



# **BRITISH GAS SWIM WALES DISABILITY LONG COURSE CHAMPIONSHIP 2010**

**SATURDAY 4<sup>th</sup> & SUNDAY 5<sup>th</sup> DECEMBER**

Meet License: 010WLD-078

**WALES NATIONAL POOL SWANSEA**

**OPEN MEET  
EVENT INFORMATION & ENTRY FORMS**



WORKING TOGETHER IN PARTNERSHIP

**2010 BRITISH GAS SWIM WALES DISABILITY OPEN MEET (50m)**  
**4<sup>th</sup> & 5<sup>th</sup> DECEMBER 2010**  
**WALES NATIONAL POOL SWANSEA**  
**EVENT INFORMATION & ENTRY FORMS**

Venue

Wales National Pool  
Sketty Lane  
Swansea  
SA2 8QG  
Tel: 01792 513636 (Swim Wales Office)

**General Conditions**

- This event shall be competed for under the Laws of the Association (Swim Wales), the Technical Swimming rules of IPC Swimming and any additional conditions (printed in the respective meet information). It shall be open to eligible competitors as defined therein subject to any standards the Association shall impose.
- Entries shall be accepted from:
  - Athletes who are members of SWIM WALES, ASA, or SASA who hold a current authorised British Swimming classification or IPC Swimming Classification, OR
  - Overseas athletes who have a current IPC Swimming License with a C or R classification as listed on the IPC Swimming Sports Data Management System at the time of entry.
- Overseas entries must be accompanied by a letter from their NPC/National Swimming Federation giving them permission to compete at the event.
- Competitors must be a minimum of 10 years of age on the last day of competition to enter the event
- Time trials will not be permitted at this event

Entries

- Entries must be received by the Swim Wales Office NO LATER THEN Friday 5th November 2010 accompanied by the appropriate entry fee.
- All entrants must have equalled or bettered the entry qualifying time. Improved entry times will not be accepted.
- Entry times may be achieved in either long course or short course pools.
- If entering a Short Course time please add 's' after the time on the entry form
- Swim Wales may request validation of any stated entry time.
- Entry times must have been achieved between the 1st Jan 2010 and the 5th November 2010 inclusive
- Entries are charged at £8 per event
- Only entries that have been received in the events office by 5.00pm on Friday 5<sup>th</sup> November 2010 will be accepted. Entries received in the post after this date will be rejected. It is recommended that entries are sent by Recorded Delivery.
- All cheques to be made payable to "Swim Wales"

## The Events

- All events will be heat declared winner (HDW). There will be no finals
- All events will be seeded by entry times and not classifications

### Individual Events (Men and Women)

Freestyle:	50m, 100m and 200m (S1-S15) 400m (S6-S15)
Backstroke:	50m (S1-S5) 100m, 200m (S6-S15)
Breaststroke	50m (SB1-SB3) 100m, 200m (SB4–SB9, SB11-SB15)
Butterfly:	50m, (S1-S7) 100m, 200m (S8-S15)
Individual Medley:	150m (SM1-SM4) 200m (SM5-SM15)

## Withdrawals

- All withdrawals must be notified to the Swim Wales event office by no later than 5pm the day before the competition
- All withdrawals must be made using the forms provided
- Swimmers not complying with the above (except in the case of a genuine illness/injury or proven emergency) will be liable to a £10 fine for each inappropriate withdrawal

## Medals

- Medals shall be awarded for each classification to all competitors placed first, second and third in each event
- If less than four swimmers from any classification participate in any one event, then a minus one ruling shall apply. If only one swimmer from any classification participates in any event, then the swimmer shall be awarded a medal providing he/she achieves the published entry standard for that classification and event.
- Medals shall be made available on poolside during the relevant session that the event has taken place. All swimmers shall be required to present themselves to the awards steward/table when notified.

## Session Times

Session 1 - Saturday 4<sup>th</sup> December - 4.00pm

Session 2 - Sunday 5<sup>th</sup> December - 9.30am

Session 3 - Sunday 5<sup>th</sup> December - 3.00pm

## Warm Up

Session 1 - Saturday 4<sup>th</sup> December 2.45pm – 3.45pm

Session 2 - Sunday 5<sup>th</sup> December 8.15am – 9.15am

Session 3 - Sunday 5<sup>th</sup> December 1.45pm – 2.45pm

Continuous warm up and warm down facility will be available in the 25m pool during competition time only.

## Event Schedule

All events will be swum Male then Female

### **Session One: - Saturday 4<sup>th</sup> December**

M 400m Freestyle (S6-S15)  
W 400m Freestyle (S6-S15)  
M 100m Butterfly (S8-S15)  
W 100m Butterfly (S8-S15)  
M 200m Backstroke (S6-S15)  
W 200m Backstroke (S6-S15)  
M 100m Breaststroke (SB4-SB9 & SB11-SB15)  
W 100m Breaststroke (SB4-SB9 & SB11-SB15)  
M 50m Freestyle (S1-S15)  
W 50m Freestyle (S1-S15)

### **Session Two: - Sunday 5<sup>th</sup> December**

M 200m Individual Medley (SM5-SM15)  
W 200m Individual Medley (SM5-SM15)  
M 50m Backstroke (S1-S5)  
W 50m Backstroke (S1-S5)  
M 200m Butterfly (S8-S15)  
W 200m Butterfly (S8-S15)  
M 200m Freestyle (S1-S15)  
W 200m Freestyle (S1-S15)  
M 50m Breaststroke (SB1-SB3)  
W 50m Breaststroke (SB1-SB3)

### **Session Three: - Sunday 5<sup>th</sup> December**

M 100m Freestyle (S1-S15)  
W 100m Freestyle (S1-S15)  
M 200m Breaststroke (SB4-SB9 & SB11-SB15)  
W 200m Breaststroke (SB4-SB9 & SB11-SB15)  
M 50m Butterfly (S1-S7)  
W 50m Butterfly (S1-S7)  
M 100m Backstroke (S6-S15)  
W 100m Backstroke (S6-S15)  
M 150m Individual Medley (SM1-SM4)  
W 150m Individual Medley (SM1-SM4)

*The promoter reserves the right to combine events depending upon the number of entries*

## **Other Conditions**

### Coaches, Chaperones and Support Staff

- 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 SWIM WALES/ASA/ or the SASA and be registered on their home countries child protection database or a member of their National Paralympic Committee.
- Personal care attendants will only be permitted for swimmers in the following classes S1, S2, S3, S4 and S11. Such attendants will be excluded from any restrictions and will be given the same accreditation as the swimmer for whom they have personal care responsibilities.
- A swimmer in these classifications may have both a coach and a personal care attendant in attendance.
- The Accreditation fee for a Coach/Chaperone pass is £12.50 per person. One additional Support Staff for S1, S2, S3, S4 and S11 will be allowed free of charge.

**PLEASE NOTE THE CLOSING DATE FOR COACHES/CHAPERONES PASSES WILL BE FRIDAY 5<sup>th</sup> NOVEMBER 2010 - APPLICATIONS RECEIVED AFTER THIS DATE WILL BE REJECTED.**

### Accreditation

- All Competitors will be issued with relevant accreditation. There will be no entry to the changing village or poolside without accreditation.

### Safety

- All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

### TV, Video or Close Range Photography

- When the competition involves young persons and vulnerable adults 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.

**BRITISH GAS SWIM WALES**  
**DISABILITY LONG COURSE CHAMPIONSHIP 2010**

**ENTRY FORM**

CLOSING DATE: **FRIDAY 5<sup>th</sup> NOVEMBER 2010**

PLEASE PRINT

NAME: \_\_\_\_\_

ADDRESS \_\_\_\_\_

Tel: \_\_\_\_\_ E.mail: 

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SWIMMING CLUB: \_\_\_\_\_

D.O.B: \_\_\_\_\_ SEX: \_\_\_\_\_

CLASSIFICATION: S \_\_\_\_\_ SB \_\_\_\_\_ SM \_\_\_\_\_ (IPC /INAS class checked)

ALL COMPETITORS ENTERING THE EVENT MUST BE AFFILIATED TO SWIM WALES, ASA OR SCOTTISH SWIMMING OR BE REGISTERED THROUGH A FINA AFFILIATED ORGANISATION/NPC

REGISTRATION NUMBER: SWIM WALES / ASA / SCOTTISH SWIMMING \_\_\_\_\_

PLEASE INDICATE WHICH EVENTS YOU WISH TO ENTER BY SUBMITTING TIMES NEXT TO THE APPROPRIATE EVENTS. PLEASE NOTE: ENTRY TIMES MUST HAVE BEEN ACHIEVED BETWEEN 1<sup>ST</sup> JANUARY 2010 – 5<sup>TH</sup> NOVEMBER 2010 INCLUSIVE.

*ENTRY FEE OF £8 PER EVENT*

EVENT	Ev No	TIME ACHIEVED	VENUE & DATE WHERE QUALIFYING TIME ACHIEVED
50M FREESTYLE (S1-S15)			
100M FREESTYLE (S1-S15)			
200M FREESTYLE (S1-S15)			
400M FREESTYLE (S6-S15)			
50M BACKSTROKE (S1-S5)			
100M BACKSTROKE (S6-S15)			
200M BACKSTROKE (S6-S15)			
50M BUTTERFLY (S1-S7)			
100M BUTTERFLY (S8-S15)			
200M BUTTERFLY (S8-S15)			
50M BREASTSTROKE (SB1-SB3)			
100M BREASTSTROKE (SB4-SB9 & SB11-SB15)			
200M BREASTSTROKE (SB4-SB9 & SB11-SB15)			
150M INDIVIDUAL MEDLEY (SM1-SM4)			
200M INDIVIDUAL MEDLEY (SM5-SM15)			

PLEASE ENSURE THAT YOU ARE ELIGIBLE FOR THE EVENTS YOU HAVE INDICATED AND YOU HAVE A CONFIRMED QUALIFYING STANDARD

I ENCLOSE A CHEQUE MADE OUT TO SWIM WALES FOR.....(£8 PER EVENT)

I CONFIRM I AM A MEMBER OF ONE OF THE ABOVE ASSOCIATIONS. I ACCEPT THE PROMOTERS CONDITIONS FOR THE EVENT

Competitors Signature:..... Date .....

To be signed by the parent/guardian of any competitor under the age of 18 years.

**Please complete if your child is under 18 on the first day of the meet** I agree to my son/daughter/ward ..... if selected being submitted to doping controls as approved by the 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 Meet Information and Conditions.

Parent/Guardian Signature.....Date.....

**BRITISH GAS SWIM WALES**  
**DISABILITY LONG COURSE CHAMPIONSHIP 2010**

If your medical condition requires you to have a spotter please complete this form and return to

Events Office, Swim Wales, Wales National Pool, Sketty Lane, Swansea,  
SA2 8QG.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

POST CODE: \_\_\_\_\_

TEL NO: \_\_\_\_\_

Please complete below as appropriate:

I CONFIRM I AM SUBJECT TO SEIZURES

MY SPOTTER IS: \_\_\_\_\_

I CONFIRM THAT DUE TO MY MEDICAL CONDITION I REQUIRE SUPERVISION WHILST  
IN THE POOL

MY SPOTTER IS: \_\_\_\_\_

I CAN CONFIRM THAT THE ABOVE DETAILS ARE CORRECT AND THAT I WILL  
INFORM THE ORGANISERS OF ANY CHANGES.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

**CLOSING DATE FOR ALL ENTRIES IS FRIDAY 5<sup>th</sup> NOVEMBER 2010**  
**ENTRIES RECEIVED AFTER THIS DEADLINE WILL BE REJECTED**

**PLEASE PRINT**

07/2003

Surname..... Forename..... Date of Birth ..... Address:..... .....Postcode:..... Tel: Home: .....Work: ..... Email:.....	REGION / Home Country ..... MALE <input type="checkbox"/> FEMALE <input type="checkbox"/> SWIMMER <input type="checkbox"/> STAFF <input type="checkbox"/>	Next of Kin/ Emergency Contact Name: ..... Relationship: ..... Address..... ..... Tele: Home..... Work..... Mobile.....
	GP's Details: Name:..... Address..... ..... Tele:	

**DISABILITY:** *Please include medical details relating to disability (e.g. C6 Tetraplegia)*

Are you subject to any sudden illnesses, for example, fits, kidney or bladder infection, chest infection that you require urgent treatment? If so, what tablets, injections or treatment do you require?

REGULAR MEDICATION AND DOSAGE (include inhalers) 1	REGULAR MEDICATION AND DOSAGE (include inhalers) 4
2	5
3	6
Allergies (Put 'None' if none known)	Reactions & Symptoms

Vitamins/ Supplements:

Current injuries or medical treatment? Any other relevant information: (if necessary continue on reverse of form)

I confirm the above details are correct and that I will inform the organisers immediately of any changes.

Signature:..... Parent/Guardian Signature:.....

Date ..... To be signed by the parent/guardian of any competitor under the age of 18 years.



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

# BRITISH GAS SWIM WALES DISABILITY LONG COURSE CHAMPIONSHIP COACH/CHAPERONE/SUPPORT STAFF PASS

4<sup>th</sup> – 5<sup>th</sup> DECEMBER 2010 – SWANSEA

*INDIVIDUAL APPLICATION FORM*

**PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS**

FULL NAME: .....
NAME OF CLUB: .....
POSITION e.g. 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 .....Club Sec

PLEASE NOTE ONLY MEMBERS AFFILIATED TO SWIM WALES/SCOTTISH SWIMMING/ASA OR A MEMBER OF A FINA AFFILLIATED COUNTRY/NPC WILL BE ELIGIBLE FOR A COACHES PASS.

PLEASE SEND A CHEQUE FOR £12.50 (MADE PAYABLE TO SWIM WALES) AND A PASSPORT PHOTO 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.**

All completed forms to be returned to the  
Events Office, Swim Wales, Wales National Pool, Sketty Lane, Swansea SA2 8QG

**CLOSING DATE: 5<sup>TH</sup> NOVEMBER 2010**

## Male Qualifying Times

Distance	Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	
50m	Freestyle	2:33.57	1:44.24	1:13.20	1:02.29	53.70	49.12	46.10	43.49	40.96	39.44	42.83	39.92	39.28	42.16	38.29	
100m	Freestyle	5:29.68	3:49.81	2:41.73	2:17.15	1:59.26	1:49.81	1:41.92	1:34.42	1:30.88	1:26.75	1:36.78	1:26.91	1:26.58	1:33.47	1:25.75	
200m	Freestyle	12:22.16	8:09.46	3:32.51	4:55.33	4:21.87											
400m	Freestyle						8:32.05	7:59.15	7:17.39	6:56.42	6:43.42	7:33.26	6:55.14	7:01.74	7:08.14	6:34.61	
50m	Backstroke	2:45.17	1:47.70	1:27.22	1:17.41	1:02.05											
100m	Backstroke						2:03.28	1:59.97	1:50.75	1:41.74	1:40.61	1:51.06	1:39.33	1:41.44	1:47.92	1:37.94	
200m	Backstroke																
50m	Butterfly	OPEN	2:56.82	1:57.90	1:16.72	59.31	51.79	51.95									
100m	Butterfly								1:38.45	1:36.18	1:35.02	1:44.59	1:36.80	1:36.96	1:40.64	1:29.85	
200m	Butterfly																
		SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SB10	SB11	SB12	SB13	SB14	SB15	
50m	Breaststroke	3:17.89	1:37.84	1:21.66													
100m	Breaststroke					2:42.62	2:31.73	2:23.94	2:14.42	1:57.50	1:52.26		1:59.52	1:51.73	1:50.24	1:58.43	1:49.49
200m	Breaststroke																
		SM1	SM-2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	SM14	SM15	
150m	Ind Medley	OPEN	10:42.78	5:07.22	4:17.46												
200m	Ind. Medley						4:50.53	4:29.52	4:32.16	3:59.54	3:44.34	3:35.31	4:02.82	3:34.48	3:39.41	3:54.53	3:32.31

\* Please note: In the 200m Butterfly, Backstroke and Breaststroke events you must have a qualifying time in the 100m event to enable you to enter these events

## Female Qualifying Times

Distance	Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	
50m	Freestyle	2:12.53	2:13.98	1:37.09	1:24.50	59.04	59.54	54.27	51.42	47.54	46.26	51.50	45.34	44.61	48.19	43.90	
100m	Freestyle	7:34.19	4:41.23	3:33.78	3:04.53	2:08.16	2:06.98	1:56.69	1:49.70	1:42.22	1:39.06	1:53.73	1:39.17	1:36.43	1:47.79	1:35.20	
200m	Freestyle	13:43.22	10:40.14	7:41.36	6:20.21	4:35.90											
400m	Freestyle						9:17.94	8:43.44	7:55.54	7:35.36	7:27.10	9:19.09	7:58.70	7:24.00	8:13.26	7:16.93	
50m	Backstroke	2:11.62	2:13.90	1:42.98	1:38.14	1:11.55											
100m	Backstroke						2:24.85	2:18.08	2:07.94	1:54.05	1:58.03	2:20.16	1:58.06	1:53.58	2:07.15	1:50.93	
200m	Backstroke																
50m	Butterfly	OPEN	OPEN	2:16.58	1:58.00	1:19.33	1:05.26	1:01.58									
100m	Butterfly								2:00.51	1:53.57	1:52.85	2:38.56	1:50.18	1:47.09	2:01.95	1:45.10	
200m	Butterfly																
		SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SB10	SB11	SB12	SB13	SB14	SB15	
50m	Breaststroke	3:47.58	3:34.42	1:46.32													
100m	Breaststroke				3:09.02	2:59.74	2:44.61	2:32.82	2:16.30	2:15.86		2:40.00	2:07.25	2:13.94	2:15.89	2:03.67	
200m	Breaststroke																
		SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	SM14	SM15	
150m	Ind Medley	OPEN	9:31.46	6:37.42	5:34.21												
200m	Ind. Medley						6:28.86	5:12.32	5:00.74	4:37.04	4:16.50	4:16.66	5:08.10	4:07.26	3:58.86	4:29.90	3:57.37

\* Please note: In the 200m Butterfly, Backstroke and Breaststroke events you must have a qualifying time in the 100m event to enable you to compete