



## **Llanelli Open Meet 2019**

**Combined Level 2 and Level 3 (Junior Development) Meet**  
**License Nos: 2WL190566 & 3WL190567**

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

**SUNDAY, 10<sup>th</sup> March 2019**

**at**

**Llanelli Leisure Centre**

**CLOSING DATE:**  
**MONDAY, 11<sup>th</sup> FEBRUARY 2019**

### **EVENT INFORMATION AND ENTRY FORMS**

Please note that each Level 2 event in this competition has a qualifying time and a consideration time. Those who meet the qualifying time will be given priority in these events. Entry times falling between the QT and CT will also be included provided the meet is not oversubscribed. Swimmers who meet the consideration time, but due to lack of space are not accepted, will have their entry fees refunded.

Also, please note that each Junior Development Level 3 event has an UPPER cut off time. Submitted entry times for this section must be SLOWER than the upper cut off times. A swimmer who has already achieved a time FASTER than or EQUAL TO the cut off time for a particular event is not eligible to swim in that event.

**Llanelli Amateur Swimming Club**  
**Open Meet 2019**  
**Combined Level 2 and Level 3 (Junior Development) Meet**  
**License Nos: 2WL190566 & 3WL190567**

**Sunday, March 10<sup>th</sup> 2019**

1. The meet will be swum under the following rules and conditions:

FINA Technical Rules, Swim Wales Laws and Disciplinary Code, Llanelli Open Meet Conditions.

2. All entrants must be members of an Affiliated Club

3. **PLEASE USE A SEPARATE ENTRY FORM FOR EACH SWIMMER, AND GROUP ENTRY FORMS INTO MALE AND FEMALE BEFORE SUBMITTING.**

4. *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 [www.westwalesswim.org](http://www.westwalesswim.org) under the 'Other Meets' menu item.*

5. **Age groups for boys:**

Level 2 events: 10/11, 12/13, 14/15, 16/OV.

Level 3 events: 9, 10, 11, 12.

**Age groups for girls:**

Level 2 events: 10/11, 12/13, 14/15, 16/OV

Level 3 events: 9, 10, 11, 12.

6. Please note that each Level 2 event in this competition has a qualifying time and a consideration time. Entry times faster than or equal to the QT will be given priority in these events. Entry times falling between the QT and CT will also be included provided the meet is not oversubscribed. Swimmers who meet the consideration time, but due to lack of space are not accepted, will have their entry fees refunded.

Also, please note that each Junior Development Level 3 event has an UPPER cut off time. Submitted entry times for these events must be SLOWER than the upper cut off times. A swimmer who has already achieved a time FASTER than or EQUAL TO the cut off time for a particular event is not eligible to swim in that event.

The Llanelli Open Meet Management Committee reserves the right to return entries. Should this situation arise, refunds will be available on the day of the meet in the form of a single cheque payable to each club and may be collected from the balcony above the learner pool.

7. No swimmers may enter events "Out of Age".
8. Enter event numbers and entry times in the appropriate boxes on the entry form. **Please note that a random selection of submitted times will be checked against the ASA Rankings Database. Entry times which cannot be confirmed in the database will be refused and NO entry fees will be refunded.**
9. All entries to be accompanied by the correct fee (£4.50 per event), a payment summary sheet, completed coach/chaperone accreditation forms where appropriate. Cheques should be made payable to "Llanelli ASC".

Please note that no refund of entry fees will be made for withdrawals after the closing date (Monday, 11<sup>th</sup> February 2019) except with a doctor's note. In this situation the doctor's note will only be accepted up until mid-day on the day before the start of the meet. Notes received after this time will not be considered for refunds.

10. Closing date for entries: **Monday, 11<sup>th</sup> February, 2019.**

11. Clubs may have a maximum of two poolside managers at each session unless by prior arrangement with the meet organisers. These will be admitted with a special pass ordered beforehand - £10.00 per person, to include access to the

poolside and programmes for each session. Passes may be collected from the balcony above the learner pool 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/Managers without a pass will not be allowed onto the poolside.

All Coaches and Chaperones who will be on the poolside at any time during the competition, must have individual accreditation obtained by completing the official form enclosed in this information pack. Completed forms must be accompanied by a passport size photograph.

Poolside passes will be transferrable between coaches and chaperones *from the same club* who have completed an official accreditation form.

Accredited coaches and chaperones *from the same club* may use purchased poolside passes 'on rota', although the number of coaches and/or chaperones on poolside at any one time must not exceed the number of passes that have been paid for.

Passes will need to be worn at all times. Anyone without a pass will be asked to leave poolside/changing area.

The closing date for passes will be the same as the closing date for entries. Applications will not be accepted on the day.

12. Team managers must ensure that swimmers are available to the marshals two heats before their swim.
13. Awards to the first three in all events. Also, Top Boy, Top Girl and Best Visiting Team awards.
14. All swimmers must be amateurs as defined by Swim Wales law.
- 15. Ages as at the day of the meet. i.e. 10<sup>th</sup> March 2019.**
16. Clubs will be sent confirmation of the entries entered into the computer.
17. 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.
18. 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.
19. Mobile phones must not be used in the building at all.

## **Health & Safety**

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

All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times

It is the responsibility of the swimmer and/or parent/guardian 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 note confirming that their participation presents no health or safety problems

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 / or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet

## **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.

## **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.

## **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, ear-rings (except studs), and rings (except wedding bands).

Swim Wales will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.”

## **Video and Photography.**

Llanelli ASC will adhere to the Swim Wales Film and Photography Policy as outlined below.

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

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.

20. All correspondence to:

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

Email: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

# Llanelli Open Meet 2019

## **SUNDAY**, 10th March 2019 at Llanelli Leisure Centre

### Programme of Events - All Events HDW

Session 1						Session 2						Session 3					
Event No	Gender	Age Groups	Dist.	Stroke	Level	Event No	Gender	Age Groups	Dist.	Stroke	Level	Event No	Gender	Age Groups	Dist.	Stroke	Level
1	Boys	10/11, 12/13, 14/15, 16+	200	I.M.	2	9	Boys	9, 10, 11, 12	100	I.M.	3	17	Boys	9, 10, 11, 12	50	Butterfly	3
2	Girls	10/11, 12/13, 14/15, 16+	200	I.M.	2	10	Girls	9, 10, 11, 12	100	I.M.	3	18	Girls	9, 10, 11, 12	50	Butterfly	3
3	Boys	9, 10, 11, 12	50	Backstroke	3	11	Boys	10/11, 12/13, 14/15, 16+	200	Freestyle	2	19	Boys	10/11, 12/13, 14/15, 16+	100	Breaststroke	2
4	Girls	9, 10, 11, 12	50	Backstroke	3	12	Girls	10/11, 12/13, 14/15, 16+	200	Freestyle	2	20	Girls	10/11, 12/13, 14/15, 16+	100	Breaststroke	2
5	Boys	10/11, 12/13, 14/15, 16+	100	Butterfly	2	13	Boys	9, 10, 11, 12	50	Breaststroke	3	21	Boys	9, 10, 11, 12	50	Freestyle	3
6	Girls	10/11, 12/13, 14/15, 16+	100	Butterfly	2	14	Girls	9, 10, 11, 12	50	Breaststroke	3	22	Girls	9, 10, 11, 12	50	Freestyle	3
7	Boys	9, 10, 11, 12	100	Freestyle**	3	15	Boys	10/11, 12/13, 14/15, 16+	100	Backstroke	2	23	Boys	10/11, 12/13, 14/15, 16+	100	Freestyle**	2
8	Girls	9, 10, 11, 12	100	Freestyle**	3	16	Girls	10/11, 12/13, 14/15, 16+	100	Backstroke	2	24	Girls	10/11, 12/13, 14/15, 16+	100	Freestyle**	2

Session 1 will have warmup at 8.00am and start at 9.00am. Warmup 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.

*\*\*Swimmers who qualify for both the Level 2 100m Freestyle AND the Level 3 100m Freestyle may choose to enter either of these events but may NOT ENTER BOTH.*

# Llanelli Open Meet 2019

## Short Course Qualifying & Consideration Times for Level 2 Events

GIRLS							BOYS					
	10/11	12/13	14/15	16/OV				10/11	12/13	14/15	16/OV	
QT	1.18.70	1.11.50	1.08.30	1.06.90	QT	100m Freestyle**	QT	1.17.80	1.08.90	1.03.10	1.00.10	QT
CT	1.45.82	1.37.54	1.24.56	1.17.54	CT		CT	1.44.00	1.34.00	1.20.00	1.11.00	CT
QT	2.49.60	2.33.60	2.26.60	2.23.20	QT	200m Freestyle	QT	2.48.80	2.30.10	2.17.20	2.11.10	QT
CT	3.26.15	2.59.45	2.48.36	2.40.50	CT		CT	3.25.00	2.56.00	2.39.00	2.22.00	CT
QT	1.40.20	1.29.80	1.25.10	1.23.10	QT	100m Breaststroke	QT	1.40.10	1.27.40	1.19.10	1.15.10	QT
CT	2.19.42	1.58.28	1.43.98	1.40.87	CT		CT	2.19.00	1.55.00	1.37.00	1.32.00	CT
QT	1.28.00	1.19.00	1.15.10	1.13.30	QT	100m Butterfly	QT	1.27.60	1.16.70	1.09.00	1.05.60	QT
CT	1.56.74	1.46.06	1.36.35	1.28.60	CT		CT	1.55.00	1.43.00	1.30.00	1.20.00	CT
QT	1.28.10	1.19.20	1.15.30	1.14.00	QT	100m Backstroke	QT	1.27.60	1.17.30	1.09.80	1.06.30	QT
CT	1.57.34	1.45.85	1.30.44	1.28.47	CT		CT	1.55.00	1.43.00	1.24.00	1.20.00	CT
QT	3.11.40	2.53.80	2.45.50	2.42.00	QT	200m Ind. Medley	QT	3.11.00	2.50.40	2.34.30	2.27.30	QT
CT	3.43.86	3.34.99	3.21.86	3.10.77	CT		CT	3.42.00	3.30.00	3.10.00	2.54.00	CT

Please note that each Level 2 event in this competition has a qualifying time and a consideration time. Entry times faster than or equal to the QT will be given priority in these events. Entry times falling between the QT and CT will also be included provided the meet is not oversubscribed. Swimmers who meet the consideration time, but due to lack of space are not accepted, will have their entry fees refunded. The Llanelli Open Meet Management Committee reserves the right to return entries

***\*\*Swimmers who qualify for both the Level 2 100m Freestyle AND the Level 3 100m Freestyle may choose to enter either of these events but may NOT ENTER BOTH.***

# Llanelli Open Meet 2019

## Level 3 Junior Development Events

### Upper Cut Off Times

GIRLS					BOYS			
9 Years	10 Years	11 Years	12 Years		9 Years	10 Years	11 Years	12 Years
37.80	35.30	33.60	32.00	50m Freestyle	37.30	34.70	33.00	31.10
1.25.50	1.17.50	1.12.20	1.08.30	100m Freestyle**	1.24.20	1.15.80	1.11.50	1.07.10
50.00	45.90	43.00	40.60	50m Breaststroke	49.10	45.50	42.80	40.20
42.90	39.00	36.90	35.00	50m Butterfly	42.30	38.90	36.50	34.60
43.60	40.20	38.10	36.20	50m Backstroke	43.30	40.10	37.90	36.00
1.36.90	1.27.00	1.23.80	1.19.70	100m Ind. Medley	1.35.60	1.28.30	1.23.80	1.19.10

**Submitted entry times must be SLOWER than the upper cut off times shown above. A swimmer who has already achieved a time FASTER than, or EQUAL TO the cut off time for a particular event is not eligible to swim in that event. Entry times of 'NT' are accepted.**

***\*\*Swimmers who qualify for both the Level 2 100m Freestyle AND the Level 3 100m Freestyle may choose to enter either of these events but may NOT ENTER BOTH.***

# Llanelli Amateur Swimming Club - Open Meet 2019 - Entry Form

**For all events in this meet, age groups will be as of 10<sup>th</sup> March 2019**

**Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Gender:** ☐ Male ☐ Female

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

**Swim Wales/ASA ID Number:** \_\_\_\_\_ **Email Address** \_\_\_\_\_

**Enter event numbers and entry times in the appropriate boxes below. Please see separate sheets for qualifying and consideration times for the Level 2 events and for upper cut off times for the Level 3 (Junior Development) events.**

	Backstroke		Breaststroke		Butterfly		Freestyle		Individual Medley	
	Event No	Time	Event No	Time	Event No	Time	Event No	Time	Event No	Time
<b>50m</b> (Jnr. Dev. Only)		(Jnr. Dev. Only)		(Jnr. Dev. Only)		(Jnr. Dev. Only)		(Jnr. Dev. Only)		
<b>100m</b>								(**)		(Jnr. Dev. Only)
<b>200m</b>										

**\*\*Swimmers who qualify for both the Level 2 100m Freestyle AND the Level 3 100m Freestyle may choose to enter either of these events but may NOT ENTER BOTH.**

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

Entry fee: £4.50 per individual event. Cheques payable to "Llanelli ASC".

**Closing Date for Entries: Monday, 11<sup>th</sup> February 2019**

Entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS. Email: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)



**Llanelli Amateur Swimming Club  
Open Meet - 10<sup>th</sup> March 2019**

Affix passport style  
photograph here.

## **COACH/CHAPERONE ACCREDITATION FORM**

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

FULL NAME: \_\_\_\_\_

CLUB: \_\_\_\_\_

POSITION (e.g. Club Coach) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

POST CODE: \_\_\_\_\_

TEL. NO. \_\_\_\_\_

EMAIL: \_\_\_\_\_

SWIM WALES OR ASA REG. NO. \_\_\_\_\_

DBS NUMBER: \_\_\_\_\_

**Please note only members registered with Swim Wales or the ASA and having a current CRB check are eligible for a coach/chaperone pass.**

**No passes will be available on the day and must be purchased beforehand.**

**There will be no access to the poolside without a coach/chaperone pass.**

All completed forms to be returned to Rob Williams.

**Closing Date: Monday, 11<sup>th</sup> February 2019**

# Llanelli ASC – Open Meet 2019

## Payment Summary Sheet

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

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

**Contact Name** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

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

No. Coach Passes

X

£10.00

=

£

Total Individual Entries

X

£4.50

=

£

Total Amount Enclosed: £

Please return with entries to:

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

Email: robwilliams1145@gmail.com