



NOFIO CYMRU
SWIM WALES

Swim Wales

2008

**WELSH NATIONAL
AGE GROUP & YOUTH
CHAMPIONSHIPS**

(under Swim Wales Laws)

Thursday 20th – Monday 24th March

(All session times to be confirmed)

WALES NATIONAL POOL SWANSEA

EVENT INFORMATION & ENTRY FORMS

Championship Information & Conditions

WELSH NATIONAL AGE GROUP & YOUTH CHAMPIONSHIPS

20th – 24th March 2008 – Wales National Pool, Swansea

Only competitors who are Welsh qualified and registered with Swim Wales may enter the Age Group Section.

The Welsh National Championships are split into Age Group & Youth Sections.

The Age Group Section is a **CLOSED** event

The Youth Section is an **OPEN** event.

THE VENUE

Wales National Pool Swansea
Sketty Lane
Swansea
SA2 8QG

ACCOMMODATION

Information regarding accommodation in Swansea is available on www.swansea.gov.uk

CLOSING DATE FOR ENTRIES

Monday 18th February 2008

ENTRIES

Entries produced from Hy-Tek's Team Manager or Team Manager Lite software as electronic entries provided on a floppy disc, CD or as an e-mail attachment are preferable. Please supply the Hy-Tek Meet Summary with payment (entry forms to be kept with the club). No entries will be processed until the correct payment is received and this must be by the closing date as stated above.

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

The Event entry file and further information on electronic entry is available at www.welshasa.co.uk Electronic entries are to be e-mailed to secretary@welshasa.co.uk

Paper entry forms must be completed in full and returned together with the relevant entry fee to the Swim Wales Office, Wales National Pool, Sketty Lane, Swansea, SA2 8QG.

It is strongly recommended that you return your entries by RECORDED DELIVERY to ensure receipt. Cheques should be made payable to Swim Wales "and crossed"

Entries will be rejected for the following reasons:

- They are received without the relevant fee,
- Incorrectly completed
- Improved entries
- Received after 5.00pm at the closing date of 18th February 2008 and not sent recorded delivery prior to this date.

NB: Swim Wales may request validation of any stated entry time and reserve the right to return entries if the meet is oversubscribed.

- For females aged 15 & Under and males aged 16 & Under: Entry for the 100m Breaststroke, Backstroke and Freestyle Events are dependent on QUALIFYING AND SWIMMING the 200m Event in that particular stroke. Anyone who does not swim the 200m event will automatically be removed from the 100m event
- For females aged 15 & Under and males aged 16 & Under: Entry for the 200m Butterfly is EITHER through the qualifying time for the event or through qualifying and swimming the 100m Butterfly regardless of the 200m time
- Entry for the Youth 50m Freestyle. Girls 14/15 Boys 15/16 is through QUALIFYING AND SWIMMING the 200m & 100m Freestyle

ONLY ENTRANTS WHO INCLUDE A S.A.E WILL RECEIVE MEET INFORMATION. MEET INFORMATION CAN BE FOUND ON: www.welshasa.co.uk SITE.

NB: THERE WILL BE NO CARDS FOR THIS COMPETITION.

ENTRY FEES

Individual events: £8 per event OR £7 per event if submitted electronically using Hy-tek Team Manager or TM Lite, which can be obtained from our website.

Team events: £15 per relay event OR £13 per relay event If submitted electronically using Hy-tek Team Manager or TM Lite, which can be obtained from our website.

AGE GROUPS

Age groups for individual events are as follows:

Age as at last day of meet	
Age Groups (Closed Event)	Youth (Open Event)
Boys	Boys
12 years & Under	15/16 years
13/14 years	17/18 years
Girls	Girls
11 years & Under	14/15 years
12/13 years	16/17 years

Age groups for Relay events are as follows:

Age as at midnight of last day of ASA National Age Championships 2008	Age as at midnight of last day of ASA Youth National Championships 2008
PLEASE CHECK BRITISH SWIMMING WEBSITE FOR DATES	PLEASE CHECK BRITISH SWIMMING WEBSITE FOR DATES
Age Groups (Closed Event)	Youth (Open Event)
Boys	Boys
11 - 14 years	15 - 18 years
Girls	Girls
11 - 13 years	14 - 17 years

RELAYS

- Relay teams must **only** include swimmers who will be eligible to represent the team at the ASA Nationals.
- This year the ASA National Age Group Championships will include a 4 x 200m Freestyle relay.
- The Welsh National Age Group & Youth Championships will act as a qualifying round for invitation to the ASA National Championships
- The twenty fastest teams from England, Scotland and Wales will be invited to swim in the ASA Championships, except for the 4 x 100 Freestyle and Medley Age Group teams, where the fastest thirty teams will be invited to swim.

HEATS

- Qualifying and Consideration times will be in force for this meet. Please see enclosed time standards for further information
- Short Course times will be converted to long course times using Hy-tek Meet Manager software. Please **DO NOT** manually convert short course times.
- Please clearly indicate on the entry forms whether submitted times are long course or short course.
- Heats: Both Age groups will swim together in the heats (e.g. Boys 14yrs & Under)
- In non Heat Declared Winner Events the fastest three heats (maximum of 24 swimmers) will be cyclically seeded. These heats will be swum fast to slow.
- The remaining heats will be swum before the cyclically seeded heats slow to fast.
- Heat declared winner events will be swum slow to fast, with the fastest heat being swum in the finals session.

FINALS

- B finals shall be swum before A Finals
- B finals will only take place if at least 12 competitors enter the event in each age band.
- The 400m, 800m & 1500m events are Heat Declared Winner events with the fastest heat being swum in the final session.
- Only swimmers who compete in an A Final can qualify to receive an award.

AGE GROUP FINALS:

- **100m Finals:** The fastest six (6) swimmers will go through to the A Final in each Age Band (e.g. boys 12 years & Under = 1 Age Band)
- A further six (6) swimmers will go through to the B Final in each Age Band.
- **200m Finals:** The fastest four (4) swimmers will go through to the A Final in each Age Band.
- A further eight (8) swimmers will go through to the B final in each Age Band

YOUTH FINALS:

- **50/100m Finals:** The fastest six (6) Welsh Qualified Swimmers will go through to the A Final in each Age Band (e.g. boys 15/16 years = 1 Age Band).
- Non Welsh Qualified Swimmers may only swim in a final if they are ranked in the top six (6) from the heats, a maximum of two (2) spaces will be added using this method.
- A further six (6) Welsh Qualified Swimmers will go through to the B Final in each Age Band (B Finals are exclusive to Welsh Qualified Swimmers.)
- **200m Finals:** The fastest four (4) Welsh Qualified Swimmers will go through to the A Final in each Age Band.
- Non Welsh Qualified Swimmers may only swim in a final if they are ranked in the top four (4) from the heats, a maximum of four (4) spaces will be added using this method.
- A further eight (8) Welsh Qualified Swimmers will go through to the B final in each Age Band. (B Finals are exclusive to Welsh Qualified Swimmers.)

WITHDRAWALS FROM FINALS:

- Up to 4 reserves may be included in a final
- The seeding of finals will take place after the withdrawal deadline (20 minutes after the end of the heats session).
- Re-seeding will not take place.
- Any withdrawals from an A Final after the withdrawal deadline will be swum with an empty lane
- Reserves must go to the marshalling area in the event of a no show in the B Final.
- Any competitor not appearing or withdrawing from a final preventing a reserve from taking part (except in the case of genuine illness or of a proven emergency) shall be fined for an inappropriate withdrawal and may be suspended immediately from all events at the Meet.

PRIZES

- No medals will be awarded to swimmers who do not achieve the event qualifying time.
- All medallists must present themselves at the presentation area immediately following their swim or when called for by the announcer
- All medallists must be appropriately dressed immediately following their swim.
- Non attendance by a swimmer or deputy for a presentation will result in the swimmer forfeiting his/her award.

AGE GROUP

- Medals will be awarded to the fastest 3 swimmers in the A Final.
- Medals will be awarded to fastest 3 swimmers in all HDW events in each age band.

YOUTH

- Medals will be awarded to the fastest 3 Welsh Qualified Swimmers in the A Final. Non-Welsh Qualified Swimmers will be presented with a commemorative medal if they are placed within the top three.
- Medals will be awarded to fastest 3 Welsh Qualified Swimmers in all HDW events in each age band. Non-Welsh Qualified Swimmers will be presented with a commemorative medal if they are placed within the top three.

DOPING CONTROL

Swimmers are warned that random doping control may take place during this Meet.

SPECTATORS

Admission charges

- £3.00 per session
- £7.00 per day
- £30.00 per weekend pass.
- Children Under 16 / Senior Citizens - reduced rates

Programmes will also be available for purchase

The seating at the WNP Swansea is arranged in rows that lead directly onto the pool deck. The first 5 rows are reserved for swimmers, coaches and team managers. ***Spectators will not be allowed into this area.*** Swimmers must make themselves available for marshalling as soon as advised by the public address system. Unless moving to marshalling, from swim down or following the completion of an event swimmers, coaches and team managers are requested to remain in their seats and not stand on the pool deck. A clockwise one way system will be in operation on the pool deck in order to keep the poolside area as free as possible.

The spectator area must be cleared at the end of each session.

IMPORTANT – COACHES/CHAPERONE PASSES

All Coaches and Chaperones must have relevant accreditation. Applications for coaches/chaperones passes must be made on the official form enclosed in this pack. Coaches, chaperones and support staff must be registered members of Scottish Swimming/Swim Wales/ or the ASA and be registered on their home country's child protection database. No access will be granted to the Changing Village or Poolside without a pass. Passes will be restricted to 1 per 10 swimmers up to a maximum of 4 per club

**PLEASE BE AWARE THE CLOSING DATE FOR PASSES WILL BE 18th February 2008. APPLICATIONS RECEIVED AFTER THIS DATE WILL BE REJECTED.
PASSES WILL NOT BE ISSUED DURING THE MEET UNDER ANY CIRCUMSTANCES.**

SWIM SHOP

A swim shop will be available at the Wales National Pool during the meet.

CAR PARKING

A total of 250 car parking spaces including 21 disabled places and 3 coach bays are provided at the Wales National Pool. This is a pay and display car park.

REFRESHMENTS

There is a cafe area serving refreshments for swimmers and spectators throughout the weekend. Refreshments may not be taken onto the poolside. There are also vending machines available for drinks.

SMOKING

Swim Wales has been asked by WNP Ltd to inform everyone using the facility that the complete complex, including the car park, is designated as a non smoking area. Chewing gum is also banned.

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.

Passes can be obtained (free of charge) from the entry desk upon proof of identity. You will be issued with a tag for your photographic equipment and this must remain attached within the WNP area. Equipment being used without a pass will be removed. The records of camera use will be retained by Swim Wales.

MOBILE PHONES

We ask that everyone refrains from using mobile phones in the pool hall and changing village.

MEET OFFICE

A Meet Office will be open for the duration of the meet and can be contacted on 01792 – 513636

Additional entry forms can be found on www.welshasa.co.uk

Swim Wales

Swim Wales Championships/ Meet General Conditions

- SW01** **General Conditions**
- 01.01** Swim Wales Organisers reserve full power over Swim Wales Championships/Meets. (hereafter referred to as Meet(s))
- 01.02** The Meet will be swum under FINA & Swim Wales Technical Rules, Swim Wales Rules, Disciplinary Code and any additional Conditions (printed in the respective Meet information).
- 01.03** Entries may only be accepted from:
- 01.03.01** competitors registered as members of Swim Wales (WASA Ltd) Scottish ASA (SASA) or English ASA (ASA) or
- 01.03.02** competitors from one of the Countries affiliated to FINA.
- 01.03.03** In Closed Events, swimmers must be Welsh Qualified i.e.
- a) born in Wales or
- b) have a Welsh born parent or Grandparent or
- c) have been resident in Wales for 1 year prior to the date of the competition
- d) be a member of Swim Wales (WASA Ltd)
- 01.04** A competitor must
- 01.04.01** be a registered member of the club in whose name they are entered. (including relay events)
- 01.04.02** In Welsh events swimmers must declare the club that they wish to be ranked with, failing that the club that holds their registration will be shown as the ranked club
- 01.04.03** A competitor must have been a registered member of the Club in whose name he is entered at least 30 days prior to the first day of the Meet, otherwise he/she must enter as Unattached.
- 01.04.04** A competitor resident outside Wales, may only represent a Welsh Club if dual registered.
- 01.05** Where there are insufficient competitors in an event to necessitate heats, heats will be swum to determine the allocation of lanes for the semi-final and final. A competitor must achieve the entry qualifying time in the heats in order to progress into the semi-final and in the semi-final to progress to the final.
All decisions made by the Meet Director will be final and binding.
- SW02** **The Events**
- 02.01** Events will be as designated for each Meet and will be published with the Meet Pack. Time trials will not be permitted.
- 02.02** Receipt of Entries
All entries shall be received in the Swim Wales Office by the relevant closing date, accompanied by the appropriate entry fee.
Competitors whose entries have been accepted will be expected to swim unless they have formally withdrawn in advance.
Competitors must comply with the withdrawal procedure as defined in clause 06.03 below.
- 02.03** Individual Events
Entry Times may vary with each Meet and will be published with the Meet Pack.
All Competitors must have equalled or bettered the entry time in a **Licensed Meet** or in a competition approved by the Organisers.
The Organisers may request validation of any stated entry time.
- 02.04** Team Events
Clubs may enter more than one team in each Age Group, Male and Female in each event. If more than one team is entered the swimmers can ONLY swim for the one team and cannot substitute in any other club team qualifying for semi

finals or final The Fastest team will be used for the ASA Team Championship qualifier.

02.04.01 Relay Forms must be submitted by the start of the warm-up for the session in which the event takes place. Failure to do so may result in the disqualification of the team.

02.04.02 Swimmers names must be submitted in the swimmer order.

SW03 Trophies and Medals

03.01 Placing of competitors, in clause 01.03 shall be determined, firstly, from performances in the finals, followed by performances in the semi-finals, followed by heat times and placing. (If indicated)

03.02 Perpetual Trophies, as appropriate, will be presented to the Champions who shall be members as in clause 01.03.

03.03 Medals / Prizes shall be awarded as shown on the Meet Information Sheet. Failure of a swimmer or deputy to attend the appropriate presentation will result in the swimmer forfeiting his/her award.

SW04 Officials

Technical Officials shall be selected from lists approved by Swim Wales (WASA Ltd), ASA and SASA and when initiated the Officials Licensing system maintained by British Swimming.

SW05 Doping Control

Competitors taking part in the Meet may be subject to random doping control. Competitors are required to bring with them either a passport or other form of identity incorporating their photograph.

SW06 Meet Procedure

06.01 Heats

The placing of competitors in heats will be given in the Meet Information

06.02 Finals

(Please note this may vary with different Competitions- see Meet Information)

In the finals, the maximum number of places practicable shall be allocated up to a total of eight competitors. When the programme of events includes semi-finals and finals the following shall apply: -

06.02.01 Semi-finalists shall be cyclically seeded from the results of the heats.

06.02.02 Finalists shall be allocated lanes using the spearhead principle from the results of the semi-finals.

06.02.03 In the 800 & 1500m events the fastest eight Competitors shall go forward to the final heat which shall be swum in the finals session.

06.02.04 The fastest heat of HDW events will be spearheaded.

06.03 Withdrawals Procedure - Individuals

All withdrawals must be notified to the Meet office.

06.03.01 The Meet office must be informed of any withdrawals no later than 5.00pm on the day before competition.

06.03.02 Under exceptional circumstances only, withdrawals on the day of the Championship event may be accepted. However, these must be notified to the Meet Office on the relevant form.

06.03.03 Competitors failing to comply with the above shall be fined £10 for each inappropriate withdrawal.

06.03.04 Competitors wishing to withdraw from a semi-final or a final must inform the Meet Office (or Withdrawals Table if applicable) in writing on the relevant form immediately after the list of semi-finalists or finalists has been published or announced but within 20 minutes of the end of the session

06.03.05 Competitors who fail to appear for finals or the final heat of a Heat Declared Winner event will be fined and may be subject to further disciplinary action.

06.03.06 Any competitor withdrawing from a semi-final or a final preventing a reserve from taking part (except in the case of genuine illness or of a proven emergency) shall be fined as an inappropriate withdrawal and may be suspended immediately from all events at the Meet.

Where a reserve is brought in, the reserve shall occupy the vacant lane and there will be no amendments made to the allocation of other lanes.

06.04 Start Sheets

Start sheets will be prepared after the withdrawal deadline each day and will be available on the morning of the event.

06.05 Marshalling

It is the responsibility of the swimmer to report to the marshalling area in plenty of time before the event.

06.06 Presentations

The Meet Director may decide to carry out presentations during the finals session. Competitors must report to the Presentation Marshall immediately after completion of their final. **Appropriate clothing, i.e. full tracksuit and training shoes must be worn for the presentation.** (Awards may not be presented if inappropriately dressed)

SW07 Other conditions

07.01 Starts

Over the top starts will, where necessary or appropriate, be used during Meets (except in the backstroke events).

07.02 Competitors' passes.

No competitors passes will be issued but all swimmers are asked to ensure that they have their membership card with them. Checks on these will take place throughout the Meet.

07.03 Coaches/Chaperones

All Coaches and Chaperones must have relevant accreditation. Applications for coaches/chaperones passes must be made on the official form enclosed in the information pack. All coaches chaperones and support staff must be a registered member of SASA/Swim Wales/ or the ASA and be registered on their home country's Child Protection Database.

Please note the closing date for coaches/chaperones passes will be the same as the closing date for entries for the Meet. Applications received after this date will be rejected.

SW08 Safety

All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

SW09 TV, Video or Close Range Photography

When the competition involves young persons under the age of 18 years it shall be a requirement that staff shall be appointed at the entrance control to register details of any persons wishing to engage in any video, zoom or close range photography whether by camera, video or mobile phone.

Proof of identity will be required to register your photographic equipment for use at this event e.g. Driving Licence



WELSH NATIONAL AGE GROUP & YOUTH CHAMPIONSHIPS 2008



LONG COURSE TIME STANDARDS

QT/ CT	GIRLS				EVENT	BOYS				QT/ CT
	11 & Under	12/13 YRS	14/15 YRS	16/17 YRS		12 & Under	13/14 YRS	15/16 YRS	17/18 YRS	
QT			■	33.01	50m Freestyle			■	29.42	QT
CT				34.89						32.14
QT	*	*	*	01:08.50	100m Freestyle	*	*	*	01:03.14	QT
CT				01:11.90						01:06.90
QT	02:50:60	02:35:66	02:29.37	02:28.37	200m Freestyle	02:54:16	02:28:61	02:21.12	02:18.67	QT
CT	02:56:51	02:40:24	02:35.66	02:35.66			03:01:55	02:33:39	02:27.47	02:26.91
QT	05:57:32	05:26:04	05:12.85	05:10.77	400m Freestyle	06:07:76	05:13:80	04:57.99	04:52.82	QT
CT	06:09:70	05:35:63	05:26.04	05:26.04			06:23:37	05:23:91	05:11.40	05:10.22
QT	12:21.49	11:14.92	10:38.41	10:34.16	800m Freestyle	13:02.84	11:04.75	10:21.47	10.05.01	QT
CT	12:34.42	11:46.07	11:05.32	11:05.32			13:55.59	11:38.59	10:49.44	10.41.85
QT	23:39.57	21:32.13	20:22.23	20.08.05	1500m Freestyle	24:50.21	21:05.42	19:43.03	19:22.52	QT
CT	24:03.33	22:31.77	21:13.75	21.00.00			26:30.64	22:09.84	20:36.28	20:31.60
QT	*	*	*	01:16.45	100m Backstroke	*	*	*	01:10.68	QT
CT				01:20.21						01:14.88
QT	03:06:74	02:50:39	02:43.50	02:42.41	200m Backstroke	03:12::11	02:43:92	02:35.66	02:32.96	QT
CT	03:13:21	02:55:40	02:50.39	02:50.39			03:20:26	02:49:20	02:42.67	02:42.05
QT	*	*	*	01:25.12	100m Breaststroke	*	*	*	01:19.18	QT
CT				01:29.40						01:23.89
QT	03:37.30	03:17.27	03:06.38	03:02.66	200m Breaststroke	03:44.53	03:09.70	02:57.05	02:51.50	QT
CT	03:54.15	03:30.02	03:17.27	03:11.63			04:05.89	03:23.31	03:08.18	03:01.69
QT	01:27.02	01:19.00	01:14.64	01:13.15	100m Butterfly	01:29.21	01:15.37	01:10.34	01:08.14	QT
CT	01:33.77	01:24.11	01:19.00	01:16.74			01:37.69	01:20.77	01:14.76	01:12.19
QT	03:10.80	02:53.22	02:43.66	02:40.39	200m Butterfly ♦	03:17.63	02:46.98	02:35.84	02:30.96	QT
CT	03:25.60	03:04.41	02:53.22	02:48.77			03:36.43	02:58.95	02:45.63	02:39.93
QT	03:11:04	02:54:32	02:47.27	02:46.15	200m Ind. Medley	03:15:88	02:47:13	02:38.71	02:35.96	QT
CT	03:17:66	02:59:45	02:54.32	02:54.32			03:24:19	02:52:52	02:45.86	02:45.23
QT	06:41:17	06:06:06	05:51.25	05:48.91	400m Ind. Medley	06:55:18	05:54:26	05:36.42	05:30.81	QT
CT	06:55:08	06:16:83	06:06.06	06:06.06			07:12:80	06:05:67	05:51.56	05:50.23

QT = Qualifying Time

CT = Consideration Time

* = Entry for the 100m Event is dependent on QUALIFYING AND SWIMMING the 200m Event in that particular stroke. Anyone who does not swim the 200m event will automatically be removed from the 100m event

♦ = Entry for the 200m Butterfly is EITHER through the qualifying time for the event or through qualifying and swimming the 100m Butterfly regardless of the 200m time

■ = Entry for the Youth 50m Freestyle. Girls 14/15 Boys 15/16 is through QUALIFYING AND SWIMMING the 200m & 100m Freestyle

The organisers reserve the right to return entries



WELSH NATIONAL AGE GROUP & YOUTH CHAMPIONSHIPS 2008



SHORT COURSE TIME STANDARDS

QT/ CT	GIRLS				EVENT	BOYS				QT/ CT
	11 & Under	12/13 YRS	14/15 YRS	16/17 YRS		12 & Under	13/14 YRS	15/16 YRS	17/18 YRS	
QT			■	32.36	50m Freestyle			■	28.84	QT
CT				34.21						31.51
QT	*	*	*	01:07.16	100m Freestyle	*	*	*	01:01.90	QT
CT				01:10.49						01:05.59
QT	2.47.52	2.32.61	2.26.44	02:25.46	200m Freestyle	2.50.75	2.25.70	2.18.35	02:15.95	QT
CT	2.53.05	2.37.10	2.32.61	02:35.66		2.57.99	2.30.38	2.24.58	02:24.03	CT
QT	5.50.31	5.19.65	5.06.72	05:04.68	400m Freestyle	6.00.55	5.23.71	4.52.15	04:47.08	QT
CT	6.02.45	5.29.05	5.19.65	05:19.65		6.15.85	5.17.56	5.05.29	05:04.14	CT
QT	12.06.95	11.01.69	10.25.89	10:21.73	800m Freestyle	12.47.49	10.51.72	10.09.28	9.53.15	QT
CT	12.19.63	11.32.23	10.52.27	10:52.27		13.39.21	11.24.89	10.36.71	10.29.26	CT
QT	23.11.73	21.06.79	19.58.26	19.44.36	1500m Freestyle	24.20.99	20.40.61	19.19.83	18:59.73	QT
CT	23.35.03	22.05.26	20.48.78	20.35.29		25.59.45	21.43.77	20.12.04	20:07.45	CT
QT	*	*	*	01:14.95	100m Backstroke	*	*	*	01:09.29	QT
CT				01:18.64						01:13.41
QT	3.03.08	2.47.05	2.40.29	02:39.23	200m Backstroke	3.08.34	2.40.71	2.32.61	02:29.96	QT
CT	3.09.42	2.51.96	2.47.05	02:47.05		3.16.33	2.45.88	2.39.48	02:38.87	CT
QT	*	*	*	01:23.45	100m Breaststroke	*	*	*	01:17.63	QT
CT				01:27.65						01:22.24
QT	03:33.04	03:13.40	03:02.73	02:59.08	200m Breaststroke	03:40.13	03:05.98	02:53.58	02:48.14	QT
CT	03:49.56	03:25.90	03:13.40	03:07.87		04:01.07	03:19.32	03:04.49	02:58.13	CT
QT	01:25.31	01:17.45	01:13.18	01:11.72	100m Butterfly	01:27.46	01:13.89	01:08.96	01:06.80	QT
CT	01:31.93	01:22.46	01:17.45	01:15.24		01:35.77	01:19.19	01:13.29	01:10.77	CT
QT	03:07.06	02:49.82	02:40.45	02:37.24	200m Butterfly ♦	03:13.75	02:43.71	02:32.78	02:28.00	QT
CT	03:21.57	03:00.79	02:49.82	02:45.46		03:32.19	02:55.44	02:42.38	02:36.79	CT
QT	3.07.29	2.50.90	2.43.99	02:42.89	200m Ind. Medley	3.12.04	2.43.85	2.35.60	02:32.90	QT
CT	3.13.78	2.55.93	2.50.90	02:50.90		3.20.19	2.49.14	2.42.61	02:41.99	CT
QT	6.33.30	5.58.88	5.44.36	05:42.07	400m Ind. Medley	6.47.04	5.47.31	5.29.82	05:24.32	QT
CT	6.46.94	6.09.44	5.58.88	05:58.88		7.04.31	5.59.48	5.44.67	05:43.36	CT

QT = Qualifying Time

CT = Consideration Time

* = Entry for the 100m Event is dependent on QUALIFYING AND SWIMMING the 200m Event in that particular stroke. Anyone who does not swim the 200m event will automatically be removed from the 100m event

♦ = Entry for the 200m Butterfly is EITHER through the qualifying time for the event or through qualifying and swimming the 100m Butterfly regardless of the 200m time

■ = Entry for the Youth 50m Freestyle. Girls 14/15 Boys 15/16 is through QUALIFYING AND SWIMMING the 200m & 100m Freestyle

The organisers reserve the right to return entries

Whilst it is understood that completing biographical details can be tedious. Up to date biographies are always valuable for use by commentators and media.

We would be grateful if you choose to complete this form and that you enter the date completed on the top of the form. We will then retain the forms for future use and only replace them when you send in a new updated form. Please therefore enclose as a separate piece of paper and not on the back of an entry form.

BIOGRAPHICAL DETAILS

DATE COMPLETED.....

FAMILY NAME: FIRST NAME:

CLUB/FEDERATION:

DATE OF BIRTH: HEIGHT: WEIGHT:

NAME & ADDRESS OF COACH:

.....
.....

ACHIEVEMENTS

International (inc Squad Member, Title of Event, Year, Distance, Stroke, Time etc)

.....
.....
.....
.....

National (inc Title of Event, Year, Distance, Stroke, Time etc)

.....
.....
.....
.....

District Regional (inc Title of Event, Year, Distance, Stroke, Time etc)

.....
.....
.....

BEST TIMES:

Stroke

Distance

Time

(Please state whether SC or LC)

.....
.....
.....
.....
.....

HOBBIES:

.....
.....



SWIM WALES

Wales National Pool Swansea, Sketty Lane, Swansea, SA2 8QG
Tel: +44 (0)1792 513636 Fax: +44 (0)1792 513637

SWIM WALES AGE GROUP/YOUTH CHAMPIONSHIPS COACH/CHAPERONE PASS Thursday 20th – Monday 24th March 2008

INDIVIDUAL APPLICATION FORM

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

FULL NAME:
NAME OF CLUB:
POSITION e.g. Club Coach:.....
ADDRESS:.....
..... POST CODE:
TEL NO: FAX NO:.....
EMAIL:.....
SWIM WALES/SCOTTISH SWIMMING/ASA AFFILIATION NUMBER.....
CRB NUMBER:

The above named person is authorised 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 AFFILLIATED COUNTRY WILL BE ELIGIBLE FOR A COACHES PASS.

PLEASE SEND A CHEQUE FOR £10 (MADE PAYABLE TO SWIM WALES) AND A PASSPORT PHOTO (UNLESS A
PHOTO IS ALREADY LOGGED WITH SWIM WALES) FOR EACH PASS.

ONLY APPLICATIONS WITH A PHOTOGRAPH WILL BE ACCEPTED.

**NO PASSES WILL BE AVAILABLE ON THE DAY THEY MUST BE PURCHASED BEFOREHAND.
THERE WILL BE NO ACCESS TO THE POOLSIDE WITHOUT A COACHES PASS.**

PASSES WILL BE RESTRICTED TO A MAXIMUM OF 1 FEMALE AND 1 MALE PASS FOR UPTO 10 SWIMMERS.
ONE ADDITIONAL PASS WILL BE ALLOWED FOR EVERY ADDITIONAL 10 SWIMMERS UPTO A MAXIMUM OF 4 PER CLUB.

All completed forms to be returned to the **Swim Wales Office, Wales National Pool, Sketty Lane,
Swansea SA2 8QG**

CLOSING DATE: Monday 18th February 2008



WELSH NATIONAL AGE GROUPS & YOUTH CHAMPIONSHIPS

SCHEDULE OF EVENTS

Day 1 – Aprx 1pm start		Day 2		Day 3		Day 4		Day 5	
Session 1 Heats		Session 1 Heats		Session 1 Heats		Session 1 Heats		Session 1 Heats	
1	B 14&U 1500 F/s	5	B 14&U 200 Brst	19	B 14&U 100 Brst	33	B 14&U 100 Bk	49	B 15-18 100 Bk
2	G 14-17 1500 F/s	6	G 13&U 200 Brst	20	G 13&U 100 Brst	34	G 13&U 100 Bk	50	G 14-17 100 Bk
3	B 15-18 1500 F/s	7	B 15-18 200 Bk	21	B 15-18 100 F/S	35	B 15-18 200 Brst	51	B 14&U 100 F/S
4	G 13&U 1500 F/s	8	G 14-17 200 Bk	22	G 14-17 100 F/S	36	G 14-17 200 Brst	52	G 13&U 100 F/S
		9	B 14&U 100 Fly	23	B 14&U 200 Bk	37	B 14&U 200 F/S	53	B 15-18 100 Brst
		10	G 13&U 100 Fly	24	G 13&U 200 Bk	38	G 13&U 200 F/S	54	G 14-17 100 Brst
		11	B 15-18 200 F/S	25	B 15-18 100 Fly	39	B 15-18 200 Fly	55	B 14&U 200 Fly
		12	G 14-17 200 F/S	26	G 14-17 100 Fly	40	G 14-17 200 Fly	56	G 13&U 200 Fly
		13	B 14&U 200 IM	27	G 13&U 200 IM			57	B 15-18 200 IM
								58	G 14-17 200 IM
Session 2 – Fastest Ht of HDW Events		Session 2 HDW Fastest heat of ind events swum in the finals session		Session 2 HDW Fastest heat of ind events swum in the finals session		Session 2 HDW Fastest heat of ind events swum in the finals session		Session 2 HDW Fastest heat of ind events swum in the finals session	
1	B 14&U 1500 F/s	14	G 13&U 800 F/S	28	B 14&U 800 F/S	41	G 14-17 50 F/S	59	B 15-18 50 F/S
2	G 14-17 1500 F/s	15	B 14&U 400 F/S	29	G 13&U 400 F/S	42	B 15-18 400 F/S	60	G 14-17 400 F/S
3	B 15-18 1500 F/s	16	G 14-17 400 IM	30	B 15-18 400 IM	43	G 14-17 800 F/S	61	B 15-18 800 F/S
4	G 13&U 1500 F/s					44	B 14&U 400 IM	62	G 13&U 400 IM
		Relays - HDW		Relays - HDW		Relays - HDW		Relays - HDW	
		17	G 14-17 4x100 Med	31	G 11-13 4x100 F/S	45	B 15-18 4x200 F/S	63	B 15-18 4x100 F/S
		18	B 15-18 4x100 Med	32	B 11-14 4x100 F/S	46	G 14-17 4x 200 F/S	64	G 14-17 4x100 F/S
						47	G 11-13 4x100 Med	65	G 11-13 4x200 F/S
						48	B 11-14 4x100 Med	66	B 11-14 4x200 F/S
		Session 3 Finals All B Finals to be swum before A Finals		Session 3 Finals All B Finals to be swum before A Finals		Session 3 Finals All B Finals to be swum before A Finals		Session 3 Finals All B Finals to be swum before A Finals	
5	B 12&U 200 Brst	19	B 12&U 100 Brst	33	B 12&U 100 Bk	49	B 15/16 100 Bk		
5	B 13/14 200 Brst	19	B 13/14 100 Brst	33	B 13/14 100 Bk	49	B 17/18 100 Bk		
6	G 11&U 200 Brst	20	G 11&U 100 Brst	34	G 11&U 100 Bk	50	G 14/15 100 Bk		
6	G 12/13 200 Brst	20	G 12/13 100 Brst	34	G 12/13 100 Bk	50	G 16/17 100 Bk		
7	B 15/16 200 Bk	21	B 15/16 100 F/S	35	B 15/16 200 Brst	51	B 12&U 100 F/S		
7	B 17/18 200 Bk	21	B 17/18 100 F/S	35	B 17/18 200 Brst	51	B 13/14 100 F/S		
8	G 14/15 200 Bk	22	G 14/15 100 F/S	36	G 14/15 200 Brst	52	G 11&U 100 F/S		
8	G 16/17 200 Bk	22	G 16/17 100 F/S	36	G 16/17 200 Brst	52	G 12/13 100 F/S		
	Fstst ht B 14&U 400 F/S		Fstst ht B 14&U 800 F/S		Fstst ht B 15-18 400 F/S		53	B 15/16 100 Brst	
	Fstst ht G 13&U 800 F/S		Fstst ht G 13&U 400 F/S		41	G 14/15 50 F/S	53	B 17/18 100 Brst	
9	B 12&U 100 Fly	23	B 12&U 200 Bk	41	G 16/17 50 F/S	54	G 14/15 100 Brst		
9	B 13/14 100 Fly	23	B 13/14 200 Bk	37	B 12&U 200 F/S	54	G 16/17 100 Brst		
10	G 11&U 100 Fly	24	G 11&U 200 Bk	37	B 13/14 200 F/S	59	B 15/16 50 F/S		
10	G 12/13 100 Fly	24	G 12/13 200 Bk	38	G 11&U 200 F/S	59	B 17/18 50 F/S		
11	B 15/16 200 F/S	25	B 15/16 100 Fly	38	G 12/13 200 F/S	Fstst ht G 14-17 400 F/S			
11	B 17/18 200 F/S	25	B 17/18 100 Fly	39	B15/16 200 Fly	55	B 12&U 200 Fly		
12	G 14/15 200 F/S	26	G 14/15 100 Fly	39	B17/18 200 Fly	55	B 13/14 200 Fly		
12	G 16/17 200 F/S	26	G 16/17 100 Fly	40	G 14/15 200 Fly	56	G 11&U 200 Fly		
13	B 12&U 200 IM	27	G 11&U 200 IM	40	G 16/17 200 Fly	56	G 12/13 200 Fly		
13	B 13/14 200 IM	27	G 12/13 200 IM	Fstst ht B 14&U 400 IM		57	B 15/16 200 IM		
	Fstst ht G 14-17 400 IM		Fstst ht B 15-18 400 IM	Fstst ht G 14-17 800 F/S		57	B 17/18 200 IM		
						58	G 14/15 200 IM		
						58	G 16/17 200 IM		
							Fstst ht B 15-18 800 F/S		
							Fstst ht G 13&U 400 IM		



Welsh National Age Group & Youth Championships 2008

(under Swim Wales rules)

Thursday 20th – Monday 24th March 2008

Wales National Pool, Swansea



Entry Form

PLEASE COMPLETE IN BLOCK LETTERS

Surname _____		First Name _____		Initial _____		Male/Female _____	
Preferred First Name _____				International Country of Representation _____			
Date of Birth ____/____/____		Age on last day of meet _____		Club _____			
Email _____							
Address _____							
Postcode _____				Contact Number _____			
Only Entries that include a large S.A.E will receive meet information						Reg No: _____	
All championship information can be found at www.welshasa.co.uk							

Please send completed entries with cheques payable to Swim Wales to The Swim Wales Office, Wales National Pool, Sketty, Swansea, SA2 8QG.

Please see enclosed table for qualifying times.

CLOSING DATE FOR ENTRIES: Monday 18th February 2008

£8 or £7 electronically per event	Ev No	Date & Venue where time was achieved	LC	SC	Entry Time
50m Freestyle					
100m Freestyle					
200m Freestyle					
400m Freestyle					
800m Freestyle					
1500m Freestyle					
100m Backstroke					
200m Backstroke					
100m Breaststroke					
200m Breaststroke					
100m Butterfly					
200m Butterfly					
200m Ind. Medley					
400m Ind. Medley					

AGE GROUP: Girls 13&U, Boys 14&U	_____ of events @ £8/£7 Electronically Per Event	Total £ _____
YOUTH: Girls 14-17, Boys 15-18		

TO BE COMPLETED BY THE CLUB SECRETARY:

I confirm that this entrant has achieved the set qualifying times as published above.

Club Secretary Signature

TO BE COMPLETED BY THE COMPETITOR

I declare that the above particulars are correct and agree to abide by the conditions laid down by Swim Wales for this Championship. I accept that there will be no refund for incorrectly submitted entries.

Competitor Signature

TO BE COMPLETED BY THE CLUB COACH.

I declare that the above competitor has reached the standard of the ASA Competitive Start Award and is permitted to start with a shallow racing dive from the starting blocks into shallow water of between 0.9 metres and 1.5 metres. If you are unable to sign the above declaration the swimmer must start in the water - see Safety Guidelines for Competitive Swimming issued by Swim Wales.

Coach Signature

PARENT/GUARDIAN CONSENT FOR DOPING CONTROL & PHOTOGRPHY

Please complete if your child is under 18 on the first day of the meet I agree to my son/daughter/ward if selected being submitted to doping controls as approved by Swim Wales and to him/her submitting a sample of urine for analysis by the accredited laboratory. I confirm that I am a person having parental responsibility for in accordance with the Child Act 1989 and that I..... have read the Championship Information and Conditions particularly those relating to Health and Safety and that my son/daughter/ward will abide by those conditions. I further acknowledge that I have the read the rules relating to photography and I agree to accept these conditions.

Parent/Guardian Signature..... Date.....

Swim Wales Reserve the right to return entries if the meet is oversubscribed.

Name of Person to whom cheque is payable if entries are rejected:.....



Welsh National Age Group & Youth Championships 2008

(under Swim Wales rules)

Thursday 20th – Monday 24th March 2008

Wales National Pool, Swansea



Relay Entry Form

Please send completed entries with cheques payable to Swim Wales to The Swim Wales Office, Wales National Pool, Sketty, Swansea, SA2 8QG.

Please see enclosed table for qualifying times.

CLOSING DATE FOR ENTRIES: Monday 18th February 2008

PLEASE COMPLETE IN BLOCK LETTERS

CLUB..... CLUB COACH
EMAIL..... TEL

Please list competitors in the order they will swim. Please note it is your responsibility to notify the Swim Wales Office of any changes to the teams prior to the end of warm-up on the session the event will be swum.

- **Relay teams must only include swimmers who will be eligible to represent the team at the ASA Nationals.**
- This year the ASA National Age Group Championships will include a 4 x 200m Freestyle relay.
- The Welsh National Age & Youth Championships will act as a qualifying round for invitation to the ASA National Championships
- The twenty fastest teams from England, Scotland and Wales will be invited to swim in the ASA Championships, except for the 4 x 100 Freestyle and Medley Age Group teams, where the fastest thirty teams will be invited to swim.

AGES	GIRLS 4 X 100 MEDLEY	GIRLS 4 x 100 FREE	GIRLS 4 x 200 FREE
11 - 13 yrs (Closed)	Time:	Time:	Time:
	1	1	1
	2	2	2
	3	3	3
	4	4	4
	FEMALE 4 X 100 MEDLEY	FEMALE 4 X 100 FREE	FEMALE 4 X 200 FREE
14 - 17 yrs (Open)	Time:	Time:	Time:
	1	1	1
	2	2	2
	3	3	3
	4	4	4
AGES	BOYS 4 X 100 MEDLEY	BOYS 4 X 100 FREE	BOYS 4 x 200 FREE
11 - 14 yrs (Closed)	Time:	Time:	Time:
	1	1	1
	2	2	2
	3	3	3
	4	4	4
	MALE 4 X 100 MEDLEY	MALE 4 X 100 FREE	MALE 4 X 200 FREE
15 - 18 yrs (Open)	Time:	Time:	Time:
	1	1	1
	2	2	2
	3	3	3
	4	4	4

..... TEAMS at £15.00(£13.00 Electronically) per team - TOTAL £.....

TO BE COMPLETED BY THE CLUB COACH.

I declare that all the above competitors have reached the standard of the ASA Competitive Start Award and are permitted to start with a shallow racing dive from the starting blocks into shallow water of between 0.9 metres and 1.5 metres.

Signed.....

If you are unable to sign the above declaration in respect of any swimmer, that swimmer must start in the water - see Safety Guidelines for Competitive Swimming issued by Swim Wales