

# *City Of Newport Swimming Club*

(Under FINA Technical Rules and Swim Wales Laws)

Presents its 7th Short Course

Spring Open Meet

@

Newport International Sports Village

25 Metre 8 Lane Regional Pool

License Nos.:

**011WL1-038 & 011WL4-039**

On 30<sup>th</sup> April & 1<sup>st</sup> May 2011

Ages Girls: 9/11, 12/13, 14/15, 16 & over.

Boys: 9/10, 11/12, 13/14, 15/16, 17 & over

Plus a Level 4 Junior Development for swimmers aged 9/11.

Dist: 50m, 100m, 200m Open, 200m IM & 400m Open.

Medals for top 3 in each event

Anti Wave Lanes, electronic timing.

Entries Close at Midnight 31<sup>st</sup> March 2011

For further information please contact:

Andrew Walton

Open Meet Secretary

18 Oak Tree Drive

Rogerstone

NEWPORT, NP10 9JN

[andrew.newportswim@orangehome.co.uk](mailto:andrew.newportswim@orangehome.co.uk)

07800769393

# **CITY OF NEWPORT SWIMMING CLUB**

## **SPRING OPEN MEET (S C)**

(Under FINA Technical Rules and Swim Wales Laws)

**30<sup>th</sup> April & 1<sup>st</sup> May 2011**

WASA LICENCE NOS. (011WL1-038 & 011WL4-039)

### **General Event Information**

#### **ENTRIES**

All forms must be completed in full and returned together with the relevant entry fee to

Mr Andrew Walton,  
18 Oak Tree Drive,  
Rogerstone,  
Newport,  
Gwent,  
NP10 9JN

**One entry cheque per club only** - Cheques made payable to 'City Of Newport Swimming Club'

Entries will be rejected for the following reasons:

- \* They are received without the relevant fee.
- \* Incorrectly completed.
- \* Improved entry times.
- \* Received after the closing date of 31<sup>st</sup> March 2011.

**PLEASE NOTE THERE WILL BE NO CARDS FOR THIS COMPETITION.**

Ages are at 1<sup>st</sup> May 2011

Girls 9-11 (Level 4 only), 9-11, 12/13, 14/15, 16 and over.

Boys 9-11 (Level 4 only), 9-10, 11-12, 13/14, 15/16, 17 and over.

#### **ENTRY FEES**

£4.00 per event for both the Level 1 and the Level 4 meet.

## **MARSHALLING**

Swimmers must make themselves available for marshalling as soon as advised by the public address system.

## **OFFICIALS**

Visiting clubs are requested to provide at least one qualified official per session, and their details (together with their qualification) should be forwarded with the entry information. Meals and refreshments will be provided.

## **MEDALS**

Medals will be awarded for 1<sup>st</sup> – 3<sup>rd</sup> places in all age group categories (including Open Events).

## **SPECTATORS**

### **Admission Charges**

\* £5 per day

Programmes will also be available to purchase.

## **CAR PARKING**

There is free car parking for approx 250 plus there are several overflow car parks.

## **REFRESHMENTS**

There is a coffee shop on site. There are also vending machines, and the local Cricket Club available for food and refreshments.

## **CAMARA USE**

The use of **all** photographic equipment is controlled at this Meet and everyone is reminded that such equipment should not be used without registration. Registration Forms can be obtained from the entry desk.

## **MOBILE PHONES**

Mobile phones must not be used in the pool hall and changing rooms.

## **MEET CO-ORDINATOR**

A Meet Co-ordinator will be available for the duration of the Meet and can be contacted on 07800 769393.

# CITY OF NEWPORT SWIMMING CLUB

## Combined Level 1 and Junior Development Level 4 Spring Open 2011

(Meet License Nos.: 011WL1-038 & 011WL4-039)

### Promoters Conditions

1. The meet will be swum under the following rules and conditions:  
FINA Technical Rules and Swim Wales Laws.
2. All entrants must be members of an Affiliated club, amateurs as defined by Swim Wales Laws and hold a valid Swim Wales/ASA membership number.
3. The promoters reserve the right to limit entry in the interests of safety and timely completion of the meet.
4. Over the top starts will, where necessary or appropriate, be used during this meet.
5. Entries should be submitted electronically using Hy-Tek Team Manager software. The events file for input into TM is available upon request from [andrew.newportswim@orangehome.co.uk](mailto:andrew.newportswim@orangehome.co.uk). In exceptional circumstances entries will be accepted using the standard form provided. No entries will be accepted without the correct full payment.
6. The entry fee is £4.00 per event, with a single cheque sent per club and made payable to "City of Newport Swimming Club". **All entries must also include a payment summary sheet, completed coach/chaperone accreditation forms where appropriate and a SAE of at least A5 for return of confirmed entries and the timetable.**
7. **Age groups for boys: 9/10, 11/12, 13/14, 15/16 & 17/OV.**  
There are also events for boys aged 9/11 in the Level 4 Junior Development meet.  
Events for boys aged 9/10, 11/12, 13/14, 15/16 & 17/OV are licensed at Level 1.  
Heats for events involving boys aged 15/16 and 17 & over will be combined to reduce the number of empty lanes, but finals will be swum for each individual age group and medals awarded accordingly.  
**Age groups for girls: 9/11, 12/13, 14/15, 16/OV.**  
There are also Events for girls aged 9/11 in the Level 4 Junior Development meet.  
Events for girls aged 9/11, 12/13, 14/15 and 16/OV are licensed at Level 1.  
Heats for events involving girls aged 14/15 and 16 & over will be combined to reduce the number of empty lanes, but finals will be swum for each individual age group and medals awarded accordingly.  
**For both girls and boys, 9-11 year olds who have not achieved the UPPER cut off time in any of their Level 4 events can swim in the Level 4 Junior Development meet. Swimmers who have exceeded the UPPER cut off time for the Level 4 meet in any event can only swim in the Level 1 meet - swimmers can not swim in both the Level 4 and Level 1 meets. 9-11 year olds can choose to swim in the Level 1 meet provided they have swum the consideration times, but entry is not guaranteed if the meet is oversubscribed, unless the qualifying time has been obtained (see paragraph 9).**
8. Ages as at last day of the meet i.e. 1<sup>st</sup> May 2011.

9. Please note that each Level 1 event in this competition has a qualifying time and a consideration time. Entry times faster than or equal to the QT will be guaranteed an entry. Entry times falling between the QT and CT will be included provided the meet is not oversubscribed, with the faster times being given priority. Entries slower than the CT in the Level 1 meet will not be considered, and refunds will not be issued so please check your times carefully. **All entry times must be converted to a short course pool.**

Also, please note that each Junior Development Level 4 event has an UPPER cut off time. Submitted entry times for this section must be SLOWER than the upper cut off times. A swimmer who has already achieved a time FASTER than or EQUAL TO the cut off time for a particular event is not eligible to swim in that event. Nor can they swim in a mixture of Level 4 and Level 1 events.

10. No swimmer may enter events "Out of Age".
11. Closing date for entries is midnight on Thursday 31<sup>st</sup> March 2011. Entries received after this date cannot be guaranteed consideration. Please note that there will be no cards for this competition.
12. All withdrawals must be notified to the Meet Office no later than 5pm the day before the competition.
13. Competitors wishing to withdraw from a final must inform the Meet Office within 15 minutes of the lists being published or announced.
14. All weekend coach's/chaperone passes, to include a full set of results sheets and all programmes, are available at a cost of £15.00 per pass. All applications for this pass must include WASA/ASA number and CRB check details for verification and a passport sized photo. **Passes must be worn at all times when poolside or in the changing rooms.** The closing date for passes is the same as for entries, and passes will not be available on the day of the meet. Coaches/chaperone's without a valid pass will not be permitted poolside or allowed into the changing rooms.
15. Visiting clubs are requested to provide at least one qualified official per session, and their details (together with their qualification) should be forwarded with entry information. Meals and refreshments will be provided.
16. Marshalling will take place, and competitors must report promptly to this area. All finalists must report to marshalling at least 10 minutes before their event, failure to do so will exclude them from the final.
17. The safety rules of the pool must be adhered to at all times. Anyone not adhering to these rules (which will be read out at the start of each session) may be removed from the pool.
18. Individual teams/coaches will be responsible for their own swimmers in all areas outside the pool including the changing rooms.
19. All valuables/clothing etc. left in the changing rooms will be entirely at the owner's risk.
20. Events will be swum in heats, slowest to fastest, with every heat (as well as finals) being spearheaded. The top 3 heats in each event with a final will also be cyclically seeded, but this will not apply to heat declared winner events.
21. The fastest three in each event will receive medals (in Open events this is by age group).
22. Anyone wishing to use video or still cameras must register before using such equipment and they will be issued with a camera pass for which a charge may be made.
23. DATA PROTECTION ACT 1998 – CITY OF NEWPORT SWIMMING CLUB uses a computer to record entries and results. By submitting entries and accepting entry to the meet, consent is thereby given (as required under the Data Protection Act 1998) to the holding of personal information in a

computer/s. Personal data recorded, such as name, club, date of birth and times may be made public during or after the meet.

24. The first session on day one will have a warm-up time of 7.30am and a start time of 8.30am. Warm up and start times for sessions 2, 3, 4, 5 & 6 will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.
25. The promoters reserve the right to remove anyone for misconduct.
26. The promoters reserve the right to remove or amend any of the above conditions as required.

*City Of Newport Swimming Club  
2011 Spring Open Meet  
Coach / Chaperone Pass  
30<sup>th</sup> April & 1<sup>st</sup> May 2011  
Individual entry form  
Please complete in block capitals.*

<b>Full Name</b> .....
<b>Name of Club</b> .....
<b>Position (e.g Club Coach)</b> .....
<b>Address</b> ..... .....
<b>Postcode</b> .....
<b>Telephone Number</b> .....
<b>WASA/ASA Affiliation Number</b> .....
<b>CRB Number</b> .....

**Please enclose a cheque for £15 made payable to City of Newport Swimming Club for each pass required. Passes will not be available to be purchased on the day they must be purchased beforehand. There will be no access to the changing village or poolside without a coach pass.**

**Please include a passport size photo for each coach/chaperone pass**

All completed forms to be returned to:

Mr Andrew Walton  
18 Oak Tree Drive  
Rogerstone  
NEWPORT  
NP10 9JN

**Closing Date: 31<sup>st</sup> March 2011**

**SPRING MEET 2011 City of Newport Swimming Club**

**Spring Open Meet Programme (Short Course)**

**SATURDAY 30<sup>th</sup> APRIL 2011**

**SESSION 1                      WARM UP 7.30 - STARTS 8.30**

1.      Boys 11-12      100m Free
2.      Girls 12-13      100m Breast
3.      Boys 13-14      100m Back
4.      Girls 9-11        100m Back
5.      Boys 9-10        100m Free
6.      Girls 9-11        50m Back (Level 4)
7.      Boys 9-11        50m Free (Level 4)
8.      Girls              200m Free Open (HDW)
9.      Boys              200m Fly Open (HDW)

10 - 16 Finals of Events 1 - 7

**SESSION 2                      WARM UP TBC**

17.     Boys 11-12      100m Breast
18.     Girls 14&Over 100m Free
19.     Boys 15&Over 100m Breast
20.     Girls 9-11      100m Fly
21.     Boys 9-10      100m Breast
22.     Girls 9-11      50m Breast (Level 4)
23.     Boys 9-11      50m Fly (Level 4)
24.     Girls              200m Breast Open (HDW)
25.     Boys              400m Free Open (HDW)

26 - 32 Finals of Events 17 - 23

**SESSION 3                      WARM UP TBC**

33.     Boys 13-14      100m Fly
34.     Girls 12-13      100m Free
35.     Boys 15&Over 100m Fly
36.     Girls 14&Over 100m Back
37.     Boys              200m Back Open (HDW)
38.     Girls              200m Individual Medley Open (HDW)
39.     Girls 9-11      100m Individual Medley (Level 4, HDW)

40 - 43 Finals of Events 33 - 36

**SPRING MEET 2011 City of Newport Swimming Club**

**Spring Open Meet Programme (Short Course)**

**SUNDAY 1<sup>st</sup> MAY 2011**

**SESSION 4                      WARM UP TBC**

- |     |             |                      |
|-----|-------------|----------------------|
| 44. | Boys 11-12  | 100m Back            |
| 45. | Girls 12-13 | 100m Back            |
| 46. | Boys 13-14  | 100m Breast          |
| 47. | Girls 9-11  | 100m Free            |
| 48. | Boys 9-10   | 100m Back            |
| 49. | Girls 9-11  | 50m Free (Level 4)   |
| 50. | Boys 9-11   | 50m Breast (Level 4) |
| 51. | Girls       | 200m Fly Open (HDW)  |
| 52. | Boys        | 200m Free Open (HDW) |

53 - 59 Finals of Events 44 - 50

**SESSION 5                      WARM UP TBC**

- |     |               |                        |
|-----|---------------|------------------------|
| 60. | Boys 11-12    | 100m Fly               |
| 61. | Girls 14&Over | 100m Breast            |
| 62. | Boys 15&Over  | 100m Back              |
| 63. | Girls 9-11    | 100m Breast            |
| 64. | Boys 9-10     | 100m Fly               |
| 65. | Girls 9-11    | 50m Fly (Level 4)      |
| 66. | Boys 9-11     | 50m Back (Level 4)     |
| 67. | Girls         | 400m Free Open (HDW)   |
| 68. | Boys          | 200m Breast Open (HDW) |

69 - 75 Finals of Events 60 - 66

**SESSION 6                      WARM UP TBC**

- |     |               |                                       |
|-----|---------------|---------------------------------------|
| 76. | Girls 12-13   | 100m Fly                              |
| 77. | Boys 13-14    | 100m Free                             |
| 78. | Girls 14&Over | 100m Fly                              |
| 79. | Boys 15&Over  | 100m Free                             |
| 80. | Girls         | 200m Back Open (HDW)                  |
| 81. | Boys          | 200m Individual Medley Open (HDW)     |
| 82. | Boys 9-11     | 100m Individual Medley (Level 4, HDW) |

83 - 86 Finals of Events 76 - 79

# City Of Newport Spring Open Meet 2011

(Under FINA Technical Rules and Swim Wales Laws)

30<sup>th</sup> April & 1<sup>st</sup> May 2011

Newport International Sports Village

## LEVEL 1 Meet Entry Form

Name ..... First Name (in full) .....

Middle Name ..... Age (at 1<sup>st</sup> May 2011) .....

Male/Female ..... Date Of Birth .....

Address .....

Email address.....

Post Code ..... Tel No. ....

Name of Club .....

WASA/ASA Number .....

Event	Event Number	Short Course Time
100m Free		
200m Free		
400m Free		
100m Back		
200m Back		
100m Breast		
200m Breast		
100m Fly		
200m Fly		
200m IM		

.....events at £4.00, total payable £.....

Electronic entries are required where possible, but this entry form can be used for all age groups and Open Events.

**TO BE COMPLETED BY THE COMPETITOR :**

I declare that the above particulars are correct and agree to abide by the conditions laid down. I accept that there will be no refunds for incorrectly submitted entries.

SIGNATURE OF COMPETITOR: .....

Closing Date 31<sup>st</sup> March 2011.

**Swimmers should have reached the standard of the Competitive Start Award, if not they should start in the water.**

# City Of Newport Spring Open Meet 2011

(Under FINA Technical Rules and Swim Wales Laws)

30<sup>th</sup> April & 1<sup>st</sup> May 2011.

Newport International Sports Village

## LEVEL 4 Development Meet Entry Form

**The level 4 meet is only open to 9 to 11 year old swimmers who have not achieved the upper cut off times in any event**

Name ..... First Name (in full) .....

Middle Name ..... Age (at 1<sup>st</sup> May 2011) .....

Male/Female ..... Date Of Birth .....

Address .....

Email address.....

Post Code ..... Tel No. ....

Name of Club .....

WASA/ASA Number .....

Event	Event Number	Short Course Time
50m Free		
50m Back		
50m Breast		
50m Fly		
100m IM		

**Please check carefully that your times are slower than the UPPER Cut-off times for the Level 4 meet. Swimmers who have achieved the UPPER cut-off time in any event should instead enter the Level 1 meet. Swimmers can not swim in both the Level 4 and Level 1 meets.**

.....events at £4.00, total payable £.....

Electronic entries are required where possible, but this entry form can be used for all age groups and Open Events.

**TO BE COMPLETED BY THE COMPETITOR :**

I declare that the above particulars are correct and agree to abide by the conditions laid down. I accept that There will be no refunds for incorrectly submitted entries.

SIGNATURE OF COMPETITOR: .....

Closing Date 31<sup>st</sup> March 2011.

**Swimmers should have reached the standard of the Competitive Start Award, if not they should start in the water.**

# City Of Newport

## Spring Open Meet 2011

(Under FINA Technical Rules and Swim Wales Laws)  
30<sup>th</sup> April & 1<sup>st</sup> May 2011

### Payment Summary Sheet

Please complete the following payment Summary Sheet and return with entries:

Club: .....

Contact Name: .....

Telephone Number: .....

Email address: .....

**No of coaches  
passes**

X £15.00 =

**Total individual  
entries**

X £4.00 =

**Total amount enclosed:**

Please return with entries to:

Andrew Walton  
18 Oak Tree Drive  
Rogerstone  
Newport  
South Wales  
NP10 9JN

Tel – 07800 769393

Email – [andrew.newportswim@orangehome.co.uk](mailto:andrew.newportswim@orangehome.co.uk)

Closing Date – Midnight, 31<sup>st</sup> March 2011

# City Of Newport Spring Open Meet 2011

(Under FINA Technical Rules and Swim Wales Laws)  
30<sup>th</sup> April & 1<sup>st</sup> May 2011

## Level 4 Junior Development Events

### Upper Cut Off Times (25m Pool)

<b>Girls</b>				<b>Boys</b>		
<b>9 years</b>	<b>10 years</b>	<b>11 years</b>		<b>9 years</b>	<b>10 years</b>	<b>11 years</b>
<b>37.8</b>	<b>35.3</b>	<b>33.6</b>	<b>50m Free</b>	<b>37.3</b>	<b>34.7</b>	<b>33.0</b>
<b>43.6</b>	<b>40.2</b>	<b>38.1</b>	<b>50m Back</b>	<b>43.3</b>	<b>40.1</b>	<b>37.9</b>
<b>50.0</b>	<b>45.9</b>	<b>43.0</b>	<b>50m Breast</b>	<b>49.1</b>	<b>45.5</b>	<b>42.8</b>
<b>42.9</b>	<b>39.0</b>	<b>36.9</b>	<b>50m Fly</b>	<b>42.3</b>	<b>38.9</b>	<b>36.5</b>
<b>1.36.9</b>	<b>1.27.0</b>	<b>1.23.8</b>	<b>100m IM</b>	<b>1.35.6</b>	<b>1.28.3</b>	<b>1.23.8</b>

Submitted entry times must be SLOWER than the upper cut off times shown above. A swimmer who has already achieved a time FASTER than or EQUAL TO the cut off time for a particular event is not eligible to swim in the Level 4 meet. Swimmers can not swim in both the Level 1 and Level 4 meets.

# Newport Spring Open Meet 2011 – Level 1 Events

## Short Course Qualifying & Consideration Times

	Girls					Boys					
	9/11	12/13	14/15	16/OV		9/10	11/12	13/14	15/16	17/OV	
QT	1.18.70	1.11.50	1.08.30	1.06.90	100m Freestyle	1.22.90	1.13.20	1.05.40	1.01.20	1.00.10	QT
CT	1.45.82	1.37.54	1.24.56	1.17.54		1.51.27	1.42.26	1.21.81	1.14.32	1.11.74	CT
QT	2.49.60	2.33.60	2.26.60	2.23.20	200m Freestyle	2.59.30	2.39.10	2.22.50	2.13.20	2.11.10	QT
CT	3.11.15	2.51.45	2.40.36	2.35.50		3.23.40	2.55.50	2.42.96	2.32.46	2.20.18	CT
QT	5.52.90	5.20.50	5.06.20	5.00.50	400m Freestyle	6.18.00	5.34.00	5.01.50	4.42.10	4.36.70	QT
CT	6.20.00	5.55.00	5.30.00	5.15.00		6.48.00	6.10.00	5.45.00	5.20.00	5.05.00	CT
QT	1.28.10	1.19.20	1.15.30	1.14.00	100m Backstroke	1.34.70	1.22.50	1.13.00	1.07.80	1.06.30	QT
CT	1.57.34	1.45.85	1.30.44	1.28.47		2.04.24	1.53.76	1.37.54	1.26.78	1.21.88	CT
QT	3.06.30	2.49.60	2.41.10	2.37.20	200m Backstroke	3.19.70	2.56.50	2.37.00	2.26.50	2.24.00	QT
CT	3.15.82	3.03.76	2.57.25	2.45.30		3.30.35	3.07.27	2.55.52	2.46.76	2.43.80	CT
QT	1.40.20	1.29.80	1.25.10	1.23.10	100m Breaststroke	1.48.10	1.33.80	1.22.70	1.16.60	1.15.10	QT
CT	2.19.42	1.58.28	1.43.98	1.40.87		2.29.31	2.10.50	1.47.31	1.35.48	1.33.50	CT
QT	3.34.90	3.12.80	3.03.50	3.00.20	200m Breaststroke	3.51.20	3.22.50	2.58.90	2.47.00	2.43.00	QT
CT	4.01.64	3.40.88	3.13.66	3.08.10		4.25.36	3.53.61	3.35.94	3.10.94	3.07.00	CT
QT	1.28.00	1.19.00	1.15.10	1.13.30	100m Butterfly	1.35.90	1.22.00	1.12.30	1.07.30	1.05.60	QT
CT	1.56.74	1.46.06	1.36.35	1.28.60		2.06.45	1.52.64	1.42.70	1.30.86	1.19.40	CT
QT	3.13.90	2.52.60	2.43.00	2.39.30	200m Butterfly	3.30.40	3.00.80	2.40.10	2.28.30	2.23.90	QT
CT	4.29.70	3.50.40	3.32.30	3.20.60		4.48.24	4.12.21	3.21.40	3.06.20	2.58.30	CT
QT	3.11.40	2.53.80	2.45.50	2.42.00	200m IM	3.25.10	3.00.50	2.40.70	2.30.30	2.27.30	QT
CT	3.21.82	3.11.76	3.03.25	2.53.30		3.38.20	3.16.27	3.05.52	3.01.20	2.51.80	CT

QT = Qualifying Time    CT = Consideration Time

Entry times faster than or equal to the QT will be guaranteed an entry. Entry times falling between the QT and CT will be included provided the meet is not oversubscribed, with faster times being given priority. Entry times submitted as NT will not be accepted.