Nofio Sir Gar Performance Open Meet
Incorporating Carmarthenshire County Championships 2027

Level 3 licensed short course meet
8 lane 25m pool, electronic timing and anti-turbulence lane ropes
Licence Number: xxxxxxxxxxx
(Under World Aquatics Technical Regulations, World Para Swimming Technical Regulations and Swim Wales Laws)

Carmarthen Leisure Centre
Llansteffan Road
Johnstown
Carmarthen
SA31 3NQ

Saturday & Sunday, 16th & 17th January 2027
Closing Date: Friday, 11th December 2026

EVENT INFORMATION AND ENTRY PACK

EVENT SCHEDULE

Saturday, 16th January 2027

Session 1				
Event No.	Gender	Age Groups	Distance	Stroke
101	MIXED	9/10, 11/12, 13/14, 15+	400	FREESTYLE Sign in required
102	MIXED	9/10, 11/12, 13/14, 15+	200	BREASTSTROKE
103	MIXED	9/10, 11/12, 13/14, 15+	200	BUTTERFLY
104	MIXED	9/10, 11/12, 13/14, 15+	800	FREESTYLE Sign in required

Session 2				
Event No.	Gender	Age Groups	Distance	Stroke
201	MIXED	9/10, 11/12, 13/14, 15+	50	BUTTERFLY
202	MIXED	9/10, 11/12, 13/14, 15+	100	FREESTYLE
203	MIXED	9/10, 11/12, 13/14, 15+	50	BREASTSTROKE

Session 3				
Event No.	Gender	Age Groups	Distance	Stroke
301	MIXED	9/10, 11/12, 13/14, 15+	100	BACKSTROKE
302	MIXED	9/10, 11/12, 13/14, 15+	200	IM

EVENT SCHEDULE

Sunday, 17th January 2027

Session 4				
Event No.	Gender	Age Groups	Distance	Stroke
401	MIXED	9/10, 11/12, 13/14, 15+	200	BACKSTROKE
402	MIXED	9/10, 11/12, 13/14, 15+	400	IM Sign in required
403	MIXED	9/10, 11/12, 13/14, 15+	1500	FREESTYLE Sign in required

Session 5				
Event No.	Gender	Age Groups	Distance	Stroke
501	MIXED	9/10, 11/12, 13/14, 15+	50	BACKSTROKE
502	MIXED	9/10, 11/12, 13/14, 15+	100	BUTTERFLY
503	MIXED	9/10, 11/12, 13/14, 15+	50	FREESTYLE

Session 6				
Event No.	Gender	Age Groups	Distance	Stroke
601	MIXED	9/10, 11/12, 13/14, 15+	100	BREASTSTROKE
602	MIXED	9/10, 11/12, 13/14, 15+	200	FREESTYLE

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: 9/10, 11/12, 13/14, 15 and over Girls: 9/10, 11/12, 13/14, 15 and over
Age:	The age of competitors will be taken as 17th January 2027. Minimum age for entry is 9 years.
Events:	All events will be Heat Declared Winner. **9/10, 11/12, 13/14, 15+** 50m Butterfly, Backstroke, Breaststroke & Freestyle 100m Butterfly, Backstroke, Breaststroke & Freestyle 200m Butterfly, Backstroke, Breaststroke, Freestyle & Individual Medley 400m Freestyle & Individual Medley 800m Freestyle 1500m Freestyle
Awards:	There will be medals for top 3 in each event in the following age groups: Boys: 9/10, 11/12, 13/14, 15 and over Girls: 9/10, 11/12, 13/14, 15 and over. There will be medals for top 3 multi-classification swimmer in each event. Points will be allocated to all swimmers based upon their results throughout the gala. There will be awards for Top boy, Top girl, and Top Multi-classification swimmer, to the swimmer from any age group and any club that accrues the most points throughout the gala. There will be an award for Top Club based on points accrued by swimmers in the clubs throughout the gala. Carmarthenshire County Champion awards will also be given for the highest placed Carmarthenshire swimmer of each gender in age groups 9, 10, 11, 12, 13, 14, 15, 16 & over based on points accrued throughout the gala. There will be a Seren category for non-classified disabled swimmers within Carmarthenshire and medals will be awarded to the top three swimmers in this category according to points accrued throughout the weekend. Please notify us with your entries for swimmers to be included in this category. No swimmers will be added to this category on the day of the gala.
Session Times:	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.

Spectator Entry: Spectator entry fees will be confirmed prior to the competition.

Car Park: There is free on-site parking available at the pool.

Refreshments: There is access to an onsite café.

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

Entries: £15 per individual event for 800m and 1500m

£8 per individual event for all other events

Please send 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.

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 (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 there are no upper or lower cut off times. Entry times of no time (NT) are also welcome.

Entries for the 800m and 1500m events will only be accepted from swimmers with no time provided that they already have a time on any one of the following events: 400m free, 800m free, 1500m free.

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. Priority will be given to swimmers at clubs within Carmarthenshire. Swimmers from clubs outside Carmarthenshire will be accepted on a first come, first served basis. The event promoter reserves the right to scratch swimmers at their discretion to

provide a balanced competition schedule. Entries will not be confirmed for any clubs until after the closing date.

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

Payment:

Payment must be made at time of entry. Please contact 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 / entry times
- Received after the closing date of Friday 11th December 2026.

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

Withdrawals:

Competitors who wish to withdraw from an event must do so by emailing nofiosirgar@outlook.com or during the meet at the Meet Office. No refunds will be made for withdrawals after the closing date of Friday 11th December 2026 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. This must be provided by midday on Friday 15th January 2027. Withdrawals after this time will not be considered for a refund. No refunds will be given other than on medical grounds.

Results:

The Meet results will be e-mailed 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) and available after the meet on https://www.westwalesswim.org.uk

Poolside Passes

Poolside passes can be purchased at time of submitting entries at £15 per weekend 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 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 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 by the closing date of 11th December 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 managers 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 Other general enquiries to: nofiosirgar@outlook.com
Appeals	All Protest and Appeals will be dealt with under Swim Wales Laws and Procedures by the Meet Director and Referees.

Nofio Sir Gar Performance Open Meet 2027
Individual Entry Form

For all events in this meet, age groups will be as of 17th January 2027

Name: _____ Male / Female: _____

Swim Wales / ASA Registration Number: _____ Date of Birth: _____

Age on 17th January 2027: _____ Club: _____

Contact Number: _____ E-mail address: _____

Enter event numbers and latest times below:

Event		Event No.	Entry Time	LC	SC
Freestyle	50m				
	100m				
	200m				
	400m				
	800m				
	1500m				
Backstroke	50m				
	100m				
	200m				
Breaststroke	50m				
	100m				
	200m				
Butterfly	50m				
	100m				
	200m				
Individual Medley (IM)	200m				
	400m				

Total number of entries: _____ @ £8 per event

Total number of entries: _____ @£15 per event

Total payable: £ _____

CLOSING DATE FOR ENTRIES: 11th December 2026

Entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea SA4 8HS

Robwilliams1145@gmail.com

Nofio Sir Gar Performance Open Meet 2027
Poolside Pass Application Form

Full Name: _____

Club: _____

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

Address: _____

_____ Postcode: _____

Telephone Number: _____

Swim Wales / ASA Membership No: _____

DBS Number: _____

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

Nofio Sir Gar Performance Open Meet 2027
Payment Summary Sheet

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

Contact Name and Tel No: _____

E-Mail Address: _____

Club: _____

Number of Poolside Passes Required: ☐ @ £15 £ _____

Total Number of Entries: ☐ @ £8 per event £ _____

Total Number of Entries ☐ @ £15 per event £ _____

PAYMENT:

Payment must be made at time of entry. Please contact 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 address below:

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robwilliams1145@gmail.com

Closing Date: Friday, 11th December 2026

Nofio Sir Gar is a performance swimming squad. The squad is coached by 2 x Commonwealth Games medallist and former British international swimmer, Austyn Shortman.

The squad competes at regional, Welsh and British competitions.

The goal of Nofio Sir Gar performance squad is to produce athletes to swim for Wales in future Commonwealth Games.

Follow NSG on the following social media platforms to keep up to date with the squad:

@NofioSirGar @NofioSirGar @nofiosirgarperformancesquad











