



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd



CARDIFF INTERNATIONAL OPEN MEET 2016

CITY OF CARDIFF SWIMMING CLUB

LONG COURSE LEVEL 1 MEET



Friday 27 Saturday 28 Sunday 29 May 2016

Cardiff International Pool



Event Information and Entry Forms

(All Session Times to Be Confirmed)



Licence Number: 1WL160446

(Under FINA Technical Rules & Swim Wales Laws)



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CITY OF CARDIFF SWIMMING CLUB

CARDIFF INTERNATIONAL OPEN MEET 2016

LICENCE NUMBER 1WL160446
(Under FINA Technical Rules and Swim Wales Laws)

Friday 27th May - Saturday 28th May - Sunday 29th May 2016

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 9/10/11yrs, 12yrs, 13yrs, 14yrs, 15/16yrs, 17 & Open Female 9/10/11yrs, 12yrs, 13yrs, 14yrs, 15/16yrs, 17 & Open

Minimum age for entry is 9 years

AGE AT DATE 29 MAY 2016

EVENTS

Heats & Finals

50m	Freestyle Backstroke Breaststroke Butterfly	- OPEN
100m	Freestyle Backstroke Breaststroke Butterfly	- All Age Groups
200m	Freestyle Backstroke Breaststroke Butterfly	- All Age Groups
200m	Individual Medley	- All Age Groups

HDW

400m	Freestyle	All Age Groups
400m	Individual Medley	male 12yrs, 13yrs, 14yrs, 15/16yrs, 17 & Open female 12yrs, 13yrs, 14yrs, 15/16yrs, 17 & Open
800m	Freestyle	female 12yrs, 13yrs, 14yrs, 15/16yrs, 17 & Open
1500m	Freestyle	male 12yrs, 13yrs, 14yrs, 15/16yrs, 17 & Open

SWIM WALES "MISSION STATEMENT"

"Every Swimmer must have the opportunity to swim in appropriate, quality competition to enable them to meet their true potential in line with Long Term Athlete Development."



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PROMOTER'S CONDITIONS

AWARDS

Awards will be given to the first 3 places in each age category, and additional awards based upon accumulated points will be made to the Top Male, Top Female and Top Visiting Club.

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 50m events.

Competitors will only receive an award if they have achieved the qualifying standard.

Swimmers must ensure that they are suitably clothed (tee 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 licensed meet, and random checks will be made against the ASA Online Rankings Data Base. 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 forfeit

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. Please do not convert short course times manually. Estimated times are not permitted.

Clubs are requested to send all entries at the same time with one payment to cover all swimmers and coach passes.

Only Clubs may pay by BACS transfer, which is our preferred method of receiving payment. Payment from individual entries to be via cheques, made payable to City of Cardiff Swimming Club

The electronic event entry file can be obtained from the CCSC Home Meets page on our website: www.cardiffswimming.co.uk

Electronic entries/enquiries can be emailed to: home.meets@cardiffswimming.co.uk

Electronic entries produced from Hy-Tek's Team Manager or Team Manager Lite software as electronic entries, submitted as an e-mail attachment to the above address are required, and should include an entry report, fee entry report and any poolside pass applications. For all entries, the submitted date will be the date of receipt of all entries, reports and payment. T

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

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

Entry forms are to be retained by the club.



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Copies of the Team Manager Lite application can be downloaded free of charge from <http://www.hy-tek ltd.com/downloads.html>. Instructions for Team Manager Lite can be downloaded from the Cardiff International Open Meet page of the City of Cardiff Swimming Club Website.

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 received without the relevant fee
- ❖ Outside the consideration entry times
- ❖ Improved entries
- ❖ Received after the closing date of **22nd April 2016 Time 20:00**

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

The Meet Director reserves the right to limit entries. In the event that entries are rejected the entry fee will be refunded, a single cheque will be made payable to Club in question.

No refunds will be made for withdrawals after the closing date of 22nd April 2016 other than on medical grounds. A medical note must be provided on or before 30 June 2016.

City of Cardiff Swimming Club may reserve the right to return entries if the meet is oversubscribed.

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

City of Cardiff Swimming Club may request validation of any stated entry time and reserve the right to return entries if the meet is oversubscribed. For return of entry confirmations please enter an email address on the summary sheet.

There will be no entry cards for this event.

ENTRY PRICING

£7.50 per event

CLOSING DATE

FRIDAY 22nd APRIL 2016 Time: 20:00 (No late entries will be accepted)

OFFICIALS

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.

SEEDING

Preliminary Heats & Finals

The placing of competitors in the heats will be multi age, spearheaded, and swum slowest to fastest based on entry times. The three fastest heats will be cyclically seeded.

Finalists shall be allocated lanes using the spearhead principal from the results of the heats.

HDW Heats

All events will be spearheaded and swum slow to fast, based on entry times.



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WITHDRAWALS

No refunds will be made for withdrawals after the closing date for entries other than in writing via email and on receipt of a medical certificate which must be supplied by 30/06/16.

All withdrawals must be notified in writing to the meet office. The meet office must be informed of withdrawals by no later than 5.00pm on the day before competition.

POOLSIDE PASSES

£15.00 per poolside pass in advance of the meet.

£20.00 per poolside pass purchased on the day, (providing the info below).

These are required for all coaches, chaperones & team managers. Passes must be worn at all times whilst on poolside and will be required to gain access. A maximum of 5 passes per Club will be issued.

Passes will only be issued on receipt of Swim Wales/ASA registration number, a DBS number and a passport photo.

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

THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS.

SPECTATOR ENTRY

£15.00 for a "whole meet" pass

£6.00 for a day pass

£3.50 per session (entry to finals is free)

Programme £5.00 (full weekend programme)

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 the 800m, and 1500m events.

Swimmers must sign in to confirm that they are swimming in these events, **before the start of the warm up for each session in which the event takes place.**

Failure to do so will result in the swimmer being removed from the event, and the entry fee being forfeited.

STARTS

Over the top starts will be used wherever possible.

ELECTRONICS

Omega electronic timing system with electronic display.

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.

The Café only accepts cash, no cheques or cards. Refreshments may not be taken onto the poolside. There are also local facilities located near Cardiff International Pool.



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PROGRAMME OF EVENTS

**SESSION 1 FRIDAY
WARM UP & SESSION START TBC**

101 HDW	Male	400m IM
102 HEAT	Female	100m Breaststroke
103 HEAT	Male	200m Butterfly
104 HEAT	Female	200m Backstroke
105 HEAT	Male	50m Breaststroke
106 HEAT	Female	50m Freestyle

**SESSION 2 FRIDAY
WARM UP & SESSION START TBC**

201 HEAT	Male	50m Butterfly
202 HEAT	Female	50m Backstroke
203 HEAT	Male	200m Breaststroke
204 HEAT	Female	200m Freestyle
205 HEAT	Male	100m Backstroke
206 HDW	Female	400m IM

**SESSION 3 FRIDAY FINALS
WARM UP & START TBC**

102 FINAL	Female	100m Breaststroke	201 FINAL	Male	50m Butterfly
103 FINAL	Male	200m Butterfly	202 FINAL	Female	50m Backstroke
104 FINAL	Female	200m Backstroke	203 FINAL	Male	200m Breaststroke
105 FINAL	Male	50m Breaststroke	204 FINAL	Female	200m Freestyle
106 FINAL	Female	50m Freestyle	205 FINAL	Male	100m Backstroke

**SESSION 4 SATURDAY
WARM UP & SESSION START TBC**

401 HEAT	Female	50m Butterfly
402 HEAT	Male	50m Freestyle
403 HEAT	Female	100m Freestyle
404 HEAT	Male	100m Butterfly
405 HEAT	Female	200m Breaststroke
406 HDW	Male	1500m Freestyle

**SESSION 5 SATURDAY
WARM UP & SESSION START TBC**

501 HEAT	Female	50m Breaststroke
502 HEAT	Male	50m Backstroke
503 HDW	Female	400m Freestyle
504 HEAT	Male	100m Breaststroke
505 HEAT	Female	200m Butterfly
506 HEAT	Male	200m Freestyle

**SESSION 6 SATURDAY FINALS
WARM UP & START TBC**

401 FINAL	Female	50m Butterfly	502 FINAL	Male	50m Backstroke
402 FINAL	Male	50m Freestyle	501 FINAL	Female	50m Breaststroke
403 FINAL	Female	100m Freestyle	504 FINAL	Male	100m Breaststroke
404 FINAL	Male	100m Butterfly	505 FINAL	Female	200m Butterfly
405 FINAL	Female	200m Breaststroke	506 FINAL	Male	200m Freestyle

**SESSION 7 SUNDAY
WARM UP & SESSION START TBC**

701 HEAT	Male	100m Freestyle
702 HEAT	Female	100m Backstroke
703 HEAT	Male	200m IM
704 HDW	Female	800m Freestyle

**SESSION 8 SUNDAY
WARM UP & SESSION START TBC**

801 HDW	Male	400m Freestyle
802 HEAT	Female	100m Butterfly
803 HEAT	Male	200m Backstroke
804 HEAT	Female	200m IM

**SESSSION 9 SUNDAY FINALS
WARM UP & START TBC**

701 FINAL	Male	100m Freestyle	802 FINAL	Female	100m Butterfly
702 FINAL	Female	100m Backstroke	803 FINAL	Male	200m Backstroke
703 FINAL	Male	200m IM	804 FINAL	Female	200m IM

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



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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 club's 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.

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.

CONDUCT

Behavior 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 behavior, all breaches of safety practices, failure to comply with instructions/directions, actions that bring the sport of swimming into disrepute. Unacceptable behavior 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.



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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.

It is a mandatory requirement of the Meet licence that all persons - including competitors, officials, volunteers and spectators wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device/equipment used for taking/recording such images must register their details with the event management in advance of taking any images.

Such equipment should not be used without a pass.

This includes, but is not limited to:

Still/Cine/Video camera

Camera enabled PDA's

Camera/video enabled mobile phones

iPads/tablets

Passes can be obtained (free of charge) from the Meet Office upon proof of identity (photographic e.g. driving licence), and must remain attached to the equipment whilst within the Spectator Area.

Equipment being used without a pass will be removed. The records of camera use will be retained by City of Cardiff Swimming Club.

NO FLASH photography is permitted.

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 online bookable hotels is available in categories from two to five stars, and most hotels and B&B's are only a short walk from the city's visitor attractions, shops and rail station

To reserve accommodation online visit
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.



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Cardiff International Open Meet

Cardiff International Pool, Cardiff
27 28 29 May 2016
LICENCE NUMBER 1WL160446
(Under FINA Technical Rules and Swim Wales Laws)

LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

MALE										
AGE		9	10	11	12	13	14	15	16	17/over
50m Freestyle	QT	42.60	39.00	37.00	34.90	33.00	31.30	29.70	28.70	28.40
	CT	44.60	41.00	39.00	36.90	35.00	33.30	31.70	30.70	30.40
100m Freestyle	QT	1:38.20	1:24.80	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60	1:01.50
	CT	1:42.20	1:28.80	1:22.80	1:17.70	1:13.80	1:10.90	1:08.40	1:06.60	1:05.50
200m Freestyle	QT	3:23.40	3:03.60	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30	2:13.70
	CT	3:29.40	3:09.60	2:57.30	2:46.80	2:38.60	2:31.60	2:26.70	2:22.30	2:19.70
400m Freestyle	QT	7:22.50	6:26.40	5:56.00	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10	4:44.60
	CT	7:30.50	6:34.40	6:04.00	5:46.10	5:29.80	5:15.00	5:05.60	4:57.10	4:52.60
1500m Freestyle	QT				22:20.50	21:16.60	20:19.00	19:37.10	19:07.70	18:49.00
	CT				22:52.50	21:48.60	20:51.00	20:09.10	19:39.70	19:21.00
50m Breaststroke	QT	56.80	51.60	48.20	44.60	41.80	39.70	37.80	36.80	35.80
	CT	58.80	53.60	50.20	46.60	43.80	41.70	39.80	38.80	37.50
100m Breaststroke	QT	2:07.70	1:50.70	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:17.00
	CT	2:11.70	1:54.70	1:45.50	1:38.70	1:32.80	1:28.60	1:25.40	1:22.90	1:21.00
200m Breaststroke	QT	4:20.50	3:57.20	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60	2:47.00
	CT	4:26.50	4:03.20	3:45.10	3:31.20	3:18.50	3:08.50	3:01.40	2:57.60	2:53.00
50m Butterfly	QT	48.80	43.50	40.80	38.10	35.90	34.00	32.20	31.40	30.60
	CT	50.80	45.50	42.80	40.10	37.90	36.00	34.20	33.40	32.60
100m Butterfly	QT	1:49.40	1:35.80	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80	1:06.50
	CT	1:53.40	1:39.80	1:31.70	1:25.50	1:20.80	1:16.80	1:13.80	1:11.80	1:10.50
200m Butterfly	QT	4:03.70	3:32.30	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40	2:27.60
	CT	4:09.70	3:38.30	3:18.50	3:05.90	2:55.90	2:46.90	2:40.40	2:36.40	2:33.60
50m Backstroke	QT	50.30	46.00	43.20	40.50	38.20	36.10	34.50	33.50	32.70
	CT	52.30	48.00	45.20	42.50	40.20	38.10	36.50	35.50	34.70
100m Backstroke	QT	1:49.80	1:36.90	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30	1:09.30
	CT	1:53.80	1:40.90	1:33.80	1:28.10	1:23.20	1:19.00	1:16.20	1:14.30	1:13.30
200m Backstroke	QT	3:46.70	3:25.80	3:12.00	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40	2:28.60
	CT	3:52.70	3:31.80	3:18.00	3:06.70	2:56.30	2:48.30	2:42.00	2:37.40	2:34.60
200m I/M	QT	3:52.00	3:29.60	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90	2:31.00
	CT	3:58.00	3:35.60	3:20.30	3:08.80	2:58.70	2:50.80	2:44.40	2:39.90	2:37.00
400m I/M	QT				6:26.70	6:06.40	5:49.30	5:36.20	5:27.60	5:22.60
	CT				6:34.70	6:14.40	5:57.30	5:44.20	5:35.60	5:30.60

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.



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Cardiff International Open Meet

Cardiff International Pool, Cardiff
27 28 29 May 2016
LICENCE NUMBER 1WL160446
(Under FINA Technical Rules and Swim Wales Laws)

LONG COURSE QUALIFYING TIMES & CONSIDERATION TIMES

FEMALE										
AGE		9	10	11	12	13	14	15	16	17/over
50m Freestyle	QT	42.80	39.80	37.30	35.40	34.00	32.90	32.20	31.90	31.80
	CT	44.80	41.80	39.30	37.40	36.00	34.90	34.20	33.90	33.80
100m Freestyle	QT	1:38.30	1:26.20	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80	1:08.10
	CT	1:42.30	1:30.20	1:23.30	1:19.20	1:16.70	1:14.70	1:13.60	1:12.80	1:12.10
200m Freestyle	QT	3:29.10	3:04.40	2:51.30	2:42.50	2:36.20	2:32.10	2:29.10	2:27.50	2:25.80
	CT	3:35.10	3:10.40	2:57.30	2:48.50	2:42.20	2:38.10	2:35.10	2:33.50	2:31.80
400m Freestyle	QT	7:20.70	6:27.40	5:56.40	5:38.80	5:26.30	5:18.00	5:12.80	5:09.20	5:06.30
	CT	7:28.70	6:35.40	6:04.40	5:46.80	5:34.30	5:26.00	5:20.80	5:17.20	5:14.30
800m Freestyle	QT				11:39.00	11:10.80	10:56.00	10:45.50	10:36.00	10:35.10
	CT				11:55.00	11:26.80	11:12.00	11:01.50	10:52.00	10:51.10
50m Breaststroke	QT	57.00	51.20	47.80	45.00	43.10	41.50	40.60	40.10	39.80
	CT	59.00	53.20	49.80	47.00	45.10	43.50	42.60	42.10	41.80
100m Breaststroke	QT	2:08.70	1:50.30	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10	1:25.20
	CT	2:12.70	1:54.30	1:45.60	1:39.20	1:34.80	1:32.50	1:31.50	1:30.10	1:29.20
200m Breaststroke	QT	4:27.30	3:55.50	3:36.60	3:24.90	3:15.50	3:09.50	3:06.70	3:05.80	3:04.00
	CT	4:33.30	4:01.50	3:42.60	3:30.90	3:21.50	3:15.50	3:12.70	3:11.80	3:10.00
50m Butterfly	QT	48.20	44.00	40.70	38.60	36.70	35.70	34.80	34.20	34.20
	CT	50.20	46.00	42.70	40.60	38.70	37.70	36.80	36.20	36.20
100m Butterfly	QT	1:47.70	1:37.10	1:27.90	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80	1:14.10
	CT	1:51.70	1:41.10	1:31.90	1:26.60	1:23.10	1:21.20	1:19.50	1:18.80	1:18.10
200m Butterfly	QT	3:56.60	3:34.60	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30	2:41.30
	CT	4:02.60	3:40.60	3:18.60	3:07.70	2:59.50	2:54.00	2:51.70	2:49.30	2:47.30
50m Backstroke	QT	50.20	46.00	43.10	40.90	39.40	38.00	37.00	36.60	36.30
	CT	52.20	48.00	45.10	42.90	41.40	40.00	39.00	38.60	38.30
100m Backstroke	QT	1:52.00	1:37.50	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10	1:16.30
	CT	1:56.00	1:41.50	1:33.90	1:28.50	1:25.70	1:23.60	1:21.90	1:21.10	1:20.30
200m Backstroke	QT	3:52.70	3:26.30	3:11.00	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90	2:42.80
	CT	3:58.70	3:32.30	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	3:55.20	3:29.60	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90	2:45.50
	CT	4:01.20	3:35.60	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				6:24.90	6:10.60	6:02.00	5:55.20	5:50.80	5:48.70
	CT				6:32.90	6:18.60	6:10.00	6:03.20	5:58.80	5:56.70

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.



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd



CARDIFF INTERNATIONAL OPEN MEET 2016

Cardiff International Pool, Cardiff

27 28 29 May 2016

LICENCE NUMBER 1WL160446

(Under FINA Technical Rules and Swim Wales Laws)

Coaches/Team Managers/ Chaperone Pass - Individual Application Form

Name of Club		Club Code
Full Name		
Position In Club		
ADDRESS		
TEL No./Mobile		
E Mail		
Swim Wales ASA/Scottish Swimming Affiliation No.		DBS Number:

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 (or cheque made payable to City of Cardiff Swimming Club) per poolside pass requested in advance.

Poolside passes can be purchased on the day at a cost of £20.00. (subject to the completion of above info)

There will be no access to the poolside without a poolside 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

FRIDAY 22nd APRIL 2016 Time: 20:00 (No late entries will be accepted)



City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd



CARDIFF INTERNATIONAL OPEN MEET 2016

Cardiff International Pool, Cardiff

27 28 29 May 2016

LICENCE NUMBER 1WL160446

(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

Name of Club		Club Code
Contact Name		CLUB BANK DETAILS
Address		Bank Sort Code Account No.
TEL No./Mobile		
E Mail		
TEAM SIZE		
No. Of Individual Entries	@ £7.50 per event	£
		£
No. Of Coaches Passes	@ £15.00 each in advance	£
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 SignatureDate:

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

Stephen Jones
18 Nasturtium Way
CARDIFF CF23 8SF

FRIDAY 22nd APRIL 2016 Time: 20:00 (No late entries will be accepted)



City of Cardiff Swimming Club

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CARDIFF INTERNATIONAL OPEN MEET 2016

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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