

37th Arfon Swimming Club Open Meet

(To be swum under FINA Technical Rules and Swim Wales Laws)

Sunday 4th October 2026
Landudno Swimming Centre
Mostyn Broadway LL30 1YR

EVENTS

25m, 50m, 100m, 200m All Strokes

100m, 200m, 400m IM

400m, 1500m Freestyle

Session 1	Warm Up 8.00am	Start 8.30am
Session 2	Warm up approx. 10:15am	Start approx 11:20am
Session 3	Warm up approx. 1:15pm	Start approx 2:20pm

An 'Invitation' team relay event at the end of Session 3 is offered to individuals wishing to hone their relay skills. Entries will be taken on the day and there is no entry fee and no prizes will be given.

Scoring Events

All events (except 25m events) will be scored by FINA Points.
Competitors may enter as many events as they wish.

25m events will not be used for scoring purposes.

Award for top 3 Male/Female in each age group.

Award for top visiting club

Entry Fees:

£3.25 for 25m events

£5.75 for 50m events

£6.75 for 100m events.

£8.25 for 200m events

£10.25 for 400m events.

£15.00 for 1500m event.

Swimmers are encouraged to enter online

<https://swimming.events/meets/497>

Closing date for entries: Midnight 27th September 2026

Postal entries will be accepted for an additional £10.00 surcharge.

Late entries accepted at the discretion of the promoter and subject to a £10 surcharge.

Results sent for GB Ranks & Decathlon
Results available on
<https://swimwales.justgo.com/website/ArfonSwimmingClub>

Information / Conditions.

- The length of the pool is 25m, 8 lanes with anti-turbulence lane ropes and electronic timing.
- Good spectator viewing area
- No Cafeteria available in the Pool but vending machines are available.
- The Training pool is available for warm-up and swim downs.

Age Groups for both men and women are (Age as at 31ST December in the year of competition)

S 18 – 24yrs; **A** 25 – 29yrs; **B** 30-34yrs; **C** 35 – 39yrs; **D** 40 – 45yrs; **E** 45 – 49yrs;

F 50 -54yrs; **G** 55 – 59yrs; **H** 60 - 64yrs; **J** 65- 69yrs; **K** 70 – 74yrs; **L** 75 – 79yrs;

M 80 – 84yrs; **N** 85 – 89yrs; **P** 90 94yrs; **Q** 95 – 99yrs.

Note: Masters Group A must be at least 25 years old in the year of competition i.e. by 31 December 2024.

Group S swimmers must be 18 or over on the day of competition.

- Swimmers should be registered with their National Governing Body (for insurance purposes).
- **Swimmers registered with home nations triathlon associations are welcome to compete.**
- **Non-registered swimmers may compete and subject to a £15.00 temporary day licence fee.**
- Medals will be presented at the poolside.
- All individual events are seeded on time regardless of age and sex. **Races will be HDW.**
- FINA Points will be awarded to the all swimmers in each age group in each point scoring event.
- Individual medals will be awarded to the first three swimmers of each age group based on accumulated FINA points. In the event of a tie, the swimmers with the most first places will be awarded first place.
- There will be a trophy awarded to the top visiting club.
- A swimmer may complete for **One Club Only**. (Except for the invitational relay)

The competition will be swum as a cardless event; therefore, swimmers are asked to notify the organisers before the day of the event if possible if they wish to withdraw.

All entries accepted on a first come first serve basis & restrictions on numbers will be applied if required. All entries must be on the official entry form or via the online entry form.

- **Closing date for entries is the midnight 27th September 2026. Late entries at the discretion of the promoter and subject to a £10 fee.**

It is the responsibility of the competitor to declare any disability to the referee. If a disability exists, swimmers shall produce a medical note confirming that their participation presents no health or safety problems. Health and Insurance are the responsibility of the competitor.

Any matters not covered in these conditions shall be decided by the promoters.

All Health and Safety rules / regulations/ requirements will be complied with at all times.

- A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the pool is available at all times. All swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan.

- **Unacceptable Behaviour**

Theft, wilful damage to property and / or equipment, acts of vandalism, abuse of alcohol and / or drugs, bullying, offensive language, aggressive / violent acts, threatening behaviour, all breaches of safety practices, failure to comply with instructions / directions, actions that bring the sport of swimming into disrepute will not be tolerated and will be reported to appropriate authorities.

Schedule of Events

Session 1 Warm up time: 08:00 AM

Start time: 08:30 AM

101 - Mixed 18 Yrs/Over 1500m Freestyle

Session 2

Warm up time: Approx 10:15 AM

Start time: Approx 11:20 AM

Please note, warm up will be split based on age. Swimmers 50 years and over will warm up in the first 30 minutes and swimmers 18-49 years will warm up in the second 30 minutes.

201 - Mixed 18 Yrs/Over 400m Individual Medley

202 - Mixed 18 Yrs/Over 200m Backstroke

203 - Mixed 18 Yrs/Over 50m Butterfly

204 - Mixed 18 Yrs/Over 50m Breaststroke

205 - Mixed 18 Yrs/Over 200m Freestyle

206 - Mixed 18 Yrs/Over 200m Butterfly

207 - Mixed 18 Yrs/Over 100m Backstroke

208 - Mixed 18 Yrs/Over 100m Freestyle

209 - Mixed 18 Yrs/Over 25m Backstroke

210- Mixed 18 Yrs/Over 25m Breaststroke

Session 3

Warm up time: Approx 13:15

Start time: Approx 14:20

Please note, warm up will be split based on age. Swimmers 50 years and over will warm up in the first 30 minutes and swimmers 18-49 years will warm up in the second 30 minutes.

301 - Mixed 18 Yrs/Over 25m Butterfly

302 - Mixed 18 Yrs/Over 25m Freestyle

303 - Mixed 18 Yrs/Over 200m Breaststroke

304 - Mixed 18 Yrs/Over 200m Individual Medley

305 - Mixed 18 Yrs/Over 100m Butterfly

306 - Mixed 18 Yrs/Over 400m Freestyle

307 - Mixed 18 Yrs/Over 50m Backstroke

308 - Mixed 18 Yrs/Over 100m Individual Medley

309 - Mixed 18 Yrs/Over 100m Breaststroke

310 - Mixed 18 Yrs/Over 50m Freestyle

POSTAL ENTRY FORM ON NEXT PAGE

37th ARFON Swimming Club Open Meet – Postal Individual Entry Form

Sunday 4th October 2026

Forename: Surname:

Address:

Phone No: Mobile No:

Club: D.O.B:

Email: (W/S) ASA Registration No:**

Age Groups: S A B C D E F G H J K L M N O P (Please circle age group) **Male / Female**

**** Swimmers not registered with their National Swimming Association or Home Nations Triathlon Association may compete under a day licence, cost = £15.**

Closing date for entries, must be received by 26th September 2026
Please submit an entry time for each event you wish to compete in.

Event:	25m Time	50m Time	100m Time	200m Time	400m Time	1500m Time
Freestyle						
Breaststroke					//////////////////// //////////////////// ////////////////////	//////////////////// //////////////////// ////////////////////
Backstroke					//////////////////// //////////////////// ////////////////////	//////////////////// //////////////////// ////////////////////
Butterfly					//////////////////// //////////////////// ////////////////////	//////////////////// //////////////////// ////////////////////
Individual Medley	//////////////////// //////////////////// //////////////////// //////////////////// //////////////////// //////////////////// ////////////////////	//////////////////// //////////////////// //////////////////// //////////////////// //////////////////// //////////////////// ////////////////////				//////////////////// //////////////////// //////////////////// //////////////////// //////////////////// //////////////////// ////////////////////

Swimmers Declaration

- I have not been informed by any medical practitioner, and I have no knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events. Accordingly, I certify that I am physically fit to participate.
- I am aware of the inherent risks involved in such competition, including the possibilities of injury and accident. I undertake to conduct myself in a responsible and professional manner, and not to do anything which would expose me or fellow swimmers to unnecessary risk of injury. I undertake to inform the referee of any concerns that I may have as regards safety.
- I acknowledge that Masters Swimming events, the Amateur Swimming Federation of Great Britain, and The Welsh Amateur Swimming association cannot be held responsible for any loss or damage to personal belongings.
- I hereby agree to abide by and be governed by the rules of FINA, and all other laws, conditions and regulations applicable, including Safety Laws.

	Fee / Event	Total Fee Payable	Postal Entries to:
25m Events	£3.25	£	Arfon Swim Club Bwlch Bach Deiniolen Gwynedd LL55 3LU Email: arfonswimclub@gmail.com
50m Events	£5.75	£	
100m Events	£6.75	£	
200m Events	£8.25	£	
400m Events	£10.25	£	
800m Events	£15.00	£	
Postal Entry (additional fee)	£10.00	£	
Late entry (after 26th September 2026)	£10.00	£	
Day Licence Fee for registered members	£15.00	£	
Total Fee Payable		£	
Cheques to be made payable to Arfon Masters Swimming Club			