Sunday 6th December 2026

Carmarthen Leisure Centre, Llansteffan Road, Carmarthen, SA31 3NQ

Under World Aquatics Technical Regulations, World Para Swimming Technical Regulations and Swim Wales Laws

License number: xxxxxxxxxxxx

Closing Date: Monday 16th November 2026



Venue:

Carmarthen Leisure Centre, Llansteffan Road, Carmarthen, SA31 3NQ

Pool:

8 lane 25m pool with Daktronics electronic timing and Anti-turbulence ropes.

Age Groups:

Boys: 8 (may enter 50m races only), 9/10, 11/12, 13/14, 15/16, 17+
Girls: 8 (may enter 50m Races only), 9/10, 11/12, 13/14, 15/16, 17+
Minimum age for entry 8 years. Age on 6th December 2026.

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. 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 are equal to or faster than the upper cut off times, are not eligible to enter that event.
There are no upper cut off times for swimmers aged 8
There are no upper cut off times for para swimmers.

Events:

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

Session 1			
Event Number	Gender	Distance	Stroke
101	Mixed	200m	IM
102	Mixed	50m	Breaststroke
103	Mixed	100m	Backstroke
104	Mixed	50m	Freestyle

Session 2			
Event Number	Gender	Distance	Stroke
201	Mixed	100m	Butterfly
202	Mixed	50m	Backstroke
203	Mixed	100m	Freestyle

Session 3			
Event Number	Gender	Distance	Stroke
301	Mixed	200m	Freestyle
302	Mixed	50m	Butterfly
303	Mixed	100m	Breaststroke

	Upper cut off times: Boys						
	9	**10**	**11**	**12**	**13**	**14**	**15+**
50 free	37.30	34.70	33.00	31.10	29.60	28.20	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
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
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
200 IM	3:10.20	3:10.20	2:55.40	2:45.60	2:37.10	2:29.20	2:24.30

	Upper cut off times: Girls						
	9	**10**	**11**	**12**	**13**	**14**	**15+**
50 free	37.80	35.30	33.60	32.00	31.00	30.30	29.10
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
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
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
200 IM	3:09.10	3:09.10	2:55.60	2:46.10	2:41.10	2:37.10	2:34.70

Awards:

There will be medals awarded to the top three swimmers and para swimmers in the following age groups in each event:
Boys: 8, 9/10, 11/12, 13/14, 15+
Girls: 8, 9/10, 11/12, 13/14, 15+
There will be separate awards per age group / event /gender for para swimmers (multi classification) for those swimmers who hold a current classification with British para swimming

Entries:

Entries £7.50 per person 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.westwalesswim.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 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 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 to be made by BACS. Account name: Carmarthen and District Swimming Club, Sort code 30-54-66, Account number 74119060. Please use your club name as a reference. **Please note, the banking details have changed this year.**

Carmarthen and District Swimming Club reserve the right to reject entries for the following reasons:
The relevant entry fee is not paid
Incorrectly completed entries
Entries received after the closing date of 16th November 2026
Meet oversubscribed.

We reserve the right to close entries before the closing date of 16th November if the meet is full.

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. Poolside pass includes packed lunch.

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. Coaches and team managers, other than necessary support staff for MC swimmers, are not allowed in the marshalling area.

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 16th November 2026 other than on medical grounds. A medical note must be provided on or before 14th December 2026.

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.

Protests and Appeals:

All Protest and Appeals will be dealt with under Swim Wales Laws and Procedures.

Spectators:

Charge for spectators will be £7.00 per person for the full day, or £3.00 per person for the final session only. Children under 18 are free.

Parking:

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

Volunteers:

In order to run this event, we require all participating clubs to provide timekeepers and qualified officials, a minimum of 1 DBS checked official per 10 swimmers. The link for officials to sign up is:

https://swim-meet.com/Availability/?m=9349

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.

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 Carmarthen swimming club will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; it is the responsibility of the club coach/team manager to ensure this is the case. No swimmer should topple into the water in the event of a false or faulty start. A proper shallow dive should be performed.

Swimmers who have not attained the standard of the Competitive Start Award must safely lower themselves over the side of the pool into the water on the long whistle of the referee before starting at the appropriate place**.**

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. Carmarthen 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

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.

Enquiries:

General enquiries to Carmarthen swimming club secretary: cdscsec01@gmail.com

Entry enquiries to robwilliams1145@gmail.com

Carmarthen Christmas Cracker – 6th December 2026
Individual Entry Form

Closing Date 16th November 2026

Name……..

Date of Birth…….Gender: Male / Female (circle as appropriate)

Swim Wales / ASA registration number…….Club…….

Para classification……..Para exception codes…….

Email……Tel ……

Event	Event number	Entry Time	Event	Event number	Entry time
200m IM			200m Freestyle		
50m Freestyle			100m freestyle		
50m Breaststroke			100m Breaststroke		
50m Backstroke			100m Backstroke		
50m Butterfly			100m Butterfly		

Total number of entries: _____ @ £7.50 per event

Total payable £_____

CLOSING DATE FOR ENTRIES: 16th November 2026

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

Carmarthen Christmas Cracker – 6th December 2026
Poolside Pass Application Form

Closing Date 16th November 2026

FULL NAME:

CLUB:

POSITION (e.g. Club Coach)

ADDRESS:

POST CODE:

TEL. NO.

EMAIL:

SWIM WALES OR ASA REG NO

DBS NUMBER:

Poolside passes are not available to purchase on the day

There will be no entry to the poolside without a poolside pass / officials accreditation.

Please complete one application form per person

Please return with entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.
robwilliams1145@gmail.com

Carmarthen Christmas Cracker – 6th December 2026

Payment Summary

Closing Date 16th November 2026

Total number of poolside passes: _____ @ £10 each

Total number of entries into individual events_____ @ £7.50 each

Total payable £_____

CLOSING DATE FOR ENTRIES: 16th November 2026

Payment must be made at time of entry. Please can swimmers enter and pay with their club rather than individually. BACS payment is preferred. Account name: Carmarthen and District Swimming Club, Sort code 30-54-66, Account number 74119060. Please use your club name as a reference. Cheques will be accepted if BACS payment is not possible. Please make cheques payable to Carmarthen and District Swimming Club and send with entries to Rob Williams, 12 Park Terrace, Pontarddulais, Swansea, SA4 8HS.