



City of Cardiff swimming club  
clwb nofio Dinas Caerdydd

**City of Cardiff Swimming Club**

**Clwb Nofio Dinas Caerdydd**



NOFIO CYMRU  
SWIM WALES

**CARDIFF INTERNATIONAL OPEN MEET 2017**

**LONG COURSE LEVEL 1 MEET**



**Friday 26<sup>th</sup> Saturday 27<sup>th</sup> Sunday 28<sup>th</sup> May 2017**

  
cardiff international pool  
pwll rhyngwladol caerdydd

**Cardiff International Pool**

**Event Information and Entry Forms**

(All Session Times to Be Confirmed)



**Licence Number: 1WL170116**

(Under FINA Technical Rules & Swim Wales Laws)



## CITY OF CARDIFF SWIMMING CLUB

# CARDIFF INTERNATIONAL OPEN MEET 2017

LICENCE NUMBER 1WL170116  
 (Under FINA Technical Rules and Swim Wales Laws)

Friday 26<sup>th</sup> May - Saturday 27<sup>th</sup> May - Sunday 28<sup>th</sup> May 2017

This is a Level 1 Licensed Meet to enable swimmers to qualify for the British Summer Championships & Summer National Finals

**Only electronic entries will be accepted for this meet**

**VENUE** Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS

**POOL** 10 Lane – 50m pool – electronic timing – with anti-turbulence lane ropes

**AGE GROUPS** Male 11/12yrs, 13/14yrs, 15/16yrs, 17 & over  
 Female 11/12yrs, 13/14yrs, 15/16yrs, 17 & over

**Minimum age for entry is 11 years**

**AGE AT DATE** 28 May 2017

### EVENTS

50m	Heats & Finals	Freestyle Backstroke Breaststroke Butterfly	OPEN
100m	Heats & Finals	Freestyle Backstroke Breaststroke Butterfly	11-14 & 15/16, 17+
200m	Heats & Finals	Freestyle Backstroke Breaststroke Butterfly	11-14 & 15/16, 17+
400m	HDW Heats	Freestyle	All Age Groups
800m	HDW Heats	Freestyle	All Age Groups
1500m	HDW Heats	Freestyle	All Age Groups
200m	Heats & Finals	Individual Medley	11-14 & 15/16 17+
400m	HDW Heats	Individual Medley	All Age Groups

**FINALS** The 100m & 200m events will be run with two sets of Finals for swimmers 14 & under and swimmers 15 and over.

The 50m Open events will be run with one final/event.

### **SWIM WALES “MISSION STATEMENT”**

**“Every Swimmer must have the opportunity to swim in appropriate, quality competition to enable them to meet their true potential.”**



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### PROMOTER'S CONDITIONS

#### AWARDS

Medals will be given to the first 3 places in each age category after the completion of HDW heats. For the 50m 100m & 200m events, medals will be awarded to the first three places in each Final.

Additional awards will be made to the Top Male, Top Female and Top Visiting Club, based upon accumulated points.

Prize money of £50:00 (which will be sent to respective clubs after the Meet via BACS payment) will be awarded to the winners in each of the Open 50m events.

Competitors will only receive an award if they have achieved the qualifying standard. Swimmers must ensure that they are suitably clothed (t shirt and shorts) when receiving awards.

#### ENTRIES

Qualifying and Consideration times will be applied to all events. All entry times must be faster than the CT. Entry Times outside these limits, and entries with 'No Time' submitted will be rejected.

Entry Times must have been obtained at a licenced meet, and random checks will be made against the ASA Online Rankings Database. City of Cardiff Swimming Club may request validation of any stated entry time.

**If swimmers are found to have entered the meet with any false or made up times, they will be disqualified from all events that they have entered and their entry fees will be forfeited.**

Entry times may be submitted as short course or long course times using the Hy-Tek entry file but will be converted to long course times using Hy-Tek's Meet Manager software. Estimated times are not permitted.

The electronic event entry file can be obtained from the Cardiff International Open Meet page on our website: [www.cardiffswimming.co.uk](http://www.cardiffswimming.co.uk)  
Electronic entries/enquiries can be emailed to [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

Team Manager Lite application and instructions can be downloaded free of charge from [www.hy-tektd.com/downloads](http://www.hy-tektd.com/downloads)

Electronic entries must be produced from Hy-Tek's Team Manager or Team Manager Lite software.

Clubs are requested to send all entries with an entry report, completed summary sheet and any poolside applications at the same time with one payment, preferably via BACS transfer, to cover all swimmers and coach passes.

Cheques are to be made payable to City of Cardiff Swimming Club.

Electronic entries will be acknowledged with receipt confirmation. No entries will be processed until full and complete payment is received.

**There will be no Time Trials or Exhibition Swims permitted at this event and there will be no entries on the day.**

Entry forms are to be retained by the club. There will be no entry cards for this event.



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Please ensure that you put adequate postage on posted entries. Envelopes with insufficient postage will not be collected from the Royal Mail depot.

Entries will be rejected for the following reasons:

- ❖ Incorrectly completed and received without the relevant fee
- ❖ Outside the consideration entry times
- ❖ Improved entries
- ❖ Received after the closing date MONDAY 24<sup>th</sup> April 2017 at 20:00

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**NO LATE ENTRIES WILL BE ACCEPTED  
AND THERE WILL BE NO ENTRIES ON THE DAY**

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The Promoter reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded to club in question.

City of Cardiff Swimming Club reserve the right to return entries if the meet is oversubscribed. In this case, the slowest entry times in each individual age group will be rejected and swimmers will be scratched at the promoter's discretion.

City of Cardiff Swimming Club reserves the right to cancel the event if the meet is under subscribed.

City of Cardiff Swimming Club reserves the right to move events (as a last resort) if the meet is oversubscribed in order to comply with timing requirements set out by Meet Licensing.

**No refunds will be made for withdrawals after the closing date of 24 April 2017 other than on medical grounds.** A medical note must be provided on or before 30 JUNE 2017.

<b>ENTRY PRICING</b>	£7.75 per event
<b>CLOSING DATE</b>	<b>MONDAY 24<sup>th</sup> APRIL 2017 Time: 20:00</b> (No late entries will be accepted)
<b>OFFICIALS</b>	Visiting clubs bringing a team of 10 or more swimmers are requested to provide at least one qualified official per session and their details (together with their qualification) are to be forwarded with the entry information. Meals and refreshments will be provided.
<b>SEEDING</b>	<b>HDW Heats</b>  All events will be spearheaded and swum slow to fast, based on entry times.  <b>Preliminary Heats &amp; Finals</b>  The placing of competitors in the heats will be multi age, spearheaded, and swum slowest to fastest, with the three fastest heats being cyclically seeded.  Finalists shall be allocated lanes using the spearhead principle from the results of the heats.
<b>WITHDRAWALS</b>	All withdrawals must be notified via email <a href="mailto:home.meets@cardiffswimming.co.uk">home.meets@cardiffswimming.co.uk</a> before the commencement of the meet.  During the gala all withdrawals must be notified in writing to the meet office by no later than 5:00pm on the day before competition.



# City of Cardiff Swimming Club

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No refunds will be made for withdrawals other than on medical grounds. A medical note must be provided on or before 30 June 2017.

Any swimmer wishing to withdraw from a final must do so by completing a withdrawal form (available from the meet office) and submitting it to the meet office within 15 minutes of the last swim in the heat session.

### POOLSIDE PASSES

These are required for all coaches, chaperones & team managers.

Passes must be purchased in advance of the Meet and will be required to be worn at all times to gain access to and whilst on poolside.

£15.00 per individual coach poolside pass.

£40.00 per multi poolside pass for up to 4 team managers, chaperones & coaches.

A maximum of 5 "Club Staff" will be permitted poolside.

Passes will only be issued on receipt of Swim Wales/ASA registration number, a DBS number and a passport photo. Multi passes must contain info/picture for each person.

All coaches, chaperones and team managers must conform to the ASA child protection procedures and complete the form in the Meet Pack

Swim Wales passes may be used for identification. However, a poolside pass must still be purchased.

**THERE IS NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS. PASSES MUST BE PURCHASED IN ADVANCE, NOT ON THE DAY.**

### SESSION TIMES

Session timing will be finalised once all entries have been processed and swimmers/clubs will be notified accordingly.

Please note that it is the swimmers` responsibility to present themselves ready to swim, to the Marshalling Area prior to the start of their event.

### SIGNING IN SHEETS

Sign in sheets will be used for 800m and 1500m events.

Swimmers must sign in to confirm that they are swimming, **before the start of the warm up**. **FOR THE AVOIDANCE OF DOUBT THIS MEANS BEFORE the start of the warm up in Session 2 on Friday for the 1500m and session 5 on Saturday for the 800m**. Failure to do so will mean the swimmer is removed from the event and their entry fee is forfeited.

**A £15 FINE will be imposed to any signed in swimmer if they are a No Show**

### STARTS

Over the top starts will be used wherever possible.

### ELECTRONICS

Omega electronic timing system with electronic display.

### SPECTATOR ENTRY

£15.00 for a whole meet pass

£6.50 for a day pass

£3.50 per session

Full Weekend programme £5.00





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### WARM DOWN POOL

There may be a warm down pool available in the morning sessions of the meet for swimmers to use after their events. Timings will be confirmed with Parkwood.

### PROGRAMME OF EVENTS

SESSION 1 FRIDAY Warm up and Start TBC			SESSION 2 FRIDAY Warm up and Start TBC		
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101 Heats	Male	100m Breaststroke	201 Heats	Male	50m Freestyle
102 Heats	Female	200m Butterfly	202 Heats	Female	50m Butterfly
103 Heats	Male	200m Freestyle	203 Heats	Male	200m Backstroke
104 Heats	Female	100m Freestyle	204 Heats	Female	100m Backstroke
105 Heats	Male	50m Backstroke	205 HDW	Male	1500m Freestyle
106 Heats	Female	50m Breaststroke	206 HDW	Female	400m IM

### SESSION 3 FRIDAY FINALS

#### Warm up and Start TBC

101 FINALS	Male	100m Breaststroke	106 FINALS	Female	50m Breaststroke
102 FINALS	Female	200m Butterfly	201 FINALS	Male	50m Freestyle
103 FINALS	Male	200m Freestyle	202 FINALS	Female	50m Butterfly
104 FINALS	Female	100m Freestyle	203 FINALS	Male	200m Backstroke
105 FINALS	Male	50m Backstroke	204 FINALS	Female	100m Backstroke

SESSION 4 SATURDAY Warm up and Start TBC			SESSION 5 SATURDAY Warm up and Start TBC		
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401 Heats	Female	100m Breaststroke	501 Heats	Female	50m Freestyle
402 Heats	Male	200m Butterfly	502 Heats	Male	50m Butterfly
403 Heats	Female	200m Freestyle	503 Heats	Female	100m Butterfly
404 Heats	Male	100m Backstroke	504 Heats	Male	100m Freestyle
405 Heats	Female	50m Backstroke	505 HDW	Female	800m Freestyle
406 Heats	Male	50m Breaststroke	506 HDW	Male	400m IM

### SESSION 6 SATURDAY FINALS

#### Warm up and Start TBC

401 FINALS	Female	100m Breaststroke	406 FINALS	Male	50m Breaststroke
402 FINALS	Male	200m Butterfly	501 FINALS	Female	50m Freestyle
403 FINALS	Female	200m Freestyle	502 FINALS	Male	50m Butterfly
404 FINALS	Male	100m Backstroke	503 FINALS	Female	100m Butterfly
405 FINALS	Female	50m Backstroke	504 FINALS	Male	100m Freestyle

SESSION 7 SUNDAY Warm up and Start TBC			SESSION 8 SUNDAY Warm up and Start TBC		
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701 Heats	Female	200m Breaststroke	801 Heats	Female	200m Backstroke
702 Heats	Male	200m Breaststroke	802 Heats	Male	100m Butterfly
703 Heats	Female	200m IM	803 HDW	Female	400m Freestyle
704 Heats	Male	200m IM	804 HDW	Male	400m Freestyle

### SESSION 9 SUNDAY FINALS

#### Warm up and Start TBC

701 FINALS	Female	200m Breaststroke	704 FINALS	Male	200m IM
702 FINALS	Male	200m Breaststroke	801 FINALS	Female	200m Backstroke
703 FINALS	Female	200m IM	802 FINALS	Male	100m Butterfly



# City of Cardiff Swimming Club

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### MEET RESULTS

City of Cardiff Swimming Club will be running a live results service throughout the meet, and live results will also be available on Hy-Tek's '**Meet Mobile**' app, for iPhone and iPad. Please note that Hytek are now charging for Results.

The Meet results will be posted on the City of Cardiff Swimming Club website within 72 hours of the Meet closing. Results will also be passed to Swim Wales and ASA for their reference and inclusion in rankings.

For clubs using Hy-Tek, a complete electronic copy of the Meet results can be obtained following the Meet. For all other clubs a PDF copy of the Meet results can be obtained following the Meet. Any Clubs wishing to use this service should provide their e-mail details to the Meet Office during or prior to the Meet.

### CAR PARKING

Car parking places are provided close to the Cardiff International Pool and details will be confirmed in due course.

### REFRESHMENTS

The Café, which provides a catering facility serving refreshments for swimmers, spectators and coaches, will operate throughout this Meet.

Refreshments may not be taken onto the poolside. There are also local facilities located near Cardiff International Pool.

### HEALTH & SAFETY

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 Normal Operating Procedures & Emergency Action Plan for Cardiff International Pool.

No outdoors shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area (including the balcony area) and particularly when moving around and climbing the steps in the competitors' area.

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, earrings (except studs), and rings (except wedding bands).

City of Cardiff Swimming Club will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

The front four rows of the spectator area are reserved for swimmers and coaches only seated in their clubs. **Swimmers are asked not to enter the spectator's area or balcony/foyer whilst they are competing.**

**If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim meet.**

A competent racing dive is defined as in the ASA Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive.

No swimmer should topple into the water in the event of a false or faulty start - a proper shallow dive must be performed. It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk.

If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.



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### **CONDUCT**

Behaviour becomes “unacceptable” when it is considered “offensive” to others; this includes, but is not limited to, the following:

theft, willful 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

Unacceptable behaviour will not be tolerated in any circumstances, and all such occurrences will be referred to the Meet Director and Referee and could result in removal from the competition.

### **DATA PROTECTION**

Entries and results for this Meet will be held on computer. As required by the Data Protection Act 1998, submission of entries implies consent to the holding of personal information on computer.

These details may be made public before, during or after the Meet.

### **SWIM SHOP**

A Swim Shop will be in operation throughout the Meet.

### **CAMERA USE**

The use of all photographic equipment is controlled at this Meet.

NO FLASH photography is permitted.

This guidance applies to all images and videos taken on any type of camera or recording device (including mobile phones) at the Meet.

Mobile phones that have a camera facility/hardware are recognised as a camera or photographic device. City of Cardiff Swimming Club follow Swim Wales guidance which does not support the banning of phones, it does support the requirement that phones should emit a ‘noticeable sound’ if the camera facility is used.

Any photos taken should fall within the Swim Wales guidelines which are contained in the General Meet Conditions under “Events” at [www.swimwales.org/key-documents](http://www.swimwales.org/key-documents)

The publishing of a photograph of a swimmer under 18, either on a notice board or in a published article or video recording (including video streaming) of the Meet should only be done with parental consent and in line with Swim Wales guidelines.

### **MOBILE PHONES**

Swimmers, parents and coaches are reminded that the use of mobile phones is not allowed inside the Cardiff International Pool building. This policy is actively enforced and all visitors and swimmers are asked to comply.

### **ACCOMMODATION**

A range of hotels which can be booked on line are available in and around Cardiff.

To reserve accommodation online visit

[www.visitcardiff.com/Accommodation-in-Cardiff](http://www.visitcardiff.com/Accommodation-in-Cardiff)

### **GENERAL**

Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Referees decision will be final.

### **APPEALS**

Any appeals must be submitted in accordance with FINA procedures and will be handled appropriately by the Meet Director and Referees.





**City of Cardiff Swimming Club**  
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# CARDIFF INTERNATIONAL OPEN MEET 2017

Cardiff International Pool, Cardiff  
 26 27 28 May 2017  
 LICENCE NUMBER 1WL170116  
 (Under FINA Technical Rules and Swim Wales Laws)

## LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

FEMALE								
AGE		11	12	13	14	15	16	17 & over
50m Freestyle	QT	37.30	35.40	34.00	32.90	32.20	31.90	31.80
	CT	39.30	37.40	36.00	34.90	34.20	33.90	33.80
100m Freestyle	QT	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80	1:08.10
	CT	1:23.30	1:19.20	1:16.70	1:14.70	1:13.60	1:12.80	1:12.10
200m Freestyle	QT	2:51.30	2:42.50	2:36.20	2:32.10	2:29.10	2:27.50	2:25.80
	CT	2:57.30	2:48.50	2:42.20	2:38.10	2:35.10	2:33.50	2:31.80
400m Freestyle	QT	5:56.40	5:38.80	5:26.30	5:18.00	5:12.80	5:09.20	5:06.30
	CT	6:04.40	5:46.80	5:34.30	5:26.00	5:20.80	5:17.20	5:14.30
800m Freestyle	QT	12:19.60	11:39.00	11:10.80	10:56.00	10:45.50	10:36.00	10:35.10
	CT	12:35.60	11:55.00	11:26.80	11:12.00	11:01.50	10:52.00	10:51.10
50m Breaststroke	QT	47.80	45.00	43.10	41.50	40.60	40.10	39.80
	CT	49.80	47.00	45.10	43.50	42.60	42.10	41.80
100m Breaststroke	QT	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10	1:25.20
	CT	1:45.60	1:39.20	1:34.80	1:32.50	1:31.50	1:30.10	1:29.20
200m Breaststroke	QT	3:36.60	3:24.90	3:15.50	3:09.50	3:06.70	3:05.80	3:04.00
	CT	3:42.60	3:30.90	3:21.50	3:15.50	3:12.70	3:11.80	3:10.00
50m Butterfly	QT	40.70	38.60	36.70	35.70	34.80	34.20	34.20
	CT	42.70	40.60	38.70	37.70	36.80	36.20	36.20
100m Butterfly	QT	1:27.90	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80	1:14.00
	CT	1:31.90	1:26.60	1:23.10	1:21.20	1:19.50	1:18.80	1:18.00
200m Butterfly	QT	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30	2:41.30
	CT	3:18.60	3:07.70	2:59.50	2:54.00	2:51.70	2:49.30	2:47.30
50m Backstroke	QT	43.10	40.90	39.40	38.00	37.00	36.60	36.30
	CT	45.10	42.90	41.40	40.00	39.00	38.60	38.30
100m Backstroke	QT	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10	1:16.30
	CT	1:33.90	1:28.50	1:25.70	1:23.60	1:21.90	1:21.10	1:20.30
200m Backstroke	QT	3:11.00	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90	2:42.80
	CT	3:17.00	3:06.60	3:00.30	2:55.80	2:51.80	2:49.90	2:48.80
200m I/M	QT	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90	2:45.50
	CT	3:20.30	3:09.30	3:02.80	2:58.30	2:54.90	2:52.90	2:51.50
400m I/M	QT	6:47.30	6:24.90	6:10.60	6:02.00	5:55.20	5:50.80	5:48.70
	CT	6:53.30	6:30.90	6:16.60	6:08.00	6:01.20	5:56.80	5:54.70

QT = Qualification Time  
 CT = Consideration Time

Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software.  
 The organisers reserve the right to return entries.



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# CARDIFF INTERNATIONAL OPEN MEET 2017

Cardiff International Pool, Cardiff  
26 27 28 May 2017  
LICENCE NUMBER 1WL170116  
(Under FINA Technical Rules and Swim Wales Laws)

## LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

MALE								
AGE		11	12	13	14	15	16	17 & over
<b>50m Freestyle</b>	QT	37.00	34.90	33.00	31.30	29.70	28.70	28.40
	CT	39.00	36.90	35.00	33.30	31.70	30.70	30.40
<b>100m Freestyle</b>	QT	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60	1:01.50
	CT	1:22.80	1:17.70	1:13.80	1:10.90	1:08.40	1:06.60	1:05.50
<b>200m Freestyle</b>	QT	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30	2:13.70
	CT	2:57.30	2:46.80	2:38.60	2:31.60	2:26.70	2:22.30	2:19.70
<b>400m Freestyle</b>	QT	5:56.00	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10	4:44.60
	CT	6:04.00	5:46.10	5:29.80	5:15.00	5:05.60	4:57.10	4:52.60
<b>1500m Freestyle</b>	QT	24:44.70	22:20.50	21:16.60	20:19.00	19:37.10	19:07.70	18:49.00
	CT	25:16.70	22:52.50	21:48.60	20:51.00	20:09.10	19:39.70	19:21.00
<b>50m Breaststroke</b>	QT	48.20	44.60	41.80	39.70	37.80	36.80	35.80
	CT	50.20	46.60	43.80	41.70	39.80	38.80	37.50
<b>100m Breaststroke</b>	QT	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:17.00
	CT	1:45.50	1:38.70	1:32.80	1:28.60	1:25.40	1:22.90	1:21.00
<b>200m Breaststroke</b>	QT	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60	2:47.00
	CT	3:45.10	3:31.20	3:18.50	3:08.50	3:01.40	2:57.60	2:53.00
<b>50m Butterfly</b>	QT	40.80	38.10	35.90	34.00	32.20	31.40	30.60
	CT	42.80	40.10	37.90	36.00	34.20	33.40	32.60
<b>100m Butterfly</b>	QT	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80	1:06.50
	CT	1:31.70	1:25.50	1:20.80	1:16.80	1:13.80	1:11.80	1:10.50
<b>200m Butterfly</b>	QT	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40	2:27.60
	CT	3:18.50	3:05.90	2:55.90	2:46.90	2:40.40	2:36.40	2:33.60
<b>50m Backstroke</b>	QT	43.20	40.50	38.20	36.10	34.50	33.50	32.70
	CT	45.20	42.50	40.20	38.10	36.50	35.50	34.70
<b>100m Backstroke</b>	QT	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30	1:09.30
	CT	1:33.80	1:28.10	1:23.20	1:19.00	1:16.20	1:14.30	1:13.30
<b>200m Backstroke</b>	QT	3:12.00	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40	2:28.60
	CT	3:18.00	3:06.70	2:56.30	2:48.30	2:42.00	2:37.40	2:34.60
<b>200m I/M</b>	QT	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90	2:31.00
	CT	3:20.30	3:08.80	2:58.70	2:50.80	2:44.40	2:39.90	2:37.00
<b>400m I/M</b>	QT	6:50.80	6:26.70	6:06.40	5:49.30	5:36.20	5:27.60	5:22.60
	CT	6:56.80	6:32.70	6:12.40	5:55.30	5:42.20	5:34.60	5:28.60

QT = Qualification Time  
CT = Consideration Time

**Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software.  
The organisers reserve the right to return entries.**



**City of Cardiff Swimming Club**  
**Clwb Nofio Dinas Caerdydd**



**CARDIFF INTERNATIONAL OPEN MEET 2017**

Cardiff International Pool, Cardiff  
 26 27 28 May 2017  
 LICENCE NUMBER 1WL170116  
 (Under FINA Technical Rules and Swim Wales Laws)

**Coaches / Chaperone/Team Manager Pass Application Form**

Name of Club		Club Code
Full Name (s)	1 2 3 4 5	
Position in Club		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.	1 2 3 4 5	DBS Number(s): 1 2 3 4 5

The above named person is authorised to hold a pass for this club

**CLUB SECRETARY**..... **SIGNED:** .....

Please note only members affiliated to Swim Wales/Scottish Swimming/ASA or a member of a FINA affiliated country will be eligible for a coach's pass.

Only applications with a photograph will be accepted. Could applicants please write their full name on the rear of the photographs.

Please send a BACS transfer in the sum of £15.00/£40.00 dependant on pass requested (or cheque made payable to City of Cardiff Swimming Club) per pass requested.

There will be no access to the poolside without a coach's pass. Passes will be restricted to a maximum of 5 passes per club and are non-transferable.

All completed forms to be returned to

Stephen Jones  
 18 Nasturtium Way  
 CARDIFF CF23 8SF

EMAIL: [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

**CLOSING DATE: Monday 24<sup>th</sup> April 2017.**



**City of Cardiff Swimming Club**  
**Clwb Nofio Dinas Caerdydd**



# CARDIFF INTERNATIONAL OPEN MEET 2017

Cardiff International Pool, Cardiff  
 26 27 28 May 2017  
 LICENCE NUMBER 1WL170116  
 (Under FINA Technical Rules and Swim Wales Laws)

## Meet Entry Summary Sheet

**This Form must be completed and returned with the** Hy-Tek Meet Entry Fee Report and Entry File, unless already emailed to [home.meets@cardiffswimming.co.uk](mailto:home.meets@cardiffswimming.co.uk)

Name of Club		Club Code
Contact Name		<b>CLUB BANK DETAILS</b>
Address		Bank Sort Code Account No.
TEL No./Mobile		
E Mail		
TEAM SIZE		
No. Of Individual Entries	@ £7.75 per event	£
No. Of Coaches Passes	@ £15.00 each @ £40.00 multi pass	£
Total payment made payable to City of Cardiff Swimming Club		£.....

**It is requested that a single payment via BACS is made for the complete club entry.**  
**Details of your Club's bank is to be provided in the box above so we can issue a refund if required.**

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the Meet Management for this event.

Club Secretary Signature .....Date: .....

Entries, payments and supporting reports, and poolside pass applications should be sent to:

Stephen Jones  
 18 Nasturtium Way  
 CARDIFF CF23 8SF

**CLOSING DATE: Monday 24<sup>th</sup> April 2017.**



# CARDIFF INTERNATIONAL OPEN MEET 2017

Cardiff International Pool, Cardiff  
 26 27 28 May 2017  
 LICENCE NUMBER 1WL170116  
 (Under FINA Technical Rules and Swim Wales Laws)

## Officials Nomination Form

**PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS**

Name of Club		Club Code
Full Name		
Qualification (J1 J2 J2S Referee)		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.		DBS Number:

### Available Sessions

1	<input type="text"/>	2	<input type="text"/>	3	<input type="text"/>
4	<input type="text"/>	5	<input type="text"/>	6	<input type="text"/>
7	<input type="text"/>	8	<input type="text"/>	9	<input type="text"/>

All completed forms to be e-mailed to Jim McCulloch: [officials@cardiffswimming.co.uk](mailto:officials@cardiffswimming.co.uk)