



Swim Wales Regional Short Course Championships 2025 – West

Friday 14th (Evening) – Sunday 16th November 2025

License No: 2WL25xxxx

at

Haverfordwest Leisure Centre. SA61 1QX

Meet Information Pack

**CLOSING DATE:
Friday, 24th October at 17:00**

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Key Contacts and Venue Information

Swim Wales	Venue
<p>Swim Wales Events Team:</p> <p>Tel: 01792513633</p> <p>Email: events@swimwales.org</p> <p>Event webpage can be found on the Swim Wales website or by using the link shown below:</p> <p>Event Manager: Ellie Gussey Event Officer: Jake Lee</p> <p>Lead contacts for the region:</p> <p>Kelly Stokes: westwalesregionalswimming@gmail.com</p> <p>Rob Williams robwilliams1145@gmail.com</p>	<p>Haverfordwest Leisure Centre St Thomas Green Haverfordwest SA61 1QX</p>

Event Webpage

Swim Wales Regional Short Course Championships 2025 West:

<https://swimwales.justgo.com/workbench/public/events?ref=62B5102342F5FF1726D3ED2261C2075DE9DF5F29>

Key Dates for Athletes and Clubs

Entry Opening Date	Now Open
Entry Closing Date	5pm Friday 24 th October 2025
Accreditation (Poolside Pass) Opening Date	Now Open
Accreditation (Poolside Pass) Closing Date	5pm Monday 3 rd November 2025
Event Dates	14th, 15th, 16th November 2025

How to Enter the Meet

Entry Fee	£8.50 online
	£9.50 Manual Pass

Both qualifying and consideration standards will be used for this competition and these are included in this meet pack. Entries will **not** be taken on a first come first served basis for this event. All entries submitted will be considered and a confirmed entry list will be published after close of entry.

In the event of over subscription, scratches will be made appropriately at the discretion of event management and will be based on entry times with the slowest swimmers being scratched first. Refunds for scratches will be processed.

Submitting Entries	Where possible, entries should be made via clubs ONLY and should be sent electronically using Hy-Tek Team Manager or Swim Manager.
<p>Electronic entries should be emailed to: robwilliams1145@gmail.com</p> <p>For any manual entries please complete a manual entry as included in this meet pack and email to the above address.</p> <p>Payment summary sheets, etc should also be emailed to: robwilliams1145@gmail.com</p> <p>Entry fees should be paid by BACS:</p> <p>Name: Swim Wales W Wales Reg Account No: 02737594 Sort Code: 30-92-49 Reference: Please use "WWSC25" followed by your four-digit team code. e.g for Llanelli the reference would be "WWSC25LLLY", for Swansea Aquatics it would be "WWSC25SWAY", etc</p> <p>Please confirm payment by email to finance@swimwales.org plus a copy to robwilliams1145@gmail.com using the above reference and stating amount paid and date of payment to Swim Wales.</p> <p>Alternatively, fees may be paid by a SINGLE club cheque to cover all entries and coach/chaperone poolside passes. Cheques should be payable to "Swim Wales Ltd -West Wales Region" and sent to Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS</p> <p>Accreditations / Poolside Passes must be applied and paid for via JustGo (details below)</p>	

Please note that entries will be refused if:

- They are received without the relevant fee being paid
- They are completed incorrectly (Membership number must be included)
- They are received after the closing date of Friday, 24th October at 17:00
- Submitted entry times are slower than the consideration times or if a time of NT is submitted. Please note that in both of these situations NO entry fees will be refunded.

Withdrawals

The withdrawal process relies upon swimmers' co-operation to keep the number of empty lanes to a minimum. Prior to the event, if you do not intend to swim, please withdraw from your race as early as possible to avoid creating an empty lane. To withdraw from any event please email robwilliams1145@gmail.com prior to the heats being seeded on **MONDAY 3rd NOVEMBER**.

Any competitor who has been withdrawn will not be re-entered into the event(s).

Entry fee refunds will NOT be made for withdrawals, unless on medical grounds with a supporting medical note to be presented. This must be emailed to the above email address.

Email swimwales-events@swimming.org to receive a medical withdrawal form and apply for a refund.

Those competitors aged 18 years and over can provide their own signature to evidence of the withdrawal.

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Event Conditions

Promoter	Swim Wales
Pool	Haverfordwest Leisure Centre St Thomas Green Haverfordwest SA61 1QX
Rules	The Competition shall be held under World Para Swimming Rules and Regulations, World Aquatics Rules together with any changes and or additional conditions. Where World Para Swimming and World Aquatics Rules do not provide (e.g. Health & Safety Regulations or Safeguarding Guidelines) the requirements of Swim Wales shall apply.
Age Groups	11-12 years old 13-14 years old 15-16 years old 17 + years old
Heats	<p>Heats will be seeded on time regardless of age. All events are HDW events.</p> <p>SKINS Events</p> <p>SKINS events will be held for both males and females in each age group band 11-12, 13-14, 15-16 and 17+ years.</p> <p>The top 8 males and females from the 200m I.M in each age group band will automatically qualify to swim in the SKINS events.</p> <p>Each SKINS event will be raced as 4x50m. The slowest 2 swimmers in each 50m swim will be eliminated until a winner is decided.</p> <p>There will be prizes for the top 3 swimmers in each age group band for both males and females.</p>
Competition Disclaimer	In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Swim Wales. Swim Wales will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel, catering and accommodation.
Eligibility to Compete	This is a closed Swim Wales Event. Entries will only be accepted from Swim Wales Club competitor members. Competitors must hold either a primary or a multi registration Swim Wales Membership within the West Wales Region.

	<p>Competitors who are competing in Swim England County Championships in the 25/26 (or another home nation equivalent events) will not be allowed to swim in the Swim Wales Regional Short Course Championships or the Swim Wales Regional Racing Series in the 25/26 season.</p> <p>In addition to the meeting the above criteria, para swimmers must also meet the below criteria:</p> <p>S1-S10 - All competitors must have an authorised Aquatics GB or World Para Swimming Classification, which is held on the Aquatics GB or World Para Swimming Classification Database at the time of entry, except for those on the list for classification immediately preceding the competition</p> <p>S11-S13 - All competitors must have an authorised Aquatics GB, World Para Swimming Classification, which is held on the Aquatics GB or World Para Swimming Classification Database at the time of entry</p> <p>S14 - All competitors must have an authorised VIRTUS, World Para Swimming Classification, or Sport Excel (S64 UK Level Classification) which is held on the Aquatics GB or World Para Swimming Classification Database at the time of entry.</p> <p>Entries are not confirmed until published and confirmed by the event management team.</p>
<p>Qualification Standards</p>	<p>All competitors must have equalled or bettered the published qualification or consideration standards in a licensed meet.</p> <p>Competitors' entry time(s) must be visible on the UK Rankings database.</p> <p>Times will be considered from level 1, 2 and 3 licensed competitions.</p> <p>Submitted times will be taken at the point of entry and will not be updated, amended or refunded (unless medical) after entry is submitted.</p> <p>We do not accept split or relay times for any entry.</p> <p>25m pool times or conversions from 50m pool times will be accepted for this meet. A short course (25m) time will be taken as a priority followed by a long course to short course converted time if a short course time is unavailable. The time converter used in the entry system that is publicly available for use can be found here:</p> <p>https://www.swimmingresults.org/downloads/equivalent-time/</p>

	<p>Times will be accepted from the 1st of September 2024.</p> <p>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</p> <p>There are no para consideration time for this meet.</p>
Anti-doping	<p>By entering this event, Competitors consent to report to Doping Control if requested at any time during this event. Competitors also agree to abide by Aquatics GB & UKAD Anti-Doping Rules.</p>
Medals	<p>Medals will be awarded to first, second and third place in individual events (HDW) in the following age groups: 11-12, 13-14, 15-16 and 17+ years.</p> <p>Para</p> <p>Para competitors can win medals based on outright performances if they are in the top three within their age group in an event.</p> <p>There will be a para swimming points leader board published throughout the event showing all para competitor results based on British Para Swimming points.</p> <p>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 (British para events only) in each age group band (same age group bands as above) on a multi class, multi event basis.</p>
Presentations	<p>There will be no formal medal presentations, swimmers can collect their medals from the medals desk in reception.</p>

Accreditation

To access poolside a person must have an accreditation pass. All accreditations must be worn and visible by all personnel at all times.

Coaches, Team Managers and Chaperone Passes

To obtain accreditation a person must meet the criteria below:

1. **DBS:** A person must have a valid Disclosure and Barring Service (DBS) with a Barred list check.
2. **Safeguarding Certificate:** A person must have an approved Safeguarding qualification
3. **Role Specific Qualifications:** If a person is coming to meet as a coach they must have a coaching qualification. A Team Manager must have completed at least a level 1 Team Manager qualification. A chaperone must be in attendance on a 1:1 support basis for an athlete. In the instance for para-swimmers, Tappers or Disability Support personnel would act in a 1:1 capacity with a specific athlete.

Passes include use of refreshments and lunch provision and full event access.

Any late passes must email Swim Wales Events before the event. Anyone without a pass will not be allowed to enter the poolside. Passes must be used by the intended user; any sharing of passes may result in being removed from the facility.

Price for full event accreditation	£12 full event pass
	£7.50 Day Pass (Saturday or Sunday)
	£4.50 Friday Evening Pass
Purchasing a pass	Link to purchase a pass are available on the event webpage. See Page 3 for web address.
Accreditation deadline	5pm Monday 3 rd November

As part of Swim Wales' efforts to contribute to sustainability and a greener environment, seeded heat programmes will be available to download from the event webpage/events portal in the new Swim Wales Just Go membership system.

Seeded heat sheets will also be available for download from the West Wales website at:

<https://www.westwalesswim.org.uk/regionals-sc-championships-2025/>

Seeded sheets will **NOT** be available to collect with your poolside passes.

Officials and Volunteers:

Swim Wales invites and welcomes officials and volunteers to support this meet and all are asked, initially, to send an email confirming your interest, membership number and qualification level to support the Swim Wales West Regional Championships to Kelly Stokes using the email address: westwalesregionalswimming@gmail.com

We will continue to adopt the new method of submitting applications and registering your availability via our Swim Meet system. Please use the appropriate link below to register your availability:

Officials:

<https://swim-meet.com/Availability/?m=7708>

Volunteers:

<https://swim-meet.com/Availability/?m=7709>

Clubs who have entered more than 10 competitors into the event are expected to provide a minimum of 2 officials.

All of our volunteers and officials are provided with event kit, refreshments, meals and expenses claims. The Swim Wales volunteer expenses policy will be available on the event webpage (see link above on page 3).

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Meet Information

Event Schedule

Swim Wales Regional Short Course Championships 2025: Event Schedule		
Friday evening	Saturday	Sunday
Session 1	Session 2	Session 5
111 F 50m Butterfly	211 M 50m Breaststroke	311 F 50m Breaststroke
112 M 1500m Freestyle	212 F 50m Freestyle	312 M 50m Freestyle
113 F 50m Backstroke	213 M 400m IM	313 F 400m IM
114 M 50m Backstroke	214 F 200m IM	314 M 200m IM
115 F 1500m Freestyle	215 M 100m Butterfly	315 F 100m Butterfly
116 M 50m Butterfly		
	Session 3	Session 6
	221 F 100m Breaststroke	321 M 100m Breaststroke
	222 M 100m Freestyle	322 F 100m Freestyle
	223 F 800m Freestyle	323 M 800m Freestyle
	224 M 200m Breaststroke	324 F 200m Breaststroke
	225 F 11/12 SKINS	325 M 11/12 SKINS
	226 F 13/14 SKINS	326 M 13/14 SKINS
	227 F 15/16 SKINS	327 M 15/16 SKINS
	228 F 17+ SKINS	328 M 17+ SKINS
	Session 4	Session 7
	231 F 200m Backstroke	331 M 200m Backstroke
	232 M 100m Backstroke	332 F 100m Backstroke
	233 F 200m Butterfly	333 M 200m Butterfly
	234 M 400m Freestyle	334 F 400m Freestyle
	235 F 200m Freestyle	335 M 200m Freestyle

*Draft Schedule Subject to change

Qualification Standards

Swim Wales Regional Short Course Championships Qualification Standards Age as of 31st December in year of competition														
MALE							FEMALE							
11	12	13	14	15	16	17+	EVENT	11	12	13	14	15	16	17+
00:38.4	00:36.0	00:34.0	00:31.6	00:30.1	00:29.3	00:28.7	50m Free	00:38.7	00:37.2	00:36.0	00:33.9	00:32.7	00:32.0	00:31.3
01:23.6	01:17.9	01:12.6	01:07.9	01:04.6	01:02.8	01:01.5	100m Free	01:23.8	01:20.2	01:17.6	01:13.3	01:10.4	01:09.2	01:08.0
03:00.8	02:48.8	02:39.7	02:29.6	02:22.3	02:18.7	02:16.1	200m Free	03:00.7	02:52.3	02:46.7	02:37.5	02:31.9	02:28.2	02:25.3
06:18.1	05:54.8	05:37.0	05:15.2	05:00.7	04:51.8	04:46.3	400m Free	06:18.7	06:02.6	05:50.7	05:32.0	05:21.4	05:13.6	05:07.9
13:04.3	12:08.1	11:28.7	10:42.3	10:11.1	09:54.1	09:42.7	800m Free	13:05.1	12:24.4	11:59.0	11:24.1	11:01.1	10:48.2	10:36.4
22:16.4	22:16.4	22:16.4	20:53.7	19:52.7	19:20.6	18:59.1	1500m Free	22:21.1	22:21.1	22:21.1	21:33.4	20:42.8	20:18.1	19:54.7
00:50.7	00:46.8	00:44.1	00:40.5	00:38.3	00:37.3	00:36.5	50m Breast	00:50.7	00:47.8	00:46.2	00:43.7	00:42.1	00:41.1	00:40.4
01:48.2	01:39.8	01:34.3	01:26.5	01:22.2	01:19.9	01:18.3	100m Breast	01:49.3	01:43.3	01:38.7	01:33.0	01:29.9	01:27.2	01:26.1
03:53.0	03:35.7	03:23.0	03:09.5	03:01.0	02:54.9	02:51.8	200m Breast	03:53.9	03:40.2	03:32.3	03:22.2	03:15.8	03:11.1	03:07.7
00:43.7	00:40.6	00:38.3	00:34.8	00:33.2	00:32.1	00:31.5	50m Fly	00:43.5	00:41.5	00:39.9	00:37.0	00:35.7	00:35.1	00:34.3
01:34.7	01:27.8	01:21.3	01:15.2	01:11.9	01:09.3	01:08.1	100m Fly	01:35.6	01:31.0	01:27.1	01:21.7	01:19.0	01:16.8	01:15.3
03:27.9	03:13.0	03:01.6	02:47.0	02:40.2	02:33.8	02:31.0	200m Fly	03:28.9	03:19.0	03:09.5	02:59.0	02:53.0	02:48.4	02:45.3
00:45.4	00:42.0	00:39.8	00:36.4	00:34.3	00:33.5	00:33.0	50m Back	00:45.8	00:43.6	00:41.8	00:39.2	00:37.6	00:36.9	00:36.0
01:35.6	01:28.4	01:23.2	01:16.1	01:12.7	01:10.3	01:09.0	100m Back	01:34.7	01:29.9	01:26.8	01:21.8	01:19.2	01:17.4	01:16.0
03:23.1	03:09.0	02:58.1	02:46.0	02:38.4	02:34.3	02:31.5	200m Back	03:21.4	03:15.0	03:08.1	02:56.9	02:50.5	02:46.3	02:43.4
03:27.4	03:13.8	03:02.2	02:50.3	02:42.8	02:38.0	02:35.2	200m IM	03:26.1	03:17.3	03:10.0	03:01.8	02:55.7	02:51.5	02:48.3
07:16.8	06:49.1	06:25.2	06:01.8	05:44.0	05:34.0	05:29.0	400m IM	07:17.1	06:51.5	06:37.0	06:21.5	06:09.9	06:00.2	05:53.8

Consideration Standards

Swim Wales Regional Short Course Championships

Consideration Standards

Age as of 31st December in year of competition

MALE								FEMALE						
11	12	13	14	15	16	17+	EVENT	11	12	13	14	15	16	17+
00:42.24	00:39.60	00:37.40	00:34.76	00:33.11	00:32.23	00:31.57	50m Free	00:42.57	00:40.92	00:39.60	00:37.29	00:35.97	00:35.20	00:34.43
01:31.96	01:25.69	01:19.86	01:14.69	01:11.06	01:09.08	01:07.65	100m Free	01:32.18	01:28.22	01:25.36	01:20.63	01:17.44	01:16.12	01:14.80
03:18.88	03:05.68	02:55.67	02:44.56	02:36.53	02:32.57	02:29.71	200m Free	03:18.77	03:09.53	03:03.37	02:53.25	02:47.09	02:43.02	02:39.83
06:55.91	06:30.28	06:10.70	05:46.72	05:30.77	05:20.98	05:14.93	400m Free	06:56.57	06:38.86	06:25.77	06:05.20	05:53.54	05:44.96	05:38.69
14:22.73	13:20.91	12:37.57	11:46.53	11:12.21	10:53.51	10:40.97	800m Free	14:23.61	13:38.84	13:10.90	12:32.51	12:07.21	11:53.02	11:40.04
24:30.04	24:30.04	24:30.04	22:59.07	21:51.97	21:16.66	20:53.01	1500m Free	24:35.21	24:35.21	24:35.21	23:42.74	22:47.08	22:19.91	21:54.17
00:55.77	00:51.48	00:48.51	00:44.55	00:42.13	00:41.03	00:40.15	50m Breast	00:55.77	00:52.58	00:50.82	00:48.07	00:46.31	00:45.21	00:44.44
01:59.02	01:49.78	01:43.73	01:35.15	01:30.42	01:27.89	01:26.13	100m Breast	02:00.23	01:53.63	01:48.57	01:42.30	01:38.89	01:35.92	01:34.71
04:16.30	03:57.27	03:43.30	03:28.45	03:19.10	03:12.39	03:08.98	200m Breast	04:17.29	04:02.22	03:53.53	03:42.42	03:35.38	03:30.21	03:26.47
00:48.07	00:44.66	00:42.13	00:38.28	00:36.52	00:35.31	00:34.65	50m Fly	00:47.85	00:45.65	00:43.89	00:40.70	00:39.27	00:38.61	00:37.73
01:44.17	01:36.58	01:29.43	01:22.72	01:19.09	01:16.23	01:14.91	100m Fly	01:45.16	01:40.10	01:35.81	01:29.87	01:26.90	01:24.48	01:22.83
03:48.69	03:32.30	03:19.76	03:03.70	02:56.22	02:49.18	02:46.10	200m Fly	03:49.79	03:38.90	03:28.45	03:16.90	03:10.30	03:05.24	03:01.83
00:49.94	00:46.20	00:43.78	00:40.04	00:37.73	00:36.85	00:36.30	50m Back	00:50.38	00:47.96	00:45.98	00:43.12	00:41.36	00:40.59	00:39.60
01:45.16	01:37.24	01:31.52	01:23.71	01:19.97	01:17.33	01:15.90	100m Back	01:44.17	01:38.89	01:35.48	01:29.98	01:27.12	01:25.14	01:23.60
03:43.41	03:27.90	03:15.91	03:02.60	02:54.24	02:49.73	02:46.65	200m Back	03:41.54	03:34.50	03:26.91	03:14.59	03:07.55	03:02.93	02:59.74
03:48.14	03:33.18	03:20.42	03:07.33	02:59.08	02:53.80	02:50.72	200m IM	03:46.71	03:37.03	03:29.00	03:19.98	03:13.27	03:08.65	03:05.13
08:00.48	07:30.01	07:03.72	06:37.98	06:18.40	06:07.40	06:01.90	400m IM	08:00.81	07:32.65	07:16.70	06:59.65	06:46.89	06:36.22	06:29.18

ENTRY FORM FOR MANUAL ENTRIES

Last Name:..... First Name:..... Club Name:.....

Age (31/12/2025): Date of Birth: DD / MM / YYYY Male/Female:.....

Address:

.....

Post Code:..... Tel No:.....

Swim Wales Membership Number:.....

Email:.....

Both short course and long course times are accepted for entry in this meet. Please tick as appropriate.

EVENT	EVENT NO	ENTRY TIME	SC ✓	LC ✓	EVENT	EVENT NO	ENTRY TIME	SC ✓	LC ✓
					50 Breast				
50 Free					100 Breast				
100 Free					200 Breast				
200 Free									
400 Free					50 Fly				
800 Free					100 Fly				
1500 Free					200 Fly				
50 Back					200 IM				
100 Back					400 IM				
200 Back									

Total number of swims@ £8.50 Total Payable £.....

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

I also confirm that the above competitor has achieved the ASA Competitive Start Award

Signature of Competitor/Parent/Coach:..... Date:.....

Closing Date: Friday, 24th October at 17:00

Payment Summary Sheet

Please return this form electronically to robwilliams1145@gmail.com together with:

1. Hy-Tek entry file
2. Cheque/s made payable to **"Swim Wales Ltd – West Wales Region"** or payment made via BACS

Club			
Name			
Address			
Post Code		Tel No	
Email			
Position in Club			

Summary

	Number		
Total Individual Electronic		@ £8.50	£
Swim Wales Head Coach Pass		Please indicate	No Charge
Total Coaches Passes		Numbers for catering	
Total Chaperone Passes		Numbers for catering	
Please see Page 4 of this document for BACS payment details, etc.			
Total:			£

I confirm all swimmers are current members of Swim Wales and have paid the appropriate membership fee.

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the West Wales Region Meet Management Committee for this event.

Signature Date:

Closing Date: Friday 24th October at 17:00

Spectator Tickets

Spectator tickets are available to purchase online by using the link:

<https://swimwales.justgo.com/workbench/public/events?ref=62B5102342F5FF1726D3ED2261C2075DE9DF5F29>

and heading to the tickets section.

For people who have a Supporters Memberships, tickets will be available from 10am Monday 20th October 2025.

General Sale tickets will be available from 10am Monday 27th October 2025

Please see below the table for ticket pricing for this event.

Ticket	Price	Price if you have a Supporters Membership
Adult Day Ticket	£8	£6.80
Adult Session Ticket	£4.50	£3.83
Adult Whole Event Ticket	£16.40	£13.94
Child/Concession Day Ticket	£5.50	NA
Child/Concession Session Ticket	£3.50	NA
Child/Concession Whole Event Ticket	£13.20	NA
Family Package Day Ticket	£23.00	NA
Children Under 5	Free	NA

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