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# **MENAI AA & B GRADE MEET**

*(Under FINA Technical Rules & Swim Wales Laws)*

This event is licensed at Level 3 by Swim Wales

Meet License No. (pending)

## **Sunday 1st March 2020**



### **VENUE:**

**Llandudno Swim Centre / Canolfan Nofio Llandudno**

Mostyn Broadway

Llandudno

Conwy

LL30 1YR

# General Information

This gala is an AA and B Grade Meet. These grades are produced by the ASA to provide a means to compare performances across the many available events and across all age groups. Graded swimming gives all swimmers the means to measure their own personal progress, and also to compete in open competitions against swimmers of similar ability. The AA grade is Regional standard and B is a very good club swimmer standard

The AA Grade is the Upper Limit Time for entries, but there is no lower entry time limit, so swimmers with no times are eligible to enter.

Note, a swimmer:

- can enter AA grade for some swims and B grade for others
- who enters the B grade with a time faster than the B grade cut off will automatically be put in the AA grade
- who enters the AA grade with a time slower than the B grade cut off will be put in the AA grade as requested

Please ensure that you enter your time in the grade you intend to swim in.

No entries will be accepted that are faster than the AA cut-off times. Age is on the day and competitors will not be allowed to swim out of age. The Age Groups are 9, 10, 11, 12, 13 and 14 & Over.

Entries will be restricted in over-subscribed events and the organisers reserve the right to alter any part of the programme. Poolside entries may be accepted at the discretion of the gala manager provided there are empty lanes from withdrawals in the heats.

**Closing date** for entries is the **19<sup>th</sup> January 2020**. Entrant numbers must be finalised on this date if maximum capacity not already reached. Please email entries to [adrian.swimgwynedd@outlook.com](mailto:adrian.swimgwynedd@outlook.com). It would help us if you are able to send your entries electronically on the Hy-Tek system.

**Entry fee is £5 per event.** Payment methods are given on page 6.

## Events

Length of Pool - 25 metres, 8 lanes, with anti-turbulence lane ropes and good spectator viewing area.

- All events will be held under FINA Technical Rules & Swim Wales Laws.
- Electronic timing will be used with manual timing in event of breakdown. Times and positions shown on the scoreboard are for information only, they are not necessarily the official result.
- All events HDW.
- There will be no cards at this gala. Withdrawal slips will be available.
- The referee's decision will be final on all matters relating to swimming and swimmer discipline.

Medals are awarded to the top 3 in each age group in each event who do not exceed the cut-off times. Speeding bands will be awarded to swimmers who swim faster than the cut-off times.

## Poolside Access

Poolside access will be restricted to competitors, officials and coaches with passes. There are strict fire regulations with regard to the number of people allowed on poolside, and lifeguards must be able to patrol their area unhindered. Only swimmers actually swimming in the event will be allowed on poolside. Outdoor footwear, excessive baggage and food are not permitted on poolside.

**Coaches pass £10.00**, inclusive of a programme and result sheets, limited to 1 pass per 10 swimmers. All personnel applying for a coach pass must have an up to date DBS.

## Officials

To allow us to run this licensed meet, all clubs will need to provide **at least one official in every session**. Our requirements are one official if the club has 1-10 swimmers competing and two for 10+ swimmers. **Please confirm officials' names when sending entries (see form at the end of this pack).**

## Spectators

Spectator entry fee applies per session. All day passes are also available. There are 3 sessions. The Swimming Centre is situated next to a Council Car Park. The organisers will not accept responsibility for any loss of belongings.

## HEALTH & SAFETY

1. 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.
2. 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 meet.
3. 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.
4. Unacceptable Behavior will not be tolerated. Behaviour becomes “unacceptable” when it is considered “Offensive” to others; this includes, but is not limited to, the following:
5. 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.
6. 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.
7. 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 Gwynedd will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.
8. 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. However, there is a policy that no photography of any kind – cameras, videos or phones – takes place inside the building.

*Any conditions not covered in this information pack will be at the discretion of the promoters.*

## Age Groups: 9, 10, 11, 12, 13 & 14/o - Age on day

Session 1 – Warm up 8:15am, Start 9.15am (times will be confirmed following receipt of entries)

| Event | Grade | Age Group       | Distance | Stroke            |
|-------|-------|-----------------|----------|-------------------|
| 1     | B     | Girls 10 – 14/o | 100m     | Freestyle         |
| 2     | AA    | Girls 10 – 14/o | 100m     | Freestyle         |
| 3     | B     | Boys 10 - 14/o  | 100m     | Backstroke        |
| 4     | AA    | Boys 10 - 14/o  | 100m     | Backstroke        |
| 5     | B     | Girls 9         | 50m      | Breaststroke      |
| 6     | AA    | Girls 9         | 50m      | Breaststroke      |
| 7     | B     | Boys 9          | 50m      | Butterfly         |
| 8     | AA    | Boys 9          | 50m      | Butterfly         |
| 9     | B     | Girls 10 – 14/o | 100m     | Backstroke        |
| 10    | AA    | Girls 10 – 14/o | 100m     | Backstroke        |
| 11    | B     | Boys 10 – 14/o  | 100m     | Freestyle         |
| 12    | AA    | Boys 10 – 14/o  | 100m     | Freestyle         |
| 13    | B     | Girls 9         | 50m      | Butterfly         |
| 14    | AA    | Girls 9         | 50m      | Butterfly         |
| 15    | B     | Boys 9          | 100m     | Individual Medley |
| 16    | AA    | Boys 9          | 100m     | Individual Medley |

Session 2 – Warm up 12:15pm, Start 1:00pm (times will be confirmed following receipt of entries)

| Event | Grade | Age Group       | Distance | Stroke            |
|-------|-------|-----------------|----------|-------------------|
| 17    | B     | Girls 10 -14/o  | 200m     | Individual Medley |
| 18    | AA    | Girls 10 – 14/o | 200m     | Individual Medley |
| 19    | B     | Boys 10 – 14/o  | 100m     | Butterfly         |
| 20    | AA    | Boys 10 – 14/o  | 100m     | Butterfly         |
| 21    | B     | Girls 9         | 50m      | Freestyle         |
| 22    | AA    | Girls 9         | 50m      | Freestyle         |
| 23    | B     | Boys 9          | 50m      | Backstroke        |
| 24    | AA    | Boys 9          | 50m      | Backstroke        |
| 25    | B     | Girls 10 – 14/o | 100m     | Butterfly         |
| 26    | AA    | Girls 10 – 14/o | 100m     | Butterfly         |
| 27    | B     | Boys 10 – 14/o  | 100m     | Breaststroke      |
| 28    | AA    | Boys 10 – 14/o  | 100m     | Breaststroke      |
| 29    | B     | Girls 9         | 50m      | Backstroke        |
| 30    | AA    | Girls 9         | 50m      | Backstroke        |
| 31    | B     | Boys 9          | 50m      | Freestyle         |
| 32    | AA    | Boys 9          | 50m      | Freestyle         |

Session 3 – Warm up 4:00pm, Start 4:30pm (times will be confirmed following receipt of entries)

| Event | Grade | Age Group       | Distance | Stroke            |
|-------|-------|-----------------|----------|-------------------|
| 33    | B     | Girls 9         | 100m     | Individual Medley |
| 34    | AA    | Girls 9         | 100m     | Individual Medley |
| 35    | B     | Boys 9          | 50m      | Breaststroke      |
| 36    | AA    | Boys 9          | 50m      | Breaststroke      |
| 37    | B     | Girls 10 – 14/o | 100m     | Breaststroke      |
| 38    | AA    | Girls 10 – 14/o | 100m     | Breaststroke      |
| 39    | B     | Boys 10 – 14/o  | 200m     | Individual Medley |
| 40    | AA    | Boys 10 – 14/o  | 200m     | Individual Medley |

## Girls Upper Limit Qualifying Times

| Age         | Freestyle      | Backstroke     | Breaststroke   | Butterfly      | Individual Medley |
|-------------|----------------|----------------|----------------|----------------|-------------------|
|             | AA Grade       | AA Grade       | AA Grade       | AA Grade       | AA Grade          |
| <b>9</b>    | <b>37.80</b>   | <b>43.60</b>   | <b>50.00</b>   | <b>42.90</b>   | <b>1:36.90</b>    |
| <b>10</b>   | <b>1:17.50</b> | <b>1:27.40</b> | <b>1:40.00</b> | <b>1:28.40</b> | <b>3:08.10</b>    |
| <b>11</b>   | <b>1:12.20</b> | <b>1:20.90</b> | <b>1:32.10</b> | <b>1:21.00</b> | <b>2:55.60</b>    |
| <b>12</b>   | <b>1:08.30</b> | <b>1:16.30</b> | <b>1:27.10</b> | <b>1:16.10</b> | <b>2:46.10</b>    |
| <b>13</b>   | <b>1:06.30</b> | <b>1:13.50</b> | <b>1:23.40</b> | <b>1:13.40</b> | <b>2:41.10</b>    |
| <b>14/o</b> | <b>1:04.70</b> | <b>1:11.80</b> | <b>1:20.60</b> | <b>1:11.20</b> | <b>2:37.10</b>    |

| Age         | Freestyle      | Backstroke     | Breaststroke   | Butterfly      | Individual Medley |
|-------------|----------------|----------------|----------------|----------------|-------------------|
|             | B Grade        | B Grade        | B Grade        | B Grade        | B Grade           |
| <b>9</b>    | <b>48.50</b>   | <b>55.50</b>   | <b>1:03.40</b> | <b>54.30</b>   | <b>2:03.70</b>    |
| <b>10</b>   | <b>1:40.10</b> | <b>1:52.20</b> | <b>2:08.00</b> | <b>1:52.60</b> | <b>4:03.10</b>    |
| <b>11</b>   | <b>1:31.80</b> | <b>1:42.50</b> | <b>1:56.40</b> | <b>1:42.10</b> | <b>3:43.70</b>    |
| <b>12</b>   | <b>1:25.70</b> | <b>1:35.20</b> | <b>1:48.50</b> | <b>1:34.60</b> | <b>3:28.30</b>    |
| <b>13</b>   | <b>1:21.10</b> | <b>1:29.70</b> | <b>1:41.60</b> | <b>1:29.30</b> | <b>3:17.10</b>    |
| <b>14/o</b> | <b>1:17.80</b> | <b>1:26.10</b> | <b>1:36.70</b> | <b>1:25.20</b> | <b>3:08.90</b>    |

## Boys Upper Limit Qualifying times

| Age         | Freestyle      | Backstroke     | Breaststroke   | Butterfly      | Individual Medley |
|-------------|----------------|----------------|----------------|----------------|-------------------|
|             | AA Grade       | AA Grade       | AA Grade       | AA Grade       | AA Grade          |
| <b>9</b>    | <b>37.30</b>   | <b>43.30</b>   | <b>49.10</b>   | <b>42.30</b>   | <b>1:35.60</b>    |
| <b>10</b>   | <b>1:15.80</b> | <b>1:27.00</b> | <b>1:39.40</b> | <b>1:28.30</b> | <b>3:07.80</b>    |
| <b>11</b>   | <b>1:11.50</b> | <b>1:20.60</b> | <b>1:32.10</b> | <b>1:20.70</b> | <b>2:55.40</b>    |
| <b>12</b>   | <b>1:07.10</b> | <b>1:15.90</b> | <b>1:26.20</b> | <b>1:15.40</b> | <b>2:45.60</b>    |
| <b>13</b>   | <b>1:03.50</b> | <b>1:11.40</b> | <b>1:20.60</b> | <b>1:10.80</b> | <b>2:37.10</b>    |
| <b>14/o</b> | <b>1:00.80</b> | <b>1:07.90</b> | <b>1:16.90</b> | <b>1:07.30</b> | <b>2:29.20</b>    |

| Age         | Freestyle      | Backstroke     | Breaststroke   | Butterfly      | Individual Medley |
|-------------|----------------|----------------|----------------|----------------|-------------------|
|             | B Grade        | B Grade        | B Grade        | B Grade        | B Grade           |
| <b>9</b>    | <b>48.50</b>   | <b>55.80</b>   | <b>1:03.10</b> | <b>54.40</b>   | <b>2:03.10</b>    |
| <b>10</b>   | <b>1:39.30</b> | <b>1:52.50</b> | <b>2:08.50</b> | <b>1:53.40</b> | <b>4:04.70</b>    |
| <b>11</b>   | <b>1:31.90</b> | <b>1:42.80</b> | <b>1:57.50</b> | <b>1:42.70</b> | <b>3:45.80</b>    |
| <b>12</b>   | <b>1:25.70</b> | <b>1:36.20</b> | <b>1:49.40</b> | <b>1:35.50</b> | <b>3:31.40</b>    |
| <b>13</b>   | <b>1:19.60</b> | <b>1:28.90</b> | <b>1:40.70</b> | <b>1:28.30</b> | <b>3:16.80</b>    |
| <b>14/o</b> | <b>1:14.10</b> | <b>1:22.40</b> | <b>1:33.50</b> | <b>1:21.70</b> | <b>3:02.00</b>    |



**MENAI AA & B GRADE MEET  
LLANDUDNO SWIM CENTRE  
Sunday 1st March 2020  
ENTRY FEE: £5 PER EVENT**

**CLOSING DATE FOR ENTRIES: Sunday 19<sup>th</sup> January 2020**

**MULTIPLE ENTRY FORM**

Please enter the names of girls/boys wishing to swim in the above meet. Photocopies are acceptable, but use separate entry forms for boys/girls. Indicate the events the swimmer wishes to enter by including their current time in the correct column making sure you specify AA or B grade entered. All times must be converted to 25 m pool. The Start Rule will be used. Age on the day. See attached information sheet for cut-off times and distances.

| Name | DOB | Swim Reg. No. | Grade | Age Group | Freestyle | Backstroke | Breaststroke | Butterfly | Ind Medley |
|------|-----|---------------|-------|-----------|-----------|------------|--------------|-----------|------------|
|      |     |               | AA    |           |           |            |              |           |            |
|      |     |               | B     |           |           |            |              |           |            |
|      |     |               | AA    |           |           |            |              |           |            |
|      |     |               | B     |           |           |            |              |           |            |
|      |     |               | AA    |           |           |            |              |           |            |
|      |     |               | B     |           |           |            |              |           |            |
|      |     |               | AA    |           |           |            |              |           |            |
|      |     |               | B     |           |           |            |              |           |            |
|      |     |               | AA    |           |           |            |              |           |            |
|      |     |               | B     |           |           |            |              |           |            |
|      |     |               | AA    |           |           |            |              |           |            |
|      |     |               | B     |           |           |            |              |           |            |
|      |     |               | AA    |           |           |            |              |           |            |
|      |     |               | B     |           |           |            |              |           |            |
|      |     |               | AA    |           |           |            |              |           |            |
|      |     |               | B     |           |           |            |              |           |            |

Signature of Club Officer .....

Address for Correspondence .....

..... Post code .....

Tel No ..... Club (Block Capitals) .....

E-mail.....

**Payments can be made by BACS transfer to Swim Gwynedd Performance Club**  
 Sort code: 51 61 28  
 Account Number: 11358432  
 Please state your club name as reference  
**Entries to be submitted via email to [adrian.swimgwynedd@outlook.com](mailto:adrian.swimgwynedd@outlook.com)**  
**Postal entries and cheques (payable to Swim Gwynedd Performance Club) can be sent to:**  
 Adrian Davies, 22 Cae Gwyn, Caernarfon, Gwynedd LL55 1LL



**MENAI AA & B GRADE MEET – 1<sup>st</sup> March 2020**

To allow us to run this meet, clubs need to provide qualified officials who are willing to help on the day. Our requirements are one official if the club has 1-10 swimmers competing and two for 10+ swimmers in each session. Please provide their names in the form below so that we can be assured in advance that there will be sufficient support for the Referees, we will require Starters, J2's and J1'S in each session.

Refreshments will be provided for those officials, without whom the gala cannot run.

When you submit your entry, please return the completed slip below or email it to me ([adrian.swimgwynedd@outlook.com](mailto:adrian.swimgwynedd@outlook.com)) at the same time.

.....

Club: .....

| Name | Grade | Session 1 | Session 2 | Session 3 |
|------|-------|-----------|-----------|-----------|
|      |       |           |           |           |
|      |       |           |           |           |
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|      |       |           |           |           |
|      |       |           |           |           |
|      |       |           |           |           |
|      |       |           |           |           |

*Please enter name, grade and tick the appropriate session box(es)*

Looking forward to seeing you on the day.

Thank you for your co-operation.  
Rachel Parry and Adrian Davies  
Swim Gwynedd