/12, 13/14, 15+	50m	BREASTSTROKE
503	MIXED	9/10, 11/12, 13/14, 15+	100m	BACKSTROKE

Session 6				
Event no	Gender	Age Groups	Distance	Stroke
601	MIXED	9/10, 11/12, 13/14, 15+	200m	BREASTSTROKE
602	MIXED	8, 9/10, 11/12, 13/14, 15+	50m	BUTTERFLY
603	MIXED	9/10, 11/12, 13/14, 15+	100m	FREESTYLE

\*: Swimmers wishing to enter #401 Mixed 800m Freestyle must already have already have a 400m time or an 800m time recorded on the UK 'rankings. Swimmers who do not have at least a 400m time will not be accepted into this event.

#: Competitors for Event 101 Mixed 400m Free, Event 401 Mixed 800m Free and Event 402 Mixed 400m IM are required to sign-in for these events **BEFORE** the **START** of the warmup for the appropriate session. Swimmers who do not sign-in prior to the start of the appropriate warmup will be removed from the event.

## **BOYS – ‘A’ Grade Qualifying Times**

Swimmers who submit an entry time equal to or faster than the ‘A’ grade QT will be entered into the ‘A’ division of that particular event.

Swimmers who submit an entry time slower than the ‘A’ grade QT (this includes ‘NT’ swimmers) will be entered into the ‘B’ division of the event.

NB: There are no ‘A’ Grade QTs for 8 year old swimmers.

		8 YRS	9/10 YRS	11/12 YRS	13/14 YRS	15/OV
50m Free	A Grade QT	No A Grade QT	45.30	39.70	34.40	31.20
100m Free	A Grade QT		1:39.30	1:25.70	1:14.10	1:07.50
200 Free	A Grade QT		3:35.40	3:06.90	2:41.60	2:27.10
400 Free	A Grade QT		7:34.50	6:33.00	5:42.10	5:11.40
800 Free	A Grade QT			13:45.50	11:56.60	10:52.50
50m Breast	A Grade QT	No A Grade QT	58.80	50.80	43.50	39.20
100m Breast	A Grade QT		2:08.50	1:49.40	1:33.50	1:24.40
200m Breast	A Grade QT		4:35.40	3:56.40	3:22.20	3:03.80
50m Fly	A Grade QT	No A Grade QT	50.30	43.80	37.60	33.90
100m Fly	A Grade QT		1:53.40	1:35.50	1:21.70	1:14.00
200 Fly	A Grade QT		4:09.10	3:30.80	3:01.00	2:43.30
50m Back	A Grade QT	No A Grade QT	51.80	45.40	39.20	35.10
100m Back	A Grade QT		1:52.50	1:36.20	1:22.40	1:14.60
200m Back	A Grade QT		3:58.10	3:26.40	2:57.50	2:41.40
100m IM	A Grade QT	No A Grade QT				
200m IM	A Grade QT		4:04.70	3:31.40	3:02.00	2:45.60
400m IM	A Grade QT			7:27.20	6:25.70	5:50.90

## GIRLS – ‘A’ Grade Qualifying Times

Swimmers who submit an entry time equal to or faster than the ‘A’ grade QT will be entered into the ‘A’ division of that particular event.

Swimmers who submit an entry time slower than the ‘A’ grade QT (this includes ‘NT’ swimmers) will be entered into the ‘B’ division of the event.

NB: There are no ‘A’ Grade QTs for 8 year old swimmers.

		8 YRS	9/10 YRS	11/12 YRS	13/14 YRS	15/OV
50m Free	A Grade QT	No A Grade QT	45.50	39.90	36.20	34.50
100m Free	A Grade QT		1:40.10	1:25.70	1:17.80	1:14.20
200 Free	A Grade QT		3:34.00	3:04.70	2:47.60	2:39.80
400 Free	A Grade QT		7:33.20	6:25.10	5:50.40	5:35.10
800 Free	A Grade QT			13:16.20	11:58.70	11:28.80
50m Breast	A Grade QT	No A Grade QT	58.80	50.60	45.50	43.40
100m Breast	A Grade QT		2:08.00	1:48.50	1:36.70	1:32.90
200m Breast	A Grade QT		4:32.70	3:52.90	3:28.80	3:20.30
50m Fly	A Grade QT	No A Grade QT	49.90	43.50	39.30	37.40
100m Fly	A Grade QT		1:52.60	1:34.60	1:25.20	1:21.60
200 Fly	A Grade QT		4:09.30	3:27.80	3:06.40	2:57.70
50m Back	A Grade QT	No A Grade QT	51.70	45.10	40.80	38.90
100m Back	A Grade QT		1:52.20	1:35.20	1:26.10	1:22.10
200m Back	A Grade QT		3:58.30	3:23.00	3:04.50	2:55.10
100m IM	A Grade QT	No A Grade QT				
200m IM	A Grade QT		4:03.10	3:28.30	3:08.90	3:00.60
400m IM	A Grade QT			7:18.20	6:36.50	6:18.40



# Llanelli ASC – A/B Graded Autumn Meet 2024 - Individual Entry Form

For all events in this meet, age groups will be as of Saturday 5<sup>th</sup> October 2024

Name: \_\_\_\_\_ Date of Birth: DD/ MM/ YYYY Gender: ☐ Male ☐ Female  
(Please tick as appropriate)

Swim Wales/ASA Registration Number: \_\_\_\_\_

Club: \_\_\_\_\_ Contact Name: \_\_\_\_\_ Contact Telephone Number: \_\_\_\_\_

Contact email address: \_\_\_\_\_

Enter latest times in the appropriate boxes below:

	Backstroke		Breaststroke		Butterfly		Freestyle		Individual Medley	
	Event No	Time	Event No	Time	Event No	Time	Event No	Time	Event No	Time
50m (8/Ov)	302		502		602		202			
100m (9/Ov)	503		203		303		603		102	8 yrs ONLY
200m (9/Ov)	201		601		501		301		103	
400m							101	9/Ov ONLY	402	11/Ov ONLY
800m (11/Ov)							401	11/Ov ONLY**		

\*\* : Swimmers wishing to enter #401 Mixed 800m Freestyle must already have already have a 400m time or an 800m time recorded on the UK 'rankings. Swimmers who do not have at least a 400m time will not be accepted into this event.

Total number of entries on this sheet:  x £7.00 = £

Entry fee: £7.00 per individual event. Payment by BACS or cheque payable to "Llanelli ASC".

**Closing Date for Entries: Monday 16<sup>th</sup> September 2024**

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

# Llanelli ASC – A/B Graded Autumn Meet 2024

## Payment Summary Sheet

Please complete the following Payment Summary Sheet and return with entries.

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

**Contact Name:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

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

No Poolside Passes

X £12.00 = £

Total Individual Entries

X £7.00 = £

Total Amount Due: £

Please return with entries to:

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

Email: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

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

[robwilliams1145@gmail.com](mailto: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: Monday, 16<sup>th</sup> September 2024**