

City Of Newport

Swimming Club

(Under FINA Technical Rules and Swim Wales Laws)

Presents its 6th Short Course

Spring Open Meet

@

Newport International Sports Village

25 Metre 8 Lane Regional Pool

License Nos.: 010WL1-035 & 010WL4-036

On 1st & 2nd May 2010

Ages Girls: 10/11, 12/13, 14/15, 16 & over.

Boys: 10/12, 13/14, 15/16, 17 & over

Plus a Level 4 Junior Development for swimmers aged 9/10.

Dist: 50m, 100m, 200m Open & 400m Open.

Medals for top 3 in each event and cash prizes for the top three
in Open events.

Anti Wave Lanes, electronic time.

Entries Close at Midnight 31st March 2010

For further information please contact:

Andrew Walton

Open Meet Secretary

18 Oak Tree Drive

Rogerstone

NEWPORT, NP10 9JN

andrew.newportswim@orangehome.co.uk

07800769393

CITY OF NEWPORT SWIMMING CLUB

SPRING OPEN MEET (S C)

(Under FINA Technical Rules and Swim Wales Laws)

1st & 2nd May 2010

WASA LICENCE NOS. (010WL1-035 & 010WL4-036)

General Event Information

ENTRIES

All forms must be completed in full and returned together with the relevant entry fee to

Mr Andrew Walton,
18 Oak Tree Drive,
Rogerstone,
Newport,
Gwent,
NP10 9JN

One entry cheque per club only - Cheques made payable to 'City Of Newport Swimming Club'

Entries will be rejected for the following reasons:

- * They are received without the relevant fee.
- * Incorrectly completed.
- * Improved entry times.
- * Received after the closing date of 31st March 2010.

PLEASE NOTE THERE WILL BE NO CARDS FOR THIS COMPETITION.

Ages are at 2nd May 2010

Girls 9-10 (Level 4 only), 10-11, 12/13, 14/15, 16 and over.

Boys 9-10 (Level 4 only), 10-12, 13/14, 15/16, 17 and over.

The entry fee is £4.00 per event.

MARSHALLING

Swimmers must make themselves available for marshalling as soon as advised by the public address system.

OFFICIALS

Visiting clubs are requested to provide at least one qualified official per session, and their details (together with their qualification) should be forwarded with the entry information. Meals and refreshments will be provided.

MEDALS

Medals will be awarded for 1st – 3rd places in all age group categories (not Open Events).

Cash prizes will be awarded to the top 3 in Open Events in lieu of Medals.

Awards will be made to Top Boy and Top Girl in all Groups.

SPECTATORS

Admission Charges

- * £2.50 per session
- * £7.50 per day
- * £10.00 per weekend pass

Programmes will also be available to purchase.

THE SPECTATOR AREA MUST BE CLEARED AT THE END OF EACH SESSION.

CAR PARKING

There is free car parking for approx 250 plus there are several overflow car parks.

REFRESHMENTS

There is a coffee shop on site. There are also vending machines, and the local Cricket Club available for food and refreshments.

CAMARA USE

The use of **all** photographic equipment is controlled at this Meet and everyone is reminded that such equipment should not be used without registration. Registration Forms can be obtained from the entry desk.

MOBILE PHONES

Mobile phones must not be used in the pool hall and changing rooms.

MEET CO-ORDINATOR

A Meet Co-ordinator will be available for the duration of the Meet and can be contacted on 07738172154.

CITY OF NEWPORT SWIMMING CLUB

Combined Level 1 and Junior Development Level 4 Spring Open 2010

(Meet License Nos.: 010WL1-035 & 010WL4-036)

Promoters Conditions

1. The meet will be swum under the following rules and conditions:
FINA Technical Rules and Swim Wales Laws.
2. All entrants must be members of an Affiliated club, amateurs as defined by Swim Wales Laws and hold a valid Swim Wales membership number.
3. The promoters reserve the right to limit entry in the interests of safety and timely completion of the meet.
4. Over the top starts will, where necessary or appropriate, be used during this meet.
5. Entries should be submitted electronically using Hy-Tek Team Manager software. The events file for input into TM is available upon request from andrew.newportswim@orangehome.co.uk. In exceptional circumstances entries will be accepted using the standard form provided. No entries will be accepted without the correct full payment.
6. The entry fee is £4.00 per event, with a single cheque sent per club and made payable to "City of Newport Swimming Club". **All entries must also include a payment summary sheet, completed coach/chaperone accreditation forms where appropriate and a SAE of at least A5 for return of confirmed entries and the timetable.**
7. **Age groups for boys: 9/10, 10/12, 13/14, 15/16 & 17/OV.**
Events for boys aged 9/10 are Level 4 Junior Development Events.
Events for boys aged 10/12, 13/14, 15/16 & 17/OV are licensed at Level 1.
Age groups for girls: 9/10, 10/11, 12/13, 14/15, 16/OV.
Events for girls aged 9/10 are Level 4 Junior Development Events.
Events for girls aged 10/11, 12/13, 14/15 and 16/OV are licensed at Level 1.
For both girls and boys, 10 year olds who have not achieved the UPPER cut off time in any of their Level 4 events will swim in the Level 4 Junior Development meet. 10 year olds who have achieved the UPPER cut off time will swim in the Level 1 meet – swimmers can not swim in both the Level 4 and Level 1 meets.
8. Ages as at last day of the meet i.e. 2nd May 2010.
9. Please note that each Level 1 event in this competition has a qualifying time and a consideration time. Entry times faster than or equal to the QT will be guaranteed an entry. Entry times falling between the QT and CT will be included provided the meet is not oversubscribed, with the faster times being given priority. Entries slower than the CT in the Level 1 meet will not be considered, and refunds will not be issued so please check your times carefully. **All entry times must be converted to a short course pool.**
Also, please note that each Junior Development Level 4 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.

10. No swimmer may enter events "Out of Age".
11. Closing date for entries is midnight Wednesday 31st March 2010. Entries received after this date cannot be guaranteed consideration. Please note that there will be no cards for this competition.
12. All withdrawals must be notified to the Meet Office no later than 5pm the day before the competition.
13. Competitors wishing to withdraw from a final must inform the Meet Office within 15 minutes of the lists have been published or announced.
14. All weekend coach's/chaperone passes, to include a full set of results sheets and all programmes, are available at a cost of £15.00 per pass. All applications for this pass must include CRB check details for verification and a passport sized photo. **Passes must be worn at all times when poolside or in the changing rooms (maximum of 2 passes per club).** The closing date for passes is the same as for entries, and passes will not be available on the day of the meet.
15. Visiting clubs are requested to provide at least one qualified official per session, and their details (together with their qualification) should be forwarded with entry information. Meals and refreshments will be provided.
16. Marshalling will take place, and competitors must report promptly to this area. All finalists must report to marshalling at least 10 minutes before their event, failure to do so will exclude them from the final.
17. The safety rules of the pool must be adhered to at all times. Anyone not adhering to these rules (which will be read out at the start of each session) may be removed from the pool.
18. Individual teams/coaches will be responsible for their own swimmers in all areas outside the pool including the changing rooms.
19. All valuables/clothing etc. left in the changing rooms will be entirely at the owner's risk.
20. Events will be swum in heats, slowest to fastest, with every heat (as well as finals) being spearheaded.
21. The fastest three in each event will receive medals (except for the open events).
22. In the 200m and 400m open events the fastest three will (in lieu of medals) receive cash prizes to be determined by the promoters in their absolute discretion.
23. An award will be given to the boy/girl in each age group with the most points (regardless of number of swims). An award will also be given to the visiting club with the most points.
24. Anyone wishing to use video or still cameras must register before using such equipment and they will be issued with a camera pass for which a charge may be made.
25. DATA PROTECTION ACT 1984 – CITY OF NEWPORT SWIMMING CLUB uses a computer to record entries and results. By submitting entries and accepting entry to the meet, consent is thereby given (as required under the Data Protection Act 1984) to the holding of personal information in a computer/s. Personal data recorded, such as name, club, date of birth and times may be made public during or after the meet.
26. The first session on both days will have a warm-up time of 8.00am and a start time of 8.30am. Warm up and start times for sessions 2, 3, 4, 6, 7 & 8 will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.
27. The promoters reserve the right to remove anyone for misconduct.
28. The promoters reserve the right to remove or amend any of the above conditions as required.

*City Of Newport Swimming Club
2010 Spring Open Meet
Coach / Chaperone Pass
1st & 2nd May 2010
Individual entry form
Please complete in block capitals.*

Full Name
Name of Club
Position (e.g Club Coach)
Address
Postcode
Telephone Number
Wasa Affiliation Number
CRB Number

Please enclose a cheque for £15 made payable to City of Newport Swimming Club 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.

Please include a passport size photo for each coach/chaperone pass

All completed forms to be returned to:

Mr Andrew Walton
18 Oak Tree Drive
Rogerstone
NEWPORT
NP10 9JN

Closing Date: 31st March 2010

SPRING MEET 10 City of Newport Swimming Club

Spring Open Meet Programme (Short Course)

SATURDAY 1st MAY 2010

SESSION 1 WARM UP 8.00 - STARTS 8.30

1. Girls 9-10 50m Back (Level 4)
2. Boys 9-10 50m Back (Level 4)
3. Girls 10-11 100m Back
4. Boys 10-12 100m Back
5. Girls 200m Free Open (HDW)
6. Boys 200m Free Open (HDW)

7 - 10 Finals of Events 1-4

SESSION 2 WARM UP TBA - STARTS TBA

11. Girls 12-13 100m Back
12. Boys 13-14 100m Back
13. Girls 14-15 100m Free
14. Boys 15-16 100m Free
15. Girls 16&Over 100m Breast
16. Boys 17&Over 100m Breast
17. Girls 16&Over 50m Free (HDW)

18 - 23 Finals of Events 11- 16

SESSION 3 WARM UP TBA - STARTS TBA

24. Girls 400m Free Open (HDW)
25. Girls 9-10 50m Breast (Level 4)
26. Boys 9-10 50m Breast (Level 4)
27. Girls 10-11 100m Breast
28. Boys 10-12 100m Breast
29. Girls 200m Back Open (HDW)
30. Boys 200m Back Open (HDW)

31 - 34 Finals of Events 25-28

SESSION 4 WARM UP TBA - STARTS TBA

35. Girls 9-10 100m Individual Medley (Level 4, HDW)
36. Boys 9-10 100m Individual Medley (Level 4, HDW)
37. Girls 12-13 100m Breast
38. Boys 13-14 100m Breast
39. Girls 14-15 100m Back
40. Boys 15-16 100m Back
41. Boys 17&Over 100m Fly
42. Girls 16&Over 100m Fly
43. Boys 17&Over 50m Free (HDW)

44-49 Finals of Events 37- 42

SUNDAY 2nd MAY 2010

SESSION 5 WARM UP 8.00 - STARTS 8.30

- | | | |
|-----|-------------|---------------------|
| 50. | Girls 9-10 | 50m Free (Level 4) |
| 51. | Boys 9-10 | 50m Free (Level 4) |
| 52. | Girls 10-11 | 100m Free |
| 53. | Boys 10-12 | 100m Free |
| 54. | Girls | 200m Fly Open (HDW) |
| 55. | Boys | 200m Fly Open (HDW) |

56-59 Finals of Events 50-53

SESSION 6 WARM UP TBA - STARTS TBA

- | | | |
|-----|---------------|----------------|
| 60. | Girls 12-13 | 100m Free |
| 61. | Boys 13-14 | 100m Free |
| 62. | Girls 14-15 | 100m Fly |
| 63. | Boys 15-16 | 100m Fly |
| 64. | Girls 16&Over | 100m Back |
| 65. | Boys 17&Over | 100m Back |
| 66. | Girls 14-15 | 50m Free (HDW) |

67- 72 Finals of Events 60-65

SESSION 7 WARM UP TBA - STARTS TBA

- | | | |
|-----|-------------|------------------------|
| 73. | Boys | 400m Free Open (HDW) |
| 74. | Girls 9-10 | 50m Fly (Level 4) |
| 75. | Boys 9-10 | 50m Fly (Level 4) |
| 76. | Girls 10-11 | 100m Fly |
| 77. | Boys 10-12 | 100m Fly |
| 78. | Girls | 200m Breast Open (HDW) |
| 79. | Boys | 200m Breast Open (HDW) |

80-83 Finals of Events 74-77

SESSION 8 WARM UP TBA - STARTS TBA

- | | | |
|-----|---------------|----------------|
| 84. | Girls 12-13 | 100m Fly |
| 85. | Boys 13-14 | 100m Fly |
| 86. | Girls 14-15 | 100m Breast |
| 87. | Boys 15-16 | 100m Breast |
| 88. | Girls 16&Over | 100m Free |
| 89. | Boys 17&Over | 100m Free |
| 90. | Boys 15-16 | 50m Free (HDW) |

91-96 Finals of Events 84-89

City Of Newport Spring Open Meet 2010

(Under FINA Technical Rules and Swim Wales Laws)

1st & 2nd May 2010.

Newport International Sports Village

LEVEL 1 Meet Entry Form

Name First Name (in full)

Middle Name Age Nationality

Male/Female Date Of Birth (at 2nd May 2010).....

Address

Email address.....

Post Code Tel No.

Name of Club

WASA Number

Event	Event Number	Short Course Time
50m Free (14+ girls, 15+ boys only)		
100m Free		
200m Free		
400m Free		
100m Back		
200m Back		
100m Breast		
200m Breast		
100m Fly		
200m Fly		

.....events at £4.00 total payable £.....

Electronic entries are required where possible, but this entry form can be used for all age groups and Open 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.

SIGNATURE OF COMPETITOR:

Closing Date 31st March 2010.

City Of Newport Spring Open Meet 2010

(Under FINA Technical Rules and Swim Wales Laws)

1st & 2nd May 2010.

Newport International Sports Village

LEVEL 4 Development Meet Entry Form

The level 4 meet is only open to 9 and 10 year old swimmers who have not achieved the upper cut off times

Name First Name (in full)

Middle Name Age Nationality

Male/Female Date Of Birth (at 2nd May 2010).....

Address

Email address.....

Post Code Tel No.

Name of Club

WASA Number

Event	Event Number	Short Course Time
50m Free		
50m Back		
50m Breast		
50m Fly		
100m IM		

Please check carefully that your times are slower than the UPPER Cut-off times for the Level 4 meet. 10 year olds who have achieved the UPPER cut-off time should instead enter the Level 1 meet. Swimmers can not swim in both the Level 4 and Level 1 meets.

.....events at £4.00 total payable £.....

Electronic entries are required where possible, but this entry form can be used for all age groups and Open 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.

SIGNATURE OF COMPETITOR:

Closing Date 31st March 2010.

City Of Newport Spring Open Meet 2010

(Under FINA Technical Rules and Swim Wales Laws)
1st & 2nd May 2010

Payment Summary Sheet

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

Club:

Contact Name:

Telephone Number:

Email address:

No of coaches passes (max per 2 per club)	<input type="text"/>	X £15.00 =	£ <input type="text"/>
Total individual entries for both Level 1 and Level 4 meets	<input type="text"/>	X £4.00 =	£ <input type="text"/>
Total amount enclosed:			£ <input type="text"/>

Please return with entries to:

Andrew Walton
18 Oak Tree Drive
Rogerstone
Newport
South Wales
NP10 9JN

Tel – 07800 769393

Email – andrew.newportswim@orangehome.co.uk

City Of Newport
Spring Open Meet 2010
(Under FINA Technical Rules and Swim Wales Laws)
1st & 2nd May 2010

Level 4 Junior Development Events

Upper Cut Off Times (25m Pool)

Girls 9-10 years		Boys 9-10 years
38.5	50m Free	38.0
43.8	50m Back	43.6
50.0	50m Breast	49.6
42.4	50m Fly	42.4
1:35.1	100m IM	1:36.2

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. 10 year old swimmers can not swim in both the Level 1 and Level 4 meets.

Newport Spring Open Meet 2010 – Level 1 Events

Short Course Qualifying & Consideration Times

	Girls					Boys				
	10/11	12/13	14/15	16/OV		10/12	13/14	15/16	17/OV	
QT	1.18.70	1.11.50	1.08.30	1.06.90	100m Freestyle	1.13.20	1.05.40	1.01.20	1.00.10	QT
CT	1.45.82	1.37.54	1.24.56	1.17.54		1.45.26	1.21.81	1.14.32	1.11.74	CT
QT	2.49.60	2.33.60	2.26.60	2.23.20	200m Freestyle	2.39.10	2.22.50	2.13.20	2.11.10	QT
CT	3.26.15	3.06.45	2.52.36	2.40.50		3.20.50	2.54.96	2.40.46	2.22.18	CT
QT	5.52.90	5.20.50	5.06.20	5.00.50	400m Freestyle	5.34.00	5.01.50	4.42.10	4.36.70	QT
CT	7.10.00	6.25.00	6.03.00	5.50.00		7.00.00	6.15.00	5.50.00	5.20.00	CT
QT	1.28.10	1.19.20	1.15.30	1.14.00	100m Backstroke	1.22.50	1.13.00	1.07.80	1.06.30	QT
CT	1.57.34	1.45.85	1.30.44	1.28.47		1.53.76	1.37.54	1.26.78	1.21.88	CT
QT	3.06.30	2.49.60	2.41.10	2.37.20	200m Backstroke	2.56.50	2.37.00	2.26.50	2.24.00	QT
CT	3.41.82	3.13.76	3.08.25	2.58.30		3.25.27	3.07.52	2.58.76	2.56.80	CT
QT	1.40.20	1.29.80	1.25.10	1.23.10	100m Breaststroke	1.33.80	1.22.70	1.16.60	1.15.10	QT
CT	2.19.42	1.58.28	1.43.98	1.40.87		2.10.50	1.47.31	1.35.48	1.33.50	CT
QT	3.34.90	3.12.80	3.03.50	3.00.20	200m Breaststroke	3.22.50	2.58.90	2.47.00	2.43.00	QT
CT	4.21.64	3.50.88	3.22.66	3.16.10		4.18.61	3.45.94	3.20.94	3.15.00	CT
QT	1.28.00	1.19.00	1.15.10	1.13.30	100m Butterfly	1.22.00	1.12.30	1.07.30	1.05.60	QT
CT	1.56.74	1.46.06	1.36.35	1.28.60		1.55.64	1.42.70	1.30.86	1.19.40	CT
QT	3.13.90	2.52.60	2.43.00	2.39.30	200m Butterfly	3.00.80	2.40.10	2.28.30	2.23.90	QT
CT	4.29.70	3.50.40	3.32.30	3.20.60		4.12.21	3.21.40	3.06.20	2.58.30	CT

QT = Qualifying Time CT = Consideration Time

Entry times faster than or equal to the QT will be guaranteed an entry. Entry times falling between the QT and CT will be included provided the meet is not oversubscribed, with faster times being given priority. Entry times submitted as NT will not be accepted.