





# 2008 Long Course Open Meet

Presents

License Number: 08WL1-028

(Under WASA LAWS and Technical Rules)  
Friday 16<sup>th</sup> May to Sunday 18<sup>th</sup> May 2008

**Wales National Pool, Swansea**

<b>AGE GROUPS</b>	Boys	10-12 Yrs, 13/14 Yrs, 15/16 Yrs, 17 & Over
	Girls	10/11 Yrs, 12/13 Yrs, 14/15 Yrs, 16 & Over
<b>AGE UP DATE</b>	18 <sup>th</sup> May 2008 (age as of last day of meet)	
<b>EVENTS</b>	800, 1500 Freestyle HDW - Mixed 11 & Over 50m Butterfly HDW- Boys 15 & Over/Girls 14 & Over 50m Backstroke HDW- Boys 15 & Over/Girls 14 & Over 50m Breaststroke HDW - Boys 15 & Over/Girls 14 & Over 50m Freestyle Heats/Finals - Boys 15 & Over/Girls 14 & Over 100m Freestyle (Heats/Finals – All Age Groups), 200m, 400m Freestyle HDW - All Age Groups 100m Backstroke (Heats/Finals – All Age Groups), 200m Backstroke (HDW - All Age Groups) 100m Butterfly (Heats/Finals - All Age Groups), 200 Butterfly (HDW - Boys 11 & Over/Girls 10 & Over) 100m Breaststroke (Heats/Finals – All Age Groups), 200m Breaststroke HDW - All Age Groups 200m IM HDW - All Age Groups, 400m IM HDW - Boys 11 & Over/Girls 11 & Over Skins Events Male and Female Qualification – Top 8 Swimmers from the 200m IM (Skins events will be swum as a selection of all four strokes each one chosen at random. 2 Swimmers will be eliminated in each round)	
<b>AWARDS</b>	Awards will be given to the first 3 finalists in each age category. Additional awards will be made to the Best Boy, Girl and Visiting Club based upon BAGCAT points Prize money of £75, £50, £25, will be awarded for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> places respectively in the Skins events <b>Swimmers must ensure that they are suitably clothed when receiving awards.</b>	
<b>ENTRIES</b>	Entry Forms/Payment to	 Richard Owen, 15 Beaufort Gardens. Kittle, Swansea, SA3 3LE
	Electronic Entries/Enquires	 longcourse@swimswansea.co.uk
<b>ENTRY PRICING</b>	£6.00	Per Event
<b>CLOSING DATE</b>	Friday 11 <sup>th</sup> April, 2008 (No late entries will be accepted)	
<b>POOLSIDE PASSES</b>	£10 per pool pass (req for coaches/team managers), including results and refreshments. Each club may apply for an initial 2 passes with photos. Additional passes may be purchased based upon the age, sex and number of swimmers present. Passes must be worn at all times whilst on poolside and will be required to gain access. West Wales passes may be used for identification however a poolside pass must still be purchased Coaches' passes/packs will be issued from the Meet Office before the start of the meet.	

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## THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS

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<b>SEEDING</b>	All events will be spearheaded and swum slow to fast based on entry times																
<b>SESSION TIMES</b>	<p><i>The following session times are provisional.</i> Session timing will be finalised once all entries have been processed and swimmers/clubs will be notified accordingly.</p> <p>Please note that it is the swimmers` responsibility to present themselves, ready to swim, to the marshalling area/personnel prior to the start of their event.</p> <table><thead><tr><th></th><th></th><th><u>Warm up</u></th><th><u>Start</u></th></tr></thead><tbody><tr><td>Friday 16<sup>th</sup></td><td>Session 1 Heats</td><td>4:00 pm</td><td>5:00 pm</td></tr><tr><td>Saturday 17<sup>th</sup></td><td>Session 4 Heats</td><td>8:00 am</td><td>9:00 am</td></tr><tr><td>Sunday 18<sup>th</sup></td><td>Session 7 Heats</td><td>8:00 am</td><td>9:00 am</td></tr></tbody></table> <p>All other Session Times are to be confirmed. Confirmation will be sent to clubs with return of entry, as well as being posted on the Swim Swansea Website</p>			<u>Warm up</u>	<u>Start</u>	Friday 16 <sup>th</sup>	Session 1 Heats	4:00 pm	5:00 pm	Saturday 17 <sup>th</sup>	Session 4 Heats	8:00 am	9:00 am	Sunday 18 <sup>th</sup>	Session 7 Heats	8:00 am	9:00 am
		<u>Warm up</u>	<u>Start</u>														
Friday 16 <sup>th</sup>	Session 1 Heats	4:00 pm	5:00 pm														
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Sunday 18 <sup>th</sup>	Session 7 Heats	8:00 am	9:00 am														
<b>STARTS</b>	Over the top starts will be used in the heats and wherever possible																
<b>ELECTRONICS</b>	Daktronics timing system with electronic display																
<b>DRUG TESTING</b>	Testing may take place at this event and implicit by the submission of an entry form is the willingness, if selected, to be tested under the current Swim Wales/ASA procedures.																
<b>MEET RESULTS</b>	<p>In addition to providing a real time results service the meet results will be posted on the Swim Swansea website within 24 hours of the meet closing. Results will also be passed to Swim Wales and ASA for their reference and inclusion in rankings.</p> <p>For club's using Hy-Tek or other software systems, a complete electronic copy of the meet results can be obtained following the meet. Any club's wishing this service should provide their e-mail details to the meet office during or prior to the meet.</p>																
<b>VENUE</b>	<p>Wales National Pool, Swansea</p> <p>8 Lane 50m deck level 2mtr competition pool with anti wave lane ropes.</p> <p>Separate 25mtr warm up and swim down facility</p>																
<b>CAR PARKING</b>	A total of 250 car parking places including 21 disabled places and 3 coach bays are provided at the Wales National Pool. An actively managed pay and display car parking scheme will be operated during this event which will cost £1 per day for both competitors and spectators.																
<b>REFRESHMENTS</b>	The cafe which provides a catering facility serving refreshments for swimmers and spectators will operate throughout this meet. Refreshments may not be taken onto the poolside.																
<b>HEALTH &amp; SAFETY</b>	<p>No outdoor shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area and particularly when moving around and climbing the steps in the competitors area. <b>Swimmers are asked not to enter the spectators area or foyer whilst they are competing.</b></p> <p><b>If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim meet.</b> A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case. No swimmer should topple into the water in the event of a false start - a proper shallow dive must be performed.</p> <p>It is the responsibility of the swimmer and/or parent 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 certificate confirming that their participation presents no health or safety problems.</p>																
<b>SWIM SHOP</b>	Wales National Pool operates their own swim shop during their opening hours.																
<b>CAMERA USE</b>	<p>The use of all photographic equipment is controlled at this meet and spectators/coaches and swimmers` are reminded that such equipment should not be used without a pass.</p> <p>Passes can be obtained (free of charge) from the meet office <b>upon proof of identity</b> and must remain attached to the equipment whilst within the WNP area. Equipment being used without a pass will be removed. The records of camera use will be retained by Swim Wales.</p>																
<b>MOBILE PHONES</b>	Swimmers, parents and coaches are reminded that the use of mobile phones <b>is not allowed inside the WNP building.</b> This policy is actively enforced and all visitors are asked to comply.																
<b>MEET OFFICE</b>	A Meet Office will be open for the duration of the meet and in case of emergency can be contacted on 01792 – 513614.																
<b>GENERAL</b>	Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Meet Directors or Referees decision, respectively, will be final.																
<b>APPEALS</b>	Any appeals must be submitted in accordance with FINA procedures and will be handled appropriately.																

# ENTRY FORM

**NB: Entry Qualifying Times/Consideration Times apply for these events**

LAST NAME: \_\_\_\_\_ FIRSTNAME: \_\_\_\_\_ MIDDLE INITIAL: \_\_\_\_\_  
 PREFERRED NAME: \_\_\_\_\_ MALE/FEMALE \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ DD/MM/YYYY  
 ADDRESS: \_\_\_\_\_ POST CODE: \_\_\_\_\_  
 POSTCODE: \_\_\_\_\_ TEL: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
 CLUB: \_\_\_\_\_ REG NUMBER: 

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EVENT	EVENT #	ENTRY TIME	LC	SC	ACHIEVED (VENUE/DATE)
			tick app. (LC default)		
BUTTERFLY	50m				
	100m				
	200m				
	400m				
	800m				
	1500m				
BACKSTROKE	50m				
	100m				
	200m				
	400m				
	800m				
	1500m				
BREASTSTROKE	50m				
	100m				
	200m				
	400m				
	800m				
	1500m				
FREESTYLE	50m				
	100m				
	200m				
	400m				
	800m				
	1500m				
Ind. MEDLEY	50m				
	100m				
	200m				
	400m				
	800m				
	1500m				

**Please remember to include a passport sized photo or .jpg file for each Coaches Poolside**

# PROGRAMME OF EVENTS

SESSION 1		
Event Num		Event Name
1	Finals	Mixed 800 Freestyle
2	Finals	Mixed 1500 Freestyle

SESSION 2		
Event Num		Event Name
3	Finals	Girls 11 & Over 400 IM
4	Finals	Boys 10 & Over 200 IM
5	Heats	Girls 10 & Over 100 Butterfly
6	Finals	Boys 10 & Over 200 Backstroke
7	Heats	Girls 10 & Over 100 Breaststroke
8	Heats	Boys 10 & Over 100 Freestyle
9	Finals	Girls 14 & Over 50 Butterfly
10	Finals	Boys 15 & Over 50 Backstroke
5	Finals	Girls 10 & Over 100 Butterfly
8	Finals	Boys 10 & Over 100 Freestyle
7	Finals	Girls 10 & Over 100 Breaststroke

SESSION 3		
Event Num		Event Name
11	Finals	Boys 10 & Over 400 Freestyle
12	Finals	Girls 10 & Over 200 Freestyle
13	Finals	Boys 10 & Over 200 Breaststroke
14	Prelims	Girls 10 & Over 100 Backstroke
15	Finals	Boys 11 & Over 200 Butterfly
16	Prelims	Girls 14 & Over 50 Freestyle
17	Finals	Boys 15 & Over 50 Breaststroke
Break: 30 Minutes		
14	Finals	Girls 10 & Over 100 Backstroke
16	Finals	Girls 14 & Over 50 Freestyle
18	Finals	Boys 50 Skins

SESSION 4		
Event Num		Event Name
19	Finals	Boys 11 & Over 400 IM
20	Finals	Girls 10 & Over 200 IM
21	Prelims	Boys 10 & Over 100 Butterfly
22	Finals	Girls 10 & Over 200 Backstroke
23	Prelims	Boys 10 & Over 100 Breaststroke
24	Prelims	Girls 10 & Over 100 Freestyle
25	Finals	Boys 15 & Over 50 Butterfly
26	Finals	Girls 14 & Over 50 Backstroke
Break: 30 Minutes		
21	Finals	Boys 10 & Over 100 Butterfly
24	Finals	Girls 10 & Over 100 Freestyle
23	Finals	Boys 10 & Over 100 Breaststroke

SESSION 5		
Event num		Event Name
27	Finals	Girls 10 & Over 400 Freestyle
28	Finals	Boys 10 & Over 200 Freestyle
29	Finals	Girls 10 & Over 200 Breaststroke
30	Prelims	Boys 10 & Over 100 Backstroke
31	Finals	Girls 10 & Over 200 Butterfly
32	Prelims	Boys 15 & Over 50 Freestyle
33	Finals	Girls 14 & Over 50 Breaststroke
Break: 30 Minutes		
30	Finals	Boys 10 & Over 100 Backstroke
32	Finals	Boys 15 & Over 50 Freestyle
34	Finals	Girls 50 IM Skins

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## Boys Qualifying/Consideration Times

Course	Event	11 Years		12 Years		13 Years		14 Years		15 Years		16 years		17 Years		18 Years	
		Qual	Cons	Qual	Cons	Qual	Cons	Qual	Cons	Qual	Cons	Qual	Cons	Qual	Cons	Qual	Cons
LC	50m Free									00:27.00	00:30.37	00:26.40	00:29.70	00:26.30	00:29.59	00:25.50	00:28.69
SC										00:26.40	00:29.70	00:25.90	00:29.14	00:25.60	00:28.80	00:24.60	00:27.68
LC	100m Freestyle	01:09.30	01:17.96	01:05.00	01:13.12	01:01.80	01:09.53	00:59.90	01:07.39	00:58.40	01:05.70	00:57.40	01:04.58	00:56.80	01:03.90	00:56.20	01:03.23
SC		01:09.00	01:17.63	01:04.80	01:12.90	01:01.00	01:08.62	00:58.60	01:05.92	00:56.90	01:04.01	00:55.90	01:02.89	00:55.20	01:02.10	00:54.20	01:00.98
LC	200m Freestyle	02:30.20	02:48.98	02:21.70	02:39.41	02:14.70	02:31.54	02:10.20	02:26.47	02:07.20	02:23.10	02:04.40	02:19.95	02:03.30	02:18.71	02:03.30	02:18.71
SC		02:29.50	02:48.19	02:20.50	02:38.06	02:13.00	02:29.63	02:07.20	02:23.10	02:03.90	02:19.39	02:01.50	02:16.69	02:00.40	02:15.45	01:59.60	02:14.55
LC	400m Freestyle	05:11.40	05:50.33	04:56.40	05:33.45	04:43.60	05:19.05	04:33.90	05:08.14	04:28.90	05:02.51	04:23.90	04:56.89	04:22.60	04:55.43	04:21.00	04:53.62
SC		05:12.00	05:51.00	04:53.70	05:30.41	04:39.20	05:14.10	04:28.90	05:02.51	04:21.50	04:54.19	04:16.60	04:48.67	04:13.80	04:45.53	04:13.80	04:45.53
LC	800m Freestyle	11:10.80	12:34.65	10:19.10	11:36.49	09:52.40	11:06.45	09:32.50	10:44.06	09:20.60	10:30.67	09:11.80	10:20.78	09:07.90	10:16.39	09:05.20	10:13.35
SC		11:01.20	12:23.85	10:14.00	11:30.75	09:43.50	10:56.44	09:22.00	10:32.25	09:07.20	10:15.60	08:57.20	10:04.35	08:51.70	09:58.16	08:51.70	09:58.16
LC	1500m Freestyle	21:48.80	24:32.40	19:35.50	22:02.44	18:43.90	21:04.39	18:06.70	20:22.54	17:42.40	19:55.20	17:28.10	19:39.11	17:18.30	19:28.09	17:14.40	19:23.70
SC		21:11.13	23:50.02	19:23.30	21:48.71	18:25.20	20:43.35	17:45.30	19:58.46	17:18.00	19:27.75	16:59.60	19:07.05	16:50.30	18:56.59	16:50.30	18:56.59
LC	50m Backstroke									00:31.40	00:35.32	00:30.80	00:34.65	00:30.30	00:34.09	00:29.30	00:32.96
SC										00:30.00	00:33.75	00:29.30	00:32.96	00:29.10	00:32.74	00:27.50	00:30.94
LC	100m Backstroke	01:19.40	01:29.32	01:14.40	01:23.70	01:10.30	01:19.09	01:07.10	01:15.49	01:05.50	01:13.69	01:04.40	01:12.45	01:04.10	01:12.11	01:02.80	01:10.65
SC		01:18.00	01:27.75	01:13.20	01:22.35	01:08.80	01:17.40	01:05.50	01:13.69	01:03.30	01:11.21	01:02.10	01:09.86	01:01.10	01:08.74	00:59.20	01:06.60
LC	200m Backstroke	02:49.60	03:10.80	02:39.20	02:59.10	02:30.90	02:49.76	02:25.10	02:43.24	02:21.20	02:38.85	02:18.50	02:35.81	02:17.40	02:34.57	02:15.80	02:32.77
SC		02:46.30	03:07.09	02:36.40	02:55.95	02:27.30	02:45.71	02:20.50	02:38.06	02:16.20	02:33.23	02:14.00	02:30.75	02:12.40	02:28.95	02:09.60	02:25.80
LC	50m Breaststroke									00:34.20	00:38.48	00:33.60	00:37.80	00:33.00	00:37.13	00:32.00	00:36.00
SC										00:33.30	00:37.46	00:32.50	00:36.56	00:32.20	00:36.22	00:30.90	00:34.76
LC	100m Breaststroke	01:29.70	01:40.91	01:23.60	01:34.05	01:18.60	01:28.43	01:15.50	01:24.94	01:13.90	01:23.14	01:12.20	01:21.23	01:11.20	01:20.10	01:10.00	01:18.75
SC		01:28.90	01:40.01	01:23.00	01:33.37	01:17.40	01:27.08	01:14.10	01:23.36	01:11.50	01:20.44	01:09.80	01:18.52	01:09.10	01:17.74	01:07.40	01:15.83
LC	200m Breaststroke	03:14.20	03:38.48	03:01.10	03:23.74	02:50.70	03:12.04	02:43.10	03:03.49	02:39.30	02:59.21	02:37.00	02:56.62	02:34.40	02:53.70	02:31.60	02:50.55
SC		03:12.10	03:36.11	02:59.30	03:21.71	02:48.00	03:09.00	02:39.90	02:59.89	02:35.20	02:54.60	02:32.30	02:51.34	02:30.10	02:48.86	02:26.20	02:44.48
LC	50m Butterfly									00:29.30	00:32.96	00:28.80	00:32.40	00:28.20	00:31.72	00:27.40	00:30.82
SC										00:28.80	00:32.40	00:28.20	00:31.72	00:27.70	00:31.16	00:26.60	00:29.93
LC	100m Butterfly	01:17.60	01:27.30	01:12.40	01:21.45	01:08.20	01:16.72	01:05.10	01:13.24	01:03.30	01:11.21	01:02.10	01:09.86	01:01.30	01:08.96	01:00.20	01:07.73
SC		01:18.30	01:28.09	01:12.90	01:22.01	01:08.30	01:16.84	01:04.90	01:13.01	01:02.50	01:10.31	01:01.50	01:09.19	01:00.40	01:07.95	00:58.50	01:05.81
LC	200m Butterfly	02:50.90	03:12.26	02:39.80	02:59.77	02:30.80	02:49.65	02:24.10	02:42.11	02:19.90	02:37.39	02:17.50	02:34.69	02:16.40	02:33.45	02:14.00	02:30.75
SC		02:51.30	03:12.71	02:40.90	03:01.01	02:30.70	02:49.54	02:23.50	02:41.44	02:17.50	02:34.69	02:15.40	02:32.33	02:12.20	02:28.72	02:10.20	02:26.47
LC	200m Ind. Medley	02:51.00	03:12.38	02:41.10	03:01.24	02:32.70	02:51.79	02:27.10	02:45.49	02:23.70	02:41.66	02:20.60	02:38.17	02:19.30	02:36.71	02:18.20	02:35.47
SC		02:49.60	03:10.80	02:39.60	02:59.55	02:31.00	02:49.87	02:23.80	02:41.77	02:19.20	02:36.60	02:17.10	02:34.24	02:15.40	02:32.33	02:13.40	02:30.07
LC	400m Ind. Medley	06:01.10	06:46.24	05:40.60	06:23.17	05:23.80	06:04.28	05:11.60	05:50.55	05:05.20	05:43.35	04:59.50	05:36.94	04:57.50	05:34.69	04:53.50	05:30.19
SC		05:59.80	06:44.77	05:36.80	06:18.90	05:18.30	05:58.09	05:04.60	05:42.68	04:55.60	05:32.55	04:50.30	05:26.59	04:47.10	05:22.99	04:43.50	05:18.94

## Girls Qualifying/Consideration Times

Course	Event	10/11 Years		12 Years		13 Years		14 Years		15 Years		16 Years		17 Years	
		Qual	Cons	Qual	Cons	Qual	Cons	Qual	Cons	Qual	Cons	Qual	Cons	Qual	Cons
LC	50m Free							00:29.40	00:33.07	00:29.40	00:33.07	00:29.20	00:32.85	00:29.30	00:32.96
SC								00:29.20	00:32.85	00:28.80	00:32.40	00:28.60	00:32.18	00:28.60	00:32.18
LC	100m Freestyle	01:09.70	01:18.41	01:06.80	01:15.15	01:04.90	01:13.01	01:03.70	01:11.66	01:03.30	01:11.21	01:02.90	01:10.76	01:02.90	01:10.76
SC		01:09.30	01:17.96	01:05.60	01:13.80	01:01.70	01:11.66	01:02.50	01:10.31	01:01.70	01:09.41	01:01.10	01:08.74	01:01.30	01:08.96
LC	200m Freestyle	02:30.60	02:49.42	02:24.20	02:42.22	02:19.60	02:37.05	02:17.00	02:34.12	02:15.60	02:32.55	02:14.80	02:31.65	02:14.10	02:30.86
SC		02:29.30	02:47.96	02:21.30	02:38.96	02:16.60	02:33.67	02:14.50	02:31.31	02:12.40	02:28.95	02:11.20	02:27.60	02:10.70	02:27.04
LC	400m Freestyle	05:12.80	05:51.90	04:59.60	05:37.05	04:51.10	05:27.49	04:46.50	05:22.31	04:44.40	05:19.95	04:42.30	05:17.59	04:42.00	05:17.25
SC		05:10.20	05:48.98	04:53.40	05:30.07	04:44.50	05:20.06	04:39.90	05:14.89	04:36.40	05:10.95	04:34.80	05:09.15	04:34.10	05:08.36
LC	800m Freestyle	10:49.50	12:10.69	10:19.10	11:36.49	09:58.40	11:13.20	09:50.40	11:04.20	09:46.50	10:59.81	09:40.20	10:52.72	09:43.00	10:55.88
SC		10:42.10	12:02.36	10:07.40	11:23.33	09:44.50	10:57.56	09:34.90	10:46.76	09:29.70	10:40.91	09:26.10	10:36.86	09:26.10	10:36.86
LC	1500m Freestyle	20:47.70	23:23.66	19:49.30	22:17.96	19:09.70	21:33.41	18:54.30	21:16.09	18:46.90	21:07.76	18:34.70	20:54.04	18:40.10	21:00.11
SC		20:36.80	23:11.40	19:29.90	21:56.14	18:45.80	21:06.52	18:27.40	20:45.83	18:17.40	20:34.58	18:10.50	20:26.81	18:10.50	20:26.81
LC	50m Backstroke							00:34.40	00:38.70	00:33.70	00:37.91	00:33.50	00:37.69	00:33.40	00:37.57
SC								00:33.00	00:37.13	00:32.60	00:36.68	00:32.20	00:36.22	00:32.10	00:36.11
LC	100m Backstroke	01:19.40	01:29.32	01:15.20	01:24.60	01:13.30	01:22.46	01:11.80	01:20.78	01:11.00	01:19.87	01:10.60	01:19.43	01:10.50	01:19.31
SC		01:17.80	01:27.53	01:13.20	01:22.35	01:10.70	01:19.54	01:09.40	01:18.08	01:08.10	01:16.61	01:07.80	01:16.28	01:07.50	01:15.94
LC	200m Backstroke	02:48.60	03:09.67	02:40.40	03:00.45	02:36.00	02:55.50	02:33.30	02:52.46	02:31.20	02:50.10	02:29.80	02:48.53	02:30.20	02:48.98
SC		02:44.30	03:04.84	02:36.20	02:55.73	02:31.50	02:50.44	02:28.00	02:46.50	02:25.60	02:43.80	02:24.50	02:42.56	02:23.90	02:41.89
LC	50m Breaststroke							00:37.50	00:42.19	00:36.90	00:41.51	00:36.80	00:41.40	00:36.60	00:41.18
SC								00:36.70	00:41.29	00:36.00	00:40.50	00:35.90	00:40.39	00:35.90	00:40.39
LC	100m Breaststroke	01:29.80	01:41.03	01:24.50	01:35.06	01:21.30	01:31.46	01:19.90	01:29.89	01:19.50	01:29.44	01:18.90	01:28.76	01:18.30	01:28.09
SC		01:28.70	01:39.79	01:23.60	01:34.05	01:20.10	01:30.11	01:17.70	01:27.41	01:16.90	01:26.51	01:16.70	01:26.29	01:16.10	01:25.61
LC	200m Breaststroke	03:11.80	03:35.78	03:01.90	03:24.64	02:54.80	03:16.65	02:51.10	03:12.49	02:49.90	03:11.14	02:49.90	03:11.14	02:49.20	03:10.35
SC		03:10.10	03:33.86	02:59.20	03:21.60	02:51.70	03:13.16	02:47.70	03:08.66	02:45.90	03:06.64	02:45.40	03:06.07	02:44.90	03:05.51
LC	50m Butterfly							00:32.40	00:36.45	00:31.70	00:35.66	00:31.40	00:35.32	00:31.50	00:35.44
SC								00:31.80	00:35.78	00:31.20	00:35.10	00:31.10	00:34.99	00:31.00	00:34.88
LC	100m Butterfly	01:17.60	01:27.30	01:13.50	01:22.69	01:10.90	01:19.76	01:09.80	01:18.52	01:09.00	01:17.63	01:08.50	01:17.06	01:08.10	01:16.61
SC		01:17.90	01:27.64	01:13.10	01:22.24	01:10.60	01:19.43	01:08.70	01:17.29	01:08.10	01:16.61	01:07.60	01:16.05	01:07.20	01:15.60
LC	200m Butterfly	02:51.00	03:12.38	02:41.90	03:02.14	02:35.30	02:54.71	02:32.10	02:51.11	02:31.20	02:50.10	02:29.60	02:48.30	02:28.50	02:47.06
SC		02:29.30	02:47.96	02:21.30	02:38.96	02:16.60	02:33.67	02:14.50	02:31.31	02:12.40	02:28.95	02:11.20	02:27.60	02:10.70	02:27.04
LC	200m Ind. Medley	02:50.90	03:12.26	02:42.50	03:02.81	02:38.00	02:57.75	02:35.30	02:54.71	02:33.60	02:52.80	02:32.40	02:51.45	02:32.10	02:51.11
SC		02:48.10	03:09.11	02:39.50	02:59.44	02:34.80	02:54.15	02:31.40	02:50.33	02:29.30	02:47.96	02:28.80	02:47.40	02:28.30	02:46.84
LC	400m Ind. Medley	05:58.90	06:43.76	05:41.90	06:24.64	05:31.60	06:13.05	05:26.30	06:07.09	05:23.30	06:03.71	05:20.40	06:00.45	05:20.40	06:00.45
SC		05:55.90	06:40.39	05:35.70	06:17.66	05:24.70	06:05.29	05:17.80	05:57.53	05:13.70	05:52.91	05:12.40	05:51.45	05:10.70	05:49.54

# Coach Pass Application Form

(Coaches, Team Managers & Poolside Helpers)

Please note that all applications for poolside passes from Coaches, Team Managers, Poolside Helpers, etc. must be accompanied by the persons:

- i. WASA Number
- ii. CRB Number
- iii. Photograph

The only exception to the above requirements will be if **ALL 3 ITEMS** are already lodged with the WASA office. If these are already with WASA, the name of the applicant will be sufficient and the remaining items will be obtained from WASA.

Please complete the following:

1) Full Name:

2) WASA No., CRB No., & Photograph already with WASA?

YES:

NO:

If the answer to Question 2 is **NO** then please complete the following:

WASA Number:

CRB Number:

Photograph Enclosed?

YES:

NO:

# Payment Summary Sheet

Please complete the following Payment Summary Sheet and return with entries.

Contact Name & Tel. No: \_\_\_\_\_

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

Number of Coach Passes  X £10.00 =  £

Total Entries.  X £6.00 =  £

Total Amount Enclosed:  £

Please enclose a single cheque to cover all the clubs entries. This should be made payable to 'Swim Swansea' and should be returned with a copy of all entries **no later** than the 11<sup>th</sup> April 2008 (**this includes electronic entries, paper copies of entry forms also need to be submitted**) to: -

Meet Director  
15, Beaufort Gardens,  
Kittle  
Swansea  
SA3 3LE