





2008 Long Course Open Meet

Presents

License Number: 08WL1-028

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

Wales National Pool, Swansea

| | | |
|------------------------|---|--|
| AGE GROUPS | Boys | 10-12 Yrs, 13/14 Yrs, 15/16 Yrs, 17 & Over |
| | Girls | 10/11 Yrs, 12/13 Yrs, 14/15 Yrs, 16 & Over |
| AGE UP DATE | 18 th May 2008 (age as of last day of meet) | |
| EVENTS | 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) | |
| AWARDS | 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 st , 2 nd and 3 rd places respectively in the Skins events Swimmers must ensure that they are suitably clothed when receiving awards. | |
| ENTRIES | Entry Forms/Payment to |  Richard Owen, 15 Beaufort Gardens. Kittle, Swansea, SA3 3LE |
| | Electronic Entries/Enquires |  longcourse@swimswansea.co.uk |
| ENTRY PRICING | £6.00 | Per Event |
| CLOSING DATE | Friday 11 th April, 2008 (No late entries will be accepted) | |
| POOLSIDE PASSES | £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. | |

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

| SEEDING | All events will be spearheaded and swum slow to fast based on entry times | | | | | | | | | | | | | | | | |
|----------------------------|--|----------------|--------------|----------------|--------------|-------------------------|-----------------|---------|---------|---------------------------|-----------------|---------|---------|-------------------------|-----------------|---------|---------|
| SESSION TIMES | <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 16th</td><td>Session 1 Heats</td><td>4:00 pm</td><td>5:00 pm</td></tr><tr><td>Saturday 17th</td><td>Session 4 Heats</td><td>8:00 am</td><td>9:00 am</td></tr><tr><td>Sunday 18th</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 th | Session 1 Heats | 4:00 pm | 5:00 pm | Saturday 17 th | Session 4 Heats | 8:00 am | 9:00 am | Sunday 18 th | Session 7 Heats | 8:00 am | 9:00 am |
| | | <u>Warm up</u> | <u>Start</u> | | | | | | | | | | | | | | |
| Friday 16 th | Session 1 Heats | 4:00 pm | 5:00 pm | | | | | | | | | | | | | | |
| Saturday 17 th | Session 4 Heats | 8:00 am | 9:00 am | | | | | | | | | | | | | | |
| Sunday 18 th | Session 7 Heats | 8:00 am | 9:00 am | | | | | | | | | | | | | | |
| STARTS | Over the top starts will be used in the heats and wherever possible | | | | | | | | | | | | | | | | |
| ELECTRONICS | Daktronics timing system with electronic display | | | | | | | | | | | | | | | | |
| DRUG TESTING | 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. | | | | | | | | | | | | | | | | |
| MEET RESULTS | <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> | | | | | | | | | | | | | | | | |
| VENUE | <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> | | | | | | | | | | | | | | | | |
| CAR PARKING | 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. | | | | | | | | | | | | | | | | |
| REFRESHMENTS | 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. | | | | | | | | | | | | | | | | |
| HEALTH & SAFETY | <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. Swimmers are asked not to enter the spectators area or foyer whilst they are competing.</p> <p>If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim meet. 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> | | | | | | | | | | | | | | | | |
| SWIM SHOP | Wales National Pool operates their own swim shop during their opening hours. | | | | | | | | | | | | | | | | |
| CAMERA USE | <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 upon proof of identity 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> | | | | | | | | | | | | | | | | |
| MOBILE PHONES | Swimmers, parents and coaches are reminded that the use of mobile phones is not allowed inside the WNP building. This policy is actively enforced and all visitors are asked to comply. | | | | | | | | | | | | | | | | |
| MEET OFFICE | A Meet Office will be open for the duration of the meet and in case of emergency can be contacted on 01792 – 513614. | | | | | | | | | | | | | | | | |
| GENERAL | 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. | | | | | | | | | | | | | | | | |
| APPEALS | 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 <small>(VENUE/DATE)</small> |
|--------------|---------|------------|---------------------------|----|---|
| | | | 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 11th 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