



# 2011 BRITISH GAS & SWIM WALES AGE GROUP & YOUTH CHAMPIONSHIPS

011SWN-004

(under FINA Technical Rules & Swim Wales Laws)

**Friday 22<sup>nd</sup> – Monday 25<sup>th</sup> April**  
(All session times to be confirmed)

**WALES NATIONAL POOL SWANSEA**

**EVENT & ENTRY INFORMATION**

# **Championship Information & Conditions**

## **Age Group & Youth Championships**

**22<sup>nd</sup> – 25<sup>th</sup> April 2011 – 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](http://www.swansea.gov.uk)

### **CLOSING DATE FOR ENTRIES**

Monday 14<sup>th</sup> March 2011

**All club entries must be sent together with one cheque to cover all payment**

**Only one file per club is permitted. No entries will be processed unless the correct payment is received by the closing date.**

**To ensure all course conversion factors are the same please follow these instructions:**

**Team Manager: Open the database. Use Set-up on the header bar/Course conversion/Under the SC meters to/from LC Meters turn factors place 0.02 in the box entitled Straight factor \_\_\_\_ Applied to all strokes.**

**All times within the database will automatically be converted as Long Course times. The Custom time box should not need to be used.**

**TM Lite: Enter any SC time with an 's' following the time.**

The following reports are required to accompany the entry file: Hy-Tek Meet entry sorted by name and Hy-Tek meet entry fee (located under the reports header/performance) along with the Meet Summary Sheet (in this entry pack).

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](http://www.welshasa.co.uk) Electronic entries are to be e-mailed to [events@welshasa.co.uk](mailto:events@welshasa.co.uk)

The meet reports & summary 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 by the closing date.

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 Monday 14<sup>th</sup> March 2011
- Relevant fees not received by 5.00pm on the closing date of Monday 14<sup>th</sup> March 2011

Entries may be rejected for the following reason:

- Application to officiate/volunteer form (located on [http://www.welshasa.co.uk/c\\_se\\_swimming.asp](http://www.welshasa.co.uk/c_se_swimming.asp)) is not forwarded to the Swim Wales Office by Monday 14<sup>th</sup> March 2011 (for clubs entering more than 4 swimmers).

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

**Entry Information will be posted on the [www.welshasa.co.uk](http://www.welshasa.co.uk) website and will be emailed to the addresses that completed the submitted entry**

### **ENTRY FEES**

Individual events: £8.00 per event

Team events: £15 per relay event

**NO PAPER ENTRIES WILL BE ACCEPTED**

### **AGE GROUPS**

Age groups for individual events are as follows:

	Age as at last day of meet	
<b>Age Groups (Closed Event)</b>		<b>Youth (Open Event)</b>
<b>Boys</b>		<b>Boys</b>
11-12 years		15/16 years
13/14 years		17 years & Over
<b>Girls</b>		<b>Girls</b>
10-11 years		14/15 years
12/13 years		16 years & Over

Age groups for Relay events are as follows:

Age as at midnight of last day of ASA National Age Championships 2011	Age as at midnight of last day of ASA Youth National Championships 2011
PLEASE CHECK BRITISH SWIMMING WEBSITE FOR DATES	PLEASE CHECK BRITISH SWIMMING WEBSITE FOR DATES
<b>Age Groups (Closed Event)</b>	<b>Youth (Open Event)</b>
<b>Boys</b>	<b>Boys</b>
11 - 14 years	15 - 18 years
<b>Girls</b>	<b>Girls</b>
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.
- The Welsh National Age Group & Youth Championships will act as a qualifying round for invitation to the ASA National Championships

### **HEATS**

- **Qualifying 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.
- Heats: Both Age groups will swim together in the heats (e.g. Boys 11-14years)
- 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. All heats will take place in the session

### **WITHDRAWALS FROM FINALS:**

- Up to 4 reserves may be included in a final
- The seeding of finals will take place after the withdrawal deadline (**10 minutes after the end of the heats session**).

- Re-seeding will not take place.
- Reserves **must** go to the marshalling/call room area and in the event of a no show in the allotted time they will be placed into the empty lane.
- 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 with an inappropriate withdrawal fee 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 for presentation.
- Non attendance by a swimmer for a presentation will result in the swimmer forfeiting his/her award, no substitutes are allowed to collect awards.
- Medals will be awarded to the fastest 3 swimmers in each age band

## **DOPING CONTROL**

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

## **SPECTATORS**

### **Admission charges**

- £4.00 per session Including free admission to finals session
- £7.00 per day
- £25.00 per weekend pass
- Reduced rates for children Under 16 / Senior Citizens

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 including Annual Passes.

**PLEASE BE AWARE THE CLOSING DATE FOR PASSES WILL BE Monday 14<sup>th</sup> March 2011. 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



- 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 **unless stated differently** in the Meet Pack.
- 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 10 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      Call Room  
It is the responsibility of the swimmers **and reserves** to report (READY TO SWIM) to the first call room for costume checks 20 minutes before the start time of their final, they will then proceed to the second call room where they will remain until the marshal indicates they are to proceed to the poolside. Once a swimmer has entered the 1<sup>st</sup> call room, coaches shall have no access to their swimmers until the final has been completed.  
Swimmers and reserves who do not comply with the above conditions will be treated as a withdrawal as in points 06.03.05/06  
PLEASE NOTE IF SWIMMERS DO NOT REPORT TO THE CALL ROOM AT THE APPOINTED TIME, THE REFEREE WILL BE INFORMED TO DECIDE WHETHER OR NOT THE SWIMMER WILL BE ALLOWED TO COMPETE.
- 06.07      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 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 Scottish Swimming/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.**
- 07.04      Presentations  
Presentations will only take place if time permits.

**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 License with photograph or Passport.

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)

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

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

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### BEST TIMES:

Stroke

Distance

Time

(Please state whether SC or LC)

<u>Stroke</u>	<u>Distance</u>	<u>Time</u>
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

### HOBBIES:

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## SWIM WALES

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

# BRITISH GAS SWIM WALES AGE GROUP/YOUTH CHAMPIONSHIPS COACH/CHAPERONE PASS

Friday 22<sup>nd</sup> – Monday 25<sup>th</sup> April 2011

*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 £15.00 (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 AND AUTHORISED BY THEIR CLUB 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 **Events Office, Swim Wales, Wales National Pool, Sketty Lane, Swansea SA2 8QG**

**CLOSING DATE: Monday 14<sup>th</sup> March 2011**



## WELSH NATIONAL AGE GROUP & YOUTH CHAMPIONSHIPS 2011

### SCHEDULE OF EVENTS

Friday 22 <sup>nd</sup> April Session 1		Saturday 23 <sup>rd</sup> April Session 4		Sunday 24 <sup>th</sup> April Session 7		Monday 25 <sup>th</sup> April Session 10	
1	B 11-14 200m Back	15	B 11-14 200m IM	33	B 15 & O 200 Brst	51	B 15 & O 50m Free
2	G 10-13 200m Back	16	G 10-13 200m IM	34	G 14 & O 200 Brst	52	G 14 & O 50m Free
3	B 15 & O 100m Brst	17	B 15 & O 100m Free	35	B 11-14 200m Fly	53	B 11-14 100m Brst
4	G 14 & O 100 Brst	18	G 14 & O 100 Free	36	G 10-13 200m Fly	54	G 10-13 100m Brst
5	B 11-14 100m Fly	19	B 11-14 100m Back	37	B 15 & O 100 Back	55	B 15 & O 200 Back
6	G 10-13 100m Fly	20	G 10-13 100m Back	38	G 14 & O 100 Back	56	G 14 & O 200 Back
7	B 15 & O 200 Free	21	B 15 & O 200m Fly	39	B 11-14 100m Free	57	B 11-14 200m Free
8	G 14 & O 200 Free	22	G 14 & O 200m Fly	40	G 10-13 100m Free	58	G 10-13 200m Free
		23	B 11-14 200m Brst	41	B 15 & O 200m IM	59	B 15 & O 100m Fly
		24	G 10-13 200m Brst	42	G 14 & O 200m IM	60	G 14 & O 100m Fly
Session 2 HDW		Session 5 HDW		Session 8 HDW		Session 11 HDW	
9	B 11-14 800m Free	25	B 15 & O 1500m F/s	43	B 11-14 1500m Free	61	B 15 & Over 800 F/s
10	G 10-13 800m Free	26	G 14 & O 1500m F/s	44	G 10-13 1500m F/s	62	G 14 & Over 800 F/s
11	B 15 & O 400m IM	27	B 11-14 400m Free	45	B 15 & Over 400 F/s	63	B 11-14 400m IM
12	G 14 & O 400m IM	28	G 10-13 400m Free	46	G 14 & Over 400 F/s	64	G 10-13 400m IM
13	B 11-14 800 F/s Rel	29	B 11-14 400 F/s Rel	47	B 15-18 400 Fr Rel	65	B 15-18 800 Fr Rel
14	G 11-13 800 F/s Rel	30	G 11-13 400 F/s Rel	48	G 14-17 400 Fr Rel	66	G 14-17 800 Fr Rel
		31	B 15-18 400 Med Rel	49	B 11-14 400 Med RI		
		32	G 14-17 400 Med RI	50	G 11-13 400 Med RI		
Session 3 Finals		Session 6 Finals		Session 9 Finals		Session 12 Finals	
B 11-12 200m Back		B 11-12 200m IM		B 15-16 200 Brst		B 15-16 50m Free	
B 13-14 200m Back		B 13-14 200m IM		B 17 & Over 200 Brst		B 17 & Over 50m Free	
G 10-11 200m Back		G 10-11 200m IM		G 14-15 200 Brst		G 14-15 50m Free	
G 12-13 200m Back		G 12-13 200m IM		G 16 & Over 200 Brst		G 16 & Over 50m Free	
B 15-16 100m Brst		B 15-16 100m Free		B 11-12 200m Fly		B 11-12 100m Brst	
B 17 & Over 100m Brst		B 17 & Over 100m Free		B 13-14 200m Fly		B 12-14 100m Brst	
G 14 -15 100 Brst		G 14-15 100 Free		G 10-11 200m Fly		G 10-11 100m Brst	
G 16 & Over 100 Brst		G 16 & Over 100 Free		G 12-13 200m Fly		G 12-13 100m Brst	
B 11-12 100m Fly		B 11-12 100m Back		B 15-16 100 Back		B 15-16 200 Back	
B 13-14 100m Fly		B 13-14 100m Back		B 17 & Over 100 Back		B 17 & Over 200 Back	
G 10-11 100m Fly		G 10-11 100m Back		G 13-14 100 Back		G 14-15 200 Back	
G 12-13 100m Fly		G 12-13 100m Back		G 15 & Over 100 Back		G 16 & Over 200 Back	
B 14-15 200 Free		B 15-16 200m Fly		B 11-12 100m Free		B 11-12 200m Free	
B 16 & Over 200 Free		B 17 & Over 200m Fly		B 13-14 100m Free		B 13-14 200m Free	
G 15-16 200 Free		G 14-15 200m Fly		G 10-11 100m Free		G 10-11 200m Free	
G 17 & Over 200 Free		G 16 & Over 200m Fly		G 12-13 100m Free		G 12-13 200m Free	
		B 11-12 200m Brst		B 15-16 200m IM		B 15-16 100m Fly	
		B 13-14 200m Brst		B 17 & Over 200m IM		B 17 & Over 100m Fly	
		G 11-12 200m Brst		G 14-15 200m IM		G 14-15 100m Fly	
		G 12-13 200m Brst		G 16 & Over 200m IM		G 16 & Over 100m Fly	

# Girls who will be 14 and boys who will be 15 between this Age Group Championships and the ASA Age Groups can swim up in the 50m Freestyle Event.



## 2011 BRITISH GAS & SWIM WALES AGE GROUP & YOUTH CHAMPIONSHIPS

### MEET QUALIFYING TIMES

Female	10 & 11		12 & 13		14 & Over	
	LC	SC	LC	SC	LC	SC
50 Free					00:30.55	00:29.95
100 Free	01:17.78	01:16.25	01:10.66	01:09.27	01:07.33	01:06.00
200 Free	02:48.76	02:45.44	02:33.33	02:30.31	02:25.81	02:22.94
400 Free	05:57.24	05:50.20	05:24.57	05:18.18	05:06.32	05:00.29
800 Free	12:18.08	12:03.54	11:10.59	10:57.38	10:28.47	10:16.09
1500 Free	23:27.96	23:00.22	21:19.22	20:54.02	20:05.40	19:41.65
100 Back	01:28.83	01:27.08	01:20.24	01:18.66	01:14.57	01:13.10
200 Back	03:10.77	03:07.01	02:52.31	02:48.92	02:39.95	02:36.80
100 Breast	01:40.97	01:38.98	01:30.59	01:28.81	01:30.08	01:28.31
200 Breast	03:39.53	03:35.21	03:16.96	03:13.08	03:13.73	03:09.91
100 Fly	01:43.26	01:41.23	01:27.83	01:26.10	01:21.18	01:19.58
200 Fly	03:47.32	03:42.84	03:13.35	03:09.54	02:58.28	02:54.77
200 IM	03:08.44	03:04.73	02:51.21	02:47.84	02:43.75	02:40.52
400 IM	06:42.50	06:34.57	06:05.69	05:58.49	05:43.95	05:37.17

Male	11 & 12		13 & 14		15 & Over	
	LC	SC	LC	SC	LC	SC
50 Free					00:27.08	00:26.55
100 Free	01:10.87	01:09.47	01:04.20	01:02.94	00:59.92	00:58.74
200 Free	02:34.09	02:31.05	02:19.60	02:16.85	02:12.38	02:09.77
400 Free	05:32.47	05:25.92	05:01.21	04:55.28	04:40.56	04:35.03
800 Free	11:23.05	11:09.59	10:18.22	10:06.04	09:46.66	09:35.10
1500 Free	22:01.26	21:35.23	19:57.02	19:33.44	18:32.20	18:10.29
100 Back	01:20.36	01:18.78	01:12.34	01:10.91	01:06.75	01:05.44
200 Back	02:53.16	02:49.75	02:35.89	02:32.82	02:25.24	02:22.38
100 Breast	01:32.98	01:31.15	01:23.12	01:21.48	01:20.89	01:19.30
200 Breast	03:22.09	03:18.11	03:00.65	02:57.09	02:54.81	02:51.37
100 Fly	01:33.76	01:31.91	01:19.08	01:17.52	01:12.41	01:10.98
200 Fly	03:29.86	03:25.73	02:57.01	02:53.52	02:41.47	02:38.29
200 IM	02:52.37	02:48.97	02:36.16	02:33.08	02:27.69	02:24.78
400 IM	06:08.38	06:01.12	05:33.74	05:27.17	05:14.07	05:07.88

To ensure all conversion factors are the same please follow these instructions:

**Team Manager:** Open the database. Use Set-up on the header bar/Course conversion/Under the SC meters to/from LC Meters turn factors place 0.02 in the box entitled Straight factor \_\_\_ Applied to all strokes.

**TM Lite:** Enter any SC time with an 's' following the time.

All Competitors must have equalled or bettered the entry time in a **Licensed Meet** or in a competition approved by the Organisers.



## BRITISH GAS SWIM WALES NEW YEAR DRAGON OPEN MEET

### MEET SUMMARY SHEET

**This Form must be completed and returned with the Hy-Tek Meet entry sorted by name and Hy-Tek meet entry fee report and Entry File (Unless already emailed to [events@welshasa.co.uk](mailto:events@welshasa.co.uk))**

Club: \_\_\_\_\_ Club Code: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel No: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email Address: \_\_\_\_\_

Team Size: .....

Total Number of Individual Entries ..... @ £8.00 per event £.....

Total Number of Relays ..... @ £15 per event £.....

Total number of Coach Passes ..... @ £15.00 each £.....

Number of Annual Coach Passes that will be used during this meet .....

Total cheque enclosed made payable to Swim Wales "and crossed" £.....

Forms to be returned to:

Swim Wales Office,  
Wales National Pool,  
Sketty Lane,  
Swansea,  
SA2 8QG

Email: [events@welshasa.co.uk](mailto:events@welshasa.co.uk)

Tel: 01792 513636

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#### Checklist for Meet Entry

- Electronic Entry File
- All Meet Summary forms as in page 1
- Payment
- Application to officiate/volunteer form completed and sent to the Swim Wales Office

**CLOSING DATE: Monday 14<sup>th</sup> March 2011**