



NOFIO CYMRU
SWIM WALES

2007

**SHORT COURSE (25m)
SPRING QUALIFIER**

**(Qualifies for ASA National Championships as a WASA equivalent ASA Regional
Event held in June and Welsh Summer Nationals)**

(under Swim Wales Laws)

Saturday 16th – Sunday 17th June
(All session times to be confirmed)

WALES NATIONAL POOL SWANSEA

EVENT INFORMATION & ENTRY FORMS

**This meet is only for swimmers who have not obtained a qualifying
time for the 2007 ASA Age Group & Youth National Championships or
the 2007 Swim Wales Summer Nationals.**

Championship Information & Conditions

SHORT COURSE (25m) SPRING QUALIFIER 16th – 17th June 2007 – Wales National Pool, Swansea

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 14th May 2007

ENTRIES

Swim Wales asks that all club entries are sent in together with one cheque to cover all payment

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 Entry Fee Summary with payment (entry forms to be kept with the club). No entries will be processed until the correct payment is received and this **must** be received by the closing date as stated above.

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

The Event entry file and further information on electronic entry is available at www.welshasa.co.uk Electronic entries are to be e-mailed to secretary@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 entries 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
- Improved entries
- Received after 5.00pm at the closing date of 14th May 2007 and not sent recorded delivery prior to this date.

NB: Swim Wales may request validation of any stated entry time and reserve the right to return entries if the meet is oversubscribed.

- This meet is Open
- Swimmers must use the qualifying times for the Age Group that they will need to qualify for. E.g. To qualify for the ASA Age Groups they must abide by times for the age they will be at July 26th 2007, ASA Youth - Age as at August 1st 2007, Welsh Summer Nationals – Age as at August 5th 2007.
- Please indicate on the entry form for paper entries and on the Meet Entry Fee report produced from the TM software the event you are looking to qualify for and the age you will be at the relevant Age-Up date.
- For males aged 11 years & under entry for the 100m Breaststroke, Backstroke, Butterfly and Freestyle Events are dependent on QUALIFYING AND SWIMMING the 200m Event in that particular stroke. Anyone who does not swim the 200m event will automatically be removed from the 100m event as in keeping with the ASA National BAGCAT Championships.

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.

NB: THERE WILL BE NO CARDS FOR THIS COMPETITION.

ENTRY FEES

Individual events: £6 per event OR £5 per event if submitted electronically using Hy-tek Team Manager or TM Lite, which can be obtained from our website.

HDW Events

- Upper and Lower Qualifying time standards will be in force for this meet. Please see enclosed time standards for further information
- Long Course times will not be converted. Please **DO NOT** manually convert any times.
- Please clearly indicate on the entry forms whether submitted times are long course or short course.
- All Age groups will swim together.

PRIZES

No prizes will be awarded at this meet

DOPING CONTROL

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

SPECTATORS

Admission charges

- £1.50 per session
- £2.50 per day
- £4.00 per weekend pass.
- Children Under 16 / Senior Citizens - reduced rates

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

PLEASE BE AWARE THE CLOSING DATE FOR PASSES WILL BE 14th May 2007. 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

Additional entry forms can be found on www.welshasa.co.uk

Any persons willing to help in any capacity at this meet are asked to contact the Swim Wales Office.

Swim Wales

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 & 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 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
 - 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 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. 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.
- 0103.01** 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 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 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 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.

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 SASA/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



SPRING QUALIFIER 2007



ASA National BAGCAT & Youth Long Course Upper and Lower Time Standards

Girls 11		Girls 12		Girls 13		LC Times	Boys 11		Boys 12		Boys 13		Boys 14	
UQT	LQT	UQT	LQT	UQT	LQT	Event	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT
01:07.49	01:10.86	01:04.96	01:08.21	01:03.33	01:06.50	100 Free			01:03.01	01:06.16	01:00.02	01:03.02	00:58.26	01:01.17
02:26.04	02:33.34	02:20.29	02:27.30	02:16.21	02:23.02	200 Free	02:25.09	02:32.34	02:17.74	02:24.63	02:10.92	02:17.47	02:06.76	02:13.10
05:02.65	05:17.78	04:51.10	05:05.65	04:43.69	04:57.87	400 Free	05:00.37	05:15.39	04:47.44	05:01.81	04:35.37	04:49.14	04:26.71	04:40.05
01:16.86	01:20.70	01:13.15	01:16.81	01:11.49	01:15.06	100 Back			01:12.12	01:15.73	01:08.19	01:11.60	01:05.55	01:08.83
02:43.70	02:51.89	02:36.06	02:43.86	02:32.17	02:39.78	200 Back	02:43.76	02:51.95	02:34.31	02:42.03	02:26.26	02:33.57	02:21.41	02:28.48
01:26.91	01:31.26	01:21.09	01:25.14	01:19.38	01:23.35	100 Brst			01:20.96	01:25.01	01:16.31	01:20.13	01:13.59	01:17.27
03:05.55	03:14.83	02:57.03	03:05.88	02:50.47	02:58.99	200 Brst	03:08.34	03:17.76	02:55.78	03:04.57	02:46.04	02:54.34	02:39.23	02:39.23
01:15.31	01:19.08	01:11.68	01:15.26	01:09.18	01:12.64	100 Fly			01:10.53	01:14.06	01:06.38	01:09.70	01:03.51	01:06.69
02:46.74	02:55.08	02:38.10	02:46.00	02:31.75	02:39.34	200 Fly	02:46.79	02:55.13	02:35.52	02:43.40	02:26.70	02:34.03	02:20.35	02:27.37
02:45.15	02:53.41	02:37.91	02:45.81	02:34.13	02:41.84	200 IM	02:45.24	02:53.50	02:36.28	02:44.09	02:28.19	02:35.60	02:23.24	02:30.40
05:48.75	06:06.19	05:32.89	05:49.53	05:23.79	05:39.98	400 IM	05:50.36	06:07.88	05:31.20	05:47.76	05:14.32	05:30.04	05:04.01	05:19.21

Girls 14		Girls 15		Girls 16		Girls 17		LC Times	Boys 15		Boys 16		Boys 17 & 18	
UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	Event	UQT	LQT	UQT	LQT	UQT	LQT
00:29.13	00:30.59	00:28.68	00:30.11	00:28.64	00:30.07	00:28.64	00:30.07	50 Free	00:26.32	00:27.64	00:25.74	00:27.03	00:25.63	00:26.91
01:02.31	01:05.43	01:01.78	01:04.87	01:01.62	01:04.70	01:01.42	01:04.49	100 Free	00:56.98	00:59.83	00:56.14	00:58.95	00:55.48	00:58.25
02:13.91	02:20.61	02:12.38	02:19.00	02:11.83	02:18.42	02:11.02	02:17.57	200 Free	02:03.89	02:10.08	02:01.31	02:07.38	02:00.74	02:06.78
04:40.68	04:54.71	04:37.62	04:51.50	04:35.76	04:49.55	04:34.78	04:48.52	400 Free	04:21.87	04:34.96	04:17.53	04:30.41	04:16.30	04:29.11
01:10.16	01:13.67	01:09.41	01:12.88	01:09.11	01:12.57	01:08.89	01:12.33	100 Back	01:03.98	01:07.18	01:03.21	01:06.37	01:02.62	01:05.75
02:29.82	02:37.31	02:27.73	02:35.12	02:26.64	02:33.97	02:26.64	02:33.97	200 Back	02:17.67	02:24.55	02:15.42	02:22.19	02:14.55	02:21.28
01:18.03	01:21.93	01:17.48	01:21.35	01:17.36	01:21.23	01:16.50	01:20.32	100 Brst	01:12.11	01:15.72	01:10.82	01:14.36	01:09.74	01:13.23
02:47.03	02:55.38	02:45.60	02:53.88	02:45.50	02:53.77	02:45.33	02:53.60	200 Brst	02:35.22	02:42.98	02:33.49	02:41.16	02:31.06	02:38.61
01:08.21	01:11.62	01:07.49	01:10.86	01:07.12	01:10.48	01:06.76	01:10.10	100 Fly	01:01.90	01:05.00	01:00.86	01:03.90	01:00.07	01:03.07
02:29.46	02:36.93	02:27.57	02:34.95	02:26.46	02:33.78	02:25.29	02:32.55	200 Fly	02:16.60	02:23.43	02:14.20	02:20.91	02:13.48	02:20.15
02:31.64	02:39.22	02:29.88	02:37.37	02:29.25	02:36.71	02:28.63	02:36.06	200 IM	02:20.26	02:27.27	02:17.14	02:24.00	02:16.05	02:22.85
05:18.89	05:34.83	05:16.01	05:31.81	05:13.68	05:29.36	05:13.19	05:28.85	400 IM	04:57.85	05:12.74	04:52.34	05:06.96	04:50.62	05:05.15

Swimmers must use the qualifying times for the Age Group that they will need to qualify for. E.g. To qualify for the ASA Age Groups they must abide by times for the age they will be at July 26th 2007, ASA Youth - Age as at August 1st 2007

If you have achieved a time equal to or faster than the Upper Qualifying time (UQT) you will not be permitted to compete in that event. Your time must be equal to or faster than the Lower Qualifying time (LQT)

For males aged 11 years & under entry for the 100m Breaststroke, Backstroke, Butterfly and Freestyle Events are dependent on QUALIFYING AND SWIMMING the 200m Event in that particular stroke. Anyone who does not swim the 200m event will automatically be removed from the 100m event as in keeping with the ASA National BAGCAT Championships.



SPRING QUALIFIER 2007



ASA National BAGCAT & Youth Short Course Upper and Lower Time Standards

Girls 11		Girls 12		Girls 13		SC Times	Boys 11		Boys 12		Boys 13		Boys 14	
UQT	LQT	UQT	LQT	UQT	LQT	Event	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT
01:06.97	01:10.32	01:03.80	01:06.99	01:02.19	01:05.30	100 Free			01:02.84	01:05.98	00:59.31	01:02.28	00:57.07	00:59.92
02:24.43	02:31.65	02:17.63	02:24.51	02:13.12	02:19.78	200 Free	02:24.83	02:32.07	02:16.39	02:23.21	02:09.29	02:15.75	02:03.65	02:09.83
05:00.54	05:15.57	04:45.77	05:00.06	04:38.05	04:51.95	400 Free	05:01.47	05:01.47	04:44.73	04:58.97	04:31.64	04:45.22	04:21.76	04:34.85
01:15.62	01:19.40	01:11.29	01:14.85	01:08.99	01:12.44	100 Back			01:11.11	01:14.67	01:06.85	01:10.19	01:03.74	01:06.93
02:39.22	02:47.18	02:32.24	02:39.85	02:28.01	02:35.41	200 Back	02:41.20	02:49.26	02:31.63	02:39.21	02:23.17	02:30.33	02:17.10	02:23.96
01:25.95	01:30.25	01:21.27	01:25.33	01:18.12	01:22.03	100 Brst			01:20.31	01:24.33	01:15.22	01:18.98	01:12.14	01:15.75
03:04.04	03:13.24	02:54.15	03:02.86	02:47.42	02:55.79	200 Brst	03:06.03	03:15.33	02:53.93	03:02.63	02:43.05	02:51.20	02:35.92	02:43.72
01:15.07	01:18.82	01:11.32	01:14.89	01:08.90	01:12.35	100 Fly			01:10.33	01:13.85	01:06.14	01:09.45	01:03.23	01:06.39
02:46.45	02:54.77	02:37.00	02:44.85	02:30.94	02:38.49	200 Fly	02:46.51	02:54.84	02:35.30	02:43.07	02:26.50	02:33.82	02:19.90	02:26.89
02:42.65	02:50.78	02:35.09	02:42.84	02:31.37	02:38.94	200 IM	02:44.02	02:52.22	02:34.94	02:42.69	02:26.69	02:34.02	02:19.94	02:26.94
05:45.49	06:02.76	05:26.73	05:43.07	05:17.13	05:32.99	400 IM	05:50.11	06:07.62	05:26.88	05:43.22	05:09.32	05:24.79	04:57.16	05:12.02

Girls 14		Girls 15		Girls 16		Girls 17		SC Times	Boys 15		Boys 16		Boys 17 & 18	
UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	Event	UQT	LQT	UQT	LQT	UQT	LQT
00:28.48	00:29.90	00:28.07	00:29.47	00:27.83	00:29.22	00:27.83	00:29.22	50 Free	00:25.82	00:27.11	00:25.22	00:26.48	00:25.06	00:26.31
01:00.91	01:03.96	01:00.14	01:03.15	00:59.67	01:02.65	00:59.67	01:02.65	100 Free	00:55.58	00:58.36	00:54.48	00:57.20	00:53.86	00:56.55
02:11.15	02:17.71	02:09.06	02:15.51	02:08.21	02:14.62	02:07.37	02:13.74	200 Free	02:00.64	02:06.67	01:58.58	02:04.51	01:57.27	02:03.13
04:33.39	04:47.06	04:29.20	04:42.66	04:28.38	04:41.80	04:27.04	04:40.39	400 Free	04:14.87	04:27.61	04:10.14	04:22.65	04:07.41	04:19.78
01:07.88	01:11.27	01:06.42	01:09.74	01:06.18	01:09.49	01:05.83	01:09.12	100 Back	01:01.72	01:04.81	01:00.61	01:11.58	00:59.58	01:02.56
02:24.55	02:31.78	02:21.96	02:29.06	02:20.93	02:27.98	02:20.49	02:27.51	200 Back	02:12.73	02:19.37	02:10.69	02:36.55	02:08.93	02:15.38
01:15.66	01:19.44	01:15.01	01:18.76	01:14.78	01:18.52	01:14.31	01:18.03	100 Brst	01:09.80	01:13.29	01:08.17	01:02.93	01:07.40	01:10.77
02:43.38	02:51.55	02:41.97	02:50.07	02:41.02	02:49.07	02:40.85	02:48.89	200 Brst	02:31.22	02:38.78	02:29.10	02:18.45	02:26.43	02:33.75
01:06.91	01:10.26	01:06.43	01:09.75	01:06.07	01:09.37	01:05.62	01:08.90	100 Fly	01:01.03	01:04.08	00:59.93	02:20.24	00:58.94	01:01.89
02:26.20	02:33.51	02:23.86	02:31.05	02:23.80	02:30.99	02:22.73	02:29.87	200 Fly	02:14.17	02:20.88	02:11.86	04:56.85	02:09.04	02:15.49
02:27.72	02:35.11	02:25.72	02:33.01	02:25.34	02:32.61	02:24.67	02:31.90	200 IM	02:15.77	02:22.56	02:13.56	02:20.24	02:11.79	02:18.38
05:11.04	05:26.59	05:05.56	05:20.84	05:04.77	05:20.01	05:02.60	05:17.73	400 IM	04:48.16	05:02.57	04:42.71	04:56.85	04:40.01	04:54.01

Swimmers must use the qualifying times for the Age Group that they will need to qualify for. E.g. To qualify for the ASA Age Groups they must abide by times for the age they will be at July 26th 2007, ASA Youth - Age as at August 1st 2007

If you have achieved a time equal to or faster than the Upper Qualifying time (UQT) you will not be permitted to compete in that event. Your time must be equal to or faster than the Lower Qualifying time (LQT)

For males aged 11 years & under entry for the 100m Breaststroke, Backstroke, Butterfly and Freestyle Events are dependent on QUALIFYING AND SWIMMING the 200m Event in that particular stroke. Anyone who does not swim the 200m event will automatically be removed from the 100m event as in keeping with the ASA National BAGCAT Championships.



SPRING QUALIFIER 2007



Welsh Summer Nationals Upper and Lower Time Standards

Regional Nationals Guide Time (UQT)				Regional Nationals Guide Time (UQT)				Regional Nationals Guide Time (UQT)				Regional Nationals Guide Time (UQT)				
LGT		LGT		LGT		LGT		LGT		LGT		LGT		LGT		
Girls 11 & U				Girls 12/13				Boys 12 & U				Boys 13/14				
LC	SC	LC	SC	LC	SC	LC	SC	Events	LC	SC	LC	SC	LC	SC	LC	SC
01:24.36	01:22.71	01:31.11	01:29.32	01:16.00	01:14.51	01:22.33	01:20.72	100 Free	01:25.06	01:23.39	01:31.36	01:29.57	01:12.83	01:11.40	01:18.65	01:17.11
03:02.55	02:58.97	03:17.15	03:13.28	02:43.45	02:39.07	02:57.07	02:53.60	200 Free	03:05.95	03:02.30	03:19.72	03:15.80	02:38.45	02:35.34	02:51.13	02:47.77
06:18.31	06:10.89	06:45.58	06:37.63	05:40.43	05:33.75	06:08.80	06:01.57	400 Free	06:28.04	06:20.43	06:56.79	06:48.62	05:33.39	05:26.85	06:00.06	05:53.00
13:06.24	12:50.82	14:09.14	13:52.49	11:40.01	11:26.27	12:38.34	12:23.47	800 Free	*	*	*	*	*	*	*	*
*	*	*	*	*	*	*	*	1500 Free	25:38.78	25:08.61	27:32.77	27:00.36	22:00.46	21:34.57	23:46.10	23:18.14
01:36.07	01:34.19	01:43.76	01:41.73	01:25.79	01:24.11	01:32.94	01:31.12	100 Back	01:37.36	01:35.45	01:44.57	01:42.52	01:21.94	01:20.33	01:28.49	01:26.75
03:24.62	03:20.61	03:41.00	03:36.67	03:02.60	02:59.02	03:17.82	03:13.94	200 Back	03:28.32	03:24.24	03:43.75	03:39.35	02:56.76	02:53.29	03:10.90	03:07.16
01:48.64	01:46.51	01:57.33	01:55.03	01:35.26	01:33.39	01:43.19	01:41.17	100 Brst	01:49.30	01:47.16	01:57.39	01:55.09	01:31.99	01:30.19	01:39.35	01:37.40
03:51.94	03:47.39	04:10.49	04:05.58	03:24.56	03:20.55	03:41.61	03:37.26	200 Brst	03:57.30	03:52.65	04:14.88	04:09.88	03:19.04	03:15.14	03:34.96	03:30.70
01:34.14	01:32.29	01:41.67	01:39.68	01:23.02	01:21.39	01:29.93	01:28.17	100 Fly	01:35.22	01:33.35	01:42.27	01:40.26	01:19.39	01:17.83	01:25.74	01:24.06
03:28.42	03:24.32	03:45.10	03:40.69	03:02.10	02:58.53	03:17.28	03:13.41	200 Fly	03:29.95	03:25.15	03:45.50	03:41.08	02:55.44	02:52.00	03:09.47	03:05.75
03:26.44	03:22.39	03:42.95	03:38.58	03:04.96	03:01.33	03:20.37	03:16.44	200 IM	03:30.98	03:26.84	03:46.61	03:42.17	02:59.05	02:55.54	03:13.37	03:09.58
07:15.94	07:07.39	07:50.81	07:41.58	06:28.55	06:20.93	07:00.93	06:52.68	400 IM	07:27.12	07:18.35	08:00.24	07:50.82	06:20.01	06:12.56	06:50.41	06:42.36

Regional Nationals Guide Time (UQT)				Regional Nationals Guide Time (UQT)				Regional Nationals Guide Time (UQT)				Regional Nationals Guide Time (UQT)				
LGT		LGT		LGT		LGT		LGT		LGT		LGT		LGT		
Girls 14/15				Girls 16/17				Boys 15/16				Boys 17/18				
LC	SC	LC	SC	LC	SC	LC	SC	Events	LC	SC	LC	SC	LC	SC	LC	SC
00:32.98	00:32.33	00:34.42	00:33.75	00:32.94	00:32.29	00:34.37	00:33.70	50 Free	00:30.89	00:30.28	00:32.18	00:31.55	00:30.76	00:30.16	00:32.04	00:31.41
01:11.05	01:09.66	01:14.14	01:12.69	01:10.63	01:09.24	01:13.70	01:12.25	100 Free	01:07.37	01:06.05	01:10.17	01:08.79	01:06.58	01:05.27	01:09.35	01:07.99
02:32.24	02:29.25	02:38.86	02:35.75	02:30.67	02:27.72	02:37.22	02:34.14	200 Free	02:25.57	02:22.72	02:31.64	02:25.67	02:24.89	02:22.05	02:30.92	02:27.96
05:19.26	05:13.00	05:33.14	05:26.61	05:16.00	05:09.80	05:29.74	05:23.27	400 Free	05:09.04	05:02.98	05:21.91	05:01.53	05:07.56	05:01.53	05:20.37	05:14.09
10:58.06	10:45.16	11:26.68	11:13.22	10:52.25	10:39.46	11:20.60	11:07.25	800 Free	10:52.84	10:40.04	11:20.04	10:36.96	10:49.70	10:36.96	11:16.77	11:03.50
21:08.16	20:43.29	22:03.30	21:37.35	20:56.21	20:31.58	21:50.83	21:25.13	1500 Free	20:27.92	20:03.84	21:19.09	19:53.05	20:16.91	19:53.05	21:07.61	20:42.74
01:19.82	01:18.25	01:23.29	01:21.66	01:19.22	01:17.67	01:22.67	01:21.05	100 Back	01:15.85	01:14.36	01:19.01	01:13.71	01:15.18	01:13.71	01:18.31	01:16.77
02:49.89	02:46.56	02:57.28	02:53.80	02:48.64	02:45.33	02:55.97	02:52.52	200 Back	02:42.50	02:39.31	02:49.27	02:45.95	02:41.46	02:38.29	02:48.19	02:44.89
01:29.10	01:27.35	01:32.98	01:31.16	01:27.97	01:26.24	01:31.80	01:30.00	100 Brst	01:24.98	01:23.31	01:28.52	01:26.78	01:23.69	01:22.05	01:27.17	01:25.46
03:10.44	03:06.71	03:18.72	03:14.82	03:10.13	03:06.40	03:18.40	03:14.51	200 Brst	03:04.19	03:00.58	03:11.86	03:08.10	03:01.27	02:57.72	03:08.83	03:05.13
01:17.61	01:16.09	01:20.99	01:19.40	01:16.77	01:15.26	01:20.11	01:18.54	100 Fly	01:13.03	01:11.60	01:16.08	01:14.59	01:12.08	01:10.67	01:15.09	01:13.62
02:49.71	02:46.38	02:57.08	02:53.61	02:47.08	02:43.80	02:54.35	02:50.93	200 Fly	02:41.04	02:37.88	02:47.75	02:44.46	02:40.18	02:37.04	02:46.85	02:43.58
02:52.36	02:48.98	02:59.86	02:56.33	02:50.92	02:47.57	02:58.36	02:54.86	200 IM	02:44.57	02:41.34	02:51.42	02:48.06	02:43.26	02:40.06	02:50.06	02:46.73
06:03.41	05:56.28	06:19.21	06:11.77	06:00.17	05:53.11	06:15.83	06:08.46	400 IM	05:50.81	05:43.93	06:05.43	05:58.26	05:48.74	05:41.90	06:03.27	05:56.15

Swimmers must use the qualifying times for the Age Group that they will need to qualify for. E.g. To qualify for the Welsh Summer Nationals they must abide by times for the age they will be at August 5th 2007

If you have achieved a time equal to or faster than the Upper Qualifying time (UQT) you will not be permitted to compete in that event. Your time must be faster than or based on the Lower Guide time (LGT)

For males aged 11 years & under entry for the 100m Breaststroke, Backstroke, Butterfly and Freestyle Events are dependent on QUALIFYING AND SWIMMING the 200m Event in that particular stroke. Anyone who does not swim the 200m event will automatically be removed from the 100m event as in keeping with the ASA National BAGCAT Championships.

* No Qualifying time – please submit a time



WELSH SPRING QUALIFIER

SCHEDULE OF EVENTS

ALL SESSION TIMES WILL BE CONFIRMED ON RECEIPT OF ENTRIES

Day 1 – Saturday 16th June 2007		Day 2 – Sunday 17th June 2007	
Session 1- HDW		Session 3 - HDW	
1	Mens 200 Freestyle	15	Mens 200 Butterfly
2	Womens 200 Freestyle	16	Womens 200 Butterfly
3	Mens 100 Breaststroke	17	Mens 100 Backstroke
4	Womens 100 Breaststroke	18	Womens 100 Backstroke
5	Mens 400 Individual Medley	19	Mens 200 Breaststroke
6	Womens 400 Individual Medley	20	Womens 200 Breaststroke
		21	Mens 400 Freestyle
		22	Womens 400 Freestyle
Day 1 – Saturday 16th June 2007		Day 2 – Sunday 17th June 2007	
Session 2- HDW		Session 4 - HDW	
7	Mens 50 Freestyle	23	Mens 200 Backstroke
8	Womens 50 Freestyle	24	Womens 200 Backstroke
9	Mens 100 Butterfly	25	Mens 1500 Freestyle
10	Womens 100 Butterfly	26	Womens 1500 Freestyle
11	Mens 800 Freestyle	27	Mens 100 Freestyle
12	Womens 800 Freestyle	28	Womens 100 Freestyle
13	Mens 200 Individual Medley		
14	Womens 200 Individual Medley		



SWIM WALES

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

SWIM WALES SPRING QUALIFIER COACH/CHAPERONE PASS

Saturday 16th June – Sunday 17th June 2007

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 £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: Monday 14th May 2007



Spring Qualifier 2007
(under Swim Wales rules)
Saturday 16th – Sunday 17th June 2007
Wales National Pool, Swansea



Entry Form

PLEASE COMPLETE IN BLOCK LETTERS

Surname _____		First Name _____		Initial _____		Male/Female _____	
Preferred First Name _____				International Country of Representation _____			
To Qualify for: ASA Age Groups - 26/07/07 <input type="checkbox"/>		ASA Youth – 01/08/07 <input type="checkbox"/>		Welsh Summer Nationals – 05/08/07 <input type="checkbox"/>			
Date of Birth / /		Age on competition		Age-Up Date		Club _____	
Email <input type="text"/>							
Address _____							
Postcode _____				Contact Number _____			
Only Entries that include a large S.A.E will receive meet information						Reg No: <input type="text"/>	
All championship information can be found at www.welshasa.co.uk							

Please send completed entries with cheques payable to Swim Wales to The Swim Wales Office, Wales National Pool, Sketty, Swansea, SA2 8QG.

Please see enclosed table for qualifying times.

CLOSING DATE FOR ENTRIES: Monday 14th May 2007

£6 or £5 electronically per event	Ev No	Date & Venue where time was achieved	LC	SC	Entry Time
50m Freestyle					
100m Freestyle					
200m Freestyle					
400m Freestyle					
800m Freestyle					
1500m Freestyle					
100m Backstroke					
200m Backstroke					
100m Breaststroke					
200m Breaststroke					
100m Butterfly					
200m Butterfly					
200m Ind. Medley					
400m Ind. Medley					

_____ of events @ £6/£5 Electronically Per Event Total £ _____

TO BE COMPLETED BY THE CLUB SECRETARY:

I confirm that this entrant has achieved the set qualifying times as published above.

Club Secretary Signature

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 Championship.

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

Competitor Signature

TO BE COMPLETED BY THE CLUB COACH.

I declare that the above competitor has reached the standard of the ASA Competitive Start Award and is permitted to start with a shallow racing dive from the starting blocks into shallow water of between 0.9 metres and 1.5 metres. If you are unable to sign the above declaration the swimmer must start in the water - see Safety Guidelines for Competitive Swimming issued by Swim Wales.

Coach Signature

PARENT/GUARDIAN CONSENT FOR DOPING CONTROL & PHOTOGRAPHY

Please complete if your child is under 18 on the first day of the meet I agree to my son/daughter/ward if selected being submitted to doping controls as 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 rules relating to photography and I agree to accept these conditions.

Parent/Guardian Signature.....

Date.....

Swim Wales Reserve the right to return entries if the meet is oversubscribed.

Name of Person to whom cheque is payable if entries are rejected:.....