

# *City Of Newport Swimming Club*

Presents its 4th Short Course  
Spring Open Meet

@

Newport International Sports Village  
New 25 Metre 8 Lane Regional Pool  
Licence No. 08WL1-027

On 3rd & 4<sup>th</sup> May 2008.  
(Under WASA Laws and Technical Rules)

Ages Girls: 9/u, 10, 11/12, 13/14, 15 & over.

Boys: 10/U, 11, 12/13, 14/15, 16 & over

Ages as at 4<sup>th</sup> May 2008.

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

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

Anti Wave Lanes, electronic timing.

Entries Close at Midnight 29th March 2008.

For further information please contact:

Megan Debnam  
Open Meet Secretary  
41, Moorland Avenue,  
Newport,  
South Wales.  
NP19 4LS  
megan\_debnam@hotmail.com

# **CITY OF NEWPORT SWIMMING CLUB**

## **SPRING OPEN MEET (S C)**

**3rd & 4<sup>th</sup> May 2008**

WASA LICENCE NO. 08WL1-027

### **General Event Information**

#### **ENTRIES**

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

Mrs Megan Debnam,

41 Moorland Avenue,

Newport,

Gwent,

NP19 4LS.

Cheques made payable to 'City Of Newport Swimming Club'

Entries will be rejected for the following reasons:

- \* They are received without the relevant fee.
- \* Incorrectly completed.
- \* Improved entry times.
- \* Received after the closing date of 29<sup>th</sup> March 2008.

**PLEASE NOTE THERE WILL BE NO CARDS FOR THIS COMPETITION.**

Ages are at 4<sup>th</sup> May 2008

Girls 9/under, 10, 11/12, 13/14, 15 and over.

Boys 10/under, 11, 12/13, 14/15, 16 and over.

The entry fee is £4.00 per event.

## **MARSHALLING**

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

## **MEDALS**

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

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

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

## **SPECTATORS**

### **Admission Charges**

- \* £2.00 per session
- \* £6.00 per day
- \* £10.00 per weekend pass.

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

## **CAR PARKING**

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

## **REFRESHMENTS**

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

## **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 registration. Registration Forms can be obtained from the entry desk.

## **MOBILE PHONES**

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

## **MEET CO-ORDINATOR**

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

# CITY OF NEWPORT SWIMMING CLUB

## Spring Open 2008

### Promoters Conditions

1. The competition will be held under W.A.S.A Laws and Technical Rules. This is a Level 1 meet held under Licence No. 08WL1-027
2. The one start rule will apply, over the top starts will, where necessary or appropriate, be used during this meet.
3. All competitors must be members of an affiliated Club and Amateurs as defined by W.A.S.A Laws.
4. The promoters reserve the right to limit entry in the interests of safety and timely completion of the meet.
5. Entries to be on the standard form provided or submitted electronically. No entries accepted without full payment.
6. The entry fee is £4.00 per event, cheques made payable to CITY OF NEWPORT SWIMMING CLUB. **Please enclose a stamped self-addressed envelope for return with confirmation of accepted entries.**
7. Closing date for entries is midnight 29<sup>th</sup> March 2008. Entries received after this date cannot be guaranteed consideration. Please note there will be no cards for this competition.
8. The **fastest** time for entry to an individual event is the British Age Group and Youth qualifying time for that event.
9. All withdrawals must be notified to the Meet Office by no later than 5pm the day before the competition.
10. Competitors wishing to withdraw from a final must inform the Meet Office immediately after the lists have been published or announced.
11. All day coach's passes, to include a full set of result sheets and all programmes, are available at a cost of £10.00 per pass. All applications for coach's passes must include CRB check details for verification. **Passes must be produced on request. ( Only 2 passes per Club)**
12. Marshalling will take place, and competitors must report promptly to this area.  
All finalists must report to marshalling at least 10 minutes before marshalling, failure to do so will exclude them from the final.
13. The safety rules of the pool must be adhered to at all times. Anyone not adhering to these rules (which will be read out at each session) may be removed from the pool.
14. Individual teams/coaches will be responsible for their own swimmers in all areas outside the pool including the changing rooms.
15. All valuables/clothing etc. left in the changing rooms will be entirely at the owner's risk.
16. Events will be swum in heats, slowest to fastest, with every heat (as well as finals) being spearheaded.
17. The fastest three in each event will receive medals(not in open events).
18. The top three in the 200m and 400m (Open) events will (in lieu of medals) receive cash prizes to be determined by the promoters in their absolute discretion.
19. An award will be given to the boy/girl in each age group with the most points (regardless of number of swims). An award will also be given to the visiting Club with the most points.

20. Anyone wishing to use video or still cameras, must register before using such equipment, and will be issued with a camera pass for which a charge may be made.
21. DATA PROTECTION ACT 1984- CITY OF NEWPORT SWIMMING CLUB uses a computer to record entries and results. By submitting entries and accepting entry to the meet, consent is thereby given (as required under the Data Protection Act 1984) to the holding of personal information in a computer/s. Personal data recorded, such as name, club, date of birth and times may be made public during or after the meet.
22. The promoters reserve the right to remove anybody for misconduct.
23. The promoters reserve the right to remove or amend any of the above conditions as required.

*City Of Newport Swimming Club  
2008 Spring Open Meet  
Coach / Chaperone Pass  
3<sup>rd</sup> & 4<sup>th</sup> May 2008.  
Individual entry form  
Please complete in block capitals.*

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

**Please enclose a cheque for £10 made payable to City of Newport Swimming Club for each pass required (only two passes per club). Passes will not be available to be purchased on the day they must be purchased beforehand. There will be no access to the changing village or poolside without a coach pass.**

All completed forms to be returned to:  
Mrs Megan Debnam  
41 Moorland Avenue  
Newport  
South Wales  
NP19 4LS

**Closing Date: 29<sup>th</sup> March 2008.**

**SPRING MEET 08 City of Newport Swimming Club**

**Spring Open Meet Programme (Short Course)**

**SATURDAY 3<sup>rd</sup> MAY 2008**

**SESSION 1                      WARM UP 8.30 STARTS 9.00**

1.      Girls 9&U 50 Back
2.      Boys 10&U 50 Back
3.      Girls 10 50 Back
4.      Boys 11 50 Back
5.      Girls 200 Free Open (HDW)
6.      Boys 200 Free Open (HDW)

7 - 10 Finals of Events 1-4

**SESSION 2                      WARM UP 10.30 STARTS 11.00**

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

18 - 23 Finals of Events 11- 16

**SESSION 3                      WARM UP 1.30 STARTS 2.00**

24.     Girls 400 Free Open (HDW)
25.     Girls 9&U 50 Breasts
26.     Boys 10&U 50 Breasts
27.     Girls 10 50 Breast
28.     Boys 11 50 Breast
29.     Girls 200 Fly Open (HDW)
30.     Boys 200 Fly Open (HDW)

31 - 34 Finals of Events 25-28

**SESSION 4                      WARM UP 4.00 STARTS 4.30**

35.     Girls 11-12 100 Breast
36.     Boys 12-13 100 Breast
37.     Girls 13-14 100 Breast
38.     Boys 14-15 100 Breast
39.     Girls 15&Over 100 Breast
40.     Boys 16&Over 100 Breast
41.     Boys 16&Over 50 Free (HDW)

42-47 Finals of Events 35- 40

## **SUNDAY 4TH MAY 2008**

### **SESSION 5                    WARM UP 8.30 STARTS 9.00**

- 48.    Girls 9&U 50 Free
- 49.    Boys 10&U 50 Free
- 50.    Girls 10 50 Free
- 51.    Boys 11 50 Free
- 52.    Girls 200 Back Open (HDW)
- 53.    Boys 200 Back Open (HDW)

54-57 Finals of Events 48-51

### **SESSION 6                    WARM UP 10.30 STARTS 11.00**

- 58.    Girls 11-12 100 Free
- 59.    Boys 12-13 100 Free
- 60.    Girls 13-14 100 Free
- 61.    Boys 14-15 100 Free
- 62.    Girls 15&Over 100 Free
- 63.    Boys 16&Over 100 Free
- 64.    Girls 13-14 50 Free (HDW)
- 65.    Boys 14-15 50 Free (HDW)

66- 71 Finals of Events 58-63

### **SESSION 7                    WARM UP 1.30 STARTS 2.00**

- 72.    Boys 400 Free Open (HDW)
- 73.    Girls 9&U 50 Fly
- 74.    Boys 10&U 50 Fly
- 75.    Girls 10 50 Fly
- 76.    Boys 11 50 Fly
- 77.    Girls 200 Breast Open (HDW)
- 78.    Boys 200 Breast Open (HDW)

79-82 Finals of Events 73-76

### **SESSION 8                    WARM UP 4.00 STARTS 4.30**

- 83.    Girls 11-12 100 Fly
- 84.    Boys 12-13 100 Fly
- 85.    Girls 13-14 100 Fly
- 86.    Boys 14-15 100 Fly
- 87.    Girls 15&Over 100 Fly
- 88.    Boys 16&Over 100 Fly
- 89.    Girls 11-12 50 Free (HDW)
- 90.    Boys 12-13 50 Free (HDW)

91-96 Finals of Events 83-88

# City Of Newport Spring Open Meet 2008.

(Under Welsh Amateur Swimming Association Laws)

3rd & 4<sup>th</sup> May 2008.

Newport International Sports Village

Name ..... First Name (in full) .....  
 Middle Name ..... Age ..... Nationality .....  
 Male/Female ..... Date Of Birth .....  
 Address .....  
 Post Code ..... Tel No. ....  
 Name of Club .....  
 WASA/ASA Number .....

	<b>Entry Time</b>	<b>£ 4.00 per Event</b>	<b>Entry Time</b>
50 Free	: :	200 Free	: :
100 Free	: :	400 Free	: :
50 Back (please check programme for age criteria)	: :	200 Back	: :
100 Back	: :		
50 Breast (please check programme for age criteria)	: :	200 Breast	: :
100 Breast	: :		
50 Fly (please check programme for age criteria)	: :	200 Fly	: :
100 Fly	: :		

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

This entry form is for all age groups and Open Events.

**TO BE COMPLETED BY THE COMPETITOR :**

I declare that the above particulars are correct and agree to abide by the conditions laid down. I accept that  
 There will be no refunds for incorrect submitted entries.

SIGNITURE OF COMPETITOR: .....