

2010

Tiger Bay Open Meet

Licence Number: 10WL3-17

(Under FINA Technical Laws & Swim Wales Rules)

Friday 9th – Sunday 11th April

(All Session Times to Be Confirmed)

Cardiff International Pool

(Long Course Meet)

Event Information and Entry Forms

Tiger Bay Open Meet

(Under FINA Technical Laws and Swim Wales Rules)

Licence Number 10WL3-17

Friday 9th April to Sunday 11th April 2010

This is a Level 3 Licensed Meet for Entry into Regional Competitions

Entry to this Meet will be on a **first come first served** basis.

Only electronic entries will be accepted for this meet

VENUE	Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS
POOL	10 Lane – 50m pool – electronic timing – with anti turbulence lane ropes
AGE GROUPS	Boys 9/10 yrs, 11/12yrs, 13/14yrs, 15/16yrs, 17 & Over Girls 9 yrs, 10/11yrs, 12/13yrs, 14/15yrs, 16 & Over <u>Minimum age for entry is 9 years</u>
AGE UP DATE	11 th April 2010 (age as of last day of Meet)
EVENTS	(all events Heat Declared Winner)
	50m, 100m, 200m, 400m Freestyle HDW - All Age Groups 800m, 1500m Freestyle HDW - boys - 11/12, 13/14, 15/16, 17yrs & Over - girls - 11, 12/13, 14/15, 16yrs & Over
	50m, 100m, 200m Backstroke HDW - All Age Groups 50m, 100m, 200m Butterfly HDW - All Age Groups 50m, 100m, 200m Breaststroke HDW - All Age Groups 200m Individual Medley HDW - All Age Groups 400m Individual Medley HDW - boys - 11/12, 13/14, 15/16, 17yrs & Over - girls - 11, 12/13, 14/15, 16yrs & Over

PROMOTER'S CONDITIONS

AWARDS

Awards will be given to the first 3 placings in each age category. Additional Awards will be made to the Best Male, Best Female and Visiting Club.

Competitors will only receive an award if they have achieved the qualifying standard. No swimmers who exceed the Upper Cut-off Time will receive a medal and their times will not count towards the Best Male / Female and Visiting Club awards.

Swimmers must ensure that they are suitably clothed (tee shirt and shorts) when receiving Awards.

ENTRIES

For the following events only

50m events	-	female	9yrs, 10/11, 12/13
		Male	9/10,11/12, 13/14

Only swimmers who have not obtained a Swim Wales Age Group or Youth Qualifying Time in these events are eligible to enter these events.

For all events

Qualifying times and Upper Qualifying Times will be applied to all events. All entry times must be faster than the QT, and slower than the UCT. Entry Times outside these limits, and entries with 'No Time' submitted will be rejected.

Entry times may be submitted as short course or long course times, using the Hy-tek entry file, but will be converted to long course times using Hy-Tek's Meet Manager software. Estimated times are not permitted.

If swimmers are found to have entered either meet with false or made up times, they will be disqualified from all events that they have entered and their entry fees will be forfeit.

Clubs are requested to send all entries at the same time with one cheque to cover all swimmers.

Cheques to be made payable to City of Cardiff Swimming Club

To request the electronic Event entry file, and to submit electronic entries/enquires please email:

tigerbayopenmeet@cardiffswimmingclub.co.uk

Electronic entries produced from Hy-Tek's Team Manager or Team Manager Lite software as electronic entries, submitted on a CD or as an e-mail attachment to the above address are requested, and should include an entry report, fee entry report, completed Summary Sheet and any poolside passes applications. **For all entries, the submitted date will be the date of receipt of all entries, reports and payment.**

Electronic entries will be acknowledged with receipt confirmation. No entries will be processed until full and complete payment is received.

CD entries, payments and supporting reports, and poolside pass applications should be sent to

Vanessa Stirrat
Summerford
4 Trem Y Fforest
Llanharry, Pontyclun
CF72 9GW

Entry forms are to be retained by the club

Copies of the Team Manager Lite application can be downloaded free of charge from <http://www.hy-tek ltd.com/downloads.html>.

Please ensure that you put adequate postage on posted entries. Envelopes with insufficient postage will not be collected from the Royal Mail depot

Entries will be rejected for the following reasons:

- Incorrectly completed
- Improved entries
- Received after 5.00pm on the closing date of 12th February 2010

NO LATE ENTRIES WILL BE ACCEPTED

The Meet Director reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded, a single cheque will be made payable to Club in question.

No refunds will be made for withdrawals.

In the event of the meet becoming over subscribed, prior to the closing date, notification will be posted on the City of Cardiff Swimming Club Website, <http://www.cardiffswimmingclub.co.uk>.

City of Cardiff Swimming Club may reserve the right to return entries if the meet is oversubscribed.

City of Cardiff Swimming Club may reserve the right to cancel the event if the meet is under subscribed.

City of Cardiff Swimming Club may request validation of any stated entry time and reserve the right to return entries if the meet is oversubscribed.

Please enclose a SAE for return of entry confirmations; alternatively enter an email address on the summary sheet to have confirmation sent via email.

There will be no entry cards for this event.

ENTRY PRICING

All entries must be submitted electronically using Hy-Tek's Team Manager or Team Manager Lite software:

£5.00 per event

CLOSING DATE

5.00pm, Friday 12th February 2010 (No late entries will be accepted)

POOLSIDE PASSES

£15 per pool pass (required for coaches/team managers), including results, poolside refreshments— limited to 3 per club. Applications for additional passes may be accepted by the Meet Director, subject to team size per session. Passes must be worn at all times whilst on poolside and will be required to gain access. Passes will only be issued on receipt of Swim Wales/ASA registration number, a CRB number and a passport photo. No passes will be available for purchase on the day. They must be purchased beforehand.

THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS

OFFICIALS

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

SEEDING

All events will be spearheaded and swum slow to fast, based on entry times.

WITHDRAWALS

No refunds will be made for withdrawals other than in exceptional circumstances

All withdrawals must be notified to the meet office. The meet office must be informed of withdrawals by no later than 5.00pm on the day before competition.

SESSION TIMES

The following session times are provisional. Session timing will be finalised once all entries have been processed and swimmers/clubs will be notified accordingly. Please note that it is the swimmers` responsibility to present themselves ready to swim, to the Marshalling Area prior to the start of their event. Please note: These are only estimated times, finalised warm up and start times will be issued along with swimmers entry lists.

Session 1	Friday pm	Warm up	1830	Start	1850
Session 2	Saturday am	Warm up	0745	Start	0830
Session 3	Saturday am	Warm up	1130	Start	1215
Session 4	Saturday pm	Warm up	1515	Start	1600
Session 5	Sunday am	Warm up	0745	Start	0830
Session 6	Sunday am	Warm up	1130	Start	1215
Session 7	Sunday pm	Warm up	1515	Start	1600

PROGRAMME OF EVENTS

Session One Friday	
(Warm-up 6.30pm - Start 6.50pm)	
Event	
1	Mixed 800m Freestyle
2	Mixed 1500m Freestyle

Session Two Saturday	
Warm-up 07:45 - Start 08.30am	
Event	
3	Boys 400m I/M
4	Girls 200m Butterfly
5	Boys 50m Freestyle
6	Girls 50m Backstroke
7	Boys 200m Backstroke
8	Girls 100m Freestyle

Session Three Saturday	
Warm-up 11.30am – Start 12.15am	
Event	
9	Boys 200m Freestyle
10	Girls 400m Freestyle
11	Boys 100m Butterfly
12	Girls 50m Butterfly
13	Boys 50m Breaststroke

Session Four Saturday	
Warm-up 3.15pm – Start 4.00pm	
Event	
14	Girls 200m I/M
15	Boys 200m Breaststroke
16	Girls 100m Breaststroke
17	Boys 100m Backstroke

Session Five Sunday	
Warm-up 07:45 - Start 08.30am	
Event	
18	Girls 400m I/M
19	Boys 200m Butterfly
20	Girls 50m Freestyle
21	Boys 50m Backstroke
22	Girls 200m Backstroke
23	Boys 100m Freestyle

Session Six Sunday	
Warm-up 11.30am – Start 12.15am	
Event	
24	Girls 200m Freestyle
25	Boys 400m Freestyle
26	Girls 100m Butterfly
27	Boys 50m Butterfly
28	Girls 50m Breaststroke

Session Seven Sunday	
Warm-up 3.15pm – Start 4.00pm	
Event	
29	Boys 200m I/M
30	Girls 200m Breaststroke
31	Boys 100m Breaststroke
32	Girls 100m Backstroke

STARTS

Over the top starts will be used wherever possible

ELECTRONICS

Omega electronic timing system with electronic display

MEET RESULTS

The Meet results will be posted on the City of Cardiff Swimming Club website within 72 hours of the Meet closing. Results will also be passed to Swim Wales and ASA for their reference and inclusion in rankings. For club's using Hy-Tek, a complete electronic copy of the Meet results can be obtained following the Meet. For all other clubs a PDF copy of the Meet results can be obtained following the Meet. Any Clubs wishing this service should provide their e-mail details to the Meet office during or prior to the Meet.

CAR PARKING

Free car parking places are provided at the Cardiff International Pool on a first come first served basis.

ACCOMODATION

A number of rooms have been reserved at the Holiday Inn Express, and Holiday Inn



Cardiff International Airport, (Express by Holiday Inn) - for 3 nights (27th – 29th November) which is located just off Junction 33 of the M4, and is a 9 mile drive from the Pool. The rate for these rooms is £54.95 per room including breakfast and VAT. Also a rate of £61.95 has been negotiated which includes transport via coach to the pool and back at the beginning and end of the day. To book these rooms please ring 01446 711117 and quote "Cardiff Swimming Club".

Newport , Cleppa Park, (Express by Holiday Inn) – Located just off Junction 28 of the M4, and is a 15 mile drive from the pool. The rate for these rooms is £55.00 per room including

breakfast & VAT. Please call 0870 990 4083 and quote "City of Cardiff Swimming Club" to book. THIS RATE IS PREPAID.



Holiday Inn, The Coldra, (Holiday Inn) - Located just off Junction 24 of the M4, and is a 23 mile drive from the International pool and 3 miles from Newport city centre. The Holiday Inn are offering a rate of £55.00 including breakfast and VAT. Please call 01633 412777 and quote "City of Cardiff Swimming club" to book. THIS RATE IS PREPAID.



visitcardiff.com

A range of online bookable hotels is available in categories from two to five stars. And most hotels and B&B's are only a short walk from the city's visitor attractions, shops and rail station. Reserve your accommodation now online by visiting <http://www.visitcardiff.com/Accommodation-in-Cardiff.html>.

CARDIFF, CAPITAL OF WALES

Cardiff is delighted to welcome swimmers and their families and friends for the Open Meet. The city holds unique attractions, top class entertainment – and quality shopping with a difference. Cardiff Castle, the Millennium Stadium, National Museum Cardiff and Wales Millennium Centre combined with Cardiff Bay offer indoor and outdoor entertainment for everyone. To find out more about Cardiff, how to get here and how to make the most of your stay visit www.visitcardiff.com.

Alternatively contact the Cardiff Tourist Information Centre on T 0870 121 1258, E visitor@cardiff.gov.uk, www.visitcardiff.com

SPECTATORS

Entry £5.00 per day including programme (Friday £2.50).

REFRESHMENTS

The Café, which provides a catering facility serving refreshments for swimmers, spectators and coaches will operate throughout this Meet. Refreshments may not be taken onto the poolside. There are also local facilities located near Cardiff International Pool.

HEALTH & SAFETY

No outdoors shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area and particularly when moving around and climbing the steps in the competitors' area. **Swimmers are asked not to enter the spectator's area or foyer whilst they are competing.**

If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim Meet. A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive. No swimmer should topple into the water in the event of a false start - a proper shallow dive must be performed. It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.

DATA PROTECTION

Entries and results for this Meet will be held on computer. As required by the Data Protection Act 1998, submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the Meet.

SWIM SHOP

A Swim Shop will be in operation throughout the Meet.

CAMERA USE

The use of all photographic equipment is controlled at this Meet and spectators / coaches and swimmers are reminded that such equipment should not be used without a pass. Passes can be obtained (free of charge) from the Meet Office **upon proof of identity (photographic eg driving licence)**, and must remain attached to the equipment whilst within the Spectator Area. Equipment being used without a pass will be removed. The records of camera use will be retained by City of Cardiff Swimming Club.

MOBILE PHONES

Swimmers, parents and coaches are reminded that the use of mobile phones **is not allowed inside the Cardiff International Pool building**. This policy is actively enforced and all visitors are asked to comply.

GENERAL

Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Meet Director or Referees decision, respectively, will be final.

APPEALS

Any appeals must be submitted in accordance with FINA procedures and will be handled by the Meet Director and Referees.



Tiger Bay Open Meet

Cardiff International Pool, Cardiff
9th April 11th April 2010
(Under FINA Technical Laws and Swim Wales Rules)

Coaches / Chaperone Pass Individual Application Form

Full Name _____

Name of Club _____

Position (e.g. Club Coach) _____

Address _____

_____ Post Code _____

Tel. No. _____ Fax No. _____

Email address _____

Swim Wales/ Scottish Swimming / ASA affiliation number _____

CRB Number _____

The above named person is authorized to hold a pass for this club

Signed _____ Club secretary

Please note only members affiliated to Swim Wales/Scottish Swimming/ASA or a member of a FINA affiliated country will be eligible for a coach's pass.

Only applications with a photograph will be accepted. Could applicants please write their names on the rear of the photographs.

Please send a cheque for £15 (made payable to City of Cardiff Swimming Club).

No passes will be available on the day. They must be purchased beforehand.

There will be no access to the poolside without a coach's pass.

Passes will be restricted to a maximum of 3 passes per club.

All completed forms to be returned to

Vanessa Stirrat
Summerford
4 Trem Y Fforest
Llanharry, Pontyclun
CF72 9GW

CLOSING DATE: Friday 12th February 2010.



Tiger Bay Open Meet

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9th April 11th April 2010
(Under FINA Technical Laws and Swim Wales Rules)

Officials Nomination Form

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

Full Name _____

Name of Club _____

Qualification (J1, J2, J2S, Referee) _____

Address _____

Post Code _____

Tel. No. _____ Fax No. _____

Email address _____

Swim Wales/ Scottish Swimming / ASA affiliation number _____

CRB Number _____

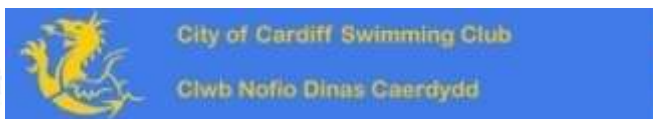
Sessions which you are available for (please tick)
1 2 3 4 5 6 7

All completed forms to be returned to

Vanessa Stirrat
Summerford
4 Trem Y Fforest
Llanharry, Pontyclun
CF72 9GW

Alternatively forward your availability to Fran Flint by email on

fran310@btinternet.com



Tiger Bay Open Meet

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9th April 11th April 2010

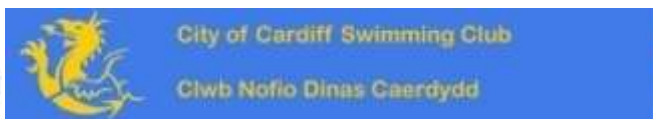
Long Course Qualifying and Upper Cut Off Times

	Boys									EVENT	Girls							
	9	10	11	12	13	14	15	16	17 & O		9	10	11	12	13	14	15	16 & O
UCT	n/a	n/a	n/a	n/a	n/a	n/a	27.50	27.50	27.20	50m Freestyle	n/a	n/a	n/a	n/a	n/a	30.40	30.40	30.40
QT	56.56	50.35	44.97	39.97	36.31	33.77	31.91	31.38	31.15		53.50	46.67	42.30	38.80	36.46	35.24	34.59	34.48
UCT	1:20.10	1:20.10	1:08.40	1:08.40	1:02.30	1:02.30	59.70	59.70	59.00	100m Freestyle	1:36.50	1:13.30	1:13.30	1:07.30	1:07.30	1:05.80	1:05.80	1:05.40
QT	2:10.36	1:49.53	1:36.60	1:25.22	1:17.13	1:12.47	1:09.33	1:08.49	1:07.63		2:02.91	1:41.16	1:30.28	1:22.72	1:17.84	1:15.56	1:14.87	1:14.47
UCT	2:53.00	2:53.00	2:29.90	2:29.90	2:15.80	2:15.80	2:10.00	2:10.00	2:08.70	200m Freestyle	3:28.90	2:39.40	2:39.40	2:24.80	2:24.80	2:21.20	2:21.20	2:19.80
QT	4:33.86	3:57.74	3:30.08	3:05.87	2:48.27	2:37.79	2:31.19	2:28.68	2:26.96		4:21.50	3:37.48	3:15.39	2:58.99	2:47.55	2:42.73	2:40.66	2:39.95
UCT	6:04.40	6:04.40	5:11.90	5:11.90	4:46.90	4:46.90	4:33.40	4:33.40	4:32.30	400m Freestyle	7:18.20	5:32.00	5:32.00	5:02.70	5:02.70	4:55.50	4:55.50	4:53.30
QT	9:51.76	8:20.00	7:18.43	6:30.27	5:54.78	5:32.30	5:19.59	5:15.28	5:12.59		9:09.39	7:36.15	6:46.68	6:12.32	5:49.71	5:40.24	5:36.92	5:34.93
UCT			12:01.60	12:01.60	11:08.30	11:08.30	10:07.10	10:07.10	9:49.80	800m Freestyle			11:29.50	10:23.20	10:23.20	10:07.40	10:07.40	10:03.90
QT			15:37.02	13:35.17	12:21.04	11:34.09	11:06.46	10:59.58	10:52.92				14:01.98	12:47.17	11:57.95	11:39.91	11:33.52	11:27.82
UCT			20:43.00	20:43.00	18:49.60	18:49.60	18:09.40	18:09.40	17:56.70	1500m Freestyle			22:05.10	19:59.20	19:59.20	20:42.00	20:42.00	20:42.00
QT			30:09.95	25:46.59	23:25.94	21:58.03	21:03.42	20:52.37	20:36.85				26:57.62	24:33.89	22:59.32	22:24.68	22:12.40	22:01.44
UCT	n/a	n/a	n/a	n/a	n/a	n/a	35.10	35.10	34.30	50m Breaststroke	n/a	n/a	n/a	n/a	n/a	38.20	38.20	38.00
QT	1:14.25	1:05.67	58.14	50.91	45.76	42.68	40.40	39.95	39.13		1:10.68	59.89	54.19	49.18	46.01	44.25	43.52	43.39
UCT	1:44.90	1:44.90	1:27.50	1:27.50	1:18.70	1:18.70	1:15.50	1:15.50	1:14.70	100m Breaststroke	2:04.20	1:33.70	1:33.70	1:24.50	1:24.50	1:22.50	1:22.50	1:22.30
QT	2:48.20	2:21.18	2:03.66	1:48.70	1:37.67	1:31.18	1:27.51	1:25.93	1:24.63		2:39.29	2:09.47	1:55.36	1:44.28	1:37.25	1:34.58	1:33.84	1:33.26
UCT	3:45.30	3:45.30	3:10.60	3:10.60	2:49.90	2:49.90	2:43.20	2:43.20	2:41.60	200m Breaststroke	4:24.70	3:21.90	3:21.90	3:01.90	3:01.90	2:57.70	2:57.70	2:57.10
QT	5:46.12	5:03.19	4:27.71	3:55.69	3:32.15	3:17.04	3:08.82	3:06.94	3:03.50		5:29.77	4:35.79	4:06.95	3:44.50	3:29.08	3:22.52	3:20.63	3:20.78
UCT	n/a	n/a	n/a	n/a	n/a	n/a	29.90	29.90	29.30	50m Butterfly	n/a	n/a	n/a	n/a	n/a	32.80	32.80	32.60
QT	1:04.06	55.47	49.49	43.64	39.40	36.66	34.60	34.19	33.49		59.69	51.37	46.15	42.25	39.25	38.09	37.34	37.01
UCT	1:30.80	1:30.80	1:16.30	1:16.30	1:08.00	1:08.00	1:04.80	1:04.80	1:04.10	100m Butterfly	1:43.60	1:21.80	1:21.80	1:14.10	1:14.10	1:11.90	1:11.90	1:11.60
QT	2:24.63	2:02.42	1:46.85	1:34.05	1:24.65	1:18.55	1:15.00	1:14.01	1:12.94		2:12.16	1:53.61	1:39.76	1:30.62	1:24.59	1:22.48	1:21.29	1:20.84
UCT	3:29.20	3:29.20	2:49.30	2:49.30	2:30.20	2:30.20	2:22.80	2:22.80	2:22.00	200m Butterfly	3:47.40	3:02.90	3:02.90	2:41.90	2:41.90	2:37.00	2:37.00	2:36.20
QT	5:21.92	4:32.48	3:56.11	3:28.04	3:07.34	2:54.03	2:45.95	2:43.92	2:42.10		4:50.24	4:11.06	3:39.39	3:19.43	3:05.45	2:59.81	2:58.24	2:56.72
UCT	n/a	n/a	n/a	n/a	n/a	n/a	32.00	32.00	31.50	50m Backstroke	n/a	n/a	n/a	n/a	n/a	34.90	34.90	34.70
QT	1:06.33	58.76	52.45	46.45	41.97	38.92	37.08	36.51	35.91		1:03.00	53.94	48.99	44.84	42.15	40.64	39.78	39.66
UCT	1:32.30	1:32.30	1:18.00	1:18.00	1:10.10	1:10.10	1:07.20	1:07.20	1:06.70	100m Backstroke	1:54.00	1:23.20	1:23.20	1:16.20	1:16.20	1:13.70	1:13.70	1:13.30
QT	2:25.56	2:05.05	1:50.07	1:36.85	1:27.36	1:21.14	1:17.73	1:16.78	1:16.16		2:21.49	1:54.74	1:42.43	1:33.07	1:27.63	1:25.01	1:23.96	1:23.57
UCT	3:16.30	3:16.30	2:47.50	2:47.50	2:31.10	2:31.10	2:24.50	2:24.50	2:24.00	200m Backstroke	4:00.80	2:58.40	2:58.40	2:43.00	2:43.00	2:37.00	2:37.00	2:35.60
QT	5:03.63	4:26.52	3:55.45	3:28.00	3:07.97	2:55.39	2:47.63	2:45.33	2:43.51		4:51.16	4:02.17	3:37.59	3:18.40	3:06.62	3:01.34	2:58.67	2:57.31
UCT	3:17.40	3:17.40	2:49.00	2:49.00	2:33.30	2:33.30	2:26.80	2:26.80	2:25.40	200m I/M	4:00.00	2:59.50	2:59.50	2:44.30	2:44.30	2:39.80	2:39.80	2:38.80
QT	5:11.10	4:30.24	3:58.02	3:30.74	3:10.45	2:58.00	2:50.59	2:47.84	2:45.75		4:55.98	4:06.17	3:41.07	3:21.32	3:09.44	3:04.03	3:01.64	3:00.55
UCT			5:38.80	5:38.80	5:26.10	5:26.10	5:11.60	5:11.60	5:10.70	400m I/M			6:25.90	5:46.80	5:46.80	5:36.30	5:36.30	5:35.50
QT			8:24.36	7:26.25	6:44.01	6:17.31	6:02.26	5:57.58	5:53.91				7:44.49	7:03.69	6:37.54	6:26.78	6:22.33	6:19.45

QT = Qualifying Time, UCT = Upper Cut Off Time. All entry times must be between the QT and the UCT

Only swimmers who have not obtained a Swim Wales Age Group or Youth Qualifying Time in the events highlighted in Yellow are eligible to enter these events.

The organisers reserve the right to return entries.



Tiger Bay Open Meet

Cardiff International Pool, Cardiff
9th April 11th April 2010

Short Course Qualifying and Upper Cut Off Times

	Boys									EVENT	Girls								
	9	10	11	12	13	14	15	16	17 & O		9	10	11	12	13	14	15	16 & O	
UCT	n/a	n/a	n/a	n/a	n/a	n/a	26.70	26.70	26.40	50m Freestyle	n/a	n/a	n/a	n/a	n/a	29.60	29.60	29.60	
QT	55.76	49.55	44.17	39.17	35.51	32.97	31.11	30.58	30.35		52.70	45.87	41.50	38.00	35.66	34.44	33.79	33.68	
UCT	1:18.50	1:18.50	1:06.80	1:06.80	1:00.70	1:00.70	58.10	58.10	57.40	100m Freestyle	1:34.90	1:11.70	1:11.70	1:05.70	1:05.70	1:04.20	1:04.20	1:03.80	
QT	2:08.76	1:47.93	1:35.00	1:23.62	1:15.53	1:10.87	1:07.73	1:06.89	1:06.03		2:01.31	1:39.56	1:28.68	1:21.12	1:16.24	1:13.96	1:13.27	1:12.87	
UCT	2:49.80	2:49.80	2:26.70	2:26.70	2:12.60	2:12.60	2:06.80	2:06.80	2:05.50	200m Freestyle	3:25.70	2:36.20	2:36.20	2:21.60	2:21.60	2:18.00	2:18.00	2:16.60	
QT	4:30.66	3:54.54	3:26.88	3:02.67	2:45.07	2:34.59	2:27.99	2:25.48	2:23.76		4:18.30	3:34.28	3:12.19	2:55.79	2:44.35	2:39.53	2:37.46	2:36.75	
UCT	5:58.00	5:58.00	5:05.50	5:05.50	4:40.50	4:40.50	4:27.00	4:27.00	4:25.90	400m Freestyle	7:11.80	5:25.60	5:25.60	4:56.30	4:56.30	4:49.10	4:49.10	4:46.90	
QT	9:45.36	8:13.60	7:12.03	6:23.87	5:48.38	5:25.90	5:13.19	5:08.88	5:06.19		9:02.99	7:29.75	6:40.28	6:05.92	5:43.31	5:33.84	5:30.52	5:28.53	
UCT			11:48.80	11:48.80	10:55.50	10:55.50	9:54.30	9:54.30	9:37.00	800m Freestyle				11:16.70	10:10.40	10:10.40	9:54.60	9:51.10	
QT			15:24.22	13:22.37	12:08.24	11:21.29	10:53.66	10:46.78	10:40.12					13:49.18	12:34.37	11:45.15	11:27.11	11:20.72	11:15.02
UCT			20:19.00	20:19.00	18:25.60	18:25.60	17:45.40	17:45.40	17:32.70	1500m Freestyle				21:41.10	19:35.20	19:35.20	20:18.00	20:18.00	
QT			29:45.95	25:22.59	23:01.94	21:34.03	20:39.42	20:28.37	20:12.85					26:33.62	24:09.89	22:35.32	22:00.68	21:48.40	21:37.44
UCT	n/a	n/a	n/a	n/a	n/a	n/a	34.10	34.10	33.30	50m Breaststroke	n/a	n/a	n/a	n/a	n/a	37.20	37.20	37.00	
QT	1:13.25	1:04.67	57.14	49.91	44.76	41.68	39.40	38.95	38.13		1:09.68	58.89	53.19	48.18	45.01	43.25	42.52	42.39	
UCT	1:42.90	1:42.90	1:25.50	1:25.50	1:16.70	1:16.70	1:13.50	1:13.50	1:12.70	100m Breaststroke	2:02.20	1:31.70	1:31.70	1:22.50	1:22.50	1:20.50	1:20.50	1:20.30	
QT	2:46.20	2:19.18	2:01.66	1:46.70	1:35.67	1:29.18	1:25.51	1:23.93	1:22.63		2:37.29	2:07.47	1:53.36	1:42.28	1:35.25	1:32.58	1:31.84	1:31.26	
UCT	3:41.30	3:41.30	3:06.60	3:06.60	2:45.90	2:45.90	2:39.20	2:39.20	2:37.60	200m Breaststroke	4:20.70	3:17.90	3:17.90	2:57.90	2:57.90	2:53.70	2:53.70	2:53.10	
QT	5:42.12	4:59.19	4:23.71	3:51.69	3:28.15	3:13.04	3:04.82	3:02.94	2:59.50		5:25.77	4:31.79	4:02.95	3:40.50	3:25.08	3:18.52	3:16.63	3:16.78	
UCT	n/a	n/a	n/a	n/a	n/a	n/a	29.20	29.20	28.60	50m Butterfly	n/a	n/a	n/a	n/a	n/a	32.10	32.10	31.90	
QT	1:03.99	54.77	48.79	42.94	38.70	35.96	33.90	33.49	32.79		58.99	50.67	45.45	41.55	38.55	37.39	36.64	36.31	
UCT	1:29.40	1:29.40	1:14.90	1:14.90	1:06.60	1:06.60	1:03.40	1:03.40	1:02.70	100m Butterfly	1:42.20	1:20.40	1:20.40	1:12.70	1:12.70	1:10.50	1:10.50	1:10.20	
QT	2:23.23	2:01.02	1:45.45	1:32.65	1:23.25	1:17.15	1:13.60	1:12.61	1:11.54		2:10.76	1:52.21	1:38.36	1:29.22	1:23.19	1:21.08	1:19.89	1:19.44	
UCT	3:26.40	3:26.40	2:46.50	2:46.50	2:27.40	2:27.40	2:20.00	2:20.00	2:19.20	200m Butterfly	3:44.60	3:00.10	3:00.10	2:39.10	2:39.10	2:34.20	2:34.20	2:33.40	
QT	5:19.12	4:29.68	3:53.31	3:25.24	3:04.54	2:51.23	2:43.15	2:41.12	2:39.30		4:47.44	4:08.26	3:36.59	3:16.63	3:02.65	2:57.01	2:55.44	2:53.92	
UCT	n/a	n/a	n/a	n/a	n/a	n/a	31.40	31.40	30.90	50m Backstroke	n/a	n/a	n/a	n/a	n/a	34.30	34.30	34.10	
QT	1:05.73	58.16	51.85	45.85	41.37	38.32	36.48	35.91	35.31		1:02.40	53.34	48.39	44.24	41.55	40.04	39.18	39.06	
UCT	1:31.10	1:31.10	1:16.80	1:16.80	1:08.90	1:08.90	1:06.00	1:06.00	1:05.50	100m Backstroke	1:52.80	1:22.00	1:22.00	1:15.00	1:15.00	1:12.50	1:12.50	1:12.10	
QT	2:24.36	2:03.85	1:48.87	1:35.65	1:26.16	1:19.94	1:16.53	1:15.58	1:14.96		2:20.29	1:53.54	1:41.23	1:31.87	1:26.43	1:23.81	1:22.76	1:22.37	
UCT	3:13.90	3:13.90	2:45.10	2:45.10	2:28.70	2:28.70	2:22.10	2:22.10	2:21.60	200m Backstroke	3:58.40	2:56.00	2:56.00	2:40.60	2:40.60	2:34.60	2:34.60	2:33.20	
QT	5:01.23	4:24.12	3:53.05	3:25.60	3:05.57	2:52.99	2:45.23	2:42.93	2:41.11		4:48.76	3:59.77	3:35.19	3:16.00	3:04.22	2:58.94	2:56.27	2:54.91	
UCT	3:14.20	3:14.20	2:45.80	2:45.80	2:30.10	2:30.10	2:23.60	2:23.60	2:22.20	200m I/M	3:56.80	2:56.30	2:56.30	2:41.10	2:41.10	2:36.60	2:36.60	2:35.60	
QT	5:07.90	4:27.04	3:54.82	3:27.54	3:07.25	2:54.80	2:47.39	2:44.64	2:42.55		4:52.78	4:02.97	3:37.87	3:18.12	3:06.24	3:00.83	2:58.44	2:57.35	
UCT			5:53.80	5:53.80	5:19.70	5:19.70	5:05.20	5:05.20	5:04.30	400m I/M				6:19.50	5:40.40	5:40.40	5:29.90	5:29.90	
QT			8:17.96	7:19.85	6:37.61	6:10.91	5:55.86	5:51.18	5:47.51					7:38.09	6:57.29	6:31.14	6:20.38	6:15.93	6:13.05

QT = Qualifying Time, UCT = Upper Cut Off Time. All entry times must be between the QT and the UCT

Only swimmers who have not obtained a Swim Wales Age Group or Youth Qualifying Time in the events highlighted in Yellow are eligible to enter these events.

The organisers reserve the right to return entries.