



Canolfan Nofio

# Llandudno

Swimming Centre



CANOLFAN NOFIO  
**Llandudno**  
SWIMMING CENTRE

Swim Conwy Whitsun Meet  
1st & 2nd June 2019

gwella iechyd - mwynhau bywyd improving health - enjoying life



# **CLOSING DATE FRIDAY 10<sup>th</sup> May 2019**

Licence No 2WL191520

## **EVENT INFORMATION AND ENTRY FORM**

SWIM CONWY WHITSUN MEET

1st&2nd June 2019

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

### **MEET INFORMATION**

#### **Entries**

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 and Llandudno Swimming Club websites.

Electronic entries should be emailed to: - [nofio.swimming.gala@sky.com](mailto:nofio.swimming.gala@sky.com)

Entry Report List to be sent to Meet Organiser.

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

#### **Payment**

Entries from clubs should be accompanied by a Payment Summary Sheet and a SINGLE Club cheque to cover all entries and coach/chaperone poolside passes. Cheques should be payable to Swim Conwy

**Account Name: Swim Conwy**

**Sort Code 40-18-08**

**A/c Number 41482815**

**Reference:- WHITSUN**

Please note that entries will be refused if: -

- They are received without the relevant fee

#### **Age Groups**

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

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

#### **Entry Fee**

Entry fee is £5.50 per event

#### **Medals**

Medals will be awarded for 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> place. Also awards to be made to Overall Best Boy and Best Girl.



### **Spectators**

Admission charges:-

£3.00 per session

£5.00 per day

£2.00 weekend programme

### **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.

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.

### **Swim Shop**

Where possible a Swim Shop will be available all weekend.

### **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 not be active during the meet.

### **Session Times**

To be confirmed after closing date.

### **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 28 days prior to the day of the Meet
- 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**

Medals will be ready for collection during the sessions.

### **Officials**

It would be appreciated if your club could supply a minimum of 2 qualified officials (judges) to help with the running of the event.

### **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 which include the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.

The rules include, but are not limited to:

- **Hot drinks are only permitted on poolside if they are in a sealed container.** (This does not include paper cups that if dropped will burst open).
- Users must **NOT** access poolside or the spectator gallery by going over the barriers dividing the two areas.
- Clubs are responsible for the cleanliness and hygiene of the competitor seating area. This area will only be cleaned at the end of the day.

## 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

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 spectator 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).



# SWIM CONWY WHITSUN MEET

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

## Llandudno Swimming Centre

8 lane 25 metre pool, with Daktronics electronic timing

|                  | <b>Saturday 1st June</b> | <b>Sunday 2nd June</b>   |
|------------------|--------------------------|--------------------------|
| <b>Morning</b>   | <b>Session 1</b>         | <b>Session 4</b>         |
|                  | Male 400m Freestyle      | Female 400m Freestyle    |
|                  | Female 200m IM           | Male 200m IM             |
|                  | Male 50m Breaststroke    | Female 50m Breaststroke  |
|                  | Female 100m Backstroke   | Male 100m Backstroke     |
|                  | Male 200m Butterfly      | Female 200m Butterfly    |
|                  | Female 50m Freestyle     | Male 50m Freestyle       |
|                  | Male 100m IM 9/10yrs     | Female 100m IM 9/10yrs   |
|                  |                          |                          |
| <b>Afternoon</b> | <b>Session 2</b>         | <b>Session 5</b>         |
|                  | Female 400m IM           | Male 400m IM             |
|                  | Male 200m Freestyle      | Female 200m Freestyle    |
|                  | Female 100m Butterfly    | Male 100m Butterfly      |
|                  | Male 100m Breaststroke   | Female 100m Breaststroke |
|                  | Female 200m Backstroke   | Male 200m Backstroke     |
|                  | Male 50m Butterfly       | Female 50m Butterfly     |
| <b>Evening</b>   | <b>Session 3</b>         |                          |
|                  | Female 200m Breaststroke |                          |
|                  | Male 200m Breaststroke   |                          |
|                  | Female 50m Backstroke    |                          |
|                  | Male 50m Backstroke      |                          |
|                  | Female 100m Freestyle    |                          |
|                  | Male 100m Freestyle      |                          |



# SWIM CONWY WHITSUN MEET 2019

Llandudno Swimming Centre  
1st & 2nd June 2019

## ENTRY FORM

|                                       |  |                                |     |
|---------------------------------------|--|--------------------------------|-----|
| <b>Name</b>                           |  | <b>Club</b>                    |     |
| <b>Address</b>                        |  | <b>DOB</b>                     |     |
| <b>Phone</b>                          |  | <b>Age (on 31/12/19)</b>       | M/F |
| <i>please enter entry times below</i> |  |                                |     |
| 50m Freestyle                         |  | 50m Breaststroke               |     |
| 100m Freestyle                        |  | 100m Breaststroke              |     |
| 200m Freestyle                        |  | 200m Breaststroke              |     |
| 400m Freestyle                        |  | 50m Butterfly                  |     |
| 50m Backstroke                        |  | 100m Butterfly                 |     |
| 100m Backstroke                       |  | 200m Butterfly                 |     |
| 200m Backstroke                       |  | 100m IM 9/10yrs                |     |
| 400m Individual Medley                |  | 200m Individual Medley         |     |
|                                       |  | <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.....

## **Closing Date: Friday 10/05/19**

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

# SWIM CONWY

## WHITSUN MEET 2019

Llandudno Swimming Centre  
1st & 2nd June 2019

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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 **Swim Conwy**

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

| Summary   | Number |  |   |
|---|--------|--|---|
| Total Individual Entries                                |        | @ £5.50                                  | £ |
| Total Poolside Passes                                   |        | @ £10.00 per day<br>@ £15.00 per weekend | £ |
| Total Cheque Enclosed made payable to <b>Swim Conwy</b> |        |  | £ |



**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 CCBC Meet Organisers for this event.

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

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

**Email:**

[nofio.swimming.gala@sky.com](mailto:nofio.swimming.gala@sky.com)

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

**Closing Date: Friday 10th May 2019**

**Level 2 Meets Qualifying Times**

| BOYS |         |         |         |         | GIRLS              |         |         |         |         |
|------|---------|---------|---------|---------|--------------------|---------|---------|---------|---------|
|      | 9/10    | 11/12   | 13/14   | 15&O    | Event              | 9/11    | 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   | 3:15.7  | 2:39.1  | 2:22.5  | 2:13.2  | <b>200m Free</b>   | 3:17.6  | 2:49.6  | 2:33.6  | 2:26.6  |
| CT   | 3:28:00 | 2:58:00 | 2:40:00 | 2:28:00 |                    | 3:35:00 | 3:13:00 | 2:58:00 | 2:51:00 |
| QT   | 7:05.00 | 5:34.00 | 5:01.50 | 4:42.10 | <b>400m Free</b>   | 7:11.40 | 5:52.90 | 5:20.50 | 5:06.20 |
| CT   | 7:28.00 | 5:52.00 | 5:28.00 | 5:10.00 |                    | 7:35.00 | 6:13.00 | 5:48.00 | 5:36.00 |
| 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   | 4:09.2  | 3:22.5  | 2:58.9  | 2:47.0  | <b>200m Breast</b> | 4:11.7  | 3:34.9  | 3:12.8  | 3:03.5  |
| CT   | 4:33:00 | 3:43:00 | 3:28:00 | 3:15:00 |                    | 4:38:00 | 4:05:00 | 3:43:00 | 3:35:00 |
| 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   | 3:36.7  | 2:56.5  | 2:37.0  | 2:26.5  | <b>200m Back</b>   | 3:38.8  | 3:06.3  | 2:49.6  | 2:41.1  |
| CT   | 3:59:00 | 3:30:00 | 3:15:00 | 2:50:00 |                    | 4:02:00 | 3:40:00 | 3:23:00 | 3:15:00 |
| QT   | 3:41.7  | 3:00.5  | 2:40.7  | 2:30.3  | <b>200m IM</b>     | 3:44.0  | 3:11.4  | 2:53.8  | 2:45.5  |
| CT   | 4:20:00 | 3:35:00 | 3:15:00 | 2:47:00 |                    | 4:23:00 | 3:44:00 | 3:27:00 | 3:20:00 |
| QT   | 1.43.8  |         |         |         | <b>100m IM</b>     | 1.45.3  |         |         |         |
| CT   | 2.03.0  | 1.49.00 | 1.39.00 | 1.34.00 |                    | 2.05.0  | 1.50.00 | 1.42.00 | 1.39.00 |
| QT   | 7.58.60 | 6.20.90 | 5.40.60 | 5.18.10 | <b>400m IM</b>     | 7.56.10 | 6.43.60 | 6.03.90 | 5.47.30 |
| CT   | 8.58.00 | 7.20.00 | 6.40.00 | 5.58.00 |                    | 8.56.10 | 7.43.00 | 7.03.00 | 6.33.00 |