



2006 SWIM WALES WINTER OPEN MEET

**Incorporating Swim Wales Closed Distance
Development Meet & Welsh Relay Championships**

(under Swim Wales Laws)

Friday 15th - Sunday 17th December
(All session times to be confirmed)

**WALES NATIONAL POOL
SKETTY LANE,
SWANSEA**

**EVENT INFORMATION
& ENTRY FORMS**



fitswimwales

speedo



fitswimwales
junior



Swim Wales Championships/ Meet General Conditions

SW01

General Conditions

- 01.01** The 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 Swimming (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
 - c) have been resident in Wales for 1 year prior to the date of the competition for Age Group/Youth Swimmers or 3 years for Senior Swimmers and
 - d) be a member of Swim Wales
- 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 swim for the club that holds their registration (The one that pays their annual membership fee)
 - 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
- 02.01.01** 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 set their 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 only one team per Age Group, Male and Female in each event.
- 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.

03.04 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, ASA and Scottish 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 a proven emergency) shall be fined as an inappropriate withdrawal and may be suspended immediately from all events at the Meet.

06.03.07 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 and conform to any Call Room Conditions.

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.

These will be issued to all competitors and will allow admission to the event. It is essential that these passes be brought to the Meet. There will be no entry to poolside without a valid pass. Replacement passes will be available at a charge of £2 upon proof of identity.

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.

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

General Information
Swim Wales Winter Open Meet

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

5.00pm Friday 17th November 2006

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 if entering electronically (entry forms to be kept with the club). **No entries will be processed until the correct payment is received.**

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

The Event entry file and further information on electronic entry is available at www.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 forms 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

Received after 5.00pm at the closing date and not sent recorded delivery prior to this date.

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

ONLY ENTRANTS WHO INCLUDE A LARGE (A4) S.A.E WILL RECEIVE MEET INFORMATION. MEET INFORMATION CAN BE FOUND ON: www.welshasa.co.uk SITE.

ENTRY FEES

Individual Events:

£6.50 Electronic Entry

£7 Paper Entry

Team Events:

£13 Electronic Entry

£14 Paper Entry

MEET CONDITIONS

- Swim Wales reserves the right to return entries if the Meet is oversubscribed.
- Qualifying times must be achieved between 1 December 2005 and 31 October 2006.
- No swimmer will receive an award if their time is outside the qualifying time.
- Age as at last day of meet

Swim Wales Closed Distance Development Meet & Welsh Relay Championships:

Individual Events: Male 14/15 12/13 11yrs & Under Relay Events: Male 14 & Under
Female 14/15 12/13 11yrs & under Female 13 & Under

- All events in this section will be swum as Heat Declared Winner

PRIZES

Medals will be awarded to 1st – 3rd places in each band in Individual and Relay Events

Winter Open Meet

[a] Only Long Course Qualifying times will be accepted. Conversions will not be allowed.

[b] Heats – competitors shall be placed in graduated time order, slowest to fastest and the last three heats shall be cyclically seeded.

[c] Swim Wales reserves the right to allocate up to two heats of Welsh qualified swimmers.

[d] Finals – The maximum number of places available shall be allocated.

[e] Finalists shall be allocated lanes using the spearhead principle from the results of the heats.

[f] All Finalists, together with the reserves, **MUST** report to the designated call facility at least 15 minutes prior to the advertised time for their final. They shall remain in the call facility until taken on to the poolside for their race by the appointed official, or, as a reserve not required to swim, released. Failure to do so will result in them being excluded from the final.

PRIZES

Monetary sums of £15 Gold, £10 Silver & £5 Bronze will be awarded.

DOPING CONTROL

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

SPECTATORS

Admission charges

- £2.50 per session
- £6.00 per day
- £15.00 per weekend pass.
- Children Under 16 / Senior Citizens ½ price

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. 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 countries child protection database.

PLEASE BE AWARE THE CLOSING DATE FOR PASSES WILL BE 17th November 2006. APPLICATIONS RECEIVED AFTER THIS DATE WILL BE REJECTED.

PASSES WILL NOT BE ISSUED DURING THE MEET UNDER ANY CIRCUMSTANCES.

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 e.g. driving licence.** 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

WNP Ltd bans the use of Mobile Phones on the complex.

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 Winter Open Meet
Incorporating Swim Wales Closed Distance Development Meet & Welsh Relay Championships

PROGRAMME OF EVENTS

Session times are subject to amendment & will be confirmed once all entries have been received
 Warm up will start approximately 1 hour prior to the start of each session.

Friday 15th December									
Day 1 Session 1 Heats – 9am start			Day 1 Session 2 – 1pm start			Day 1 Session 3 Finals – 6pm start			
1	W	H	400m Freestyle	12	B	400m Ind. Medley	W	F	400m Freestyle
2	M	H	400m Freestyle	13	G	400m Ind. Medley	M	F	400m Freestyle
3	W	H	100m Breaststroke	14	B	200M Backstroke	W	F	100m Breaststroke
4	M	H	100m Butterfly	15	G	200m Backstroke	M	F	100m Butterfly
5	W	H	50m Backstroke	16	B	800m Freestyle	W	F	50m Backstroke
6	M	H	50m Breaststroke	17	G	800m Freestyle	M	F	50m Breaststroke
7	W	H	200m Butterfly				W	F	200m Butterfly
8	M	H	200m Backstroke			ALL Heat Declared	M	F	200m Backstroke
9	W	H	100m Freestyle			Winner	W	F	100m Freestyle
10	M	H	1500m Freestyle						
11	W	H	800m Freestyle						
Saturday 16th December									
Day 2 Session 4 Heats – 9am Start			Day 2 Session 5 – 1:30pm Start			Day 2 Session 6 Finals – 6pm Start			
18	M	H	100m Freestyle	30	B	200m Ind. Medley	M	F	1500m Freestyle
19	W	H	200m Freestyle	31	G	200m Ind. Medley	W	F	800m Freestyle
20	M	H	200m Butterfly	32	B	200M Breaststroke	M	F	100m Freestyle
21	W	H	100m Backstroke	33	G	200m Breaststroke	W	F	200m Freestyle
22	M	H	200m Ind. Medley	34	B	400m Freestyle	M	F	200m Butterfly
23	W	H	200m Breaststroke	35	G	400m Freestyle	W	F	100m Backstroke
24	M	H	50m Backstroke	36	B	4 X 50m Medley Relay	M	F	200m Ind. Medley
25	W	H	50m Butterfly	37	G	4 X 50m Medley Relay	W	F	200m Breaststroke
26	M	H	100m Breaststroke				M	F	50m Backstroke
27	W	H	400m Ind. Medley			ALL Heat Declared	W	F	50m Butterfly
28	M	H	800m Freestyle			Winner	M	F	100m Breaststroke
29	W	H	1500m Freestyle				W	F	400m Ind. Medley
Sunday 17th December									
Day 3 Session 7 Heats – 9am Start			Day 3 Session 8 – 12:30pm Start			Day 3 Session 9 Finals – 5pm Start			
38	M	H	50m Freestyle	49	B	200m Freestyle	M	F	800m Freestyle
39	W	H	200m Ind. Medley	50	G	200m Freestyle	W	F	1500m Freestyle
40	M	H	200m Breaststroke	51	B	200M Butterfly	M	F	50m Freestyle
41	W	H	200m Backstroke	52	G	200m Butterfly	W	F	200m Ind. Medley
42	M	H	400m Ind. Medley	53	B	1500m Freestyle	M	F	200m Breaststroke
43	W	H	100m Butterfly	54	G	1500m Freestyle	W	F	200m Backstroke
44	M	H	100m Backstroke	55	B	4 X 50m Fr/s Relay	M	F	400m Ind. Medley
45	W	H	50m Breaststroke	56	G	4 X 50m Fr/s Relay	W	F	100m Butterfly
46	M	H	50m Butterfly				M	F	100m Backstroke
47	W	H	50m Freestyle			ALL Heat Declared	W	F	50m Breaststroke
48	M	H	200m Freestyle			Winner	M	F	50m Butterfly
							W	F	50m Freestyle
							M	F	200m Freestyle

H = Heat, F = Final

**2006 Swim Wales Winter Meet
Wales National Pool, Swansea
15th – 17th December 2006**

QUALIFYING TIMES

EVENT	FEMALE OPEN	FEMALE WELSH	MALE OPEN	MALE WELSH
Long Course Times only – no conversions				
50m FREESTYLE	27.53	29.35	24.87	26.26
100m FREESTYLE	1.00.65	1.02.28	55.05	56.37
200m FREESTYLE	2.11.28	2.13.25	2.00.68	2.03.27
400m FREESTYLE	4.35.39	4.43.36	4.15.10	4.24.93
800m FREESTYLE	9.21.90	9.41.87	8:52.91	9:13.48
1500m FREESTYLE	17:59.97	18:33.50	16.45.46	17:46.71
50m BACKSTROKE	31.66	35.19	28.58	32.58
100m BACKSTROKE	1.07.58	1.12.64	1.01.55	1.06.58
200m BACKSTROKE	2.23.77	2.34.03	2.13.45	2.26.15
50m BREASTSTROKE	34.60	39.20	31.25	36.17
100m BREASTSTROKE	1.15.30	1.21.26	1.08.77	1.14.01
200m BREASTSTROKE	2.41.55	2.54.69	2.28.72	2.46.42
50m BUTTERFLY	28.95	32.67	26.79	29.30
100m BUTTERFLY	1.04.55	1.09.45	59.20	1.03.91
200m BUTTERFLY	2.21.67	2.35.42	2.11.15	2.33.39
200m IND .MEDLEY	2.27.18	2.34.10	2.15.85	2.25.03
400m IND .MEDLEY	5.09.05	5.35.90	4.47.46	5.16.76

**Swim Wales Closed Distance Development Meet
Qualifying Times**

EVENT	FEMALE 11 & Under		FEMALE 12/13		FEMALE 14/15		MALE 11 & Under		MALE 12/13		MALE 14/15	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
200 Free	2:55.68	2:52.24	2:44.08	2:40.86	2:30.71	2:27.75	3:04.04	3:00.43	2:34.67	2:31.64	2:22.96	2:20.16
400 Free	6:05.92	5:58.73	5:50.07	5:43.21	5:24.68	5:18.31	6:26.74	6:19.16	5:40.36	5:33.69	5:18.41	5:12.17
800 Free	12:37.46	12:22.61	11:58.63	11:44.54	11:18.50	11:05.20	*	*	*	*	*	*
1500 Free	*	*	*	*	*	*	26:44.09	26:12.64	23:02.32	22:35.22	21:40.58	21:15.08
200 Back	3:30.77	3:26.64	2:57.92	2:54.43	2:48.82	2:45.51	3:24.49	3:20.48	2:59.58	2:56.06	2:54.74	2:51.31
200 Brst	3:57.78	3:53.12	3:34.16	3:29.96	3:24.30	3:20.29	4:04.25	3:59.46	3:24.38	3:20.37	3:19.22	3:15.31
200 Fly	3:46.67	3:42.23	3:14.71	3:10.89	3:04.64	3:01.02	3:53.06	3:48.49	3:07.83	3:04.15	2:59.96	2:56.43
200 I.M	3:36.95	3:32.70	3:00.17	2:56.64	2:48.65	2:45.34	3:41.61	3:37.26	2:58.65	2:55.15	2:55.03	2:51.60
400 I.M	7:12.21	7:03.74	6:12.92	6:05.61	6:06.61	5:59.42	7:22.17	7:13.50	6:10.35	6:03.09	5:59.84	5:52.78

* Entry to the Female 1500m Freestyle is dependent on achieving a qualifying time for the 800m Freestyle

* Entry to the Male 800m Freestyle is dependent on achieving a qualifying time for either the 400m or 1500m Freestyle.

<p>Qualifying swims must have taken place between 1st December 2005 & 31st October 2006 at a British Long Course Championships, ASA, Scottish Swimming or Swim Wales Licensed Long Course Meet (levels 1 & 2)</p>



Welsh Winter Long Course (50M)

Incorporating Stage III Commonwealth Games Qualifying Event

(under Welsh Amateur Swimming Association rules)



15th – 17th December 2006
Wales National Pool Swansea
ENTRY FORM

LAST NAME: FIRST NAME (IN FULL): MIDDLE INITIAL:

PREFERRED NAME: MALE/FEMALE: DATE OF BIRTH: / / AGE: NATIONALITY:

ADDRESS:

..... POST CODE: TEL NO:

E-MAIL NAME OF CLUB (IN FULL):

ONLY ENTRIES THAT INCLUDE A LARGE S.A.E WILL RECEIVE MEET INFORMATION. MEET INFORMATION CAN BE FOUND ON THE: www.welshasa.co.uk SITE.

MEMBER NUMBER:									
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PLEASE MAKE CHEQUES PAYABLE TO "SWIM WALES" COMPLETED ENTRIES TO BE RETURNED TO THE SWIM WALES OFFICE, WALES NATIONAL POOL, SKETTY LANE, SWANSEA SA2 8QG. QUALIFYING TIMES MUST BE ACHIEVED BETWEEN 1 DECEMBER 2005 AND 31 OCTOBER 2006 IN A LONG COURSE POOL.

CLOSING DATE FOR ENTRIES: FRIDAY 17th NOVEMBER 2006

£7 (£6.50 elec) PER IND EVENT	Qualifying Times			Ev No	DATE & VENUE WHERE QUALIFYING TIME WAS ACHIEVED	ENTRY TIME
	Open	Female	Male			
50m FREE	27.53	24.87				: .
	Welsh 29.35	26.26				: .
100m FREE	1:00.65	55.05				: .
	Welsh 1:02.28	56.37				: .
200m FREE	2:11.28	2:00.68				: .
	Welsh 2:13.25	2:03.27				: .
400m FREE	4:35.39	4:15.10				: .
	Welsh 4:43.36	4:24.93				: .
800m FREE	9:21.90	8:52.91				: .
	Welsh 9:41.87	9:13.48				: .
1500m FREE	17:59.97	16:45.46				: .
	Welsh 18:33.50	17:46.71				: .
50m BACK	31.66	28.58				: .
	Welsh 35.19	32.58				: .
100m BACK	1:07.58	1:01.55				: .
	Welsh 1:12.64	1:06.58				: .
200m BACK	2:23.77	2:13.45				: .
	Welsh 2:34.03	2:26.15				: .
50m BREAST	34.60	31.25				: .
	Welsh 39.20	36.17				: .
100m BREAST	1:15.30	1:08.77				: .
	Welsh 1:21.26	1:14.01				: .
200m BREAST	2:41.55	2:28.72				: .
	Welsh 2:54.69	2:46.42				: .
50m FLY	28.95	26.79				: .
	Welsh 32.67	29.30				: .
100m FLY	1:04.55	59.20				: .
	Welsh 1:09.45	1:03.91				: .
200m FLY	2:21.67	2:11.15				: .
	Welsh 2:35.42	2:33.39				: .
200m IND. MED	2:27.18	2:15.85				: .
	Welsh 2:34.10	2:25.03				: .
400m IND. MED	5:09.05	4:47.46				: .
	Welsh 5:35.90	5:16.76				: .

NUMBER OF EVENTS @ £7 (£6.50 elec) PER EVENT TOTAL: £

Please indicate who cheques should be made payable to in the event of entries being rejected.

ALL COMPETITORS IN THIS EVENT MUST BE REGISTERED WITH EITHER ONE OF THE HOME COUNTRIES OR THEIR FEDERATION. SWIMMERS ARE ASKED TO MAKE EVERY EFFORT TO ENSURE THAT THEIR SUBMITTED TIMES ARE ACCURATE. FAILURE TO DO SO IS A SERIOUS OFFENCE AND COULD LEAD TO SUSPENSION. CLUB SECRETARIES MUST ENSURE THAT ALL TIMES SUBMITTED HAVE BEEN MADE IN THE APPROPRIATE EVENTS AS DEFINED IN THE EVENT CONDITIONS BEFORE THEY SIGN THE ENTRY FORM.

WITHDRAWALS

An individual competitor shall be fined the sum of £10 if he/she fails to notify the meet office of a withdrawal Failure to pay this fine may result in further disciplinary action and exclusion from future events.

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 event.

I accept that there will be no refund for incorrectly submitted entries.

Signature of Competitor: Date:

I certify that the above information is correct: (Signed - CLUB SECRETARY) **Before signing**, please check that the above times have been made in appropriate events as stated in the event conditions.

SWIMMERS ARE WARNED THAT RANDOM DOPING CONTROL MAY TAKE PLACE DURING THIS MEET and if you are under 18 years of age on the first day of the competition your parent/guardian MUST fill out the following paragraph:- I agree to my son / daughter / wardif selected, being subjected to the doping control rules and protocols 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 meet information and I agree to accept these conditions.

Signature of Parent/Guardian: Date:

The organisers reserve the right to return entries if the meet is oversubscribed.



Welsh Winter Long Course (50M)

(under Welsh Amateur Swimming Association rules)

15th – 17th December 2006

Wales National Pool Swansea



WASA CLOSED DISTANCE DEVELOPMENT MEET ENTRY FORM

LAST NAME: FIRST NAME [IN FULL]: MIDDLE INITIAL:

PREFERRED NAME: MALE/FEMALE: DATE OF BIRTH: / / AGE: NATIONALITY:

ADDRESS:
..... POST CODE: TEL NO:

E-MAIL: NAME OF CLUB [IN FULL]:

ONLY ENTRIES THAT INCLUDE A LARGE S.A.E WILL RECEIVE MEET INFORMATION. MEET INFORMATION CAN BE FOUND ON THE: www.welshasa.co.uk SITE.

MEMBER NUMBER:														
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PLEASE MAKE CHEQUES PAYABLE TO "SWIM WALES" COMPLETED ENTRIES TO BE RETURNED TO THE SWIM WALES OFFICE, WALES NATIONAL POOL, SKETTY LANE, SWANSEA SA2 8QG. QUALIFYING TIMES MUST BE ACHIEVED BETWEEN 1 DECEMBER 2005 AND 31 OCTOBER 2006.

CLOSING DATE FOR ENTRIES: FRIDAY 17th NOVEMBER 2006

Qualifying Times

EVENT	FEMALE 11 & U		FEMALE 12/13		FEMALE 14/15		MALE 11 & U		MALE 12/13		MALE 14/15	
	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
200 Free	2:55.68	2:52.24	2:44.08	2:40.86	2:30.71	2:27.75	3:04.04	3:00.43	2:34.67	2:31.64	2:22.96	2:20.16
400 Free	6:05.92	5:58.73	5:50.07	5:43.21	5:24.68	5:18.31	6:26.74	6:19.16	5:40.36	5:33.69	5:18.41	5:12.17
800 Free	12:37.46	12:22.61	11:58.63	11:44.54	11:18.50	11:05.20	*	*	*	*	*	*
1500 Free	*	*	*	*	*	*	26:44.09	26:12.64	23:02.32	22:35.22	21:40.58	21:15.08
200 Back	3:30.77	3:26.64	2:57.92	2:54.43	2:48.82	2:45.51	3:24.49	3:20.48	2:59.58	2:56.06	2:54.74	2:51.31
200 Brst	3:57.78	3:53.12	3:34.16	3:29.96	3:24.30	3:20.29	4:04.25	3:59.46	3:24.38	3:20.37	3:19.22	3:15.31
200 Fly	3:46.67	3:42.23	3:14.71	3:10.89	3:04.64	3:01.02	3:53.06	3:48.49	3:07.83	3:04.15	2:59.96	2:56.43
200 I.M	3:36.95	3:32.70	3:00.17	2:56.64	2:48.65	2:45.34	3:41.61	3:37.26	2:58.65	2:55.15	2:55.03	2:51.60
400 I.M	7:12.21	7:03.74	6:12.92	6:05.61	6:06.61	5:59.42	7:22.17	7:13.50	6:10.35	6:03.09	5:59.84	5:52.78

* Entry to the Female 1500m Freestyle is dependent on achieving a qualifying time for the 800m Freestyle. Entry to the Male 800m Freestyle is dependent on achieving a qualifying time for either the 400m or 1500m Freestyle.

£7 (£6.50 elec) PER IND EVENT	Ev No	DATE & VENUE WHERE QUALIFYING TIME WAS ACHIEVED	ENTRY TIME
200m FREE			: .
400m FREE			: .
800m FREE			: .
1500m FREE			: .
200m BACK			: .
200m BREAST			: .
200m FLY			: .
200m IND. MEDLEY			: .
400m IND. MEDLEY			: .

NUMBER OF EVENTS @ £7 (£6.50 elec) PER EVENT TOTAL: £ _____

Please indicate who cheques should be made payable to in the event of entries being rejected.

ALL COMPETITORS IN THIS EVENT MUST BE REGISTERED WITH SWIM WALES. SWIMMERS ARE ASKED TO MAKE EVERY EFFORT TO ENSURE THAT THEIR SUBMITTED TIMES ARE ACCURATE. FAILURE TO DO SO IS A SERIOUS OFFENCE AND COULD LEAD TO SUSPENSION. CLUB SECRETARIES MUST ENSURE THAT ALL TIMES SUBMITTED HAVE BEEN MADE IN THE APPROPRIATE EVENTS AS DEFINED IN THE EVENT CONDITIONS BEFORE THEY SIGN THE ENTRY FORM.

WITHDRAWALS

An individual competitor shall be fined the sum of £10 if he/she fails to notify the meet office of a withdrawal Failure to pay this fine may result in further disciplinary action and exclusion from future events.

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 event.

I accept that there will be no refund for incorrectly submitted entries.

Signature of Competitor: Date:

I certify that the above information is correct: (Signed - CLUB SECRETARY) **Before signing**, please check that the above times have been made in appropriate events as stated in the event conditions.

SWIMMERS ARE WARNED THAT RANDOM DOPING CONTROL MAY TAKE PLACE DURING THIS MEET and if you are under 18 years of age on the first day of the competition your parent/guardian MUST fill out the following paragraph:- I agree to my son / daughter / ward if selected, being subjected to the doping control rules and protocols 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 meet information and I agree to accept these conditions.

Signature of Parent/Guardian: Date:

The organisers reserve the right to return entries if the meet is oversubscribed.

BIOGRAPHICAL DETAILS

Date Form Completed

SURNAME: FIRST NAME:

CLUB/FEDERATION:

DATE OF BIRTH: AGE:..... NATIONALITY:.....

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)

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

BEST TIMES:

STROKE	EVENT	SHORT COURSE	LONG COURSE	TIME

HOBBIES:

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

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

We would be grateful if you choose to complete this form 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.



Welsh Winter Long Course (50M)

(under Welsh Amateur Swimming Association rules)

15th – 17th December 2006

Wales National Pool Swansea



WELSH RELAY CHAMPIONSHIPS ENTRY FORM

NAME OF CLUB [INFULL]:.....																				
NAME & ADDRESS OF PERSON TO WHOM CONFIRMATION ETC. SHOULD BE SENT:																				
										POST CODE:										
TELEPHONE NO:										MOBILE:										
EMAIL ADDRESS:																				
ONLY ENTRIES THAT INCLUDE A LARGE S.A.E WILL RECEIVE MEET INFORMATION. MEET INFORMATION CAN BE FOUND ON THE: www.nofiocymru.co.uk SITE.																				

PLEASE MAKE CHEQUES PAYABLE TO "SWIM WALES" COMPLETED ENTRIES TO BE RETURNED TO THE SWIM WALES OFFICE, WALES NATIONAL POOL, SKETTY LANE, SWANSEA SA2 8QG.

CLOSING DATE FOR ENTRIES: FRIDAY 17th NOVEMBER 2006

<i>£14 (£13 elec) PER RELAY</i>	<i>SWIMMERS</i>	<i>DATE OF BIRTH</i>	<i>ENTRY TIME</i>
Male 14 years and under 4 X 50m Medley Relay	1		: .
	2		
	3		
	4		
Male 14 years and under 4 X 50m Freestyle Relay	1		: .
	2		
	3		
	4		
Female 13 years and under 4 X 50m Medley Relay	1		: .
	2		
	3		
	4		
Female 13 years and under 4 X 50m Freestyle Relay	1		: .
	2		
	3		
	4		

Entry Fee £14 (£13 elec) per team per event. Cheques made payable to: Swim Wales

**PLEASE ENTER SWIMMERS IN THE ORDER THEY WILL SWIM AND ENTER A TIME IN THE RELEVANT BOX(ES)
PLEASE NOTIFY THE MEET OFFICE IF THERE ARE ANY CHANGES TO THE SUBMITTED RELAY TEAMS.**

The organisers reserve the right to return entries if the meet is oversubscribed.



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

WELSH WINTER MEET COACH/CHAPERONE PASS

15th – 17th DECEMBER 2006 – SWANSEA

INDIVIDUAL APPLICATION FORM

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

FULL NAME:
NAME OF CLUB:
POSITION Eg 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 AFFILIATED 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: FRIDAY 17th November 2006