



2010 BRITISH GAS & SWIM WALES AGE GROUP & YOUTH CHAMPIONSHIPS

010WL1-006

(under FINA Technical Rules & Swim Wales Laws)

Friday 2nd – Monday 5th April
(All session times to be confirmed)

WALES NATIONAL POOL SWANSEA

EVENT & ENTRY INFORMATION

Championship Information & Conditions

**Age Group & Youth Championships
2nd – 5th April 2010 – 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 22nd February 2010

ENTRIES

All entries must be submitted electronically with one cheque to cover all swimmers. Only one file per club is permitted. No entries will be processed until the correct payment is received.

All teams must supply at least one volunteer/Official per session.

Entries must be produced from Hy-Tek's Team Manager or Team Manager Lite software and be provided on a floppy disc, CD or as an e-mail attachment.

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 and 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

It is strongly recommended that you return your forms by **RECORDED DELIVERY** to ensure receipt. Cheques must 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
- Received after 5.00pm at the closing date and not sent recorded delivery prior to this date.
- Not received in the correct Hy-tek tm format. E.g. 4 letter club code-entries00?.

NB: The Swim Wales Organisers may request validation of any stated entry time.

Entry Information will be posted on the www.welshasa.co.uk website and will be emailed to the address that submitted the entry

ENTRY FEES

Individual events: £7.50 per event Team events: £14 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	
Age Groups (Closed Event)	Youth (Open Event)
Boys	Boys
11-12 years	15/16 years
13/14 years	17 years & Over
Girls	Girls
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 2010	Age as at midnight of last day of ASA Youth National Championships 2010
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.
- There must be no change to any relay team who qualifies for the ASA Nationals.
- Written consent must be sought from the Swim Wales Office if due to illness or injury a substitution is required.
- 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.

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 immediately following their swim.
- Non attendance by a swimmer or deputy for a presentation will result in the swimmer forfeiting his/her award.
- 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 22nd February 2010. 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

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 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 AND
- 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 Manager 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.
- 03.03.01 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 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 to the call room. As in Fina Swimming Rules 2009-2013 SW 3.2.5 For heats, semi-finals and finals, swimmers must report to the First Call Room no later than 20 minutes prior to the start of their event. After inspection, swimmers proceed to the final call-room. **Swimmers must remain in the call room until the marshal indicates they are to proceed to the poolside. Once a swimmer has entered the 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, THEY WILL NOT BE ALLOWED TO SWIM IN THE FINAL.
- 06.07** Presentations
The Meet Manager 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 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:

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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)

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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

SWIM WALES AGE GROUP/YOUTH CHAMPIONSHIPS COACH/CHAPERONE PASS

Friday 2nd – Monday 5th April 2010

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 £12.50 (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.

LATE APPLICATIONS WILL BE CHARGED AT £20

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 22nd February 2010



WELSH NATIONAL AGE GROUP & YOUTH CHAMPIONSHIPS 2010

SCHEDULE OF EVENTS

Friday 2 nd April Session 1		Saturday 3 rd April Session 4		Sunday 4 th April Session 7		Monday 5 th 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.

Swim Wales Age Group & Youth Championships 2010 Qualifying times

Girls			LC Times	Boys		
10 & 11	12 & 13	14 & Over		11 & 12	13 & 14	15 & Over
		30.55	50 Free			27.08
1:19.83	1:12.53	1:07.33	100 Free	1:11.05	1:04.55	59.92
2:52.88	2:37.07	2:25.81	200 Free	2:36.95	2:22.60	2:12.38
6:03.19	5:39.98	5:06.32	400 Free	5:32.64	5:02.22	4:40.56
12:25.14	11:17.00	10:28.47	800 Free	11:35.56	10:31.96	9:46.66
23:49.16	21:38.48	20:05.40	1500 Free	21:58.65	19:58.08	18:32.20
1:28.42	1:20.33	1:14.57	100 Back	1:19.14	1:11.90	1:06.75
3:09.64	2:52.30	2:39.95	200 Back	2:52.21	2:36.46	2:25.24
1:45.36	1:36.53	1:30.08	100 Breast	1:34.61	1:26.69	1:20.89
3:46.59	3:27.61	3:13.73	200 Breast	3:24.46	3:07.34	2:54.81
1:37.83	1:27.98	1:21.18	100 Fly	1:27.26	1:18.47	1:12.41
3:34.84	3:13.20	2:58.28	200 Fly	3:14.58	2:54.98	2:41.47
3:14.15	2:56.40	2:43.75	200 IM	2:55.10	2:39.09	2:27.69
6:47.79	6:10.50	5:43.95	400 IM	6:12.37	5:38.33	5:14.07

Girls			SC Times	Boys		
10 & 11	12 & 13	14 & Over		11 & 12	13 & 14	15 & Over
		29.95	50 Free			26.55
1:18.26	1:11.11	1:06.01	100 Free	1:09.66	1:03.28	58.75
2:49.49	2:33.99	2:22.95	200 Free	2:33.87	2:19.80	2:09.78
5:56.07	5:23.51	5:00.31	400 Free	5:26.12	4:56.29	4:35.06
12:10.53	11:03.73	10:16.15	800 Free	11:21.92	10:19.57	9:35.16
23:21.14	21:13.02	19:41.76	1500 Free	21:32.79	19:34.59	18:10.39
1:26.69	1:18.75	1:13.11	100 Back	1:17.59	1:10.49	1:05.44
3:05.92	2:48.92	2:36.81	200 Back	2:48.83	2:33.39	2:22.39
1:43.29	1:34.64	1:28.31	100 Breast	1:32.75	1:24.99	1:19.30
3:42.15	3:23.54	3:09.93	200 Breast	3:20.45	3:03.67	2:51.38
1:35.91	1:26.25	1:19.59	100 Fly	1:25.55	1:16.93	1:10.99
3:30.63	3:09.41	2:54.78	200 Fly	3:10.76	2:51.55	2:38.30
3:10.34	2:52.94	2:40.54	200 IM	2:51.67	2:35.97	2:24.79
6:39.79	6:03.24	5:37.21	400 IM	6:05.07	5:31.70	5:07.91

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.

Times must be achieved in the 12 months prior to the closing date in a licensed meet or an event 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)

Club: _____ Club Code: _____

Contact Name: _____

Address: _____

Tel No: _____ Mobile: _____

Email Address: _____

Team Size:

Total Number of Individual Entries @ £7.50 per event £.....

Total Number of Relay Entries @ £14 per event £.....

Total number of Coach Passes @ £12.50 each £.....

Number of Annual Coach Passes held by the club

Details of Nominated Club Volunteers/Official, Sessions Available, Qualification & Shirt Size

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
Tel: 01792 513636

CLOSING DATE: Monday 22nd February 2009