



Neath Swimming Club Short Course Open Meet

(Under FINA Technical Rules and Swim Wales Laws)

Level 2 Level 3 Licence Meet

Saturday 28th to Sunday 29th October 2023

At

Wales National Pool, Swansea

Meet pack and details can be found at www.neathasc.co.uk

Closing date: Saturday 30th September 2023

Entries are accepted on a first come basis.

Swimmers who submit NO TIME in the level 2 section will NOT be accepted.

Neath Swimming Club
Saturday 28th October 2023

Session One

Warm up

Events

| | | | |
|------------|--------------|---------|--------|
| 101 | 400m Free | Level 2 | Female |
| 102 | 400m Free MC | Level 2 | Female |
| 103 | 400m Free | Level 2 | Male |
| 104 | 400m Free MC | Level 2 | Male |
| 105 | 400m IM | Level 2 | Female |
| 106 | 400m IM | Level 2 | Male |

Session Two

Warm up

Events

| | | | |
|------------|----------------|---------|--------|
| 201 | 200m IM | Level 2 | Male |
| 202 | 200m IM - MC | Level 2 | Male |
| 203 | 50m Fly | Level 3 | Female |
| 204 | 50m Breast | Level 3 | Male |
| 205 | 100m Free | Level 2 | Female |
| 206 | 100m Free - MC | Level 2 | Female |
| 207 | 100m Fly | Level 2 | Male |
| 208 | 100m Fly – MC | Level 2 | Male |
| 209 | 200m Back | Level 2 | Female |
| 210 | 200m Breast | Level 2 | Male |
| 211 | 50m Fly | Level 2 | Female |
| 212 | 50m Fly – MC | Level 2 | Female |
| 213 | 50m Free | Level 2 | Male |
| 214 | 50m Free – MC | Level 2 | Male |

Session Three**Warm up****Event**

| | | | |
|------------|-----------------|---------|--------|
| 301 | 50m Back | Level 3 | Male |
| 302 | 50m Free | Level 3 | Female |
| 303 | 100m Back | Level 2 | Male |
| 304 | 100m Back – MC | Level 2 | Male |
| 305 | 100m Breast | Level 2 | Female |
| 306 | 100m Breast-MC | Level 2 | Female |
| 307 | 200m Free | Level 2 | Male |
| 308 | 200m Free – MC | Level 2 | Male |
| 309 | 200m Fly | Level 2 | Female |
| 310 | 50m Back | Level 2 | Male |
| 311 | 50m Back – MC | Level 2 | Male |
| 312 | 50m Breast | Level 2 | Female |
| 313 | 50m Breast – MC | Level 2 | Female |
| 314 | 200m IM | Level 3 | Male |

Neath Swimming Club
Sunday 29th October 2023

Session Four**Warm up****Event**

| | | | |
|------------|---------------|---------|--------|
| 401 | 200m IM | Level 2 | Female |
| 402 | 200m IM – MC | Level 2 | Female |
| 403 | 50m Fly | Level 3 | Male |
| 404 | 50m Breast | Level 3 | Female |
| 405 | 100m Free | Level 2 | Male |
| 406 | 100m Free MC | Level 2 | Male |
| 407 | 100m Fly | Level 2 | Female |
| 408 | 100m Fly – MC | Level 2 | Female |
| 409 | 200m Back | Level 2 | Male |
| 410 | 200m Breast | Level 2 | Female |
| 411 | 50m Fly | Level 2 | Male |
| 412 | 50m Fly – MC | Level 2 | Male |
| 413 | 50m Free | Level 2 | Female |
| 414 | 50m Free – MC | Level 2 | Female |

Session Five**Warm up****Event**

| | | | |
|------------|------------------|---------|--------|
| 501 | 50m Back | Level 3 | Female |
| 502 | 50m Free | Level 3 | Male |
| 503 | 100m Back | Level 2 | Female |
| 504 | 100m Back – MC | Level 2 | Female |
| 505 | 100m Breast | Level 2 | Male |
| 506 | 100m Breast – MC | Level 2 | Male |
| 507 | 200m Free | Level 2 | Female |
| 508 | 200m Free – MC | Level 2 | Female |
| 509 | 200m Fly | Level 2 | Male |
| 510 | 50m Back | Level 2 | Female |
| 511 | 50m Back – MC | Level 2 | Female |
| 512 | 50m Breast | Level 2 | Male |
| 513 | 50m Breast – MC | Level 2 | Male |
| 514 | 200 IM | Level 3 | Female |

Neath Open Meet Information

| | |
|--------------------|---|
| VENUE | Wales National Pool, Sketty Lane, Swansea |
| POOL | 8 Lanes – 25m pool – electronic timing – with anti-turbulence lane ropes A swim down facility will be available during the meet. Car parking facilities are available as a pay and display. Neath ASC are not responsible for setting the price of parking; nor do we receive any money from the use of the car park. |
| AGE AS DATE | Sunday 29 th October 2023 (age as of last day of Meet) All entrants must be members of an Affiliated Club and must be amateurs as defined by British Swimming and Swim Wales law |

LEVEL ONE

| | |
|---------------|---|
| EVENTS | The <u>level two</u> events will be 100m all strokes (Freestyle, backstroke, breaststroke & butterfly) 200m all strokes (Freestyle, backstroke, breaststroke, butterfly & Individual medley) 400m Freestyle Check the qualification times for these events. |
|---------------|---|

| | |
|-------------------|---|
| Age groups | Boys 9/10, 11/12, 13/14 and 15/over Girls 9/10, 11/12, 13/14 and 15/over |
|-------------------|---|

| | |
|---------------|--|
| Awards | First three swimmers in each age group per event |
|---------------|--|

| | |
|---------------|--|
| EVENTS | 50m all strokes (Freestyle, backstroke, breaststroke & butterfly) |
|---------------|--|

| | |
|------------------|---------------|
| Age group | Open category |
|------------------|---------------|

| | |
|---------------|---|
| AWARDS | First three swimmers in each event. Special award for the 50 breaststroke (Mike Spittle trophy) |
|---------------|---|

LEVEL two – Multi-Classified

| | |
|---------------|---|
| EVENTS | The <u>level two</u> events will be 50m all strokes (Freestyle, backstroke, breaststroke & butterfly) 100m all strokes (Freestyle, backstroke, breaststroke & butterfly) 200m Freestyle and Individual medley 400m Freestyle and Individual medley |
|---------------|---|

| | |
|------------------------|--|
| Classifications | There is a separate file showing the qualification and classification for each event. |
|------------------------|--|

| | |
|---------------|---|
| AWARDS | The awards will be given to the First three swimmers in each event. |
|---------------|---|

LEVEL 3 - Pentathlon

| | |
|---------------|---|
| EVENTS | The <u>level 3</u> is being run as a <u>Pentathlon</u> competition. The events will be 50m all strokes (Freestyle, backstroke, breaststroke & butterfly) plus a 200metre IM. |
|---------------|---|

There will be an upper cut off time for the level 3. As this will be a level three section, NT times will be accepted.

In order to qualify for overall placing in the Pentathlon, swimmers need to enter the four stroke events and the Individual Medley. Swimmers who enter less than the 5 events will only be swimming for a 'time' and medal in the individual strokes.

When all swims have been completed, each swimmer's time for the **5 events** will be added up and ranked from fastest to slowest. To win top boy or girls you will have to swim 5 legal swims.

Age groups

Boys and Girls age 8, 9, 10, 11, 12 & 13

AWARDS

First three swimmers in **each age group per event**, plus based on accumulative faster time over the five events an award for best boy and girl in each age category based on accumulative time.

ENTRIES

Electronic Entries and Payment sent to:

Neill Golding,
101 Main Road
Bryncoch
Neath
SA10 7TL

E Mail: neillwelshss@aol.com

Electronic Entries should be emailed to the above address and include an entry report, completed Summary Sheet and any poolside passes applications. All electronic entries will be acknowledged with receipt confirmation. Please enter in subject title: "**Neath Open Meet**"

For emailed electronic entries, the sent date and time on the email will be classed as the date submitted; likewise, for postage entry the posted date will be classed as the entry date.

Swimmers entering the **multi classification** events need to use the **manual application form** and sent it to the above address.

NO LATE ENTRIES WILL BE ACCEPTED

No Entries will be processed without full and complete payment.

The Meet Director reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded and a single cheque will be made payable to club in question Please enclose a SAE for return of entry confirmations; alternatively enter an email address on the summary sheet and a confirmation will be sent via email. If the meet is full the entries will be limited on first come basis.

ENTRY PRICING

£7 Per Event for Level 2
£6 Per Event for level 3

CLOSING DATE

Saturday 30th September 2023 (No late entries will be accepted). Entry is accepted on a first come basis.

REFUNDS

Refunds for entry fees will only be made on receipt of a valid Doctors Certificate. **Notification needs to be received before the meet commences.**

POOLSIDE PASSES £10 pool pass – includes start sheets and refreshments (tea/coffee)

Each club may apply for an initial 3 passes with photos. Passes will only be issued with a current DRB check, copies must be sent on application, or shown on the day.

Additional passes may be purchased based upon the number of swimmers present at the meet. Passes must be worn at all times whilst on poolside and will be required to gain access.

Swim 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 Events will be pre-seeded based on submitted entry and achieved preliminary times on a slowest to fastest basis.

WITHDRAWALS The Swimmer, and/or Coach will not need to complete a withdrawal form, as the meet will be pre-seeded and the lane will remain empty.

Where possible the meet organiser(s) will endeavour to fill any withdrawals from any alternative list or deck entries.

MARSHALLING As this is a pre-seeded meet no entry cards will be used. Marshalling will be in place at various points of the pool deck. It is the **SWIMMERS** responsibility to report to marshalling for the event. Failure to do so may result in the place being lost and filled by an alternate or a re-organisation of the events. As a general rule it is good practice for a swimmer to report to marshalling at least 5 events before their race.

DRUG TESTING Testing may take place at this event and the willingness, if selected, to be tested under the current Swim Wales/ASA procedures is implicit by the submission of an entry form

MEET RESULTS The meet results will be posted on the Neath ASC website within 48 hours of the meet closing. Results will also be passed to Swim Wales and ASA for their reference and inclusion in rankings.

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 clubs wishing this service should provide their e-mail details to the meet office during or prior to the meet.

SPECTATORS

£4 per session or £7.50 for the day – Pre-booking will be sent out at least one week before the commencement of the meet. Tickets will also be available on the day. Electronic Programs will be forwarded out before the meet for individuals to print off.

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.

The promoter reserves the right to make any alterations to these conditions if necessary and all participants will be notified. Any matter not covered by these conditions or by ASA laws or technical rules will be at the promoter's discretion.

HEALTH & SAFETY

Film and Photography Policy

Neath ASC are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of an individual which may present a risk of harm to the individual concerned. The use of such equipment is difficult to control but we can all be vigilant. Neath ASC may use photographs taken at this event as promotional material and used across public forums including their website and social media accounts, and possibly the local press and television.

If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team situated at the front of house desk on the day of the event. Should you wish to refuse photographic permission please contact the event management team on site. Post event, if at any time a individual wishes an image of themselves to be removed from the public platform, 7 days' notice must be given to Neath ASC after which the data will be removed.

General Information

Officials and Volunteers:

Neath ASC invites and welcomes officials and volunteers to support this meet and all are asked, initially, to send an email confirming your interest, membership number and qualification level to support the Neath ASC Open Meet to neillwelshss@aol.com

Car Park:

The car park has 250 spaces, with additional spaces in an overflow located at the bottom of the slope. However please be aware, despite our best efforts – the car park is busy and fills quickly. To avoid disappointment, please arrive early. **A new ANPR camera system will be in place for the duration of the competition, therefore, please ensure you have paid and displayed at the ticket machines to avoid a parking penalty fine.**

Where possible please arrange to car share or drop offs to help ease congestion. Alternatively there are 3 nearby pay and display car parks we recommend:

- Foreshore Car Park: 4 Mumbles Rd, Sketty, Swansea SA3 5AU – 0.6 miles 12 minute walk
- Recreation Ground Car Park: Mumbles Rd, Brynmill, Swansea SA2 0AU – 0.9 mile 19 minute walk
- Blackpill Area Car Park: 266 Derwen Fawr Rd, Sketty, Swansea SA3 5AT – 0.8 mile 15 minute walk

The car park will be managed by security staff, please treat them with respect. Disrespectful or inappropriate behaviour towards staff will not be tolerated and you may be asked to leave the competition.

Café:

The Blas Café will be open each day (times will be published onsite) with a selection of hot and cold food. There is seating available in the reception area.

Seating:

The pool has 1200 seats for spectators, coaches and swimmers. A limited number of seats have been reserved at the top of each section for access users (disabled, wheelchairs etc.) please refrain from using these seats unless required, you may be asked to move.

We ask swimmers to remain on the bottom 7 rows of chairs to avoid making the stairs and upper balcony wet and slippery. We ask parents remain on the higher seating (7 rows and above).

Changing village:

The changing village is for swimmers only, parents are not permitted in the changing area and will be asked to leave. Swimmers are politely asked not to change poolside and use the facilities available. Cameras and phones are strictly prohibited in the changing area.

Health and Safety:

We hope you enjoy the competition, here are some tips to ensure you have a fun and safe experience.

- Event days are long and can be tiring, please drink plenty of water, eat sensibly and rest when possible to ensure you are fit and ready for the sessions.
- If you feel unwell at any stage please seek medical support from the WNPS lifeguards

- When using the pool stairs please ensure you hold the rail, the steps can become wet and slippery during the competition.
- If you see something that could cause an accident, please alert the WNPS staff/lifeguards or an event team member immediately so that it can be dealt with.
- The lift is for individuals who have difficulties using stairs; please ensure the lift is used appropriately and safely. Children are not permitted to use the lift unaccompanied.

Behaviour and Attitude:

Swim Wales has a zero tolerance policy on negative behaviour at meets. Disrespectful and poor attitude resulting in unacceptable behaviour will not be tolerated. All those on site including swimmers, parents, coaches and clubs are expected to behave in an appropriate manner, respectful of officials, volunteers, staff and others. Neath ASC holds the right to ask those behaving inappropriately to leave the event and/or meet if deemed necessary. Refund will not be issued for dismissal from an event. The right to remove swimmers and/or clubs from the meet is held by the meet manager and senior team of officials. We ask that you remind your swimmers of the above policy and remain vigilant throughout the meet. Please report any inappropriate behaviour to a member of staff on site.

Jewellery:

For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings (except wedding bands). Neath ASC will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

Equality:

Neath ASC promotes inclusion and diversity, and welcomes participation from everyone. If you have any particular requirements in respect of participating, officiating or volunteering then please mention this, in confidence if required, to our Events and Volunteers Manager.

Competitive Start Award - Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach).

LEVEL Two – Multi Classified Entry form

Use this application form to enter the multi classification section of the meet.
There is qualifying times for the level one for multi classified and this section will be run as an open section.

Manual Entry Form

LAST NAME:..... FIRSTNAME:.....MIDDLE INITIAL:.....

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:.....

POST CODE:.....

TEL:..... EMAIL:.....

CLUB:.....

REG NUMBER:.....

COST: £7 PER EVENT

PAYMENT TO: Neath ASC Open Meet

Disability Level

| S | SB | SM |
|---|----|----|
| | | |

| Event | Event # | Entry Time | LC | SC | Achieved |
|-------------------|---------|------------|----|----|----------|
| Freestyle | 50 | | | | |
| | 100 | | | | |
| | 200 | | | | |
| | 400 | | | | |
| Backstroke | 50 | | | | |
| | 100 | | | | |
| Breaststroke | 50 | | | | |
| | 100 | | | | |
| Butterfly | 50 | | | | |
| | 100 | | | | |
| Individual Medley | 200 | | | | |

Pentathlon ENTRY FORM – LEVEL THREE

There are upper qualifying times for the Pentathlon - level three.

LAST NAME:..... FIRSTNAME:.....MIDDLE INITIAL:.....

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:.....

POST CODE:.....

TEL:..... EMAIL:.....

CLUB:.....

REG NUMBER:.....

COST: £6 PER EVENT

PAYMENT TO: Neath ASC Open Meet

| Event | | Event # | Entry Time | LC | SC | Achieved |
|--------------|-----------|---------|------------|----|----|----------|
| Freestyle | 50 | | | | | |
| Backstroke | 50 | | | | | |
| Breaststroke | 50 | | | | | |
| Butterfly | 50 | | | | | |
| IM | 200 | | | | | |

ENTRY FORM – Level Two

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

LAST NAME:..... FIRSTNAME:.....MIDDLE INITIAL:.....

MALE/FEMALE

DATE OFBIRTH: DD/MM/YYYY

ADDRESS:..... POST CODE:.....

TEL:..... EMAIL:.....

CLUB:.....REG NUMBER:.....

COST: £7 PER EVENT

PAYMENT TO: Neath ASC Open Meet

| Event | | Event # | Entry Time | LC | SC | Achieved |
|-------------------|-----------|---------|------------|----|----|----------|
| Freestyle | 50 | | | | | |
| | 100 | | | | | |
| | 200 | | | | | |
| | 400 | | | | | |
| Backstroke | 50 | | | | | |
| | 100 | | | | | |
| | 200 | | | | | |
| Breaststroke | 50 | | | | | |
| | 100 | | | | | |
| | 200 | | | | | |
| Butterfly | 50 | | | | | |
| | 100 | | | | | |
| | 200 | | | | | |
| Individual Medley | 200 | | | | | |

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

This payment summary sheet must be completed and sent with all entries and/or payment of entries.

Contact Name & Tel. No: _____

Club: _____

Number of Coach Passes X £10.00 = £

Total Entries – Level 2 X £7 = £

Total Entries – Level 3 X £6 = £

Total Amount Enclosed: £

Payment can be made via a single cheque to cover all the club entries. This should be made payable to **'Neath Amateur Swimming Club'**.

Bank Transfer will also be accepted to:

Name of Bank: Nat West Banks

A/C Name: Neath Amateur Swimming Club

Sort Code: 54-30-16

A/C No. 39878929

Name of Club as Reference: ____Name of Club____

Confirmation date of when bank transfer made: _____

All entries and payments should be received **no later than Saturday 30th September 2023. Entries will be accepted on a first come basis.**

All electronic and paper copies of entry forms need to be submitted to: -

Neill Golding

email address: neillwelshss@aol.com

101 Main Road

Bryncoch

Neath

SA10 7TL

Mob: 07930697624