



## Nofio Sir Gar Short Course Development Meet 2026

Level 3 licensed meet

8 lane 25m pool, electronic timing and anti-turbulence lane ropes

Licence Number: xxxxxxxxx

(Under World Aquatics Technical Rules & Swim Wales Laws)

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### Carmarthen Leisure Centre

Llansteffan Road

Johnstown

Carmarthen

SA313NQ.

**Sunday 14th June 2026**

**Closing Date:** Friday 22nd May 2026

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## EVENT INFORMATION AND ENTRY PACK

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### **Acceptance Criteria:**

There are no lower qualifying standards for acceptance into this meet. Entries with No Time are welcome. There are upper cut off times in place for this meet for swimmers. Swimmers with ranked short course times equal to or faster than the upper cut off time are not eligible to enter that event. Swimmers with ranked long course times which when converted to short course times (using ASA tables) are equal to or faster than the upper cut off times, are not eligible to enter that event.

The promoter reserves the right to accept or reject entries and also restrict entries in order to complete the meet within the time available. If the meet is oversubscribed, entries will be accepted on a first come first served basis, allowing for an equal balance of swimmers across the age groups. The promoter reserves the right to close entries before the closing date if the meet is full.

# EVENT SCHEDULE

Sunday 14th June 2026

Session 1			
Event no	Gender	Distance	Stroke
101	MIXED	100	BACKSTROKE
102	MIXED	200	IM
103	MIXED	100	BUTTERFLY
104	MIXED	50	FREESTYLE

Session 2			
Event no	Gender	Distance	Stroke
201	MIXED	50	BACKSTROKE
202	MIXED	200	BUTTERFLY
203	MIXED	200	FREESTYLE
204	MIXED	100	BREASTSTROKE

Session 3			
Event no	Gender	Distance	Stroke
301	MIXED	50	BREASTSTROKE
302	MIXED	200	BACKSTROKE
303	MIXED	100	FREESTYLE
304	MIXED	50	BUTTERFLY
305	MIXED	200	BREASTSTROKE

**PLEASE NOTE 8-YEAR-OLDS ARE ONLY ELIGIBLE TO ENTER THE 50M EVENTS**

## UPPER CUT OFF TIMES

### Female

Event	Female aged 12 and under	Female aged 13	Female aged 14	Female aged 15 and over
50 free	00:35.5	00:34.1	00:33.0	00:31.7
100 free	01:16.9	01:13.5	01:11.1	01:08.6
200 free	02:45.8	02:38.1	02:33.0	02:27.3
50 breast	00:46.5	00:44.0	00:42.4	00:40.8
100 breast	01:40.3	01:34.8	01:30.5	01:26.9
200 breast	03:34.5	03:22.1	03:14.8	03:09.1
50 fly	00:39.8	00:38.0	00:36.7	00:34.6
100 fly	01:27.7	01:23.5	01:19.9	01:16.4
200 fly	03:11.6	03:02.6	02:53.9	02:47.5
50 back	00:42.0	00:40.0	00:38.4	00:36.7
100 back	01:26.9	01:22.5	01:19.6	01:16.5
200 back	03:04.8	02:59.0	02:52.7	02:45.5
200IM	03:09.1	03:01.1	02:54.4	02:50.1

### Male

Male Aged 12 and under	Male aged 13	Male aged 14	Male aged 15 and over	Event
00:35.2	00:33.0	00:31.2	00:29.6	50 free
01:16.7	01:11.5	01:06.7	01:03.5	100 free
02:45.9	02:35.0	02:26.6	02:19.9	200 free
00:46.5	00:42.9	00:40.5	00:37.8	50 breast
01:39.3	01:31.6	01:26.5	01:20.9	100 breast
03:33.7	03:18.0	03:06.2	02:57.3	200 breast
00:40.0	00:37.3	00:35.1	00:32.5	50 fly
01:26.9	01:20.6	01:14.6	01:10.4	100 fly
03:10.7	02:57.1	02:46.6	02:36.2	200 fly
00:41.7	00:38.6	00:36.6	00:34.0	50 back
01:27.7	01:21.1	01:16.3	01:11.2	100 back
03:06.3	02:53.4	02:43.5	02:35.3	200 back
03:10.2	02:57.9	02:47.2	02:39.3	200IM

<b>VENUE:</b>	Carmarthen Leisure Centre, Llansteffan Road, Carmarthen, SA31 3NQ.
<b>POOL:</b>	8 lane 25m pool with Daktronics electronic timing and Anti-turbulence ropes.
<b>AGE GROUPS:</b>	Boys 8,9/10,11/12,13/14,15 and over. Girls 8,9/10,11/12,13/14,15 and over.
<b>AGE:</b>	The age of competitors will be taken as 14th June 2026. Minimum age for entry is 8 years. 8-year-olds are only eligible to enter the 50m events.
<b>EVENTS:</b>	All events will be Heat Declared Winner.  <b>8 years</b> 50m Butterfly, Backstroke, Breaststroke & Freestyle.  <b>9/10, 11/12, 13/14, 15+</b> 50m Butterfly, Backstroke, Breaststroke & Freestyle 100m Butterfly, Backstroke, Breaststroke & Freestyle 200m Butterfly, Backstroke, Breaststroke, Freestyle & Individual Medley 400m Freestyle & Individual Medley.
<b>AWARDS:</b>	There will be medals for top 3 in each event in the following age groups: Boys 8,9/10,11/12,13/14,15 and over Girls 8,9/10,11/12,13/14,15 and over.
<b>SESSION TIMES:</b>	All events will be spearheaded and swum slow to fast, based on entry times. There will be a warmup before each session. Warm up times and details and session times will be finalised once all entries have been processed and swimmers will be notified accordingly.
<b>ENTRY FEE:</b>	£7.50 per individual event for all events.
<b>SPECTATOR ENTRY:</b>	Spectator entry fees will be confirmed prior to the competition.
<b>CAR PARK:</b>	There is free on-site parking available at the pool.
<b>REFRESHMENTS:</b>	There is access to an onsite café.
<b>STARTS:</b>	Over the top starts will, where necessary or appropriate, be used during the Meet.

## ENTRIES

Electronic entries from the Hy-Tek Team Manager software would be most welcome. The events file for input into TM is available upon request or may be downloaded from the 'Other Meets' menu item at [www.westwalesswim.org.uk](http://www.westwalesswim.org.uk). Copies of Hy-Tek Team Manager Lite can also be provided if required.

Enter event numbers and latest short course times on the entry form. Long course times converted to short course times are acceptable (please use ASA tables for conversion). Entry times must be on the Swim Wales rankings. Random checks will be made. Estimated times are not permitted. As this is a Level 3 meet, entry times of no time (NT) are also welcome.

### **PAYMENT:**

Payment must be made at time of entry. Please contact [nofiosirgar@outlook.com](mailto:nofiosirgar@outlook.com) at time of entry and account information for BACS transfer will be provided. Please can swimmers enter and pay with their club rather than individually.

BACS payment is preferred. Cheques will be accepted if BACS payment is not possible. Please make cheques payable to "Nofio Sir Gar" and send with entries to Rob Williams at the above address.

The promoter reserves the right to reject entries for the following reasons:

- The relevant entry fee is not paid
- Incorrectly completed or improved/altered entries or where swimmer is found to have a time on rankings that is equal to or faster than the upper cut off time
- Received after the closing date of Friday 22nd May 2026.

**WE RESERVE THE RIGHT TO CLOSE ENTRIES BEFORE THIS DATE IF THE MEET IS FULL**

**NO LATE ENTRIES WILL BE ACCEPTED AND THERE WILL BE NO ENTRIES ON THE DAY**

### **ENTRIES TO:**

Rob Williams, 12 Park Terrace, Pontarddulais, Swansea SA4 8HS  
e-mail: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

PLEASE USE A SEPARATE ENTRY FORM FOR EACH SWIMMER, AND GROUP ENTRY FORMS INTO MALE AND FEMALE BEFORE SUBMITTING.

It is the responsibility of the clubs to ensure that all swimmers are current members of their club and have current WASA membership. Each club must have at least one WASA registered and DBS checked adult on poolside with the swimmers.

**WITHDRAWALS:**

Competitors who wish to withdraw from an event must do so by emailing [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com) or during the meet at the Meet Office. No refunds will be made for withdrawals after the closing date of Friday 19th April 2024 other than on medical grounds. If a swimmer withdraws on medical grounds and requires a refund, please email a doctor's letter/certificate stating that the swimmer is medically unable to participate to [nofiosirgar@outlook.com](mailto:nofiosirgar@outlook.com). This must be provided on or before Sunday 14th June 2026.

**RESULTS:**

The Meet results will be emailed to clubs within 72 hours of the close of the meet. Results will also be passed to Swim Wales for their reference and inclusion in rankings. Results will be posted on meet mobile throughout the gala and be available after the meet on <https://www.westwalesswim.org.uk>

**POOLSIDE PASSES:**

Poolside passes can be purchased at time of submitting entries at £10 per pass. There is no access to poolside for anyone without a poolside pass. Poolside passes cannot be purchased on the day.

**MARSHALLING:**

Marshalling will be in place poolside. Please note that it is the swimmers' responsibility to present themselves ready to swim to the Marshalling Area prior to the start of their event.

**OFFICIALS:**

In order to run this event, we require parents from all participating clubs to volunteer to be qualified officials. Visiting clubs are requested to provide at least one qualified official per 10 swimmers. Visiting clubs are requested to please email [nofiosirgar@outlook.com](mailto:nofiosirgar@outlook.com) to provide a list of qualified officials when submitting their entries.

**HEALTH AND SAFETY:**

All swimmers, officials, volunteers, are required, at all times, to abide by the rules set out in the Pool Operating Procedures and Normal Operating Procedures & Emergency Action Plan for Carmarthen Leisure Centre.

No outdoors shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area (including the balcony area) and

particularly when moving around and climbing the steps in the competitors' area. Swimmers are not permitted to leave the pool and changing area unless fully clothed and wearing suitable footwear.

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

Carmarthen Leisure Centre and Nofio Sir Gar will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim meet. A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive.

No swimmer should topple into the water in the event of a false or faulty start - a proper shallow dive must be performed. It is the responsibility of the swimmer and/or parent 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 certificate confirming that their participation presents no health or safety problems.

#### **CONDUCT:**

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. Unacceptable behaviour will not be tolerated in any circumstances, and all such occurrences will be referred to the Meet Director and Referee and could result in removal from the competition.

#### **DATA PROTECTION:**

Entries and results for this Meet will be held on computer. As required by the Data Protection Act 1998, submission of entries implies consent to

the holding of personal information on computer. These details maybe made public before, during or after the Meet. The use of all photographic equipment is controlled at this Meet.

#### **CAMERA USE AND MOBILE PHONES:**

**NO FLASH** photography is permitted.

This guidance applies to all images and videos taken on any type of camera or recording device (including mobile phones) at the Meet.

Mobile phones that have a camera facility/hardware are recognised as a camera or photographic device. Nofio Sir Gar and Carmarthen Leisure Centre follow Swim Wales guidance which does not support the banning of phones, it does support the requirement that phones should emit a 'noticeable sound' if the camera facility is used. Any photos taken should fall within the Swim Wales guidelines which are contained in the General Meet Conditions under "Events" at [www.swimwales.org/key-documents](http://www.swimwales.org/key-documents)

The publishing of a photograph of a swimmer under 18, either on a notice board or in a published article or video recording (including video streaming) of the Meet should only be done with parental consent and in line with Swim Wales guidelines.

There may be an official photographer at this event. If any parent does not wish their child to be photographed, please can you email [nofiosirgar@outlook.com](mailto:nofiosirgar@outlook.com) by the closing date of May 22nd, 2026.

#### **WELFARE:**

The welfare, wellbeing and safeguarding of participants during this event is very important to the club and there will be a Safeguarding Officer on duty during the event. Details of the officer will be displayed on the entrance desk and will be announced in the team mangers meeting.

#### **GENERAL:**

Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Referee's decision will be final.

Correspondence with regard to entries to: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)  
Other general enquiries to: [nofiosirgar@outlook.com](mailto:nofiosirgar@outlook.com)

#### **APPEALS:**

Any appeals must be submitted in accordance with World Aquatics procedures and will be handled appropriately by the Meet Director and Referees.



## Nofio Sir Gar Development Meet 2026 Individual Entry Form

For all events in this meet, age groups will be as of Sunday 14th June 2026

Name \_\_\_\_\_ M/F \_\_\_\_\_

Swim Wales/ASA Registration Number \_\_\_\_\_ Date of Birth \_\_\_\_\_

Age on 14th June 2026 \_\_\_\_\_ Club \_\_\_\_\_

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

Enter event numbers and latest times below:

Event	Event number	Entry time	Event	Event number	Entry time
100 BACKSTROKE			200 FREESTYLE		
200 IM			100 BREASTSTROKE		
100 BUTTERFLY			50 BREASTSTROKE		
50 FREESTYLE			200 BACKSTROKE		
50 BACKSTROKE			100 FREESTYLE		
200 BUTTERFLY			50 BUTTERFLY		
			200 BREASTSTROKE		

Total number of entries: \_\_\_\_\_ @ £7.50 per event

Total payable £ \_\_\_\_\_

**CLOSING DATE FOR ENTRIES: 22nd MAY 2026**

Entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS  
[robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)



## Poolside Pass Application form

Full Name: \_\_\_\_\_

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

Position (e.g. Team Manager, coach): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

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

SWIM WALES / ASA Membership No: \_\_\_\_\_

DBS Number: \_\_\_\_\_ Date of Issue: \_\_\_\_\_

e-mail address: \_\_\_\_\_

**COACH PASSES WILL NOT BE AVAILABLE FOR PURCHASE ON THE DAY OF THE MEET**

Please return with entries to:

Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS. [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)



## Payment Summary Sheet

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

Contact Name and Tel No: \_\_\_\_\_

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

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

Number of Poolside Passes required:  x £10 = £ \_\_\_\_\_

Total Number of Entries  @ £7.50 per event = £ \_\_\_\_\_

### **PAYMENT:**

Payment must be made at time of entry. Please contact [nofiosirgar@outlook.com](mailto:nofiosirgar@outlook.com) at time of entry and account information for BACS transfer will be provided. Please can swimmers enter and pay with their club rather than individually.

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Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS. [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

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**Closing Date:** Friday 22nd May 2026

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