



ABERTILLERY



&

**HEADS OF THE VALLEY
SWIMMING CLUBS**

Annual

**GREATER GWENT
FASTWATER OPEN MEET**

(Under SWIM WALES Laws and Technical Rules)

REGIONAL POOL, INTERNATIONAL SPORTS VILLAGE,
NEWPORT. SOUTH WALES

25TH – 26TH OCTOBER 2008

25M POOL, 8 LANE, ANTI WAVE LANE ROPES,
ELECTRONIC TIMING

Age Groups

**All Strokes, 50m, 100m, 200m
400m FREE, 400m IM plus Skins event**

Junior Competition

All Strokes, 50m plus 100IM

Entries Close on 19th September 2008

LICENSE NO: **08WL2-038**

HEADS OF THE VALLEY & ABERTILLERY SWIMMING CLUBS GREATER GWENT FASTWATER OPEN MEET 2008

Meet Information

Ages as on the last day of meet (26th October 2008).

Age Groups (Main Competition) 8 years plus

The following age groups for males and females:

Male :- 11 & Under, 12/13, 14/15 and 16/Over

Female :- 10 & Under, 11/12, 13/14 and 15/Over

Events

Freestyle 50m / 100m / 200m / 400m

Backstroke 50m / 100m / 200m

Breaststroke 50m / 100m / 200m

Butterfly 50m / 100m / 200m

Ind Medley 200m / 400m

Junior Competition

In addition to the main events a junior sprint competition will be held during sessions 2 and 5 (second session each day)

This will be open to any swimmers not competing in the main competition. Events will include 50m Freestyle, 50m Backstroke, 50m Breaststroke, 50m Butterfly and 100m IM.

Water Dragons who compete will be affiliated to Swim Wales – They **MUST** hold dual registration with a Swim Wales accredited club.

There will be **three** age groups for both males and females

8 Year

9 Year

10 Year

Points will be awarded for the top eight places in each event and these will be added together to give the top boy and top girl in each age group.

Swimmers can enter as many or few races as they desire but obviously they have more chance of winning the overall award if they enter all 5 events.

**THERE ARE NO ENTRY TIMES FOR THE JUNIOR COMPETITION.
ENTRIES WILL BE DECIDED ON FIRST COME BASIS IF THE EVENTS ARE
OVER SUBSCRIBED.**

Skins Competition

There will be skins events for the following age groups
Girls ages 10-13yrs & Girls age 14yrs plus (Saturday)
Boys ages 11-14yrs & Boys age 15yrs plus (Sunday)

Entries for the skins events will be chosen from the fastest eight times achieved in the 200 IM earlier that day. Strokes for the skins events will be chosen at random on the night.

NOTE :- Strokes for the skins events will be chosen by an official at the start of every skins race. All Four strokes will be placed into a bag at the start. The official will select one from the bag and that will be the stroke swum for the next race. That stroke is not replaced and another stroke will be selected for subsequent races. The final race will be selected by placing all strokes back into the bag and the official selecting the final stoke for this race.

Sessions

The program will take place over 6 sessions.

Session times will be confirmed following receipt of entries and notified to Clubs provided a stamped addressed envelope is provided.

Details will be posted on the following web page : www.hvsc.co.uk

General enquiries can be made by e-mailing your queries to Greatergwent@aol.com

Awards

Awards will be made to the fastest 3 in each age group for the 50m events.
Awards will be made to the fastest 8 in each age group for the remaining events
Cash prizes will be made for the winner of the skins events.

Coach Passes

Coach passes will be issued as per Promoter's Conditions. Only pass holders and officials will be allowed on poolside.

Entries

Qualifying and Consideration times are attached.

Entries to events may have to be restricted.

It is the responsibility of each club to ensure that their swimmers' entries are accurate.

Random checks will be made against the current ASA ranking database.

Entry times may be submitted as either long or short course – no conversions will be carried out by the organisers.

Electronic entries will be available for this event.

Entries will not be entered into the system until payment is received in **Full**.

Entries will be rejected for the following reasons:

- They are received without the relevant fee.
- Incorrectly completed.
- Outside the consideration entry times.
- Received after the closing date of 19th September 2008.

All entries not accepted will be refunded in full except for the **above reasons**.

NOTE:- When entries have been processed / accepted, **NO REFUNDS** will be made on withdrawals from the event.

All entry forms must be completed in capitals as per Promoter's Conditions and sent to:-

Eve Edwards
Ty Nant,
Old Trap Road,
Gilwern,
Nr Abergavenny,
Monmouthshire.
NP7 0HW

Results

These will be posted on both club's web sites as soon as practicable after the event.

For the latest information, please go to the following web site:

www.hvsc.co.uk

Facilities

Spectators

Admission Charges

- £2.00 per session
- £5.00 per day
- £8.00 per weekend

The spectator area will be cleared at the end of each session. All personnel belongings are to be removed at the end of every session.

Coaches / Chaperone Passes

- £12.00 per weekend
- £7.00 per day

Car Parking

There is a free car park with ample overflow car parks near by.

Refreshments

There is a cafeteria on site, which sells snacks. Vending machines are also available for drinks. There is also a local cricket club where food and refreshments are available near by. The organisers are not responsible for these facilities.

Meet Contact

The Meet Promoter will be in attendance throughout the Meet and may be contacted on:

Name:- **Adrian Edwards**
Tel No.:- **07748992851**
E-Mail:- **Greatergwent@aol.com**

Heads Of The Valley and Abertillery SC
Greater Gwent Fastwater Open Meet 25th and 26th October 2008
Age Group Qualifying And Consideration Times

	BOYS EVENTS							
	11yrs/Under		12/13yrs		14/15yrs		16yrs+	
	CT	QT	CT	QT	CT	QT	CT	QT
50m Freestyle	49.50	36.30	45.10	34.10	38.50	29.70	37.40	29.70
100m Freestyle	01:48.00	01:21.60	01:37.20	01:12.00	01:31.20	01:07.20	01:27.60	01:05.36
200m Freestyle	03:58.75	02:54.28	03:41.25	02:40.00	03:27.50	02:30.80	03:22.50	02:28.75
400m Freestyle	08:53.00	06:15.13	08:21.80	05:46.53	07:55.80	05:31.33	07:44.10	05:25.18
50m Backstroke	57.57	47.57	51.20	41.20	48.36	38.36	46.26	36.26
100m Backstroke	02:03.60	01:33.60	01:46.80	01:19.45	01:40.80	01:14.06	01:40.80	01:15.60
200m Backstroke	04:33.75	03:17.15	04:10.00	02:57.59	03:53.75	02:45.91	03:50.00	02:43.36
50m Breaststroke	01:09.00	59.10	01:04.00	54.86	58.00	48.12	56.00	46.50
100m Breaststroke	02:18.00	01:42.00	02:03.60	01:29.00	01:58.80	01:26.40	01:54.00	01:22.80
200m Breaststroke	05:01.25	03:46.19	04:33.75	03:21.07	04:17.50	03:09.02	04:13.75	03:06.37
50m Butterfly	56.21	46.21	50.50	40.10	48.09	38.11	47.34	37.50
100m Butterfly	02:14.40	01:36.00	01:52.80	01:17.18	01:46.80	01:12.16	01:44.40	01:10.82
200m Butterfly	04:52.50	03:26.25	04:22.50	03:01.25	04:03.75	02:46.12	04:00.00	02:43.17
200m Ind Medley	04:41.25	03:18.64	04:20.00	02:59.68	04:07.50	02:49.71	04:05.00	02:46.73
400m Ind Medley	10:04.50	07:16.80	09:26.80	06:41.70	09:09.90	06:27.40	09:00.80	06:20.90

	GIRLS EVENTS							
	10yrs/Under		11/12yrs		13/14yrs		15yrs+	
	CT	QT	CT	QT	CT	QT	CT	QT
50m Freestyle	50.60	39.60	45.10	36.30	39.36	31.25	38.37	30.71
100m Freestyle	01:45.94	01:21.60	01:39.26	01:15.42	01:36.00	01:12.68	01:34.40	01:12.17
200m Freestyle	04:05.72	03:01.25	03:47.50	02:49.54	03:39.49	02:42.79	03:32.30	02:41.01
400m Freestyle	09:20.87	06:43.00	08:41.52	06:06.25	08:18.26	05:53.80	08:08.88	05:49.96
50m Backstroke	58.23	48.38	54.08	44.12	51.65	41.74	50.00	40.01
100m Backstroke	02:00.00	01:30.00	01:54.00	01:24.98	01:49.20	01:21.34	01:46.57	01:19.70
200m Backstroke	04:49.10	03:32.50	04:21.25	03:08.84	04:08.53	03:00.69	04:04.09	02:57.45
50m Breaststroke	01:06.50	56.40	01:02.20	52.24	58.23	48.15	56.12	46.20
100m Breaststroke	02:24.00	01:48.00	02:08.92	01:35.52	02:02.23	01:30.79	02:01.01	01:30.01
200m Breaststroke	05:12.56	03:57.50	04:46.97	03:34.30	04:31.80	03:23.33	04:29.34	03:21.96
50m Butterfly	59.80	50.12	53.90	44.12	49.33	39.41	46.20	36.50
100m Butterfly	02:02.40	01:30.00	01:54.07	01:23.26	01:49.61	01:19.76	01:47.53	01:18.76
200m Butterfly	04:47.35	03:26.25	04:29.60	03:10.90	04:18.46	03:00.84	04:16.62	02:59.80
200m Ind Medley	05:01.36	03:38.75	04:31.51	03:11.19	04:23.75	03:04.45	04:20.42	03:02.15
400m Ind Medley	10:48.26	07:49.30	09:55.57	06:58.39	09:38.66	06:43.36	09:30.50	06:37.23

CT: Consideration time

QT: Qualifying Time

**HEADS OF THE VALLEY AND ABERTILLERY SC
GREATER GWENT FASTWATER OPEN MEET
25th and 26th October 2008**

PROGRAMME OF EVENTS

DAY 1

SESSION 1						
<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>	<u>Age Groups</u>	<u>Type</u>	
11	200	Freestyle	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age
12	100	Freestyle	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age
13	100	Breaststroke	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age
14	200	IM	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age
15	200	Butterfly	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age
16	50	Breaststroke	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age
17	50	Backstroke	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age

SESSION 2

<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>			
21	400	IM	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age
22	400	Freestyle	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age
23	50	Butterfly	Female	8, 9, 10	HDW	Junior
24	50	Breaststroke	Male	8, 9, 10	HDW	Junior
25	100	IM	Female	8, 9, 10	HDW	Junior
26	50	Butterfly	Male	8, 9, 10	HDW	Junior
27	50	Backstroke	Female	8, 9, 10	HDW	Junior
	50	Skins	Female	Age	Final	Age

SESSION 3

<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>			
31	200	Breaststroke	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age
32	200	Backstroke	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age
33	100	Backstroke	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age
34	100	Butterfly	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age
35	50	Freestyle	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age
36	50	Freestyle	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age

**HEADS OF THE VALLEY AND ABERTILLERY SC
GREATER GWENT FASTWATER OPEN MEET
25th and 26th October 2008**

PROGRAMME OF EVENTS

DAY 2

SESSION 4

<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>			
41	200	Freestyle	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age
42	100	Butterfly	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age
43	100	Breaststroke	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age
44	200	IM	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age
45	200	Butterfly	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age
46	50	Breaststroke	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age
47	50	Backstroke	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age

SESSION 5

<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>			
51	400	Freestyle	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age
52	400	IM	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age
53	50	Backstroke	Male	8, 9, 10	HDW	Junior
54	50	Breaststroke	Female	8, 9, 10	HDW	Junior
55	50	Freestyle	Male	8, 9, 10	HDW	Junior
56	50	Freestyle	Female	8, 9, 10	HDW	Junior
57	100	IM	Male	8, 9, 10	HDW	Junior
	50	Skins	Male	Age	Final	Age

SESSION 6

<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>			
61	200	Breaststroke	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age
62	200	Backstroke	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age
63	100	Backstroke	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age
64	100	Freestyle	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age
65	50	Butterfly	Female	10/Under, 11/12, 13/14, 15Plus	HDW	Age
66	50	Butterfly	Male	11/Under, 12/13, 14/15, 16Plus	HDW	Age

Abertillery & Heads of the Valley SC
 Greater Gwent Fastwater Open Meet
 25th & 26th October 2008

AGE GROUP ENTRY FORM

Name in full:.....

Age:..... Date of Birth:..... M/F:.....

Address:.....

Post Code:..... Tel No:.....

Club Name:.....

Swim Wales/ASA Membership Number:.....

EVENT	EVENT NO:	ENTRY TIME	EVENT	EVENT NO:	ENTRY TIME
50 Free			50 Breast		
100 Free			100 Breast		
200 Free			200 Breast		
400 Free			50 Butterfly		
50 Back			100 Butterfly		
100 Back			200 Butterfly		
200 Back			400 IM		
200 IM					

Total number of swims at £4.00 total payable £.....

made payable to :- **Blaenau Gwent Open**

This entry form is for all Age Group Events.

TO BE COMPLETED BY THE COMPETITOR :

I declare that the above particulars are correct and agree to abide by the conditions laid down.

I accept that there will be **no refunds** for incorrect submitted entries and withdrawals.

SIGNATURE OF COACH:-

Date :-.....

SIGNATURE OF COMPETITOR:

Note :- If any competitor has entered the **Junior event** competition, they are **NOT** eligible to enter the Age Group.

ABERTILLERY AND HEADS OF THE VALLEY SWIMMING CLUBS
GREATER GWENT FASTWATER OPEN MEET

Newport International Sports Village

JUNIOR COMPETITION ENTRY FORM

Name(in full):-

Age

Male/FemaleDate Of Birth

Address

.....

Post Code Tel No.

Name of Club

SWIM WALES / ASA Numbers :.....

Event	Event No	Entry Time	Event	Event No	Entry Time
50mFree			50m Breast		
50m Back			50m Butterfly		
100mIM					

Total number of swims at £4.00 total payable £.....

made payable to :- **Blaenau Gwent Open**

This entry form is for all **Junior group Events**.

TO BE COMPLETED BY THE COMPETITOR :

I declare that the above particulars are correct and agree to abide by the conditions laid down.

I accept that there will be **no refunds** for incorrect submitted entries and withdrawals.

SIGNATURE OF COACH:-

Date :-.....

SIGNATURE OF COMPETITOR:

Note :- If any competitor has entered the **Age Group** competition, they are **NOT** eligible to enter the Junior event.

GREATER GWENT FASTWATER OPEN MEET

*Coach / Chaperone Pass
25th to 26th October 2008.*

*Individual entry form
Please complete in block capitals.*

<p>Full Name:-</p> <p>Name of Club :-.....</p> <p>Position (e.g. Club Coach) :-.....</p> <p>Address:-.....</p> <p>Postcode :-.....</p> <p>Telephone Number :-.....</p> <p>SWIM WALES / ASA Affiliation Number :-.....</p> <p>CRB Number :-DATE of Issue.....</p> <p>Photo ID to be included with Application.</p> <p>e-mail Address :-</p>

Please enclose a cheque for £12 for weekend pass or £7 for day pass, made payable to “**Blaenau Gwent Open**” for each pass required (only two passes per club). Passes will not be available to be purchased on the day they must be purchased beforehand. There will be no access to the changing village or poolside without a coach pass.

All completed entry and coach/chaperone forms to be returned to:

Eve Edwards
Ty Nant,
Old Trap Road,
Gilwern,
Nr Abergavenny,
Monmouthshire.
NP7 0HW

Closing Date: 19th September 2008.

**HEADS OF THE VALLEY AND ABERTILLERY SWIMMING CLUBS
GREATER GWENT FASTWATER OPEN MEET**

Promoters Conditions

The meet will be held under Swim Wales Laws and Technical Rules and is designated by Swim Wales as a Level 2 meet for entry into National Competitions and Championships.

The Licence Number is : 08WL2-038

There will be over the top starts where the referee and promoter feel it is appropriate.

The Promoter reserves the right to limit the number of entries.

Entries to be made on the attached entry form, together with payment by the closing date.

The closing date will be 19th September 2008. Entries received after this time cannot be guaranteed for consideration.

The entry fee will be £4.00 per event, cheques to be made payable to “Blaenau Gwent Open”. A stamped addressed envelope is to be enclosed for confirmation of entries.

A cardless entry system will be in operation.

All events are Heat Declared Winners (HDW).

There is strictly no diving until instructed to do so. Swimmers are to exit the pool at the sides.

All competitors must be a member of an affiliated club or amateurs defined by Swim Wales.

Coaches/Chaperone Passes will include results sheets and programmes. A two-day pass will cost £12; a one-day pass will cost £7. All requests for passes are to be accompanied with CRB verification and Photograph. Passes must be displayed at all times.

Coaches / Chaperones will be responsible for Swimmers making themselves available for marshalling.

All Competitors, coaches and chaperones must adhere to poolside safety at all times. Anyone not adhering to the rules may be removed from the pool.

All valuables, clothing and items of importance left within the building will be the owners' risk entirely.

Individual teams/ coaches will be responsible for their own swimmers and members in all areas within the building and outside at all times.

Any one wishing to use video equipment, still cameras or mobile phones with camera facilities, must apply for a camera pass before entering the spectator's gallery. You will be asked to provide identification.

The Promoter reserves the right to remove anyone from the building for misconduct and will inform the Governing Body.

Data Protection

Both Clubs as hosts of this Meet will be using Computers to record entries and results. By the submission of entries and accepting these conditions, consent is hereby given to the holding of personal information in computer(s). (As required under the Data Protection Act 1984) e.g. name, club, and date of birth and times. This information may be published following the Meet.

Photography

On accepting the promoter's conditions – Photographs taken by any 'Professional Photographer' may be used for promotional purposes.

The Promoter reserves the right to amend or remove any of the meet information or any of the above conditions.

THE PROMOTER'S DECISION IS FINAL .