



Swansea University Swim Team 2025 Long Course Sprint Meet

Level 3 meet
Licence Number: 3WL250582
(Under World Aquatics Technical Rules and Swim Wales Laws)

Wales National Pool Swansea

Sunday 1st June 2025

EVENT INFORMATION AND ENTRY PACK

**ENTRIES CLOSING DATE: MONDAY 5TH MAY 2024 THIS MEET IS
NOT FIRST COME FIRST SERVED**

Please note: Swansea University Swimming Team reserves the right to return entries. In this case, the slowest entry times in each age group will be scratched and their entry fee will be refunded. Swimmers who submit NO TIME will NOT be accepted.

Swansea University Swimming Team
Level 3 meet License
No: 3WL250582

SUNDAY, 1st JUNE 2025

Only electronic entries will be accepted for this meet
The Promoter reserves the right to restrict entries if oversubscribed

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 and Payment Summary sheets should be emailed to:

robwilliams1145@gmail.com

Payments should be in the form of a SINGLE cheque to cover all entries and coach/chaperone poolside passes. Cheques should be payable to "Swansea University Swimming Team" and sent to Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.

Alternatively, entry fees may be paid by BACS:

Account Name: Swansea University Swimming Team

Sort Code: 30-92-93

Account Number: 75455060

Reference: Please use "SU25" followed by your four-digit team code. e.g., for Swansea Aquatics it would be "SU25SWAY", 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.

Coach/Chaperone Forms

Completed chaperone forms should be emailed to: swimming@swansea-sports.co.uk

General Information

VENUE	Wales National Pool, Sketty Lane, Swansea, SA2 8QG
POOL	8 Lane 50 m pool Daktronics electronic timing anti-turbulence lane ropes
AGE GROUPS	<p>Individual Events:</p> <p>Male: 10/11, 12/13, 14/15, 16/17, 18 & over</p> <p>Girls: 10/11, 12/13, 14/15, 16/17, 18 & over</p> <p>Relay Events:</p> <p>Relay events will be swum in the age groups 14 & under, 15 & over.</p>
AGE AS DATE	Sunday 1 st June 2025 (day of meet)
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	Individual Events: £7.50 per entry. Full payment must accompany entries. Relay Events: £8.00 per event. Full payment must accompany entries.
CLOSING DATE	MONDAY 5th May 2025 (Late entries will not be accepted)
SPECTATORS	Attendance of spectators onsite will be confirmed prior to commencement of the competition. Spectators may be restricted due to site capacity and safety mitigations of the site.
CAR PARK	Car parking facilities are available as a pay and display. We regret that Swansea University Swimming Team are not responsible for setting the price of parking nor do we receive any money from the use of the car park.
REFRESHMENTS	Access to the café and facilities will be confirmed prior to commencement of the competition.
ELECTRONICS	Daktronics electronic timing system with electronic display.
STARTS	Over the top starts will be used wherever possible.
SEEDING	Events will be seeded based on the submitted entry and on a spear headed basis and will be swum slowest to fastest. All events HDW.
AWARDS	Awards will be given to the first three places in each age group in both individual and relay events.
WITHDRAWALS	All withdrawals prior to the start of the meet must be notified via email to swimming@swansea-sports.co.uk by 5pm on Friday 31 st May 2024.

No refunds will be made for withdrawals other than on medical grounds. A medical note must be provided before refunds can be authorised.

MARSHLING

There will be no signing in for events and no entry cards used. Marshalling will be in place at various points of the pool deck. It is the SWIMMERS 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. Generally, it is good practice for a swimmer to report to marshalling at least 2 events before their race.

MEET RESULTS

Meet results will be passed to Swim Wales and Swim Engla for their reference and inclusion in rankings.

CAMERAS AND MOBILE PHONES

Swimmers, parents, and coaches are reminded that videos may be taken at this event. Swim Wales are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. Please note these devices are not permitted in the changing village.

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 at the enquiries desk or on the Swim Wales website: <https://www.swimwales.org/event-guide/>

DATA PROTECTION

Submission of entries implies consent to the holding of any personal data collected and used by Swansea University Swimming Team in accordance with the Data Protection Act 1998 and General Data Protection Regulations (GDPR) May 2018.

These details may be made public before, during and after the meet. All data will be recorded privately, securely stored and disposed of when no longer needed. You have the right to view your personal data and request its deletion under GDPR.

MEET OFFICE

An Information table will be available in the main foyer of WNP.

POOL PASSES

£10 per pool pass (required for coaches/team managers) to include full event access, event programme, event accreditation, and light refreshments. Passes will be required to gain access and must be worn at all times whilst on poolside.

Swim Wales passes may be used for identification. However, a poolside pass must still be purchased.

Coach passes/pack will be issued from the Information table in the main foyer before the start of the meet.

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

ENTRIES

NO LATE ENTRIES WILL BE ACCEPTED

Entries will NOT be processed unless full payment has been received along with a payment summary sheet, officials forms and coach application forms.

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 and seeded in accordance with their entry time.

All para entries to be completed on para entry form and emailed to robwilliams1145@gmail.com with confirmation of classification.

The club reserves the right to limit entries. If entries are rejected the entry fee will be refunded. Please provide an email address on the summary sheet and confirmed entries will be sent via email.

There will be a para swimming points leader board published throughout the event showing all para competitor results based on British Para Swimming points.

At the end of the meet, medals will be awarded to the para competitors with the highest British Para Swimming points scored in a single event in each age group on a multi class, multi event basis.

OFFICIALS

Each club is kindly asked to bring one judge either J1 or J2 qualified officials. Please complete the attached form and return with your entries.

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, ASA and World Aquatics laws or technical rules will be at the club's 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 swimmers, officials, volunteers, spectators, and visitors are required, always, 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 to start from the blocks; (this is the responsibility of the club 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 studs), and rings (except wedding bands).

Swansea University Swimming Team will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

Swansea University LC sprint meet Sunday, 1st June at Wales National Pool.

Programme of Events – **All Events HDW**

Session 1			Session 2			Session 3		
Event no.	Gender	Event	Event no.	Gender	Event	Event no.	Gender	Event
1	M	200 Freestyle	11	M	200 I.M	21	M	100 Butterfly
2	F	200 Freestyle	12	F	200 I.M	22	F	100 Butterfly
3	M	50 Breaststroke	13	M	100 Freestyle	23	M	50 Freestyle
4	F	50 Breaststroke	14	F	100 Freestyle	24	F	50 Freestyle
5	M	100 Backstroke	15	M	50 Butterfly	25	M	100 Breaststroke
6	F	100 Backstroke	16	F	50 Butterfly	26	F	100 Breaststroke
7	M (14/UN)	4 X 50 Freestyle Relay	17	M (14/UN)	4 X 50 Med. Relay	27	M	50 Backstroke
8	M (15/OV)	4 X 50 Freestyle Relay	18	M (15/OV)	4 X 50 Med. Relay	28	F	50 Backstroke
9	F (14/UN)	4 X 50 Med. Relay	19	F (14/UN)	4 x 50 Freestyle Relay			
10	F (15/OV)	4 X 50 Med. Relay	20	F (15/OV)	4 x 50 Freestyle Relay			

Session 1 will have warmup at 8.00am and start at 9.00am. Warmup 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.

Individual events will be swum 10/Over with medals awarded in the age groups: 10/11, 12/13, 14/15, 16/17 and 18+ Medals

Relay events will be determined by the top three swims in the age groups 14 & under and 15 & over.

Swansea University Swim Team- 2024 Long Course Sprint Meet Qualifying & Consideration Times

		BOYS							
Event		10	11	12	13	14	15	16	17 & over
50 Free	QT	38.4	36.0	34.9	33.0	31.3	29.7	28.7	28.4
	CT	45.5	43.2	42.01	39.50	37.98	36.64	35.30	33.80
100 Free	QT	01:23.0	01:18.5	1:13.7	1:09.8	1:06.9	1:04.4	1:02.6	1:01.5
	CT	01:35.0	01:29.8	1:26.98	1:22.70	1:18.21	1:14.31	1:10.4	1:06:00
200 Free	QT	03:02.9	02:46.6	2:40.8	2:32.6	2:25.6	2:20.7	2:16.3	2:13.7
	CT	03:23.4	03:15.4	3:10.42	3:00.00	2:52.44	2:44.80	2:37.15	2:33.38
50 Back	QT	46.5	42.2	40.5	38.2	36.1	34.5	33.5	32.7
	CT	56.2	52.0	50.90	45.70	42.53	41.22	39.90	38.50
100 Back	QT	01:35.0	01:28.1	1:24.1	1:19.2	1:15.0	1:12.2	1:10.3	1:09.3
	CT	01:55.0	01:49.0	1:45.60	1:39.50	1:33.30	1:26.87	1:20.43	1:17.40
50 Breast	QT	53.9	47.9	44.6	41.8	39.7	37.8	36.8	35.8
	CT	01:07.8	01:05.0	1:03.07	58:00	54.00	51.30	48.60	46.50
100 Breast	QT	01:49.5	1:42.3	1:34.7	1:28.8	1:24.6	1:21.4	1:18.9	1:17.0
	CT	02:03.7	02:00.0	1:58.42	1:52.93	1:47.31	1:41.53	1:35.75	1:30.49
50 Fly	QT	46.9	42.0	38.1	35.9	34.0	32.2	31.4	30.6
	CT	55.0	51.0	46.00	43.07	42.01	40.00	37.90	36.60
100 Fly	QT	01:41.4	01:32.7	1:21.5	1:16.8	1:12.8	1:09.8	1:07.8	1:06.5
	CT	01:55.5	01:50.9	1:43.15	1:34.40	1:24.40	1:22.12	1:19.83	1:15.30
200 I.M	QT	03:30.0	03:16.9	3:02.8	2:52.7	2:44.8	2:38.4	2:33.9	2:31.0
	CT	03:56.6	03:44.3	3:35.41	3:19.20	3:07.12	2:58.79	2:50.00	2:42.00

PLEASE NOTE: ENTRIES SUBMITTED WITHOUT A TIME WILL NOT BE ACCEPTED

Swansea University Swim Team- 2025 Long Course Sprint Meet Qualifying & Consideration Times

		GIRLS							
Event		10	11	12	13	14	15	16	17 & over
50 free	QT	39.6	36.0	35.4	34.0	32.9	32.2	31.9	31.8
	CT	45.5	44.30	43.30	42.30	39.00	37.12	35.23	34.19
100 free	QT	01:27.5	01:19.2	1:15.2	1:12.7	1:10.7	1:09.6	1:08.8	1:08.1
	CT	01:37.0	01:29.8	1:34.16	1:28.50	1:24.40	1:23.95	1:22.50	1:21.96
200 free	QT	03:06.6	02:50.7	2:42.5	2:36.2	2:32.1	2:29.1	2:27.5	2:25.8
	CT	03:26.4	03:15.4	3:14.88	3:07.00	3:01.52	3:00.99	2:58.00	2:55.92
50 Back	QT	46.99	42.2	40.9	39.4	38.0	37.0	36.6	36.3
	CT	56.2	53.0	51.83	50.40	48.90	47.23	45.56	43.00
100 Back	QT	01:37.0	01:28.9	1:24.5	1:21.7	1:19.6	1:17.9	1:17.1	1:16.3
	CT	01:55.0	01:49.0	1:45.24	1:39.20	1:34.40	1:33.70	1:32.99	1:31.36
50 Breast	QT	54.1	48.3	45.0	43.1	41.5	40.6	40.1	39.8
	CT	01:07.8	01:05.0	1:01.69	1:01:00	1:00.97	56.49	52.00	50.10
100 Breast	QT	01:52.4	01:44.6	1:35.2	1:30.8	1:28.5	1:27.5	1:26.1	1:25.2
	CT	02:04.5	02:00.0	1:55.28	1:50.80	1:45.80	1:45.30	1:45.00	1:44.12
50 Fly	QT	47.3	42.0	38.6	36.7	35.7	34.8	34.2	34.2
	CT	1:03.00	58.00	54.90	52.40	47.50	45.65	43.80	43.00
100 Fly	QT	01:50.0	01:39.7	1:22.6	1:19.1	1:17.2	1:15.5	1:14.8	1:14.0
	CT	02:05.0	01:52.9	1:41.88	1:38.60	1:36.54	1:34.78	1:33.99	1:32.12
200 I.M	QT	03:30.0	03:16.9	3:03.3	2:56.8	2:52.3	2:48.9	2:46.9	2:45.5
	CT	03:56.8	03:44.30	3:42.72	3:34.80	3:26.44	3:24.82	3:23.20	3:20.60

PLEASE NOTE: ENTRIES SUBMITTED WITHOUT A TIME WILL NOT BE ACCEPTED

Swansea University Swimming Team - Long Course Sprint Meet Entry Form

Swimmer's Name: _____

Swim Wales/ASA/Other: _____. D.O. B. _____

Age on 1st June 2025: _____ Male/Female _____

Club: _____

Contact Telephone Number: _____

Contact Email Address: _____

Event	Event Number	Entry Time	Event	Event Number	Entry Time
200 I.M			100 Fly		
100 Free			50 Fly		
50 Free			100 Breast		
100 Back			50 Breast		
50 Back			200 Free		

Number of events entered: _____ @ £7.50 per event

Total Payable: £ _____

Please note this form is a provisional entry only. Confirmation of entries will be generated after the closing date 5th May 2025.

I declare that the above information is correct and agree to abide by the meet conditions.

Parent/Guardian signature: _____

CLOSING DATE MONDAY 5TH MAY 2025

ENTRIES MUST BE SUBMITTED WITH FULL CLUB PAYMENT NO ENTRIES WILL BE ACCEPTED WITHOUT PAYMENT. NO LATE ENTRIES WILL BE ACCEPTED.

Return to: robwilliams1145@gmail.com

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

Swansea University Swimming Team- Long Course Sprint Meet Entry Form MULTI

CLASSIFICATION

S	SB	SM

Swimmer's Name: _____ . Classification:

Swim Wales/ASA/Other: _____ . D.O. B _____

Age on 1st June 2025: _____ Male/Female _____

Club: _____

Contact Telephone Number: _____

Contact Email Address: _____

Event	Event Number	Entry Time	Event	Event Number	Entry Time
200 I.M			100 Fly		
100 Free			50 Fly		
50 Free			100 Breast		
100 Back			50 Breast		
50 Back			200 Free		

Number of events entered: _____ @ £7.50 per event

Total Payable: £ _____

Please note this form is a provisional entry only. Confirmation of entries will be generated after the closing date 5th May 2025.

I declare that the above information is correct and agree to abide by the meet conditions.

Parent/Guardian signature: _____

CLOSING DATE MONDAY 5TH MAY 2025

ENTRIES MUST BE SUBMITTED WITH FULL CLUB PAYMENT NO ENTRIES WILL BE ACCEPTED WITHOUT PAYMENT. NO LATE ENTRIES WILL BE ACCEPTED.

Return to: robwilliams1145@gmail.com

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

**Swansea University Swim Team LC Meet 4 x
50m Relay Teams Entry Form**

Ages as on 1st June 2025.

Club: _____

Contact Name: _____ **Tel. Number:** _____

Contact Email: _____

Enter times (converted to 25m pool) in the appropriate boxes below:

GIRLS	Freestyle Relay 4 x 50m		Medley Relay 4 x 50m	
	Event No	Time	Event No	Time
14/Under	19		9	
15/Over	20		10	

BOYS	Freestyle Relay 4 x 50m		Medley Relay 4 x 50m	
	Event No	Time	Event No	Time
14/Under	7		17	
15/Over	8		18	

Total number of relays: x £8.00 = £

Entry fee: £8.00 for each relay event. Please complete Payment Summary Sheet.

**Entries and fees to be received by the meet organiser by:
Monday 5th May 2025**

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

**Swansea University Swim Team – LC 2025 Relay
Team Registration**

Event No:	<input type="text"/>	Club:	<input type="text"/>	Team (A/B)	<input type="text"/>
-----------	----------------------	-------	----------------------	------------	----------------------

<input type="text"/>	Medley	or	<input type="text"/>	Freestyle
----------------------	--------	----	----------------------	-----------

<input type="text"/>	GIRLS	or	<input type="text"/>	BOYS
----------------------	-------	----	----------------------	------

<input type="text"/>	14/UN	<input type="text"/>	15/OV
----------------------	-------	----------------------	-------

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

	Name	Swim Wales ID Number	Date of Birth
1.	<input type="text"/>	<input type="text"/>	<input type="text"/>
2.	<input type="text"/>	<input type="text"/>	<input type="text"/>
3.	<input type="text"/>	<input type="text"/>	<input type="text"/>
4.	<input type="text"/>	<input type="text"/>	<input type="text"/>

Swansea University Swim Team – LC 2025

Event No:	<input type="text"/>	Club:	<input type="text"/>	Team (A/B)	<input type="text"/>
-----------	----------------------	-------	----------------------	------------	----------------------

<input type="text"/>	Medley	or	<input type="text"/>	Freestyle
----------------------	--------	----	----------------------	-----------

<input type="text"/>	GIRLS	or	<input type="text"/>	BOYS
----------------------	-------	----	----------------------	------

<input type="text"/>	14/UN	<input type="text"/>	15/OV
----------------------	-------	----------------------	-------

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

	Name	Swim Wales ID Number	Date of Birth
1.	<input type="text"/>	<input type="text"/>	<input type="text"/>
2.	<input type="text"/>	<input type="text"/>	<input type="text"/>
3.	<input type="text"/>	<input type="text"/>	<input type="text"/>
4.	<input type="text"/>	<input type="text"/>	<input type="text"/>

Officials Details

Please fill in the details below and return with your completed entries and payment.

Title/Name					
Membership Number				Club	
Contact number(s)					
E-mail address					
Affiliate club					
Qualification, please indicate (Please insert "w" if you are on a workbook)					
	TK	J1	J2	J2S	Referee

Availability – please indicate the day and session you would be available to attend.

Session	Sunday 1 st June 2025
1	
2	
3	

Coach 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 / ASA Number
- ii. DBS Number
- iii. Photograph

The only exception to the above requirements will be if all three 3 items are already lodged with Swim Wales. If these are already with Swim Wales, the name of the applicant will be sufficient, and the remaining items will be obtained from Swim Wales.

Please complete the following:

1) Full Name: _____

2) Position (e.g., club coach) _____

3) Do you have a Swim Wales No., DBS No., and Photograph already with Swim Wales?

☐ YES

☐ NO

If the answer to Question 2 is '**NO**', then please complete the following:

Swim Wales / ASA Number: _____

DBS Number: _____

Photograph Enclosed?

☐ YES

☐ NO

Payment Summary Sheet

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

Contact Name: _____

Tel. No: _____

Email Address: _____

Club: _____

Number of Coach Passes Required. X £10 = £ _____

Total Number of Individual Entries X £7.50 per event = £ _____

Total Number of Relay Entries X £8.00 per event = £ _____

Total Amount Enclosed: £ _____

Please enclose a single cheque to cover all the club's entries. This should be made payable to 'Swansea University Swimming Team'.

Alternatively, payment can be made via BACS to Swansea University.

Account Name: Swansea University Swimming Team

Sort Code: 30-92-93

Account Number: 75455060

Reference: Please use "SU25" followed by your four-digit team code. e.g., for Swansea Aquatics it would be "SU25SWAY", etc

In either case, payment should be returned with a copy of all entries no later than the

Closing date of Monday 5TH May 2025

RETURNS:

Your return should include **electronic entries and Payment Summary Sheets** to:

robwilliams1145@gmail.com

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

All other forms including **official details** and **coaches pass form** should be emailed to:

swimming@swansea-sports.co.uk