



2008 WELSH SCHOOLS & SWIM WALES WINTER NATIONALS

(under Swim Wales Laws)

Friday 21st - Sunday 23rd November

All session times to be confirmed

**WALES NATIONAL POOL
SKETTY LANE,
SWANSEA**

**EVENT INFORMATION
& ENTRY FORMS**



fit^{swim}wales

speedo



fit^{swim}wales
junior



- 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** Call Room
 It is the responsibility of the swimmers and reserves to report to the call room 15 minutes before the start time for their final, and to remain in the call room until the marshal indicates they are to proceed to the poolside. Once a swimmer has entered the call room, coaches shall have no access to their swimmers until the final has been completed.
 Swimmers and reserves who do not comply with the above conditions will be treated as a withdrawal as in points 06.03.05/06
PLEASE NOTE IF SWIMMERS DO NOT REPORT TO THE CALL ROOM AT THE APPOINTED TIME, THEY WILL NOT BE ALLOWED TO SWIM IN THE FINAL.
- 06.07** Presentations
 The Meet 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 Scottish Swimming/Swim Wales/ or the ASA and be registered on their home country's Child Protection Database.
Please note the closing date for coaches/chaperones passes will be the same as the closing date for entries for the Meet. Applications received after this date will be rejected.
- 07.04** Presentations
Presentations will only take place if time permits.
- SW08** Safety
 All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.
- SW09** TV, Video or Close Range Photography
 When the competition involves young persons under the age of 18 years it shall be a requirement that staff shall be appointed at the entrance control to register details of any persons wishing to engage in any video, zoom or close range photography whether by camera, video or mobile phone.
Proof of identity will be required to register your photographic equipment for use at this event e.g. Driving License with photograph or Passport.

General Information
Welsh Schools and Swim Wales Winter Nationals

Only competitors who are Welsh qualified and registered with Swim Wales may enter this event

THE VENUE

Wales National Pool Swansea
Sketty Lane
Swansea
SA2 8QG

ACCOMMODATION

Information regarding accommodation in Swansea is available on www.swansea.gov.uk

CLOSING DATE FOR ENTRIES

5.00pm Monday 13th October, 2008

ENTRIES

Clubs are requested to send all entries at the same time with one cheque to cover all swimmers

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 ltd.com/downloads.html>

The Event entry file and further information on electronic entry is available at www.welshasa.co.uk

PLEASE note for this event ONLY. Swimmers who wish to be available for selection for the WISE International must display the school they attend as their first club. For a list of school codes please contact victoria.waters@welshasa.co.uk. Please ensure the following information is provided for all swimmers who enter electronically:

<small>Please circle as appropriate</small>
Do you attend a School/College in Wales and qualify as per the selection criteria? Yes / No School Year : 7 8 9 10 11 12 13
School Name <small>(in Full)</small> : _____

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 must be made payable to Swim Wales "and crossed"

Entries will be rejected for the following reasons:

- They are received without the relevant fee,
- Incorrectly completed
- Received after 5.00pm at the closing date and not sent recorded delivery prior to this date.

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

£7.00 Electronic Entry £8.00 Paper Entry

AGE GROUPS

- Yr 9 & Under (Ages listed below).
Born 1.09.97 – 21.11.98 / Yr 7 (1.09.96 – 31.08.97) / Yr 8 (1.09.95 – 31.08.96) / Yr 9 (1.09.94 – 31.08.95)
- Yr 10 - 11
Yr 10 (1.09.93 – 31.08.94) / Yr 11 (1.09.92 – 31.08.93)
- Yr 12 & Over
Yr 12 (1.09.91 – 31.08.92) / Yr 13 (1.09.90 – 31.08.91) / Open

WALES V IRELAND V SCOTLAND V ENGLAND, 14TH MARCH 2009

The Welsh Schools Team will be selected from the results of this meet as per the selection statement enclosed within this pack.

MEET CONDITIONS

- Swim Wales reserves the right to return entries if the Meet is oversubscribed
- Qualifying times must be achieved in the year prior to the closing date.
- No swimmer will receive an award if their time is outside the qualifying time.
- Age as at first day of meet
- Only swimmers in a Comprehensive school in Wales will be eligible for selection to the WISE International

[a] Heats – In non HDW events. The event year bands will be swum together with the fastest 8 competitors progressing to the final. Competitors shall be placed in graduated time order, slowest to fastest and the last three heats shall be cyclically seeded.

[b] Heats – In HDW events. The event year bands will be swum together. Competitors shall be placed in graduated time order slowest to fastest.

[c] Swim Wales reserves the right to allocate up to four heats for swimmers who attend Welsh Schools.

[d] Finals – The maximum number of places available will 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

Medals will be awarded to 1st – 3rd placed

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
- Reduced rates for children Under 16 / Senior Citizens

Programmes will also be available for purchase

The seating at the WNP Swansea is arranged in rows that lead directly onto the pool deck. The first 5 rows are reserved for swimmers, coaches and team managers. **Spectators will not be allowed into this area.** Swimmers must make themselves available for marshalling as soon as advised by the public address system. Unless moving to marshalling, from swim down or following the completion of an event swimmers, coaches and team managers are requested to remain in their seats and not stand on the pool deck. A clockwise one way system will be in operation on the pool deck in order to keep the poolside area as free as possible.

The Spectator Area must be cleared at the end of each session.

IMPORTANT – COACHES/CHAPERONE PASSES

All Coaches and Chaperones must have relevant accreditation. Applications for coaches/chaperones passes must be made on the official form enclosed in this pack. 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 13th October 2008. APPLICATIONS RECEIVED AFTER THIS DATE WILL BE SUBJECT TO A £20 FEE.

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

Welsh Schools and Swim Wales Winter Nationals

Qualifying Times

Girls LC	Born 1.09.97 – 21.11.98	Yr 7 (1.09.96 – 31.08.97)	Yr 8 (1.09.95 – 31.08.96)	Yr 9 (1.09.94 – 31.08.95)	Yr 10 (1.09.93 – 31.08.94)	Yr 11 (1.09.92 – 31.08.93)	Yr 12 (1.09.91 – 31.08.92)	Yr 13 (1.09.90 – 31.08.91)	Open
100 Free	01:14.84	01:14.84	01:09.90	01:08.31	01:05.83	01:05.24	01:05.01	01:04.69	01:04.69
200 Free	02:39.68	02:39.68	02:32.95	02:28.02	02:22.39	02:20.25	02:19.54	02:19.24	02:19.24
400 Free	05:39.73	05:39.73	05:25.98	05:24.38	05:00.73	04:56.26	04:55.69	04:55.02	04:55.02
800 Free	11:39.88	11:39.88	11:12.03	10:37.05	10:15.61	10:15.32	10:14.48	10:13.88	10:13.88
1500 Free	22:13.10	22:13.10	21:21.35	21:02.64	20:52.08	20:45.44	20:30.02	20:28.79	20:28.79
100 Back	01:30.55	01:30.55	01:22.40	01:18.26	01:16.47	01:16.12	01:15.97	01:15.22	01:15.22
200 Back	3:08.39	3:08.39	02:53.43	02:46.64	02:43.68	02:43.07	02:43.00	02:42.54	02:42.54
100 Brst	01:42.49	01:42.49	01:33.65	01:32.83	01:30.60	01:28.65	01:28.01	01:27.89	01:27.89
200 Brst	03:41.87	03:41.87	03:23.09	03:22.29	03:21.32	03:20.17	03:18.95	03:18.42	03:18.42
100 Fly	01:39.67	01:39.67	01:28.95	01:27.52	01:18.54	01:18.11	01:17.98	01:17.35	01:17.35
200 Fly	03:39.68	03:39.68	03:12.92	03:05.40	02:59.10	02:55.54	02:53.36	02:52.88	02:52.88
200 IM	03:03.31	03:03.31	02:53.22	02:49.60	02:48.21	02:43.31	02:42.62	02:42.31	02:42.31
400 IM	06:40.43	06:40.43	06:29.66	06:05.58	05:49.46	05:42.32	05:42.05	05:40.63	05:40.63

Boys LC	Born 1.09.97 – 21.11.98	Yr 7 (1.09.96 – 31.08.97)	Yr 8 (1.09.95 – 31.08.96)	Yr 9 (1.09.94 – 31.08.95)	Yr 10 (1.09.93 – 31.08.94)	Yr 11 (1.09.92 – 31.08.93)	Yr 12 (1.09.91 – 31.08.92)	Yr 13 (1.09.90 – 31.08.91)	Open
100 Free	01:16.16	01:16.16	01:13.26	01:08.35	01:02.91	01:01.28	01:00.29	01:00.15	01:00.15
200 Free	02:42.97	02:42.97	02:38.34	02:26.99	02:18.17	02:13.34	02:13.00	02:12.22	02:12.22
400 Free	05:47.53	05:47.53	05:33.81	05:02.36	04:43.54	04:35.50	04:34.44	04:34.05	04:34.05
800 Free	12:14.85	12:14.85	11:11.85	10:10.46	09:55.82	09:46.50	09:43.91	09:42.48	09:42.48
1500 Free	22:43.42	22:43.42	21:45.18	20:42.19	19:06.67	19:04.12	18:52.75	18:50.63	18:50.63
100 Back	01:31.35	01:31.35	01:26.84	01:22.97	01:14.80	01:14.02	01:13.14	01:12.04	01:12.04
200 Back	03:06.37	03:06.37	03:03.25	02:56.62	02:41.50	02:38.62	02:36.26	02:34.63	02:34.63
100 Brst	01:44.43	01:44.43	01:39.92	01:34.80	01:27.91	01:22.73	01:22.06	01:21.98	01:21.98
200 Brst	03:37.89	03:37.89	03:31.86	03:27.15	03:12.52	03:08.59	03:07.86	03:07.02	03:07.02
100 Fly	01:41.37	01:41.37	01:38.50	01:29.70	01:17.85	01:12.90	01:12.46	01:12.03	01:12.03
200 Fly	03:38.25	03:38.25	03:31.88	03:17.78	02:51.16	02:45.26	02:39.98	02:39.28	02:39.28
200 IM	03:06.14	03:06.14	03:02.87	02:48.67	02:39.78	02:33.04	02:31.44	02:30.80	02:30.80
400 IM	06:37.65	06:37.65	06:23.10	06:16.29	05:34.57	05:29.64	05:29.61	05:28.67	05:28.67

Girls SC	Born 1.09.97 – 21.11.98	Yr 7 (1.09.96 – 31.08.97)	Yr 8 (1.09.95 – 31.08.96)	Yr 9 (1.09.94 – 31.08.95)	Yr 10 (1.09.93 – 31.08.94)	Yr 11 (1.09.92 – 31.08.93)	Yr 12 (1.09.91 – 31.08.92)	Yr 13 (1.09.90 – 31.08.91)	Open
100 Free	01:13.37	01:13.37	01:08.53	01:06.97	01:04.54	01:03.96	01:03.74	01:03.42	01:03.42
200 Free	02:36.55	02:36.55	02:29.95	02:25.12	02:19.60	02:17.50	02:16.80	02:16.51	02:16.51
400 Free	05:33.07	05:33.07	05:19.59	05:18.02	04:54.83	04:50.45	04:49.89	04:49.24	04:49.24
800 Free	11:26.16	11:26.16	10:58.85	10:24.56	10:03.54	10:03.25	10:02.43	10:01.84	10:01.84
1500 Free	21:46.96	21:46.96	20:56.22	20:37.88	20:27.53	20:21.02	20:05.90	20:04.70	20:04.70
100 Back	01:28.77	01:28.77	01:20.74	1:16.73	01:14.97	01:14.63	01:14.48	01:13.75	01:13.75
200 Back	03:04.70	03:04.70	02:50.03	02:43.37	02:40.47	02:39.87	02:39.80	02:39.35	02:39.35
100 Brst	01:40.48	01:40.48	01:31.81	01:31.01	01:28.82	01:26.91	01:26.28	01:26.17	01:26.17
200 Brst	03:37.52	03:37.52	03:19.11	03:18.32	03:17.37	03:16.25	03:15.05	03:14.53	03:14.53
100 Fly	01:37.72	01:37.72	01:27.21	01:25.80	01:17.00	01:16.58	01:16.45	01:15.83	01:15.83
200 Fly	03:35.37	03:35.37	03:09.14	03:01.76	02:55.59	02:52.10	02:49.96	02:49.49	02:49.49
200 IM	02:59.72	02:59.72	02:49.82	02:46.27	02:44.91	02:40.11	02:39.43	02:39.13	02:39.13
400 IM	06:32.58	06:32.58	06:22.02	05:58.41	05:42.61	05:35.61	05:35.34	05:33.95	05:33.95

Boys SC	Born 1.09.97 – 21.11.98	Yr 7 (1.09.96 – 31.08.97)	Yr 8 (1.09.95 – 31.08.96)	Yr 9 (1.09.94 – 31.08.95)	Yr 10 (1.09.93 – 31.08.94)	Yr 11 (1.09.92 – 31.08.93)	Yr 12 (1.09.91 – 31.08.92)	Yr 13 (1.09.90 – 31.08.91)	Open
100 Free	01:14.67	01:14.67	01:11.82	01:07.01	01:01.68	01:00.08	00:59.11	00:58.97	00:58.97
200 Free	02:39.77	02:39.77	02:35.24	02:24.11	02:15.46	02:10.73	02:10.39	02:09.63	02:09.63
400 Free	05:40.72	05:40.72	05:27.26	04:56.43	04:37.98	04:30.10	04:29.06	04:28.68	04:28.68
800 Free	12:00.44	12:00.44	10:58.68	09:58.49	09:44.14	09:35.00	09:32.46	09:31.06	09:31.06
1500 Free	22:16.69	22:16.69	21:19.59	20:17.83	18:44.19	18:41.69	18:30.54	18:28.46	18:28.46
100 Back	01:29.56	01:29.56	01:25.14	01:21.34	01:13.33	01:12.57	01:11.71	01:10.63	01:10.63
200 Back	03:02.72	03:02.72	02:59.66	02:53.16	02:38.33	02:35.51	02:33.20	02:31.60	02:31.60
100 Brst	01:42.38	01:42.38	01:37.96	01:32.94	01:26.19	01:21.11	01:20.45	01:20.37	01:20.37
200 Brst	03:33.62	03:33.62	03:27.71	03:23.09	03:08.75	03:04.85	03:04.18	03:03.35	03:03.35
100 Fly	01:39.38	01:39.38	01:36.57	01:27.94	01:16.32	01:11.47	01:11.04	01:10.62	01:10.62
200 Fly	03:33.97	03:33.97	03:27.73	03:13.90	02:47.80	02:42.02	02:36.84	02:36.16	02:36.16
200 IM	03:02.49	03:02.49	02:59.28	02:45.36	02:36.65	02:30.04	02:28.47	02:27.84	02:27.84
400 IM	06:29.85	06:29.85	06:15.59	06:08.91	05:28.01	05:23.18	05:23.15	05:22.23	05:22.23

Qualifying times must be achieved in the year prior to the closing date.

Welsh Schools and Swim Wales Winter Nationals

Programme of events

Friday 21 st November Session 1 Heats				Saturday 22 nd November Session 4 Heats				Sunday 23 rd November Session 7 Heats			
1	Yr 9 & Under	B	100m Back	27	Yr 9 & Under	B	100m Brst	53	Yr 9 & Under	B	100m Free
2	Yr 9 & Under	G	100m Back	28	Yr 9 & Under	G	100m Brst	54	Yr 9 & Under	G	100m Free
3	Yr 10/11	B	100m Brst	29	Yr 10/11	B	100m Free	55	Yr 10/11	B	200m free
4	Yr 10/11	G	100m Brst	30	Yr 10/11	G	100m Free	56	Yr 10/11	G	200m free
5	Yr 12 & Over	B	100m Free	31	Yr 12 & Over	B	200m Free	57	Yr 12 & Over	B	100m Fly
6	Yr 12 & Over	G	100m Free	32	Yr 12 & Over	G	200m Free	58	Yr 12 & Over	G	100m Fly
7	Yr 9 & Under	B	200m Free	33	Yr 9 & Under	B	100m Fly	59	Yr 9 & Under	B	200m Brst
8	Yr 9 & Under	G	200m Free	34	Yr 9 & Under	G	100m Fly	60	Yr 9 & Under	G	200m Brst
9	Yr 10/11	B	100m Fly	35	Yr 10/11	B	200m Brst	61	Yr 10/11	B	200m IM
10	Yr 10/11	G	100m Fly	36	Yr 10/11	G	200m Brst	62	Yr 10/11	G	200m IM
11	Yr 12 & Over	B	200m Brst	37	Yr 12 & Over	B	200m IM	63	Yr 12 & Over	B	200m Back
12	Yr 12 & Over	G	200m Brst	38	Yr 12 & Over	G	200m IM	64	Yr 12 & Over	G	200m Back
13	Yr 9 & Under	B	200m IM	39	Yr 9 & Under	B	200m Back	65	Yr 9 & Under	B	200m Fly
14	Yr 9 & Under	G	200m IM	40	Yr 9 & Under	G	200m Back	66	Yr 9 & Under	G	200m Fly
15	Yr 10/11	B	200m Back	41	Yr 10/11	B	200m Fly	67	Yr 10/11	B	100m Back
16	Yr 10/11	G	200m Back	42	Yr 10/11	G	200m Fly	68	Yr 10/11	G	100m Back
17	Yr 12 & Over	B	200m Fly	43	Yr 12 & Over	B	100m Back	69	Yr 12 & Over	B	100m Brst
18	Yr 12 & Over	G	200m Fly	44	Yr 12 & Over	G	100m Back	70	Yr 12 & Over	G	100m Brst
Friday 21 st November Session 2 HDW				Saturday 22 nd November Session 5 HDW				Sunday 23 rd November Session 8 HDW			
19	Yr 10/11	B	400m IM	45	Yr 9 & Under	B	400m IM	71	Yr 12 & Over	B	400m IM
20	Yr 10/11	G	400m IM	46	Yr 9 & Under	G	400m IM	72	Yr 12 & Over	G	400m IM
21	Yr 12 & Over	B	400m Free	47	Yr 10/11	B	400m Free	73	Yr 9 & Under	B	400m Free
22	Yr 12 & Over	G	400m Free	48	Yr 10/11	G	400m Free	74	Yr 9 & Under	G	400m Free
23	Yr 9 & Under	B	800m Free	49	Yr 12 & Over	B	800m Free	75	Yr 10/11	B	800m Free
24	Yr 9 & Under	G	800m Free	50	Yr 12 & Over	G	800m Free	76	Yr 10/11	G	800m Free
25	Yr 10/11	B	1500m Free	51	Yr 9 & Under	B	1500m Free	77	Yr 12 & Over	B	1500m Free
26	Yr 10/11	G	1500m Free	52	Yr 9 & Under	G	1500m Free	78	Yr 12 & Over	G	1500m Free
Friday 21 st November Session 3 Finals				Saturday 22 nd November Session 6 Finals				Sunday 23 rd November Session 9 Finals			
1	Yr 9 & Under	B	100m Back	27	Yr 9 & Under	B	100m Brst	53	Yr 9 & Under	B	100m Free
2	Yr 9 & Under	G	100m Back	28	Yr 9 & Under	G	100m Brst	54	Yr 9 & Under	G	100m Free
3	Yr 10/11	B	100m Brst	29	Yr 10/11	B	100m Free	55	Yr 10/11	B	200m free
4	Yr 10/11	G	100m Brst	30	Yr 10/11	G	100m Free	56	Yr 10/11	G	200m free
5	Yr 12 & Over	B	100m Free	31	Yr 12 & Over	B	200m Free	57	Yr 12 & Over	B	100m Fly
6	Yr 12 & Over	G	100m Free	32	Yr 12 & Over	G	200m Free	58	Yr 12 & Over	G	100m Fly
7	Yr 9 & Under	B	200m Free	33	Yr 9 & Under	B	100m Fly	59	Yr 9 & Under	B	200m Brst
8	Yr 9 & Under	G	200m Free	34	Yr 9 & Under	G	100m Fly	60	Yr 9 & Under	G	200m Brst
9	Yr 10/11	B	100m Fly	35	Yr 10/11	B	200m Brst	61	Yr 10/11	B	200m IM
10	Yr 10/11	G	100m Fly	36	Yr 10/11	G	200m Brst	62	Yr 10/11	G	200m IM
11	Yr 12 & Over	B	200m Brst	37	Yr 12 & Over	B	200m IM	63	Yr 12 & Over	B	200m Back
12	Yr 12 & Over	G	200m Brst	38	Yr 12 & Over	G	200m IM	64	Yr 12 & Over	G	200m Back
13	Yr 9 & Under	B	200m IM	39	Yr 9 & Under	B	200m Back	65	Yr 9 & Under	B	200m Fly
14	Yr 9 & Under	G	200m IM	40	Yr 9 & Under	G	200m Back	66	Yr 9 & Under	G	200m Fly
15	Yr 10/11	B	200m Back	41	Yr 10/11	B	200m Fly	67	Yr 10/11	B	100m Back
16	Yr 10/11	G	200m Back	42	Yr 10/11	G	200m Fly	68	Yr 10/11	G	100m Back
17	Yr 12 & Over	B	200m Fly	43	Yr 12 & Over	B	100m Back	69	Yr 12 & Over	B	100m Brst
18	Yr 12 & Over	G	200m Fly	44	Yr 12 & Over	G	100m Back	70	Yr 12 & Over	G	100m Brst



Welsh Schools and Swim Wales Winter Nationals
(under Swim Wales rules)

21st – 25th November 2008
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 AN 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 circle as appropriate

Do you attend a School/College in Wales and qualify as per the selection criteria? Yes / No School Year : 7 8 9 10 11 12 13

School Name (in Full):

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 IN THE YEAR PRIOR TO THE CLOSING DATE.

CLOSING DATE FOR ENTRIES: MONDAY 13th OCTOBER 2008

£8 (£7 elec) PER IND EVENT	Ev No	DATE & VENUE WHERE QUALIFYING TIME WAS ACHIEVED	LC	SC	ENTRY TIME
100m FREE					: .
200m FREE					: .
400m FREE					: .
800m FREE					: .
1500m FREE					: .
100m BACK					: .
200m BACK					: .
100m BREAST					: .
200m BREAST					: .
100m FLY					: .
200m FLY					: .
200m IND. MED					: .
400m IND. MED					: .

NUMBER OF EVENTS @ £8 (£7 elec) PER EVENT

TOTAL: £

The above highlighted events are events that will be swum at the WISE Championships.

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.

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)

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

National (inc Title of Event, Year, Distance, Stroke, Time etc)

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

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.



SWIM WALES

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

Welsh Schools and Swim Wales Winter Nationals COACH/CHAPERONE PASS

21st – 25th NOVEMBER 2008 – 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: MONDAY 13th October 2008



WELSH SCHOOLS' SWIMMING ASSOCIATION CYMDEITHAS NOFIO YSGOLION CYMRU

(Affiliated to the W.A.S.A.)

Patron: The Rt. Hon. LORD ABERDARE, D.L.

SELECTION STATEMENT

All swimmers who wish to be considered for the Welsh Schools International in Swansea in March 2009 **MUST**

- Swim in the Welsh Schools and Swim Wales Winter Nationals on the 21st-23rd of November in Swansea.
- Times will only be considered from this meet and selection will be made shortly after the close of the meet.
- While the selectors will endeavour to select the two fastest swimmers for each event this will not always be possible because of the limit of 40 swimmers in the team. The selectors may have to make adjustments accordingly. The selectors reserve the right to use the national rankings to ensure all team places are filled. **The selectors' decision will be final.**
- The team will consist of a maximum of 40 swimmers.
- To be eligible for selection swimmers must be in **Full Time education in Wales**, either at school or at a College of Further Education. Swimmers who are at College must be enrolled in a non-advanced course.

There will be three groups that make up the team. The ages for selection are:

Senior	1989 to 1992 Years 12-13
Intermediate	1992 to 1994 Years 10-11
Junior	1994 to 1997 Years 7,8 and 9

Dates of birth as of 31 August 2009.

For example if a swimmer is born on or before 31 August 1989 then they are too old for selection. Similarly if a swimmer is born after 31 August 1997 they are too young for selection. Swimmers must swim in their own age group.

Swimmers will be notified of selection shortly after the meet by letter from Welsh Schools Swimming Association.