

January 2009

SWIM WALES



NOFIO CYMRU
SWIM WALES

***THE WELSH NATIONAL
SWIMMING LEAGUE
HANDBOOK***

2009

Author
Ian Austerberry
Page 1 of 12



INDEX

Pages

Item

3 – 8

Composition & Rules

9 – 10

Programme of events

11

Affiliation form for the

12

Confirmed dates for the league



THE WELSH NATIONAL SWIMMING LEAGUE

The Welsh National Swimming League will be as follows:-

1. Regional

The Regional Leagues will comprise of all clubs in Wales who wish to enter and take part, on a regional basis.

2. The objectives of the Leagues are:-

- To arrange galas on a Regional basis with a National final, in order to allow the maximum number of clubs affiliated to Swim Wales to take part.
3. The management of the league will consist of one member from each Region, nominated by the Regional Panel, one member nominated by the Swim Wales Board plus the National Meet License Co-ordinator and the National Coaching Co-ordinator.
 4. The affiliation fee for a team to enter the 'The Welsh National Swimming League' will be £50; the fee will be paid to the Region in which the club competes. Affiliation fees to be paid by 1st April each year, clubs not affiliating by this date may be allowed to take part in the league, subject to a levy of £15.
 5. The responsibility for the organisation of the Regional Rounds will be with the Panel of the Region. They may delegate the responsibility to suitable person (s) and will be responsible for the hire of the facilities.
 6. The Host Region will be responsible for the organisation of the National Championship Final, and will be responsible for the hire of the facilities.
 7. All income accruing from the galas in 'The Championship League's will stay with the Regions. The Region hosting the National Championship final will receive the income from that gala.
 8. The Time Table for the Regional League's will be as follows:-

1st Regional Round in May

2nd Regional Round in June

FINAL last weekend in September

Dates will be set by the National Meet Licensing Panel.

9. The National Championship Final to be held in an 8 lane pool in rotation, first year North Wales; second year South East Wales and third year South West Wales.
10. The National Championship Final will consist of the winner and runner up from each Region, plus the two highest scoring teams from a combined points table for the three Regions.
11. The duties for the running of each of the galas will be undertaken by persons nominated by the participating clubs.
 - a. Each team will be allowed three team officials maximum on poolside.
 - b. Each club will provide two technical officials, they must be Swim Wales registered, CRB checked, have a minimum of one Timekeeper and one Judge 1.
 - c. The Region will be responsible for the Meet Director Announcer, Back Room, Door Stewards, Referee and Starter.
12. Each Club will provide a complete team list containing the name(s) of the swimmer(s) for each event and there two technical officials 5 days prior to the round taking place. The club must verify that all swimmers are nationally registered and that they comply with any age condition. The team manager must declare any amendments at the commencement of the warm up.
13. **RESULTS.** Each club will receive a copy of the results of each gala in the round and a complete gala points table.
14. **FAILURE TO ATTEND A GALA. A club failing to attend a gala, including the final is liable to expulsion from the league, or other appropriate action, unless mitigating circumstances can be proven.**
15. **LATE ARRIVAL.** All galas must start at the stated time. Any team arriving late will be allowed one point for each race missed.

16. AGE GROUPS AND PROGRAMME CONTENT.

Girls 9 years, Boys 9/10 years

Author

Ian Austerberry

Page 4 of 12

50 metres on each stroke
100 metres Individual Medley
4 x 25 Freestyle Relay
4 x 25 Medley Relay

Girls 10/11 years, Boys 11/12 years

100 metres on each stroke
100 metres Individual Medley
4 x 50 Freestyle Relay
4 x 50 Medley Relay

Girls 12/13 years, Boys 13/14 years

100 metres on each stroke
200 metres Individual Medley
4 x 50 Freestyle Relay
4 x 50 Medley Relay

Girls 14 Plus years, Boys 15 Plus years

100 metres on each stroke
200 metres Individual Medley
4 x 50 Freestyle Relay
4 x 50 Medley Relay

Open Male and Female

200m Freestyle

CANNON RELAY

1 Boy and 1 Girl from each age group each swimming 50 metres Freestyle

Total number of events 59.

16. ELIGIBILITY.

- a. A Swimmer may not compete for more than one league team in the Welsh National Swimming League during the twelve month period 1st April to 31st March.
- b. Where a swimmer's is multi registered the clubs concerned must agree by 1st April which club the swimmer will represent in the league.
- c. Competitors participating in the Welsh National League must have been members of the club entering them from, and including 1st April in the year of competition.
- d. The restriction in b) does not apply to a swimmer who is not a member of any swimming club from and including 1st April to the date of joining the club

represented in the year of competition, providing all other eligibility conditions are complied with.

- e. All swimmers must be registered with Swim Wales.
- f. Age is at date of National Final each year

17. EVENT RESTRICTIONS:

Swimmers are restricted to a maximum of 2 individual events in their own age group, plus 1 individual event up. For relay events swimmers are eligible for all relays in their age group and a maximum of 4 relays in total. For the Open 200m Freestyle event any swimmer from any age group is eligible.

18. PENALTIES:

- a. If it is established that an ineligible swimmer has competed for a team in a Welsh National League gala, any points scored by that team in the events in which the swimmer participated, individual or relays, shall be deducted from the team's total score for the gala. (If a team requests to swim a swimmer in an event for nil points, there will be no penalty, subject to the referee's agreement to allow them to swim).
- b. A further 6 gala points for each infringement under this rule will be deducted.
- c. Any infringement in respect of this rule which cannot be resolved by the Referee shall be referred to the Gala Director. If no decision can be arrived at, the Gala Director shall report the matter to the National Meet License Co-ordinator within 24 hours for a decision to be made by the three regional representatives, National Coaching Co-ordinator and National Meet License Co-ordinator as in rule 2.
- d. The provision of this rule can be applied retrospectively up to 15 days following the final gala of the Regional rounds concerned only.

19. COMPETITION STRUCTURE FOR THE LEAGUE

- a. The League shall operate as three Regional Competitions, with two rounds in each Region.
- b. The Regional Panel will make a random draw for Round 1, to determine which gala the teams take part in.
- c. Round 2. The gala groupings will be based on the total gala points of the table at the end of round 1.
- d. Round 2 the gala points will be scored independently of the previous round, and the Clubs finishing in 1st & 2nd place will go forward to the National Championship Final.

- e. The final two places for the National Championship Final will be from a combined points table from the three, Regional final rounds.
- f. Galas will be swum on the designated weekends as published by the National Meet License Co-ordinator.

20. SCORING:

FORMULAE TO DETERMINE GALA POINTS

Taking the five team, six team comparison as a starting point, a team that finishes half way in all races. In the five team gala this would equate to finishing third all the time. In a six team gala the finishes would be split equally between third and fourth places. The five team gala score would be 236pts, six team 206.5pts. The difference in score, 29.5pts, would be equal to half a point per race; therefore if we were to set the third place finish in a five team gala to 3.5pts instead of 4pts then both our fictional teams would achieve the same score of 206.5pts.

The method for converting a five team gala score to equate to a six team gala has been agreed as follows

1st 5.7pts, 2nd 4.6pts, 3rd 3.5pts, 4th 2.4pts, 5th 1.3pts.

The next step is to produce a table that will encompass the varying number of teams we are likely to encounter.

The baseline score from a 6 team gala has been used as the standard and all other galas would be converted using this table. This will enable us to compile Regional League Tables and a National League Table on completion of the Regional Rounds.

Position	8 Team Points	7 Team Points	6 Team Points	5 Team Points	4 Team Points	3 Team Points
1	6.3	6.2	6	5.7	5.6	5.4
2	5.5	5.3	5	4.6	4.2	3.5
3	4.7	4.4	4	3.5	2.8	1.6
4	3.9	3.5	3	2.4	1.4	
5	3.1	2.6	2	1.3		
6	2.3	1.7	1			
7	1.5	0.8				
8	0.7					

January 2009

Using the above scores on the day of the gala may well be confusing for teams and spectators and so we would suggest that during the galas we use the familiar point's scores as below.

8 team = 8,7,6,5,4,3,2,1

7 team = 8,7,6,5,4,3,2

6 team = 6,5,4,3,2,1

5 team = 6,5,4,3,2

4 team = 6,5,4,3

We can set up Meet Manager with two alternative sets of points scoring so it can be easily accommodated.

Acknowledgement to Paul Wilkinson for his work on the scoring of gala points.

ORGANISATION OF GALAS

The Regional Panel will appoint the person responsible for organising the rounds in their Region. This person will be responsible for booking the pools, and notifying the clubs of the venue and start time. This person will be responsible for conducting a draw for lanes prior to the warm up at each gala.

This person will also be responsible for appointing the referee and the starter. (If possible a second referee and starter to be appointed who should be eligible to qualify as an Official for the FINA/Pre FINA List). Swim Wales will be responsible for appointing the referee and starter for the premiership final



THE WELSH NATIONAL LEAGUE

PROGRAMME OF EVENTS

1. Female Open 200m Freestyle
2. Male Open 200m Freestyle
3. G 9 50m Butterfly
4. B 9/10 50m Butterfly
5. G 10/11 100m Backstroke
6. B 11/12 100m Backstroke
7. G 12/13 100m Breaststroke
8. B 13/14 100m Breaststroke
9. G 14+ 100m Freestyle
10. B 15+ 100m Freestyle
11. G 9 100m Freestyle Relay
12. B 9/10 100m Freestyle Relay
13. G 10/11 200m Freestyle Relay
14. B 11/12 200m Freestyle Relay
15. G 9 100m Individual Medley
16. B 9/10 100m Individual Medley
17. G 12/13 200m Freestyle Relay
18. B 13/14 200m Freestyle Relay
19. G 14+ 200m Freestyle Relay
20. B 15+ 200m Freestyle Relay
21. G 9 50m Backstroke
22. B 9/10 50m Backstroke
23. G 10/11 100m Breaststroke
24. B 11/12 100m Breaststroke
25. G 12/13 100m Freestyle
26. B 13/14 100m Freestyle
27. G 14+ 100m Butterfly
28. B 15+ 100m Butterfly
29. G 10/11 100m Individual Medley
30. B 11/12 100m Individual Medley
31. G 9 50m Breaststroke
32. B 9/10 50m Breaststroke
33. G 10/11 100m Freestyle
34. B 11/12 100m Freestyle
35. G 12/13 100m Butterfly
36. B 13/14 100m Butterfly
37. G 14+ 100m Backstroke

January 2009

38. B 15+ 100m Backstroke
39. G 12/13 200m Individual Medley
40. B 13/14 200m Individual Medley
41. G 9 50m Freestyle
42. B 9/10 50m Freestyle
43. G 10/11 100m Butterfly
44. B 11/12 100m Butterfly
45. G 12/13 100m Backstroke
46. B 13/14 100m Backstroke
47. G 14+ 100m Breaststroke
48. B 15+ 100m Breaststroke
49. G 9 100m Medley Relay
50. B 9/10 100m Medley Relay
51. G 14 + 200m Individual Medley
52. B 15+ 200m Individual Medley
53. G 10/11 200m Medley Relay
54. B 11/12 200m Medley Relay
55. G 12/13 200m Medley Relay
56. B 13/15 200m Medley Relay
57. G 14+ 200m Medley Relay
58. B 15+ 200m Medley Relay
59. CANNON – 400m Freestyle 1 Boy and 1 Girl from each age group

January 2009



THE WELSH NATIONAL CHAMPIONSHIP SWIMMING LEAGUE

Please fill out the information below and send to:-

North paul@wilkinson-motorcycles.co.uk
South West iestyn@urdd.org
South East russell.sparks@swimming.org

CLUB

NAME OF CLUB OFFICIAL	
POSITION IN THE CLUB	
SIGNATURE	
DATE	
E-MAIL ADDRESS	
NAME OF HEAD COACH	
E-MAIL ADDRESS	
NAME OF CONTACT FOR LEAGUE INFORMATION	
E-MAIL ADDRESS	

The affiliation form should be accompanied by the affiliation fee of £50.

Closing Date for Affiliation for 2009 is April 1st 2009.



THE WELSH NATIONAL SWIMMING LEAGUE
CALENDAR 2009 - 2012

	2009	2010	2011	2012
ROUND 1	W/E May 30/31	W/E May 29/30	W/E May 28/29	W/E May 26/27
ROUND 2	W/E June 20/21	W/E June 19/20	W/E June 18/19	W/E June 16/17
FINAL	W/E Sept 26 EAST	W/E Sept 25 WEST	W/E Sept 24 NORTH	W/E Sept 29 EAST

**SATURDAY SEPTEMBER 26th 2009 South East Wales -
Newport**