

Amman Valley Swimming Club

Mid-Distance Development Meet 2026



Level 3 Licenced Meet

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

Licence No: TBC

(Under FINA Technical Rules & Swim Wales Laws)

EVENT INFORMATION AND ENTRY PACK

Carmarthen Leisure Centre

Llansteffan Road
Johnstown
Carmarthen
SA31 3NQ

Sunday 15th November 2026

Closing Date: 5th October 2026

EVENT SCHEDULE:

Sunday 15th November
2026

SESSION 1

Event No.	Gender	Distance	Stroke
101	MIXED	800	FREESTYLE
102	MIXED	200	BREASTSTROKE
103	MIXED	200	BACKSTROKE

SESSION 2

Event No.	Gender	Distance	Stroke
201	MIXED	400	IM
202	MIXED	200	FREESTYLE
203	MIXED	200	BUTTERFLY
204	MALE (11&over)	1500	FREESTYLE

SESSION 3

Event No.	Gender	Distance	Stroke
301	FEMALE (11&over)	1500	FREESTYLE
302	MIXED	400	FREESTYLE
303	MIXED	200	IM

Age Groups:

Individual Events:

Boys& Girls 9/10, 11/12, 13/14, 15/16, 17+

Age as at: 15th November 2026

Acceptance Criteria:

For 200M and 400M Distance events there are no upper or lower qualifying standards for acceptance into this meet. Entries with No Time are welcome.

To enter the 800M Freestyle Event swimmers MUST have a 400M Freestyle time on rankings.

To enter the 1500M Freestyle event swimmers MUST be in the 11/12 Age group as a minimum and have a 800M Freestyle time on rankings.

The promotor reserves the right to accept or reject entries and to 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 equal balance of swimmers across age groups. The promotor reserves the right to close entries before the closing date if the meet is full. Events may be subject to change at the promoters discretion if undersubscribed before the closing date.

VENUE:	Carmarthen Leisure Centre, Llansteffan Road, Johnstown, SA31 3NQ
POOL:	8 lane 25m pool with Daktronics electronic timing and anti-turbulence lane ropes
AGE GROUPS:	Boys: 9/10, 11/12, 13/14, 15/16, 17+ Girls: 9/10, 11/12, 13/14, 15/16, 17+
AGE:	The age of competitors will be taken as of 15 th November 2026 Minimum age of entry is 9 years
EVENTS:	200M-800M Distance events will be swum mixed gender and seeded on entry times spearheaded slowest heat to fastest. The 1500M Freestyle will be swum as Male and Female separate heats. All events will be Heat Declared Winner. If these Heats are over subscribed then the event organiser holds the right to scratch which will be done on a first come first served basis. 200m, 400m, 800m, 1500 Freestyle 200m Breaststroke 200m Backstroke 200m Butterfly 200m, 400m Individual Medley
AWARDS:	There will be medals for the top three in each event in the following age groups: Boys: 9/10, 11/12, 13/14, 15/16, 17+ Girls: 9/10, 11/12, 13/14, 15/16, 17+
SESSION TIMES:	There will be a warmup before each session. Warm up and session times will be finalised once all entries have been processed and confirmed. Swimmers will be notified accordingly.
ENTRY FEE:	200, and 400 events are £8.00 per event. 800 and 1500 events are £15.00 per event
SPECTATORS:	Spectator fee will be £4 per session per adult, or £9 for the full day per adult. Children under 16 years are free entry.

CAR PARK:

There is free on site car parking.

REFRESHMENTS:

There is access to an onsite Café at Carmarthen Leisure Centre

STARTS:

Over the top starts will be in use where appropriate throughout the competition.

ENTRIES:

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.westwalesswim.org.uk. The Team Manager Lite application and instructions can be downloaded free of charge https://activenetwork.my.salesforce-sites.com/hytekswimming/articles/en_US/Article/Download-and-Install-TM-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 Aquatics GB 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 for 200M and 400M events.

Payment:

Payment to be made by BACS - Amman valley Swimming Club, Sort Code 30-90-90, Account number 36926960

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

WE RESERVE THE RIGHT TO CLOSE ENTRIES BEFORE THE CLOSING 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

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 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 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. No refunds will be made for withdrawals after the closing date other than on medical grounds. If a swimmer needs to withdraw on medical grounds and requires a refund, please email a doctor's letter/certificate stating the swimmer is medically unable to participate to contactammanvalley@gmail.com before the start of the meet.

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. Results will be available through the Meet Mobile App during the day (available on the app store and google play)

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 on poolside. 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 qualified officials from all participating clubs. Visiting clubs are requested to provide at least one qualified official per 10 swimmers. Visiting clubs are requested to please email contactammanvalley@gmail.com to provide a list of qualified officials when submitting their entries. Our head referee will be Ann Adams

HEALTH & SAFETY: All swimmers, officials, volunteers and parents 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 outdoor shoes to be worn on poolside. Suitable footwear must be worn outside the pool area including balcony area and particularly when moving around and climbing the steps in the competitor's 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:

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 & MOBILE PHONE USE:

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.

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 regards to entries to: robwilliams1145@gmail.com

Other general enquiries to: contactammanvalley@gmail.com

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: Mid-Distance Development Meet 2026
INDIVIDUAL ENTRY FORM

NAME: _____ M/F: _____

SWIM WALES/ASA MEMBERSHIP NO: _____ DATE OF BIRTH: _____

AGE: (as of 15th November 2026) _____ CLUB: _____

CONTACT NUMBER: _____ CONTACT EMAIL: _____

EVENT		EVENT NO:	ENTRY TIME
FREESTYLE	200	202	
	400	302	
	800	101	
	1500	204 (Male) 301 (Female)	
BREASTSTROKE	200	102	
BACKSTROKE	200	103	
BUTTERFLY	200	203	
INDIVIDUAL MEDLEY	200	303	
	400	201	

TOTAL NUMBER OF ENTRIES: _____ @ £8.00 PER EVENT

Total Number of Individual Entries _____ @ £15.00 per event = £ _____

TOTAL PAYABLE: £ _____

CLOSING DATE: 5th October 2026

ENTRIES TO: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea SA4 8HS robwilliams1145@gmail.com

Amman Valley Swimming Club: Mid-Distance Development Meet 2026
POOLSIDE PASS APPLICATION FORM

Full Name: _____

Club: _____

Position (e.g. Team Manager, Coach etc): _____

Address: _____

_____ Postcode: _____

Contact Number: _____

Swim Wales/ASA Membership No: _____

DBS Number: _____ Date of Issue: _____

Email address: _____

POOLSIDE PASSES WILL NOT BE AVAILABLE FOR PURCHASE AT THE MEET

CLOSING DATE: 5th October 2026

RETURN WITH ENTRIES TO: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea SA4 8HS
robwilliams1145@gmail.com

Amman Valley Swimming Club: Mid-Distance Development Meet 2026

PAYMENT SUMMARY SHEET

PLEASE COMPLETE THE FOLLOWING PAYMENT SUMMARY SHEET AND RETURN WITH ENTRIES

Contact Name: _____ Tel No: _____

Email Address: _____

Club: _____

Number of Poolside Passes required _____ @ £10 = £ _____

Total Number of Individual Entries _____ @ £8.00 per event = £ _____

Total Number of Individual Entries _____ @ £15.00 per event = £ _____

TOTAL: _____

Payment to be made by BACS at time of entry.

Amman valley Swimming Club, Sort Code 30-90-90, Account number 36926960.

CLOSING DATE: 5th October 2026

ENTRIES TO: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea SA4 8HS robwilliams1145@gmail.com



THANK YOU
See You Soon!



Amman Valley Swimming Club



@AmmanValleySC_



@amman_valley_swimming_club

