



# Neath Swimming Club Short Course Open Meet

(Under World Aquatics Technical Rules and Swim Wales Laws)  
Level 2 License TBC and Level 3 License TBC  
Saturday 17<sup>th</sup> to Sunday 18<sup>th</sup> October 2026

At

**Wales National Pool, Swansea**

Meet pack and details can be found at  
[www.westwalesswim.org.uk](http://www.westwalesswim.org.uk)

**Closing date: Saturday 26<sup>th</sup> September 2026**

**Entries are accepted on a first come basis.**

Swimmers who submit NO TIME in the level 2 section will NOT be accepted.

**Neath Swimming Club - Open Meet 2026**  
**Saturday, 17th October 2026 at Wales National Pool, Swansea**  
**Programme of Events – All Events HDW**

**Session 1**

<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Level</b>	<b>Ages</b>
101	400m Freestyle	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
102	400m Freestyle MC	Female	2	Top Three
103	400m Freestyle	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
104	400m Freestyle MC	Male	2	Top Three
105	400m Individual Medley	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
106	400m Individual Medley	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over

**Session 2**

<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Level</b>	<b>Ages</b>
201	200m Individual Medley	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
202	200m Individual Medley MC	Male	2	Top Three
203	200m Individual Medley	Male	3	8yrs, 9 yrs, 10yrs, 11yrs, 12yrs, & 13 yrs
204	100m Freestyle	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
205	100m Freestyle MC	Female	2	Top Three
206	100m Butterfly	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
207	100m Butterfly MC	Male	2	Top Three
208	200m Backstroke	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
209	200m Breaststroke	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
210	50m Butterfly	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
211	50m Butterfly MC	Female	2	Top Three
212	50m Freestyle	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
213	50m Freestyle MC	Male	2	Top Three
214	50 Butterfly	Female	3	8yrs, 9 yrs, 10yrs, 11yrs, 12yrs, & 13 yrs
215	50m Breaststroke	Male	3	8yrs, 9 yrs, 10yrs, 11yrs, 12yrs, & 13 yrs

**Session 3**

<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Level</b>	<b>Ages</b>
301	800m Freestyle	Female	2	13/14, 15/16 and 17/over
302	100m Backstroke	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
303	100m Backstroke MC	Male	2	Top Three
304	100m Breaststroke	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
305	100m Breaststroke MC	Female	2	Top Three
306	200m Freestyle	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
307	200m Freestyle MC	Male	2	Top Three
308	200m Butterfly	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
309	50m Backstroke	Male	3	8yrs, 9 yrs, 10yrs, 11yrs, 12yrs, & 13 yrs
310	50m Freestyle	Female	3	8yrs, 9 yrs, 10yrs, 11yrs, 12yrs, & 13 yrs
311	50m Backstroke	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
312	50m Backstroke MC	Male	2	Top Three
313	50m Breaststroke	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
314	50m Breaststroke MC	Female	2	Top Three

**Neath Swimming Club - Open Meet 2026**  
**Sunday, 18th October 2026 at Wales National Pool, Swansea**  
**Programme of Events – All Events HDW**

**Session 4**

<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Level</b>	<b>Ages</b>
401	200m Individual Medley	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
402	200m Individual Medley MC	Female	2	Top Three
403	200m Individual Medley	Female	3	8yrs, 9 yrs, 10yrs, 11yrs, 12yrs, & 13 yrs
404	100m Freestyle	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
405	100m Freestyle MC	Male	2	Top Three
406	100m Butterfly	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
407	100m Butterfly MC	Female	2	Top Three
408	200m Backstroke	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
409	200m Breaststroke	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
410	50m Butterfly	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
411	50m Butterfly MC	Male	2	Top Three
412	50m Freestyle	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
413	50m Freestyle MC	Female	2	Top Three
414	50 Butterfly	Male	3	8yrs, 9 yrs, 10yrs, 11yrs, 12yrs, & 13 yrs
415	50m Breaststroke	Female	3	8yrs, 9 yrs, 10yrs, 11yrs, 12yrs, & 13 yrs

**Session 5**

<b>Event No</b>	<b>Event</b>	<b>Gender</b>	<b>Level</b>	<b>Ages</b>
501	800m Freestyle	Male	2	13/14, 15/16 and 17/over
502	100m Backstroke	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
503	100m Backstroke MC	Female	2	Top Three
504	100m Breaststroke	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
505	100m Breaststroke MC	Male	2	Top Three
506	200m Freestyle	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
507	200m Freestyle MC	Female	2	Top Three
508	200m Butterfly	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
509	50m Backstroke	Female	3	8yrs, 9 yrs, 10yrs, 11yrs, 12yrs, & 13 yrs
510	50m Freestyle	Male	3	8yrs, 9 yrs, 10yrs, 11yrs, 12yrs, & 13 yrs
511	50m Backstroke	Female	2	9/10, 11/12, 13/14, 15/16 and 17/over
512	50m Backstroke MC	Female	2	Top Three
513	50m Breaststroke	Male	2	9/10, 11/12, 13/14, 15/16 and 17/over
514	50m Breaststroke MC	Male	2	Top Three

## Neath Open Meet Information

<b>VENUE</b>	Wales National Pool, Sketty Ln, Sketty, Swansea SA2 8QG
<b>POOL</b>	8 Lanes – 25m pool – electronic timing – with anti-turbulence lane ropes  A swim-down facility will be available during the meet.  Car parking facilities are available as pay and display. Neath ASC are not responsible for setting the price of parking; nor do we receive any money from the use of the car park.
<b>AGE AS DATE</b>	Sunday 18 <sup>th</sup> October 2026 (age as of last day of Meet) –  <b><u>Important information relating to qualifying age for Neath Open.</u></b>  <b>For level 2, all 9-year-old swimmers will need to be 10 years old by 31 December 2026.</b> <b>For level 3, all 8-year-old swimmers will need to be 9 years old by 31 December 2026.</b>  All entrants must be members of an Affiliated Club and must be amateurs as defined by British Swimming and Swim Wales law
<b>EVENTS</b>	<b><u>LEVEL 2</u></b> The <b>level 2</b> events will be <b>50m all strokes</b> (Freestyle, backstroke, breaststroke & butterfly) <b>100m all strokes</b> (Freestyle, backstroke, breaststroke & butterfly) <b>200m all strokes</b> (Freestyle, backstroke, breaststroke, butterfly & IM) <b>400m Freestyle &amp; IM</b> <b>800m Freestyle</b> Check the qualification times for these events.
<b>Age groups</b>	<b>Age groups for each event is advertised within the events table on pages 2 and 3</b>
<b>Awards</b>	First three swimmers in each age group per event as advertised on events table on pages 2 and 3. <b>Other Awards</b> <ul style="list-style-type: none"><li>• There will also be a Mike Spittle Award for the fastest boy and fastest girl for 50m breaststroke.</li><li>• Top Boy - accumulated points gained over the meet</li><li>• Top Girl – accumulated points gained over the meet</li><li>• Top club for the club with the most accumulated points.</li></ul>
<b>EVENTS</b>	<b><u>LEVEL 2 – Multi-Classified</u></b> The <b>level 2</b> events will be  <b>50m all strokes</b> (Freestyle, backstroke, breaststroke & butterfly) <b>100m all strokes</b> (Freestyle, backstroke, breaststroke & butterfly) <b>200m</b> Freestyle and Individual medley <b>400m Freestyle</b>  <b>Important: you will only be shown in the multi-classified events for your category of swimming. For example, if you are S14 you will only be shown as a multi classified swimmer for S14. Table is attached.</b>
<b>Classifications</b>	<b>There is a separate file showing the qualification and classification for each event.</b>

<b>AWARDS</b>	The awards will be given to the First three swimmers in each event.
<b>EVENTS</b>	<p><b><u>LEVEL 3 - Pentathlon</u></b>  The <b>level 3</b> is being run as a <b>Pentathlon</b> competition. The events will be 50m all strokes (Freestyle, backstroke, breaststroke &amp; butterfly) plus a 200 meter Individual Medley.</p> <p>There will be an upper cut-off time for level 3. NT times will be accepted.</p> <p>To qualify for overall Pentathlon, swimmers need to enter the four 50m stroke events and the 200m Individual Medley. Swimmers who enter less than 5 events will only swim for a 'time' and medal in the individual strokes.</p>
<b>Age groups</b>	Boys and Girls age 8, 9, 10, 11, 12 & 13
<b>AWARDS</b>	<p>First three swimmers in <b><u>each age group per event</u></b>  When all swims have been completed, each swimmer's time for the <b>5 events</b> will be added up, with the times ranking each swimmer from fastest to slowest. Further, to win top Pentathlon boy or girls in each age category for the pentathlon you will have to swim 5 legal swims.</p>
<b>ENTRIES</b>	<p><b>Electronic Entries:</b>  Neill Golding,  <b>E Mail: <a href="mailto:neillwelshss@aol.com">neillwelshss@aol.com</a></b></p> <p>Electronic Entries should be emailed to the above address and include an entry report, completed Summary Sheet and any poolside passes applications. All electronic entries will be acknowledged with receipt confirmation. Please enter in subject title: "<b><u>Neath Open Meet</u></b>"</p> <p>For emailed electronic entries, the sent date and time on the email will be classed as the date submitted; likewise, for postage entry the posted date will be classed as the entry date.</p> <p>Swimmers entering the <b><u>multi classification</u></b> events can send their entries via Team Manager, but it will be important to notify Neath ASC of the classification of the swimmer.</p>
<b>NO LATE ENTRIES WILL BE ACCEPTED</b>	
<b>Entries will be confirmed as accepted once payment has been received.</b>	
The Meet Director reserves the right to limit entries. If entries are rejected the entry fee will be refunded by bank transfer. If the Meet is full, the entries will be limited on first come basis.	
<b>ENTRY PRICING</b>	£7.75 Per Event for Level 2 £6.25 Per Event for level 3
<b>CLOSING DATE</b>	<b>Saturday 26<sup>th</sup> September 2026</b> (No late entries will be accepted). Entry is accepted on a first come basis.
<b>REFUNDS</b>	Refund's will only be offered for entry fees with valid Doctors Certificate received up to the 16 <sup>th</sup> October 2026. <b><u>Notification needs to be received before the Meet commences.</u></b>
<b>POOLSIDE PASSES</b>	£15 pool pass – includes start sheets, refreshments (tea/coffee) and lunch.

Each club may apply for an initial 3 passes with photos. Passes will only be issued with a current/valid DRB number.

Additional passes may be purchased based upon the number of swimmers present at the meet. Passes must be worn at all times whilst on poolside and will be required to gain access.

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

Coaches' passes/packs will be issued from the Meet Office before the start of the Meet.

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

- SEEDING** Events will be pre-seeded based on submitted entry and achieved preliminary times on a slowest to fastest basis.
- WITHDRAWALS** The Swimmer, and/or Coach will not need to complete a withdrawal form, as the meet will be pre-seeded and the lane will remain empty.
- MARSHALLING** Marshalls will be in place at various points of the pool deck. It is the **SWIMMERS** responsibility to report to marshalling for the event. Failure to do so may result in the place being lost. As a rule, it is good practice for a swimmer to report marshaling at least 5 heats before their race or as announced during the meet.
- DRUG TESTING** 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 British Swimming & UK Anti-Doping Rules. Anti-Doping information can be found by [click here](#)
- RULES** The Competition shall be held under World Aquatics Rules, together with World Para Swimming Rules and Regulations. Where these do not provide information (e.g. Health & Safety Regulations or Safeguarding Guidelines) the requirements of Swim Wales shall apply.
- MEET RESULTS** The meet results will be posted on the West Wales Regional website within 48 hours of the Meet closing. Results will also be passed to Swim Wales and British Swimming for their reference and inclusion in rankings.
- For club's using Hy-Tek or other software systems, a complete electronic copy of the meet results can be obtained following the meet. Any clubs wishing this service should provide their e-mail details to the meet office during or prior to the meet.
- Meet mobile will be updated during the Meet but this will depend on the Wi-Fi service available at the venue.
- SPECTATORS** £4 per session or £7.50 for the day – pre-booking will be sent out at least two weeks before the commencement of the meet. Tickets will also be available on the day subject to availability.
- MEET OFFICE** A Meet Office will be open for the duration of the Meet and can be contacted in case of emergency. It will be located upstairs just before the spectator area.
- The promoter 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 British Swimming laws or technical rules will be at the promoter's discretion.

## **HEALTH & SAFETY**

### **Film and Photography Policy**

Neath ASC are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of an individual which may present a risk of harm to the individual concerned. The use of such equipment is difficult to control but we can all be vigilant.

Neath ASC are considering using a Photographer for the event.

If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team situated in the meet office on the day of the event. Should you wish to refuse photographic permission please contact the meet office. Post event, if at any time an individual wishes an image of themselves to be removed from the public platform, 7 days' notice must be given to Neath ASC after which the data will be removed.

### **General Information**

#### **Officials and Volunteers:**

Neath ASC invites and welcomes officials and volunteers to support this meet. A link will be sent out asking for Officials to sign up on Swim Meet. This will be circulated closer to the event.

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#### **Car Park:**

The car park has 250 spaces, with additional spaces in an overflow located at the bottom of the slope. However please be aware, despite our best efforts – the car park is busy and fills quickly. To avoid disappointment, please arrive early. **A new ANPR camera system will be in place for the duration of the competition, therefore, please ensure you have paid and displayed at the ticket machines to avoid a parking penalty fine.**

Where possible please arrange to car share or drop offs to help ease congestion. Alternatively there are 3 nearby pay and display car parks we recommend:

- Foreshore Car Park: 4 Mumbles Rd, Sketty, Swansea SA3 5AU – 0.6 miles 12 minute walk
- Recreation Ground Car Park: Mumbles Rd, Brynmill, Swansea SA2 0AU – 0.9 mile 19 minute walk
- Blackpill Area Car Park: 266 Derwen Fawr Rd, Sketty, Swansea SA3 5AT – 0.8 mile 15 minute walk

The car park will be managed by security staff, please treat them with respect. Disrespectful or inappropriate behaviour towards staff will not be tolerated and you may be asked to leave the competition.

#### **Café:**

The Blas Café will be open each day (times will be published onsite) with a selection of hot and cold food. There is seating available in the reception area. The café only takes card payments.

#### **Seating:**

The pool has 1200 seats for spectators, coaches and swimmers. A limited number of seats have been reserved at the top of each section for access users (disabled, wheelchairs etc.) please refrain from using these seats unless required, you may be asked to move.

We ask swimmers to remain on the bottom 7 rows of chairs to avoid making the stairs and upper balcony wet and slippery. We ask parents remain on the higher seating (8 rows and above) or as shown in the seating plan.

#### **Changing village:**

The changing village is for swimmers only, parents are not permitted in the changing area and will be asked to leave. Swimmers are politely asked not to change poolside and use the facilities available. Cameras and phones are strictly prohibited in the changing area. Parents are also not allowed in the changing room under any circumstances.

#### **Health and Safety:**

We hope you enjoy the competition; here are some tips to ensure you have a fun and safe experience.

- Event days are long and can be tiring, please drink plenty of water, eat sensibly and rest, when possible, to ensure you are fit and ready for the sessions.

- If you feel unwell at any stage, please seek medical support from the lifeguards
- If you see something that could cause an accident, please alert the staff/lifeguards or an event team member immediately so that it can be dealt with.
- The lift is for individuals who have difficulties using stairs; please ensure the lift is used appropriately and safely. Children are not permitted to use the lift unaccompanied.

**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

**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, wrist bands, earrings (except studs), and rings (except wedding bands). Neath ASC will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

**Equality:**

Neath ASC promotes inclusion and diversity and welcomes participation from everyone. If you have any requirements in respect of participating, officiating or volunteering then please mention this in advance to the Meet Director or on the day to the Meet Office (in confidence if required)

**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).

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# Coach Pass Application Form

(Coaches, Team Managers & Poolside Helpers)

Please note that all applications for Poolside Passes from Coaches, Team Managers, Poolside Helpers, etc. must be accompanied by the people:

- i. WASA Number
- ii. CRB Number
- iii. Photograph

The only exception to the above requirements will be if **ALL 3 ITEMS** are already lodged with the WASA office. If these are already with WASA, the name of the applicant will be sufficient, and the remaining items will be obtained from WASA.

**Please complete the following:**

**1) Full Name:**

**2) WASA No., CRB No., & Photograph already with WASA?**

YES:

NO:

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

WASA Number:

CRB Number:

Photograph Enclosed?

YES:

NO:

# Payment Summary Sheet

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**Neath Swimming Club - Open Meet 2026**  
**Saturday, 17th October 2026 at Wales National Pool, Swansea**

This **Payment Summary** sheet must be completed and sent with all entries and/or payment of entries.

**Contact Name & Tel. No:** \_\_\_\_\_

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

Number of Coach Passes X £15.00 = £

Total Entries – Level 2 X £7.75 = £

Total Entries – Level 3 X £6.25 = £

Total Amount Enclosed: £

Payment can be made via a single cheque to cover all the club entries. This should be made payable to **'Neath Amateur Swimming Club'**.

Bank Transfer will also be accepted to:

Name of Bank: Nat West Banks

A/C Name: Neath Amateur Swimming Club

Sort Code: 54-30-16

A/C No. 39878929

Name of Club as Reference: \_\_\_ Name of Club \_\_\_\_\_

Confirmation date of when bank transfer made: \_\_\_\_\_

**All entries and payments should be received **no later** than Saturday 26<sup>th</sup> September 2026. Entries will be accepted on a first-come basis.**

**All electronic entries forms need to be submitted to: -**

Neill Golding

email address: neillwelshss@aol.com