



Amman Valley Swimming Club Para Inclusive, No Time Gala 2026

Level 3 licensed No Time Gala
Under FINA Technical Rules & Swim Wales Laws
Licence No: TBC

Sunday 19th April 2026
Carmarthen Leisure Centre
Llansteffan Road
Johnstown
Carmarthen
SA31 3NQ

Lead Referee: Ann Adams
The meet will be swum in an 8 lane 25m pool, electronic timing and anti-turbulence ropes.

Closing Date: Sunday 29th March 2026

Age Groups:

Boys: 8 (may enter 50m races only), 9,10, 11,12, 13,14, 15+

Girls: 8 (may enter 50m Races only), 9,10, 11,12, 13,14, 15+

Age as at: 19th April 2026

Minimum age for entry is 8 years.

Events:

All events will be Heat Declared Winner (HDW). Results for Para races will be based upon British Para Points.

Stroke	Metres	Metres	Metres
Freestyle	50	100	200
Backstroke	50	100	200
Butterfly	50	100	-----
Breaststroke	50	100	200
I.M	-----	100	200

Awards:

There will be medals for top 3 in each event.

There will be an award for the best overall club based upon points. This winning team shall receive the Morgan Cup that is presented in honour of our Eryl and Linda Morgan who have dedicated over 40 years to Amman Valley Swimming Club.

There will also be an award for the overall Top boy and overall Top Girl of the Meet along with a top Para Male and top Para Female.

Acceptance Criteria:

There are upper qualifying standards this meet. No times faster than the upper qualifying times published will be accepted into the meet. In the event of over subscription in a particular race those with the fastest times will be scratched.

Entries £7.50 per individual event

Please send entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea SA4 8HS. E-mail: robwilliams1145@gmail.com

Electronic entries from the Hy-Tek Team Manager or swim 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.westwaleswim.org.uk Team Manager Lite application and instructions can be downloaded free of charge from: http://activesupport.force.com/hytekswimming/articles/en_US/Article/Download-and-InstallTM-Lite

Enter event numbers and latest short course times on the entry form. Long course times converted to short course times are acceptable. 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 then entry times of no time (NT) are also welcome.

Payment to be made at time of entry by BACS – Amman Valley Swimming Club, Account number 36926960, Sort Code 30-90-90

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

- The relevant entry fee is not paid
- Incorrectly completed or improved entries
- Received after the closing date.

CLOSING DATE: Sunday 29th March 2026.

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

It is the responsibility of the clubs to ensure that all swimmers are current members of their club and have current Swim Wales membership. In the event of over subscription, the event promoter has the right to scratch entries and/or change the schedule of events.

Each club must have at least one Swim Wales registered and DBS checked adult on poolside with the swimmers. 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.

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. Over the top starts will, where necessary or appropriate, be used during the Meet.

Spectators

Charge for spectators will be £3.50 per person per session or £8 per person for the full day – children are exempt.

Parking

There is free on-site parking available at the Pool.

Officials

In order to run this event, we require parents from all participating clubs to volunteer to be timekeepers and qualified officials. We do ask that there is 1 official supplied per 10 swimmers from each club. Please ensure the parents are DBS checked.

Clubs must provide a list of volunteers when submitting their entries.

Session Times

All events will be spearheaded and swum slow to fast, based on entry times. There will be a warm-up 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.

Withdrawals

Competitors who wish to withdraw from an event must do so by emailing

robwilliams1145@gmail.com or during the meet at the Meet Office. No refunds will be made for withdrawals after the closing date of Sunday 29th March 2026 other than on medical grounds. A medical note must be provided at least 24hrs before the start of the event.

Results

The Meet results will be emailed to clubs within 72 hours of the meet closing. Results will also be passed to Swim Wales for their reference and inclusion in rankings. Subject to a viable internet connection, results will be available through the Meet Mobile App during the day (available on the app store and google play).

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 Amman Valley SC 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 be that parent, swimmer, volunteer or coach, 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. Amman Valley Swimming Club 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

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.

APPEALS

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

Amman Valley Swimming Club No Time Gala - Para Inclusive
Sunday 19th April 2026 - Event Schedule
Ages as at 19th April 2026

ALL events will be HDW with awards in the following age groups:

50M Events will be awarded in the Age groups 8, 9,10, 11,12, 13,14, 15+
 100M and above events will be awarded in age groups 9,10,11,12,13,14,15+
 For IM Events the 100M event will only be open to the 9 &10 age groups only. The
 200 IM will be open to 11 & over age groups only.

Session 1		Warm Up and Start		Time - TBC	
Event	Gender	Distance	Stroke		
1	Girls	200	Breast		
2	Boys	50	Free		
3	Girls	100	Breast		
4	Boys	100	Breast		
5	Girls	50	Fly		
6	Boys	50	Fly		
7	Girls	200	Back		
8	Boys	200	Back		
9	Girls 11/Over	200	IM		

Session 2		Warm Up and Start		Time - TBC	
Event	Gender	Distance	Stroke		
10	Girls	200	Free		
11	Boys	50	Back		
12	Girls	50	Back		
13	Boys	100	Fly		
14	Girls	100	Fly		
15	Boys	200	Breast		
16	Girls	50	Free		
17	Boys 11/Over	200	IM		

Session 3		Warm Up and Start		Time - TBC	
Event	Gender	Distance	Stroke		
18	Boys	200	Free		
19	Girls	100	Back		
20	Boys	100	Back		
21	Girls 9&10	100	IM		
22	Boys 9&10	100	IM		
23	Girls	50	Breast		
24	Boys	50	Breast		
25	Girls	100	Free		
26	Boys	100	Free		

Amman Valley Swimming Club No Time Gala

Sunday 19th April 2026. Closing Date: 29th March 2026

Entry Form - £7.50 per event

For all events in this meet, age groups will be as at Sunday 19th April 2026.

Name:.....

Date of Birth.....Gender Male / Female (please delete as appropriate)

Swim Wales Registration Number Club.....

Classification Numbers (Para).....

Exception Codes (Para).....

Contact Telephone Number.....

Contact Email Address

Event	Event #	Entry Time	LC	SC
Freestyle	50			
	100			
	200			
Backstroke	50			
	100			
	200			
Breaststroke	50			
	100			
	200			
Fly	50			
	100			
IM	100 (9&10 only)			
IM	200 (11/over)			

Total number of entries on this sheet.....

Entries to event organiser within your swimmer club for collation before forwarding to Rob Williams on robwilliams1145@gmail.com

Poolside Pass Application form

Full Name:

Name of Club:

Position (e.g. Team Manager):

Address:

Postcode:Telephone Number:

SWIM WALES / ASA Membership No:

DBS Number: Date of Issue:

E-mail Address:-

Any medical conditions we need to be aware of

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Coach passes will NOT be available for purchase on the day of the meet. Please return with entries to: Rob Williams, 12 Park Terrace, Pontardulais, Swansea. SA4 8HS.
robwilliams1145@gmail.com

Is there someone special you want a shout out for on the day???
Why not take the opportunity to give a member of your club a little praise be it a good swim, good exams, someone studying hard, a coach or volunteer, can be anything – let us know some details on contactammanvalley@gmail.com and we will ask our DJ to give a shout out and make a fuss.



amman_valley_swimming_club

We look forward to welcoming you !

Upper Cut Off Times –There are no cut off times for 8 Year Olds

Girls

	9	10	11	12	13	14	15/over
50 Free	37.80	35.30	33.60	32.00	31.00	30.30	29.70
100 Free	1.25.50	1.17.50	1.12.20	1.08.30	1.06.30	1.04.70	1.03.90
200 Free	3.01.70	2.44.90	2.35.40	2.27.00	2.22.20	2.19.30	2.17.00
50 Back	43.60	40.20	38.10	36.20	35.00	34.10	33.70
100 Back	1.37.20	1.27.40	1.20.90	1.16.30	1.13.50	1.11.80	1.10.40
200 Back	3.21.60	3.05.00	2.51.00	2.42.40	2.37.20	2.33.70	2.30.60
50 Breast	50.00	45.90	43.00	40.60	39.10	38.10	37.30
100 Breast	1.51.00	1.40.00	1.32.10	1.27.10	1.23.40	1.20.60	1.19.60
200 Breast	3.52.10	3.32.70	3.17.70	3.06.80	2.58.80	2.54.10	2.51.80
50 Fly	42.90	39.00	36.90	35.00	33.80	32.90	32.20
100 Fly	1.43.50	1.28.40	1.21.00	1.16.10	1.13.40	1.11.20	1.10.30
100 IM	1.36.90	1.27.00					
200 IM			2.55.60	2.46.10	2.41.10	2.37.10	2.34.70

Submitted entry times must be SLOWER than the upper cut off times shown above. A swimmer who has already achieved a time FASTER than, or EQUAL TO the cut off time for a particular event is not eligible to swim in that event. Entry times of 'NT' are accepted.

Upper Cut Off Times – There are no cut off times for 8 Year Olds

Boys

	9	10	11	12	13	14	15/over
50 Free	37.30	34.70	33.00	31.10	29.60	28.30	27.30
100 Free	1.24.20	1.15.80	1.11.50	1.07.10	1.03.50	1.00.80	59.00
200 Free	2.59.50	2.43.80	2.34.70	2.25.80	2.18.10	2.12.20	2.08.30
50 Back	43.30	40.10	37.90	36.00	33.80	32.50	31.10
100 Back	1.35.40	1.27.00	1.20.60	1.15.90	1.11.40	1.07.90	1.05.40
200 Back	3.19.10	3.03.10	2.51.80	2.42.20	2.33.10	2.25.90	2.20.80
50 Breast	49.10	45.50	42.80	40.20	37.60	35.90	34.50
100 Breast	1.50.70	1.39.40	1.32.10	1.26.20	1.20.60	1.16.90	1.14.00
200 Breast	3.49.70	3.32.30	3.17.90	3.06.00	2.54.80	2.46.30	2.40.60
50 Fly	42.30	38.90	36.50	34.60	32.60	31.10	29.70
100 Fly	1.42.20	1.28.30	1.20.70	1.15.40	1.10.80	1.07.30	1.04.60
100 IM	1.35.60	1.28.30					
200 IM			2.55.40	2.45.60	2.37.10	2.29.20	2.24.30

Submitted entry times must be SLOWER than the upper cut off times shown above. A swimmer who has already achieved a time FASTER than, or EQUAL TO the cut off time for a particular event is not eligible to swim in that event. Entry times of 'NT' are accepted.