



Canolfan Nofio  
**Llandudno**  
Swimming Centre

*Len Thomas Memorial Meet*

July 12th 2015

# LEN THOMAS MEMORIAL SPRINT MEET

(Swum under FINA and Swim Wales Rules and Disciplinary Code)

**Llandudno Swimming Centre**

8 lane 25 metre pool, with DaKtronics electronic timing

**July 12th 2015**

Warm up: 9:00am

**LEVEL 2**

## **CLOSING DATE SATURDAY 21/6/15**

### **EVENT INFORMATION AND ENTRY FORM**

LEN THOMAS MEMORIAL MEET

July 12<sup>th</sup> 2015

(Swum under FINA and Swim Wales Laws and Disciplinary Code)

#### **MEET INFORMATION**

**Entries will be on a first come basis.**

Entries should be made via clubs ONLY and should be sent electronically using Hy-Tek Team Manager. The events file for use with TM is available from the Swim Wales, Swim Conwy and Llandudno Swimming Club websites.

Electronic entries should be emailed to:- [Olwen.Catherall@btinternet.com](mailto:Olwen.Catherall@btinternet.com)

Original entry forms must also be submitted to the meet organiser and a Stamped Addressed Envelope should also be supplied to allow confirmation of entries to be returned.

Completed form should be sent to: *Olwen Catherall c/o Llandudno Swimming Centre. Mostyn Broadway. Llandudno LL30 1YR*

Entries from clubs should be accompanied by a Payment Summary Sheet and a SINGLE cheque to cover all entries and coach/chaperone poolside passes. Cheques should be payable to *CCBC/Llandudno Swimming Centre*.

Please note that entries will be refused if: -

- They are received without the relevant fee
- They are completed incorrectly (Membership number must be included)
- They are received after the closing date of 21<sup>st</sup> June 2015
- Ages are as at 12<sup>th</sup> July 2015. (Final date of the event)

#### **Age Groups**

Age groups for boys - 9/11, 12/13, 14/15, 16&over

Age groups for girls - 9/10 11/12, 13/14, 15&over

#### **Entry Fee**

Entry fee is £5.00 per event

Relays 6.00 per relay

#### **Medals and Awards**

Medals will be awarded for 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> places in all age group categories. Also awards to be made to Overall Best Boy and Best Girl. Plus Top Team Trophy

## **Spectators**

Admission charges:-  
£2.50 per session  
£6.00 per day

## **Car Parking**

The Swimming Centre is situated next to a Council Car Park. The current charges applicable are, there is limited free parking close to the centre on Mostyn Broadway.

## **Catering**

Catering facilities are available at our neighbouring Theatre/Conference Centre, Venue Cymru. Alternative facilities are available in close proximity within Llandudno Retail Park.

## **Camera Use**

The use of all photographic equipment is controlled at this Meet and everyone is reminded that such equipment should not be used without a pass.

You will be issued with a tag for your photographic equipment and this must remain attached within the Pool area. The records of camera use will be retained by Llandudno Swimming Centre. The pool also requires you to fill in their Camera Registration forms.

By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited professional photographer may be used for promotional purposes by the County or the Governing Body.

## **Mobile Phones**

Mobile phones must not be used in the building at all.

## **Meet Office**

A Meet Office will be open for the duration of the Meet and can be contacted via Reception. Please note that this number will be active during the meet.

## **Session Times**

To be confirmed following receipt of entries.

## **General Conditions**

The Meet will be swum under: -

- FINA Technical Rules & Swim Wales Rules and Disciplinary Code.
- No alcohol or tobacco advertising is permitted on any clothing.
- Entries may only be accepted from competitors registered as members of Affiliated Clubs, holding either primary or multi registration membership.
- Swimmers must only swim for one club during this Meet.
- Competitors must have been registered members of the Club in whose name they are
- Entered at least 30 days prior to closing date.
- All decisions made by the Meet Director will be final and binding.

## Events

Events will be held as shown on the attached programme of events.  
Time trials will not be permitted.

## Entry Times

The Organisers may request validation of any stated Entry Time.  
In any event where 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.

## Presentation

If time allows for presentation of medals Competitors must Report to Presentation Area immediately after the announcements of result have been made. Medals will either be presented or be ready collection during the session  
A swimmer unable to pick up their medal personally should send a deputy to pick up the medal on their behalf.  
Appropriate clothing, i.e. t-shirt, full tracksuit and appropriate footwear must be worn. (Awards may not be presented if a swimmer is inappropriately dressed)

## Officials

It would be appreciated if your club could supply any qualified officials (judges) to help with the running of the event. Officials will be required to follow the protocol which can be down loaded from the Swim Wales web site.

## Meet Procedure Heats

Competitors will be seeded according to submitted times, **fastest to slowest**. Coaches should ensure that swimmers make themselves available for marshalling at least 2 events prior to the event they are competing in.

## Other conditions Starts

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

## Passes

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.

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.**

## **HEALTH & SAFETY**

The health, safety and wellbeing of all swimmers, officials, volunteers, spectators and visitors is paramount – all Health and Safety rules / regulations/ requirements must be complied with at all times.

A full risk assessment must be carried out in accordance with the Swim Wales Meet License Report Pack.

A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet must be obtained in advance, and must be available throughout the duration of the meet

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 Behavior**

Behavior becomes “unacceptable” when it is considered “Offensive” to others; this includes, but is not limited to, the following:

Theft, willful damage to property and / or equipment, acts of vandalism, abuse of alcohol and / or drugs, bullying, offensive language, aggressive / violent acts, threatening behavior, 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.**

When a competition involves children under the age of 18 years of age it is a mandatory meet license requirement that all persons (including competitors / officials / volunteers / spectators), wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device / equipment used for taking / recording such images must register their details with the event management in advance of taking any images.

This includes; but is not limited to:

- Still cameras
- Cine Cameras
- Video cameras
- Camera / video enabled mobile phones
- Camera enabled PDA's

Proof of identity is required to register any photographic / video equipment.

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 a disability or medical condition exists, swimmers must produce a medical note confirming that their participation presents no health or safety problems.

The Region, along with the Governing Body, may use computers to record entry times and results. By submitting entries you are accepting the conditions and consent is hereby given for holding personal information relating to the sport of Swimming as required by the current Data

### **Protection Act**

The organisers retain the right to amend these conditions if necessary, without notice.

### **Information for Spectators with Disability**

Are you a Registered Disabled person or have a disability that makes it difficult or uncomfortable for you to queue prior to paying entry as a spectator? If so: -

- On arrival at the pool please go to the reception where you will be advised on access.
- You will then be able to access the balcony via the lift or stairs directly.
- NO queuing will be necessary.

If you have any questions or queries during the event a member of the Meet Team will endeavour to assist you.

Within the spectators gallery we have 7 designated Wheel Chair access.

We are only allowed by Health & Safety regulations to admit on to the balcony 427 it would be appreciated therefore, that spectators who need assistance would arrive at the start of the warm up session thus ensuring a suitable seat is available.

(It is difficult to allocate a specific area on the balcony seating area for spectators with a disability as it might not be where they would choose to sit.

Also, if there are no disabled spectators present then we would have seating which cannot be used).

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**Llandudno Swimming Centre**

8 lane 25 metre pool, with Daktronics electronic timing

July 12<sup>th</sup> 2015

Sunday July 12th 2015	
<b>Morning</b>	<b>Session 1</b>
	Boys 100m IM
	Girls 50m Backstroke
	Boys 100m Breaststroke
	Girls 100m Butterfly
	Boys 50m Freestyle
	Girls 50m Breaststroke
	Boys 100m Backstroke
	Girls 100m Freestyle
	Boys 50m Butterfly
	Mixed 4x50m Freestyle Relay
	<b>Afternoon</b>
Girls 100m IM	
Boys 50m Backstroke	
Girls 100m Breaststroke	
Boys 100m Butterfly	
Girls 50m Freestyle	
Boys 50m Breaststroke	
Girls 100m Backstroke	
Boys 100m Freestyle	
Girls 50m Butterfly	
Mixed 4x50m Medley Relay	



# LEN THOMAS MEMORIAL MEET 2015

Llandudno Swimming Centre  
JULY 12th 2015

## ENTRY FORM

Name		Club/ASA No	
Address		DOB	
Phone		Age 12/7/15	M/F
<i>please enter entry times below</i>			
50m Backstroke		100m Backstroke	
50m Breaststroke		100m Breaststroke	
50m Butterfly		100m Butterfly	
50m Freestyle		100m Freestyle	
Mixed 4x50m Freestyle Relay		Mixed 4x50m Medley Relay	
		<b>Total Number of Entries</b>	

I declare that the above particulars are correct and agree to abide by the Meet conditions. **I accept that there will be no refund of entry fees unless the Meet is oversubscribed.**

Signature of Competitor: .....Date:.....

**SWIMMERS ARE WARNED THAT RANDOM DOPING CONTROL MAY TAKE PLACE DURING THIS MEET.** All competitors, and if competitors are under the age of 18 years on the first day of competition, parents guardians or persons with parental responsibility as defined by the Children Act 1989 are reminded that a condition of membership of Swim Wales is that a swimmer must consent to being drug tested if required.

**TO BE COMPLETED BY PARENT/GUARDIAN IF SWIMMER IS UNDER THE AGE OF 18 ON FIRST DAY OF COMPETITION.** I confirm that I am a person having parental responsibility in accordance with the Children Act 1989 and that I have read and accept the Championship Information and Conditions.

I also confirm that the above competitor has achieved the ASA Competitive Start Award.

Signature of Parent/Guardian: ..... Date:.....

Print Name.....

**PLEASE NOTE ONLY MEMBERS REGISTERED WITH SWIM WALES/ASA AND HAVING A CRB CHECK  
(If required by governing body)  
ARE ELIGIBLE FOR COACH/CHAPERONE PASS**

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Llandudno Swimming Centre  
July 12<sup>th</sup> 2015

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## PAYMENT SUMMARY SHEET

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Please return this form together with:

1. Entry Forms
2. Cheque/s made payable to *CCBC/Llandudno Swimming Centre*.

<b>Club</b>	
Name	
Address	
Post Code	
Tel Home	
Tel Mobile	
Email	
Position in Club	

Summary	Number		
Total Individual Entries Relays		@ £5.00 @ 6.00	£
Total Poolside Passes		@ £10.00 per day	£

Total Cheque Enclosed made payable to CCBC/Llandudno Swimming Centre.			£
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**It is requested that a single cheque for the complete club entry is submitted.**

I confirm all swimmers are current members and have paid the appropriate membership fee.

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the Pembrokeshire County Swimming Meet Organisers for this event.

Signature ..... Date:.....

**Return to:** *Olwen Catherall, c/o Llandudno Swimming Centre, Mostyn Broadway, Llandudno. LL30 1YR*

**Email: or visit  
www.llasc.co.uk**

[olwen.catherall@btinternet.com](mailto:olwen.catherall@btinternet.com)/olwen.catherall@conwy.gov.uk

**Closing Date: Saturday 21<sup>st</sup> June 2015**



**Level 2 Meets Qualifying Times**

BOYS								GIRLS							
	9-11		12-13		14-15		16&O	Event	9-10		11-12		13-14		15&O
QT	40.7		33.9		30.4		28.3	<b>50m Free</b>	41.1		36.5		33.3		31.7
CT	48.00		42.00		38.00		36.00		49.00		45.00		41.00		38.00
QT	1:31.5		1:13.2		1:05.4		1:01.2	<b>100m Free</b>	1:32.9		1:18.7		1:11.5		1:08.3
CT	1:45.00		1:29.00		1:29.00		1:25.00		1:47:00		1:32:00		1:25:00		1:22:00
QT	53.2		43.7		38.6		35.6	<b>50m Breast</b>	54.2		46.7		42.1		39.8
CT	1:18:00		1:03:00		48:00		45:00		1:19:00		1:01:00		56:00		53:00
QT	1:59.7		1:33.8		1:22.7		1:16.6	<b>100m Breast</b>	2:00.2		1:40.2		1:29.8		1:25.1
CT	2:18:00		1:51:00		1:40:00		1:34:00		2:21:00		2:01:00		1:50:00		1:46:00
QT	45.9		37.5		33.4		30.9	<b>50m Fly</b>	46.5		40.1		36.4		34.4
CT	1:08:00		1:02:00		56:00		52:00		1:09:00		1:03:00		59:00		57:00
QT	1:50.1		1:22.0		1:12.3		1:07.3	<b>100m Fly</b>	1:51.4		1:28.0		1:19.0		1:15.1
CT	2:12:00		1:46:00		1:36:00		1:31:00		2:13:00		1:52:00		1:43:00		1:39:00
QT	4:00.0		3:00.8		2:40.1		2:28.3	<b>200m Fly</b>	4:03.6		3:13.9		2:52.6		2:43.0
CT	4:30:00		3:30:00		3:06:00		2:50:00		4:33:00		3:46:00		3:26:00		2:15:00
QT	46.9		39		34.8		31.9	<b>50m Back</b>	47.3		41.4		37.7		35.9
CT	1:08:00		1:00:00		55:00		50:00		1:09:00		1:03:00		58:00		56:00
QT	1:43.3		1:22.5		1:13.0		1:07.8	<b>100m Back</b>	1:45.2		1:28.1		1:19.2		1:15.3
CT	2:05:00		1:48:00		1:38:00		1:33:00		2:08:00		1:51:00		1:43:00		1:39:00
QT	1.43.8		1.20.70		1.12.90		1.09.00	<b>100m IM</b>	1.45.3		1.26.40		1.20.60		1.17.20
CT	2.03.0		1.30.70		1.22.90		1.19.00		2.05.0		1.36.40		1.30.60		1.27.20