



SOUTH EAST WALES REGIONAL CHAMPIONSHIPS 2010

on

6th and 7th FEBRUARY

Licence Number 010WL1-018

&

13th and 14th FEBRUARY

Licence Number 010WL1-019

**SOUTH EAST WALES REGIONAL POOL
NEWPORT INTERNATIONAL
SPORTS VILLAGE
Velodrome Way
NEWPORT
NP19 4RB**

**Closing Date
4th January 2010**

SOUTH EAST WALES REGIONAL CHAMPIONSHIPS

6th / 7th & 13th/14th February 2010

(under FINA Technical Laws and SWIM WALES Rules)

NEWPORT INTERNATIONAL SPORTS VILLAGE

MEET INFORMATION

This is a Closed Meet accepting entries from competitors registered to Clubs within the South East Region only.

ENTRIES

Entries to be submitted, where possible, electronically.

All entry forms must be completed in full and returned together with the relevant entry fee and summary sheet through your club to Mrs Sheilah Roberts, 4 Wallis Close, Osbaston Park, Monmouth, NP25 3NS

Entries will be rejected for the following reasons:

- They are received without the relevant fee
- Incorrectly completed (Current membership number must be included)
- Received after the closing date of 4th January 2010

INDIVIDUAL EVENTS

Ages are as at 5th April 2010 last day of the Welsh National Age & Youth Championships for individual events

Please note that under meet licensing the minimum age for girls is 9 years and boys 10 years.

Girls 9/10, 11/12, 13/14yrs, 15/Over

Boys 10/11, 12/13, 14/15yrs, 16/Over

Entry fee is £4.00 per individual event

Please Note: **50m Freestyle events are restricted to
14yrs and 15/over Girls and 15yrs and 16/over Boys.**

RELAYS

Ages are as at midnight of the last day of ASA National Age and Youth Championships 2010 for relay events

Girls 9/10 : 12 & under : 14 & under : Open

Boys 10/11 : 13 & under : 15 & under : Open

Entry fee for relay events is £7

MEDALS AND AWARDS

Medals will be awarded for 1st – 3rd places in all age group categories.

SPECTATORS

Admission charges

£2.50 per session

£5.00 a day

£8.00 per weekend pass.

Please Note: The Spectator Area must be cleared at the end of each session.

CAR PARKING

There is on-site parking available at the Pool.

SEW REGIONAL CHAMPS 2010 ver 1 smr

REFRESHMENTS

There is a cafeteria selling snacks and drinks etc. We have no control over this facility. Vending machines are also available.

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. Acceptable forms of ID are: Photographic driving licence, passport, household bill for proof of address. You will be issued with a tag for your photographic equipment and this must remain attached to the equipment within the Pool building. Equipment being used without a pass will be removed. The records of camera use will be retained by South East Wales Region or Swim Wales office.

By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited professional photographer may be used for promotional purposes by the Region or the Governing Body.

Swimmers are warned that doping controls may take place during these Championships and by submitting entries, swimmers/parents/guardians are thereby giving consent to any random control methods. Further information can be found at www.100percentme.co.uk

MOBILE PHONES

Mobile phones must not be used in the building at all.

MEET OFFICE

A Meet Office will be open for the duration of the Meet and can be contacted on 07732 549628 at other times 01600 713505

SESSION TIMES

To be confirmed following receipt of entries. Please enclose SAE for information.

GENERAL CONDITIONS

The Meet will be swum under FINA Technical Laws and Swim Wales Rules.

No alcohol or tobacco advertising is permitted on any clothing.

Entries may only be accepted from competitors registered as members of Affiliated Clubs, holding either primary or multi registration membership, within the South East Wales Region.

Swimmers must only swim for one club during the Competition. However, relay events may be swum by Performance Centre teams, as defined by Swim Wales. Any swimmer who competes in a Performance Centre team will not be eligible to also swim for their Club relay teams.

Competitors must have been registered members of the Club in whose name they are entered at least 30 days prior to the closing day for the Meet.

All decisions made by the Meet Director or Promoter will be final and binding. [The Promoter of this event is Swim Wales South East Wales Region](#). The promoter can be contacted by e mail smr4wc@lineone.net or 01600 713505 or 07732 549628

EVENTS

Events will take place as shown on the attached programme of events. The Promoter reserves the right to amend the programme of events, to include Friday evening in the programme and to restrict/reject entries if the Meet is oversubscribed. Should these changes be necessary, prior notice will be given and information will be located on the Swim Wales web site.

Time trials will not be permitted.

ENTRIES

All entries shall be returned to Mrs S Roberts, 4 Wallis Close, Osbaston, Monmouth, NP25 3NS by the relevant closing date, accompanied by the appropriate entry fee. Electronic entries are preferable.

Competitors who wish to withdraw from an event must do so by notifying either Mrs S Roberts on the appropriate form by post, fax or e-mail to smr4wc@lineone.net or the Meet Office in writing on the appropriate form, by 5 pm on the evening before the event.

The Organisers may request validation of any stated Entry Time.

Clubs may enter more than one relay team per Age Group per event BUT only the nominated 'A' team from each club will qualify for medals.

Relay Forms must be submitted by the end of the first warm-up session on the day of the event. Swimmers names must be submitted in the swimming order. Failure to do so may result in the disqualification of the team.

TROPHIES AND MEDALS

Placing of competitors shall be determined from performances following finals or HDW events.

Failure of a swimmer or deputy to attend the appropriate presentation will result in the swimmer forfeiting his/her award.

PRESENTATIONS

The Meet Director may decide to carry out presentations during the session. Competitors must report to the Presentation Marshall immediately after announcements have been made.

Appropriate clothing, e.g. tracksuit and training shoes must be worn for the presentation. (Awards may not be presented if a swimmer is inappropriately dressed).

OFFICIALS

Each Club will be asked to supply **at least one suitably qualified official per session**. Clubs will also be asked to supply other helpers such as marshals, door stewards etc.

MEET PROCEDURE

HEATS

Competitors shall be placed in graduated time order, slowest to fastest.

Start sheets will be available on the morning of the event to Coaches and Team Managers on production of their pool side pass.

Coaches should ensure swimmers make themselves available for marshalling at least 2 events prior to the event they are competing in. Please do not rely on the public address system.

STARTS

Over the top starts will, where necessary or appropriate, be used during the Meet.

FINALS

The maximum number of places practicable shall be allocated up to a total of eight competitors. Finalists shall be allocated lanes using the spearhead principle from the heats. The fastest heat of HDW events will be spearheaded.

OTHER CONDITIONS

PASSES

All Coaches and Chaperones must have relevant individual accreditation.

Applications for Coaches/Chaperones Passes must be made on the official form enclosed in this Information Pack, accompanied with a passport size photograph.

Passes will not be interchangeable/transferable.

Passes will need to be visible and worn at all times. Anyone without a pass will be asked to leave Poolside/changing village.

The closing date for passes will be the same as the closing date for entries. Applications will not be accepted on the day.

Passes are required for Health & Safety Reasons and Insurance Purposes.

HEALTH AND SAFETY

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

It is the responsibility of the swimmer and/or parent/guardian/coach 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 note confirming that their participation presents no health or safety problems.

DATA PROTECTION

Meet Management, with the Governing Body, may use computers to record entry times and results. By submitting entries you are accepting the conditions and consent is hereby given for holding personal information relating to the sport of Swimming as required by the current Data Protection Act.

The organisers retain the right to amend these conditions later if necessary, without notice.

2010 SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS
PROGRAMME OF EVENTS

		DAY 1 SATURDAY 6th February		DAY 2 SUNDAY 7th FEBRUARY			
		Session 1 HEATS		Session 4 HEATS			
		Warm up and Start Time TBA		Warm up and Start Time TBA			
1	M	200m Backstroke	10/11: 12/13	14	M	200m Breaststroke	10/11 : 12/13
2	F	200m Backstroke	9/10 : 11/12	15	F	200m Breaststroke	9/10 : 11/12
3	M	200m Freestyle	14/15 : 16/over	16	M	200m Backstroke	14/15 : 16/over
4	F	200m Freestyle	13/14 : 15/over	17	F	200m Backstroke	13/14 : 15/over
5	M	200m Individual Medley	10/11 : 12/13	18	F	200m Individual Medley	9/10 : 11/12
6	M	100m Breaststroke	14/15 : 16/over	19	M	100m Butterfly	14/15 : 16/over
7	F	100m Breaststroke	13/14 : 15/over	20	F	100m Butterfly	13/14 : 15/over
8	M	100m Butterfly	10/11 : 12/13	21	M	100m Freestyle	10/11 : 12/13
9	F	100m Butterfly	9/10 : 11/12	22	F	100m Freestyle	9/10 : 11/12
		Session 2 HDW				Session 5 HDW	
		Warm up and Start Time TBA				Warm up and Start Time TBA	
10	M	400m Freestyle	14/15 : 16/over	23	F	1500m Freestyle	all age groups
11	F	400m Freestyle	13/14 : 15/over	24	M	800m Freestyle	all age groups
12	M	400m Individual Medley	10/11 : 12/13	25	F	4 x 50m Medley Relay	9/10
13	F	400m Individual Medley	9/10 : 11/12	26	M	4 x 50m Medley Relay	10/11
				27	F	4 x 50m Medley Relay	12 & under
				28	M	4 x 50m Medley Relay	13 & under
				29	F	4 x 50m Medley Relay	14 & under
				30	M	4 x 50m Medley Relay	15 & under
				31	F	4 x 50m Medley Relay	Open
				32	M	4 x 50m Medley Relay	Open
		Session 3 FINALS				Session 6 FINALS	
		Warm up and Start Time TBA				Warm up and Start Time TBA	
1	M	200m Backstroke	10/11: 12/13	14	M	200m Breaststroke	10/11 : 12/13
2	F	200m Backstroke	9/10 : 11/12	15	F	200m Breaststroke	9/10 : 11/12
3	M	200m Freestyle	14/15 : 16/over	16	M	200m Backstroke	14/15 : 16/over
4	F	200m Freestyle	13/14 : 15/over	17	F	200m Backstroke	13/14 : 15/over
5	M	200m Individual Medley	10/11 : 12/13	18	F	200m Individual Medley	9/10 : 11/12
6	M	100m Breaststroke	14/15 : 16/over	19	M	100m Butterfly	14/15 : 16/over
7	F	100m Breaststroke	13/14 : 15/over	20	F	100m Butterfly	13/14 : 15/over
8	M	100m Butterfly	10/11 : 12/13	21	M	100m Freestyle	10/11 : 12/13
9	F	100m Butterfly	9/10 : 11/12	22	F	100m Freestyle	9/10 : 11/12
<p>Age Groups for Individual Events – Ages as at 5th April 2010 Girls 9/10, 11/12, 13/14, 15/Over Boys 10/11, 12/13, 14/15, 16/Over 50m Freestyle events available only to Girls 14yrs and 15/Ov. Boys 15yrs and 16/Ov.</p>							

**SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS**
6th/7th & 13th/14th February 2010

ENTRY FORM

Last Name:.....First Name:.....Middle Initial.....
(PLEASE PRINT CLEARLY)

Preferred name:.....Age:.....Date of Birth:...../...../.....
(as at 05/04/10)

Male/Female:.....

Address:.....
.....

Post Code:..... Tel No:.....

E Mail:.....

Club Name:.....

Swim Wales Membership Number:.....

EVENT	EVENT NO:	ENTRY TIME*	LC √	SC √	EVENT	EVENT NO:	ENTRY TIME*	LC √	SC √
50 Free					100 Breast				
100 Free					200 Breast				
200 Free									
400 Free					100 Fly				
800 Free					200 Fly				
1500 Free									
					200 IM				
100 Back					400 IM				
200 Back									

* Please indicate Short Course or Long Course times.

Total number of swims@ £4.00 Total Payable £.....

(Payment should be made to your Club If not, Cheques to be made payable to Swim Wales South East Wales Region)

To be completed by the competitor:

I declare that the above information is correct and agree to abide by the Meet conditions.
I accept there will be no refund of entry fees, unless the Meet is oversubscribed.

Signature of Competitor/Parent:..... Date:.....

I declare that the above competitor has reached the standard of the ASA Competitive Start Award and has achieved the entry times as stated.

Signature of Coach:..... Date:.....

Completed forms to be returned to:
Mrs S Roberts, 4 Wallis Close, Osbaston Park, Monmouth, NP25 3NS
through your club if possible.

Closing Date: 4th January 2010

**SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS**
6th/7th & 13th/14th February 2010

RELAY ENTRY FORM

Club:.....

Ev		Age Group	Event	Time	LC √	SC √
25	F	9/10	4 x 50m Medley Relay			
26	M	10/11	4 x 50m Medley Relay			
27	F	12 & under	4 x 50m Medley Relay			
28	M	13 & under	4 x 50m Medley Relay			
29	F	14 & under	4 x 50m Medley Relay			
30	M	15 & under	4 x 50m Medley Relay			
31	F	Open	4 x 50m Medley Relay			
32	M	Open	4 x 50m Medley Relay			
60	F	9/10	4 x 50m Freestyle Relay			
61	M	10/11	4 x 50m Freestyle Relay			
62	F	12 & under	4 x 50m Freestyle Relay			
63	M	13 & under	4 x 50m Freestyle Relay			
64	F	14 & under	4 x 50m Freestyle Relay			
64	M	15 & under	4 x 50m Freestyle Relay			
65	F	Open	4 x 50m Freestyle Relay			
66	M	Open	4 x 50m Freestyle Relay			

..... TEAMS @ £7.00 = £.....

Please note that under meet licensing the minimum age for girls is 9 years and boys 10 years.

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.

Completed forms to be returned to

Mrs S Roberts, 4 Wallis Close, Osbaston Park, Monmouth NP25 3NS

(Payment should be made through your Club If not Cheques to be made payable to Swim Wales South East Wales Region)

Closing Date: 4th January 2010

**SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS**
6th/7th & 13th/14th February 2010

COACH/CHAPERONE PASS

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:.....
E MAIL:.....
SWIM WALES REGISTRATION NUMBER
CRB NUMBER: DATE ISSUED:.....

PLEASE NOTE ONLY MEMBERS REGISTERED WITH SWIM WALES/SASA/ASA AND HAVING A CURRENT CRB ARE ELIGIBLE FOR COACH/CHAPERONE PASSES.

PLEASE SEND A CHEQUE FOR £10 per pass
(Payment should be made through your Club)

PASSES ARE NOT TRANSFERABLE

PASSES WILL BE AVAILABLE FOR COLLECTION ON THE DAY BUT THEY MUST BE PURCHASED BEFOREHAND.

THERE WILL BE NO ACCESS TO THE POOLSIDE WITHOUT A COACH/CHAPERONE PASS.

All completed forms to be returned to:
Mrs S Roberts, 4 Wallis Close, Osbaston Park, Monmouth NP25 3NS

PHOTOGRAPH OR IF POSSIBLE SEND ONE BY E-MAIL to smr4wc@lineone.net
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Closing Date: 4th January 2010

**SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS**
6th/7th & 13th /14th February 2010

EVENT STAFF

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 REGISTRATION NUMBER :.....	
CRB NUMBER:	Date.....

We are looking for Event Staff to cover the following positions:

- 1) **MARSHALS**
- 2) **ADMISSION CONTROL (Door)**
- 3) **REFRESHMENTS FOR OFFICIALS IN MEET OFFICE AND ON POOLSIDE**
- 4) **MEDALS STEWARD (AT PRESENTATIONS etc.)**
- 5) **RESULTS RUNNER**
- 6) **CHANGING ROOM ATTENDANT/SECURITY**

If you are able to help please forward this form with the Club entries if possible.

All completed forms to be returned to Mrs Sheilah Roberts
4 Wallis Close, Osbaston Park, Monmouth NP25 3NS

PHOTOGRAPH OR IF POSSIBLE SEND ONE BY E-MAIL to smr4wc@lineone.net
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**SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS**
6th/7th & 13th /14th February 2010

Entry Summary Sheet

Please return this form with:

1. Electronic Summary Sheet/Entry Forms
2. Cheque/s made payable to Swim Wales South East Region
3. Coach/Chaperone Pass applications
4. SAE for confirmation of entries

Club			
Name			
Address			
Post Code		Tel No	
Email			
Position in Club			

Summary

Total Individual Female Swimmers		Total Individual Male Swimmers	
	Number		
Total Individual Entries		@ £4.00	£
Total Relay Entries		@ £7.00	£
Total Coaches Passes		@ £10.00	£
Total Cheque Enclosed payable to: Swim Wales South East Region			£

It is requested that a single cheque for the complete club entry is submitted.

I confirm all swimmers are current members of Swim Wales and have paid the appropriate membership fee.

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the Meet Management for this event.

Club Secretary SignatureDate:

Please return to: - Mrs S Roberts, 4 Wallis Close, Osbaston Park, Monmouth NP25 3NS
(Cheques to be made payable to Swim Wales South East Wales Region)

Closing Date 4th January 2010

**SOUTH EAST WALES
REGIONAL CHAMPIONSHIPS**
6th/7th & 13th/14th February 2010

WITHDRAWAL FORM

Name:

Club:.....

I wish to withdraw from the following events:

Event number	Stroke	Distance	Reason

Signed:

Date:

Received by:

Date: Time:

This form is to be sent to Mrs S Roberts, 4, Wallis Close, Osbaston Park, Monmouth NP25 3NS or handed into the Meet Office by 5 pm the previous day by athlete or coach.

There will be separate arrangements for withdrawals from finals.

No refunds will be given.

SOUTH EAST WALES CHAMPIONSHIPS 2010- SHORT COURSE TIME STANDARDS

	GIRLS				EVENT	BOYS				
			14yrs	15 & over				15yrs	16 & over	
QT			00.32.40	00.31.30	50m Freestyle			00.29.10	00.28.30	QT
CT			00.38.88	00.37.56					00.34.92	00.33.96
	9/10 yrs	11/12 yrs	13/14 yrs	15 & over		10/11 yrs	12/13 yrs	14/15 yrs	16 & over	
QT	1.24.60	1.14.30	1.09.50	1.08.30	100m Freestyle	1.17.80	1.08.90	1.03.10	1.01.20	QT
CT	1.42.00	1.29.16	1.23.40	1.21.96			1.33.36	1.22.68	1.15.72	1.13.44
QT	3.00.40	2.39.90	2.29.60	2.26.60	200m Freestyle	2.48.80	2.30.10	2.17.20	2.13.20	QT
CT	3.36.48	3.11.88	2.59.52	2.55.92			3.22.56	3.00.12	2.44.64	2.39.84
QT	6.22.20	5.33.00	5.12.50	5.06.20	400m Freestyle	5.53.30	5.16.40	4.50.10	4.42.10	QT
CT	7.38.64	6.39.60	6.15.00	6.07.44			7.03.96	6.19.68	5.48.12	5.38.52
QT	13.36.70	11.29.30	10.40.80	10.30.70	800m Freestyle	12.28.40	11.01.80	10.03.40	9.51.20	QT
CT	16.20.04	13.47.16	12.48.96	12.36.84			14.58.08	13.14.16	12.04.08	11.49.44
QT	26.15.90	22.10.00	20.57.70	20.22.60	1500m Freestyle	23.50.50	20.52.80	19.13.80	18.40.60	QT
CT	31.31.08	26.36.00	25.09.24	24.27.12			28.36.60	25.03.36	23.04.56	22.24.72
QT	1.35.20	1.22.70	1.17.00	1.15.30	100m Backstroke	1.27.60	1.17.30	1.09.80	1.07.80	QT
CT	1.54.24	1.39.24	1.32.40	1.30.36			1.45.12	1.32.76	1.23.76	1.21.36
QT	3.21.80	2.56.30	2.44.80	2.41.10	200m Backstroke	3.06.90	2.45.90	2.30.40	2.26.50	QT
CT	4.02.16	3.31.56	3.17.76	3.13.32			3.44.28	3.19.08	3.00.48	2.55.80
QT	1.48.80	1.34.40	1.26.50	1.25.10	100m Breaststroke	1.40.10	1.27.40	1.19.10	1.16.60	QT
CT	2.10.56	1.53.28	1.43.80	1.42.12			2.00.12	1.44.88	1.34.92	1.31.92
QT	3.51.50	3.22.40	3.06.70	3.03.50	200m Breaststroke	3.35.10	3.09.50	2.51.50	2.47.00	QT
CT	4.37.80	4.02.88	3.44.04	3.40.20			4.18.12	3.47.40	3.25.80	3.20.40
QT	1.36.00	1.22.40	1.16.30	1.15.10	100m Butterfly	1.27.60	1.16.70	1.09.00	1.07.30	QT
CT	1.55.20	1.38.88	1.31.56	1.30.12			1.45.12	1.32.04	1.22.80	1.20.76
QT	3.32.80	3.00.70	2.46.70	2.43.00	200m Butterfly	3.11.70	2.49.50	2.31.80	2.28.30	QT
CT	4.15.36	3.36.84	3.20.04	3.15.60			3.50.04	3.23.40	3.02.16	2.57.96
QT	3.25.60	3.00.60	2.48.70	2.45.50	200m Ind. Medley	3.11.00	2.50.40	2.34.30	2.30.30	QT
CT	4.06.72	3.36.72	3.22.44	3.18.60			3.49.20	3.24.48	3.05.16	3.00.36
QT	7.19.70	6.19.90	5.53.80	5.47.30	400m Ind. Medley	6.45.50	6.00.40	5.26.40	5.18.10	QT
CT	8.47.64	7.35.88	7.04.56	6.56.76			8.06.60	7.12.48	6.31.68	6.21.72

Entry times faster than the QT will be guaranteed.

Entry times falling between the QT and CT will be included provided the meet is not over subscribed.

Entry times submitted as NT will not be accepted.

Note: 50m Freestyle is only available for Girls 14yrs and 15/Over and Boys 15yrs and 16/Over(