

# **Amman Valley Open Meet 2019**

Swum under the following rules and conditions:  
FINA Technical Rules, Swim Wales Laws,  
Amman Valley Open Meet Conditions.

**SUNDAY, 5<sup>th</sup> May 2019**

**at**

**Carmarthen Leisure Centre**

**Combined 'AA' and 'B' Grade Meet**

**License No: 3WL191483**

**CLOSING DATE:  
WEDNESDAY, 10<sup>th</sup> April 2019**

# Amman Valley SC – ‘AA’ and ‘B’ Open Meet 2019

This meet will be swum under the following rules and conditions:

FINA Technical Rules and Swim Wales Laws,  
Amman Valley SC – 2019 Open Meet Conditions.  
Meet License No.: 3WL191483

**Sunday, 5<sup>th</sup> May 2019**

For 2019 the Amman Valley Open Meet will be a combined ‘AA’ and ‘B’ grade meet. A graded meet is a Heat Declared Winner meet where the results for each event are separated into groups based on the entry time for each swimmer.

Each event will have a ‘B’ grade Upper Qualifying Time (UQT) and an ‘AA’ grade UQT. Swimmers who submit an entry time slower than or equal to the ‘B’ grade UQT will be entered into the ‘B’ division of the particular event.

Swimmers who enter a time faster than the ‘B’ grade UQT and slower than or equal to the ‘AA’ grade UQT will be entered in the ‘AA’ division of the event.

Swimmers who submit an entry time faster than the ‘AA’ grade UQT will not be accepted into the event.

Please note that for any given swimmer the above arrangements work on an event-by-event basis, which means that a swimmer may be graded in the ‘AA’ category in one event and in the ‘B’ category in another.

Awards will be made to the first three in both ‘AA’ and ‘B’ grade categories in all events. Please note that ‘AA’ grade swimmers who do not achieve the ‘B’ grade UQT in a particular event will not be eligible for points or awards, and will be ranked in a non-award category. However, times which fall into the non-award category will still be submitted to and included in the UK rankings database.

## Meet Conditions

1. All entrants must be members of an Affiliated Club
2. **PLEASE USE A SEPARATE ENTRY FORM FOR EACH SWIMMER, AND GROUP ENTRY FORMS INTO MALE AND FEMALE BEFORE SUBMITTING.**
3. *Electronic entries from the Hy-Tek Team 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](http://www.westwalesswim.org.uk). Copies of Hy-Tek Team Manager Lite can also be provided if required.*
4. Events will be swum in the combined age groups: 9/10, 11/13, 14/0V with awards being made in the age groups: 9, 10, 11, 12, 13, 14, 15/OV.
5. Awards will be made to the first three in both ‘AA’ and ‘B’ grade categories in all events.
6. All events will be Heat Declared Winner.
7. No swimmers may enter events “Out of Age”.
8. Enter event numbers and latest short course times in the appropriate boxes on the entry form. Long course times converted to short course times are acceptable. As this is a Level 3 meet then entry times of NT are also welcome.

9. All entries to be accompanied by the correct fee (£4.50 per event). Cheques should be made payable to “Amman Valley Swimming Club”.
10. Confirmation of entries will be sent via email. Clubs who require confirmation of entries by post should provide a SAE of at least A5. Please note that where smaller envelopes are provided then confirmation of entries will not be provided.
11. All entries must be accompanied by a Payment Summary Sheet.
12. Closing date for entries: **Wednesday 10<sup>th</sup> April 2019.**
13. Swimmers will be accepted up to the maximum possible. If entries exceed capacity the meet organisers reserve the right to limit entries with the faster swimmers in each event being given priority. Any swimmers not accepted will have their fees returned. Refunds will be available on the day of the meet in the form of a single cheque payable to each club.
14. Team managers, coaches and chaperones will only be admitted onto the poolside with a special pass ordered beforehand - £10.00 per person to include access to the poolside together with programmes for each session. Passes may be collected on the morning of the meet and will be in the form of a badge that must be worn at all times. Please note that coaches etc without a pass will not be allowed onto the poolside.

All requests for poolside passes must be submitted by the meet closing date (10<sup>th</sup> April 2019) and must be accompanied by a completed Poolside Pass Application form. ***Coach passes will not be available for purchase on the day of the meet and must be ordered in advance.***

15. Team managers must ensure that swimmers are available to the marshals two heats before their swim.
16. All swimmers must be amateurs as defined by Swim Wales law.
17. Ages as at the day of the meet. i.e. Sunday, 5<sup>th</sup> May 2019.
18. Programmes for the meet will be printed in advance showing the heat & lane allocation of each swimmer for each event. When a swimmer fails to show in the marshalling area prior to the start of the race then that lane will be left empty. No substitute swimmers will be allowed.
19. The first session will have Warm up at 8.00am and Start at 9.00am. Warm up and start times for sessions 2 & 3 will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.
20. Refreshments – There is a cafeteria at the pool that sells snacks. Vending machines are also available.
21. Results – Results will be available for download from the West Wales web site ([www.westwalesswim.org.uk](http://www.westwalesswim.org.uk)) under the ‘Other Meets’ menu item as soon as practical after the meet.

In addition to the above meet conditions a number of Health and Safety rules as laid down by Swim Wales must be observed:

22. All swimmers, officials, volunteers, spectators and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and the Normal Operating Procedures & Emergency Action Plan for the facility.
23. Unacceptable Behaviour – 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.
24. Competitive Start Award - Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach).  
  
Swimmers who have not attained the standard of the Competitive Start Award must lower themselves into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.
25. Jewellery – For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-up, swim down and/or competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs) and rings (except wedding bands).

Amman Valley Swimming Club will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

26. Video and Photography.

### **Swim Wales Film and Photography Policy**

27. Please be advised that photographs and videos may be taken at this event. Swim Wales are aware of the wide range of devices including mobile telephones that 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 a child/children which may present a risk of harm to the child/children concerned. The use of such equipment is difficult to control but we can all be vigilant. If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team. The full swim Wales Photography Guidance Policy can be found on the Swim Wales website.

28. All correspondence to:

Rob Williams,  
12 Park Terrace,  
Pontarddulais,  
Swansea.  
SA4 8HS

e-mail: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

# Amman Valley Open Meet – Sunday 5<sup>th</sup> May 2019

**Ages as 5<sup>th</sup> May 2019**

**ALL events will be HDW with awards in the age groups: 9, 10, 11, 12, 13, 14, 15/OV in both ‘AA’ and ‘B’ Grades**

<b>Session 1</b> <b>Warm up 8.00am, Start 9.00am</b>	<b>Session 2</b> <b>Warm up: TBA, Start TBA</b>	<b>Session 3</b> <b>Warm up: TBA, Start TBA</b>
1. Girls 9 – 10 50m Backstroke	19. Girls 9 – 10 100m IM	37. Girls 9 – 10 50m Breaststroke
2. Boys 9 – 10 50m Backstroke	20. Boys 9 – 10 100m IM	38. Boys 9 – 10 50m Breaststroke
3. Girls 11 – 13 100m Breaststroke	21. Girls 11 – 13 50m Butterfly	39. Girls 11 – 13 100m Freestyle
4. Boys 11 – 13 100m Breaststroke	22. Boys 11 – 13 50m Butterfly	40. Boys 11 – 13 100m Freestyle
5. Girls 14/OV 100m Butterfly	23. Girls 14/OV 50m Backstroke	41. Girls 14/OV 100m IM
6. Boys 14/OV 100m Butterfly	24. Boys 14/OV 50m Backstroke	42. Boys 14/OV 100m IM
7. Girls 9 – 10 100m Freestyle	25. Girls 9 – 10 100m Breaststroke	43. Girls 9 – 10 100m Butterfly
8. Boys 9 – 10 100m Freestyle	26. Boys 9 – 10 100m Breaststroke	44. Boys 9 – 10 100m Butterfly
9. Girls 11 – 13 100m Backstroke	27. Girls 11 – 13 100m IM	45. Girls 11 – 13 50m Backstroke
10. Boys 11 – 13 100m Backstroke	28. Boys 11 – 13 100m IM	46. Boys 11 – 13 50m Backstroke
11. Girls 14/OV 50m Breaststroke	29. Girls 14/OV 100m Breaststroke	47. Girls 14/OV 50m Butterfly
12. Boys 14/OV 50m Breaststroke	30. Boys 14/OV 100m Breaststroke	48. Boys 14/OV 50m Butterfly
13. Girls 9 – 10 50m Butterfly	31. Girls 9 – 10 100m Backstroke	49. Girls 9 – 10 50m Freestyle
14. Boys 9 – 10 50m Butterfly	32. Boys 9 – 10 100m Backstroke	50. Boys 9 – 10 50m Freestyle
15. Girls 11 – 13 50m Freestyle	33. Girls 11 – 13 50m Breaststroke	51. Girls 11 – 13 100m Butterfly
16. Boys 11 – 13 50m Freestyle	34. Boys 11 – 13 50m Breaststroke	52. Boys 11 – 13 100m Butterfly
17. Girls 14/OV 100m Backstroke	35. Girls 14/OV 50m Freestyle	53. Girls 14/OV 100m Freestyle
18. Boys 14/OV 100m Backstroke	36. Boys 14/OV 50m Freestyle	54. Boys 14/OV 100m Freestyle

Warm up and start times for Session 2 & 3 will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.

## BOYS - AA Grade and B Grade Upper Qualifying Times

	BOYS	BOYS	BOYS	BOYS	BOYS	BOYS	BOYS	BOYS	BOYS
		9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OV	
50m Free	AA Grade UQT	37.30	34.70	33.00	31.10	29.60	28.30	26.30	
	B Grade UQT	48.50	45.30	42.30	39.70	37.00	34.40	30.30	
100m Free	AA Grade UQT	1:24.20	1:15.80	1:11.50	1:07.10	1:03.50	1:00.80	56.80	
	B Grade UQT	1:49.00	1:39.30	1:31.90	1:25.70	1:19.60	1:14.10	1:05.70	
50m Breast	AA Grade UQT	49.10	45.50	42.80	40.20	37.60	35.90	33.10	
	B Grade UQT	1:03.10	58.80	54.50	50.80	46.80	43.50	38.10	
100m Breast	AA Grade UQT	1:50.70	1:39.40	1:32.10	1:26.20	1:20.60	1:16.90	1:11.00	
	B Grade UQT	2:21.30	2:08.50	1:57.50	1:49.40	1:40.70	1:33.50	1:22.00	
50m Fly	AA Grade UQT	42.30	38.90	36.50	34.60	32.60	31.10	28.50	
	B Grade UQT	54.40	50.30	46.50	43.80	40.60	37.60	32.90	
100m Fly	AA Grade UQT	1:42.20	1:28.30	1:20.70	1:15.40	1:10.80	1:07.30	1:02.00	
	B Grade UQT	2:08.90	1:53.40	1:42.70	1:35.50	1:28.30	1:21.70	1:11.60	
50m Back	AA Grade UQT	43.30	40.10	37.90	36.00	33.80	32.50	29.80	
	B Grade UQT	55.80	51.80	48.20	45.40	41.90	39.20	34.30	
100m Back	AA Grade UQT	1:35.40	1:27.00	1:20.60	1:15.90	1:11.40	1:07.90	1:02.70	
	B Grade UQT	2:02.20	1:52.50	1:42.80	1:36.20	1:28.90	1:22.40	1:12.30	
100m IM	AA Grade UQT	1:35.60	1:28.30	1:23.80	1:19.10	1:14.50	1:10.70	1:05.20	
	B Grade UQT	2:03.10	1:54.60	1:46.80	1:40.10	1:32.70	1:25.80	1:15.20	

UQT = Upper Qualifying Time

## GIRLS - AA Grade and B Grade Upper Qualifying Times

GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS
		9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/OV	
50m Free	AA Grade UQT	37.80	35.30	33.60	32.00	31.00	30.30	29.50	
	B Grade UQT	48.50	45.50	42.50	39.90	37.70	36.20	34.30	
100m Free	AA Grade UQT	1:25.50	1:17.50	1:12.20	1:08.30	1:06.30	1:04.70	1:02.90	
	B Grade UQT	1:49.10	1:40.10	1:31.80	1:25.70	1:21.10	1:17.80	1:13.60	
50m Breast	AA Grade UQT	50.00	45.90	43.00	40.60	39.10	38.10	36.90	
	B Grade UQT	1:03.40	58.80	54.30	50.60	47.60	45.50	43.00	
100m Breast	AA Grade UQT	1:51.00	1:40.00	1:32.10	1:27.10	1:23.40	1:20.60	1:18.20	
	B Grade UQT	2:20.30	2:08.00	1:56.40	1:48.50	1:41.60	1:36.70	1:31.40	
50m Fly	AA Grade UQT	42.90	39.00	36.90	35.00	33.80	32.90	31.90	
	B Grade UQT	54.30	49.90	46.50	43.50	41.00	39.30	37.10	
100m Fly	AA Grade UQT	1:43.50	1:28.40	1:21.00	1:16.10	1:13.40	1:11.20	1:09.00	
	B Grade UQT	2:08.80	1:52.60	1:42.10	1:34.60	1:29.30	1:25.20	1:20.50	
50m Back	AA Grade UQT	43.60	40.20	38.10	36.20	35.00	34.10	33.00	
	B Grade UQT	55.50	51.70	48.10	45.10	42.60	40.80	38.50	
100m Back	AA Grade UQT	1:37.20	1:27.40	1:20.90	1:16.30	1:13.50	1:11.80	1:09.60	
	B Grade UQT	2:02.90	1:52.20	1:42.50	1:35.20	1:29.70	1:26.10	1:21.30	
100m IM	AA Grade UQT	1:36.90	1:27.00	1:23.80	1:19.70	1:16.60	1:15.20	1:12.70	
	B Grade UQT	2:03.70	1:52.70	1:46.20	1:39.40	1:33.40	1:30.10	1:24.80	

UQT = Upper Qualifying Time

# Amman Valley SC – ‘AA’ and ‘B’ Grades Open Meet 2019

## Individual Entry Form

**For all events in this meet, age groups will be as of Sunday 5<sup>th</sup> May 2019**

Name: \_\_\_\_\_ Date of Birth: DD/MM/YYYY Gender:  Male  Female  
 (Please tick as appropriate)

Swim Wales/ASA Registration Number: \_\_\_\_\_

Club: \_\_\_\_\_ Contact Name: \_\_\_\_\_ Contact Telephone Number: \_\_\_\_\_

Contact email address: \_\_\_\_\_

Enter event numbers and latest times in the appropriate boxes below:

	Backstroke		Breaststroke		Butterfly		Freestyle		Individual Medley	
	Event No	Time	Event No	Time	Event No	Time	Event No	Time	Event No	Time
<b>50m</b>										
<b>100m</b>										

Total number of entries on this sheet:  x £4.50 = £

Entry fee: £4.50 per individual event. Cheques payable to “Amman Valley Swimming Club”.

**Closing Date for Entries: Wednesday 10<sup>th</sup> April 2019**

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



# Amman Valley SC – ‘AA’ and ‘B’ Grades Open Meet 2019

## Payment Summary Sheet

Please complete the following Payment Summary Sheet and return with entries. Please make cheques payable to “Amman Valley Swimming Club”

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

Contact Name & Telephone Number:

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Email Address: \_\_\_\_\_

No Poolside Passes	<input type="text"/>	X	£10.00	=	<input type="text"/>
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Total Entries BOYS	<input type="text"/>	X	£4.50	=	<input type="text"/>
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Total Entries GIRLS	<input type="text"/>	X	£4.50	=	<input type="text"/>
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Total Amount Enclosed:	<input type="text"/>
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Please return with entries to:

Rob Williams,  
12 Park Terrace,  
Pontarddulais,  
Swansea.  
SA4 8HS

**Amman Valley SC – ‘AA’ and ‘B’ Grades Meet 2019**  
**Sunday 5<sup>th</sup> May 2019.**

**Poolside Pass Application form**

Affix passport style  
photograph here.

Please note that all applications for poolside passes from Coaches, Team Managers, Poolside Helpers, etc. must be accompanied by a Swim Wales or ASA Membership Number, a current CRB Number and a passport sized photograph.

***Please complete in BLOCK CAPITALS.***

**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 :-** .....

Please enclose payment of £10.00, made payable to “**Amman Valley Swimming Club**”, for each pass required.

***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.  
Email: robwilliams1145@gmail.com