 

BRITISH GAS SOUTH EAST WALES

SUB-REGIONAL

COMPETITION

AT

South East Wales Regional Pool

Newport International Sports Village

Newport, NP19 4RA

ON

30th November and 1st December 2013

**Warm up time 8:30am**

**CLOSING DATE**

**FRIDAY 1st NOVEMBER 2013**

**MONNOW CLOSING DATE 15TH OCTOBER**

**EVENT INFORMATION AND ENTRY FORMS**

Licence Number: 013WL4-092

# BRITISH GAS SOUTH EAST WALES

# SUB REGIONAL COMPETITION

# 30th November and 1st December 2013

(FINA Technical Rules and Swim Wales Laws and Disciplinary Code)

**South East Wales Regional Pool, Newport International Sports Village, Newport, NP19 4RA**

**MEET INFORMATION**

* Please note that each event in this competition has an UPPER CUT OFF TIME.
* A swimmer who has already achieved a time EQUAL TO or FASTER THAN the Upper Cut Off Time for a particular event is not eligible to swim in that event.
* The UPPER CUT OFF TIME will be equal to the QUALIFYING TIME for the Regional Championships.

Should the competition be oversubscribed swimmers will be scratched based on a formula of UCT+X%, until the optimum timings are achieved.

The maximum will be the Consideration Time for the Regional Championships.

Those swimmers who are scratched will then be classed as ALTs and maybe offered any places which become available because of a withdrawal up until the evening before the competition

**Ages are as at 9th FEBRUARY 2014 (last day of the 2014 Regional Championships).**

**Age Groups**

Individual Events Girls 9/10, 11/12, 13/14, 15/Over Boys 9/11, 12/13, 14/15, 16/Over

## *Please note swimmers who will have achieved the minimum age of 9 years on 9h February 2014*

##  *are eligible to take part in this competition.*

**N.B.** Entries to the 50m Freestyle is for Girls14yrs; Girls 15 + : Boys 15yrs; Boys 16 + only

**Entry fee is £4.00 per individual event**

**Relay Events** **Girls 9/10 : 9 – 12 : 9 – 14 : Open (9 & over)**

**Boys 9/11 : 9 – 13 : 9 - 15 : Open (9 & over)**

**Entry fee for relay events is £6.00**

**Medals and Awards**

Medals will be awarded for 1st - 3rd places in all age group categories.

Awards will be made to the best Boy and Best Girl.

**Spectators**

Admission charges: £2.00 per session £5.00 per day £8.00 per weekend

Excluding programme

**Please Note: The Spectator Area must be cleared at the end of each session**

## Mobile Phones

Mobile phones must **not** be used in the building **at all.**

 The front 5 rows of the balcony will be for swimmers/teams - spectators are not allowed in this area.

**Video and Photography***.*

 When a competition involves children under the age of 18 years of age it is a mandatory Meet License requirement that all

 persons (including competitors / officials / volunteers / spectators), wishing to engage in any kind of photographic activity

 The use of **all** photographic equipment is controlled at this Meet and everyone is reminded that such equipment should not be

 used without a pass.

 Passes can be obtained (free of charge) from the entry desk **upon proof of identity.** Acceptable forms of ID are: Photographic

 driving license, passport, household bill for proof of address.You will be issued with a tag for your photographic equipment

 and this must remain attached within the Pool area. Equipment being used without a pass will be removed. The records of

 camera use will be retained by South East Wales Region.BRITISH GAS SOUTH EAST WALES

**SUB REGIONAL COMPETITION**

**30th November and 1st December**

**PROGRAMME OF EVENTS**

|  |  |  |
| --- | --- | --- |
| **SESSION 1 Warm up 8.30am Start 9.30am** |  | **SESSION 4 Warm up 8.30 Start 9.30am** |
| **Event No** | **Age** | **M/F** | **Distance** | **Stroke** |  | **Event No** | **Age** | **M/F** | **Distance** | **Stroke** |
| 1 | 15,16&Over | M | 50m | Freestyle |  | 24 | 13/14,15&Over | F | 100m | Butterfly |
| 2 | 14,15&Over | F | 50m | Freestyle |  | 25 | 14/15,16&Over | M | 100m | Butterfly |
| 3 | All Ages | M | 400m | IM |  | 26 | 9/10,11/12 | F | 200m | Backstroke |
| 4 | All Ages | F | 400m | IM |  | 27 | 9/11,12/13 | M | 200m | Backstroke |
| 5 | 9/11,12/13 | M | 100m | Butterfly |  | 28 | 13/14,15&Over | F | 200m | Freestyle |
| 6 | 9/10,11/12 | F | 100m | Butterfly |  | 29 | 14/15,16&Over | M | 200m | Freestyle |
| 7 | 14/15,16&Over | M | 200m | Backstroke |  | 30 | 9/10,11/12 | F | 100m | Breaststroke |
| 8 | 13/14,15&Over | F | 200m | Backstroke |  | 31 | 9/11,12/13 | M | 100m | Breaststroke |
| 9 | 9/11,12/13 | M | 200m | Freestyle |  |  |  |  |  |  |
| 10 | 9/10,11/12 | F | 200m | Freestyle |  |  |  |  |  |  |
| 11 | 14/15,16&Over | M | 100m | Breaststroke |  |
| 12 | 13/14,15&Over | F | 100m | Breaststroke |  | **SESSION 5 Warm up TBC** |
|  |  |  |  |  |  | 32 | All Ages | F | 400m | Freestyle |
| 33 | 14/15,16&Over | M | 100m | Backstroke |
| **SESSION 2 Warm up TBC** |  | 34 | 13/14,15&Over | F | 100m | Backstroke |
| 13 | All Ages | M | 400m | Freestyle |  | 35 | 9/11,12/13 | M | 200m | Butterfly |
| 14 | 9/10,11/12  | F | 100m | Backstroke |  | 36 | 9/10,11/12 | F | 200m | Butterfly |
| 15 | 9/11,12/13 | M | 100m | Backstroke |  | 37 | 14/15,16&Over | M | 200m | Breaststroke |
| 16 | 13/14,15&Over | F | 200m | Butterfly |  | 38 | 13/14,15&Over | F | 200m | Breaststroke |
| 17 | 14/15,16&Over | M | 200m | Butterfly |  | 39 | 9/11,12/13  | M | 100m | Freestyle |
| 18 | 9/10,11/12 | F | 200m | Breaststroke |  | 40 | 9/10,11/12 | F | 100m | Freestyle |
| 19 | 9/11,12/13 | M | 200m | Breaststroke |  |
| 20 | 13/14,15&Over | F | 100m | Freestyle |  | **SESSION 6 Warm up TBC** |
| 21 | 14/15,16&Over | M | 100m | Freestyle |  | 41 | All Ages | M | 200m | IM |
|  |  |  |  |  |  | 42 | All Ages | F | 200m | IM |
|  |  |  |  |  |  | 43 | 9/11 | M | 4x50m | Freestyle Relay |
|  |  |  |  |  |  | 44 | 9/10 | F | 4x50m | Freestyle Relay |
|  |  |  |  |  |  | 45 | 9/13 | M | 4x50m | Freestyle Relay |
|  |  |  |  | 46 | 9/12 | F | 4x50m | Freestyle Relay | 4x50m | Freestyle Relay |
| **SESSION 3 Warm up TBC** |  | 47 | 9/15 | M | 4x50m | Freestyle Relay | 9/15 | M | 4x50m | Freestyle Relay |
| 22 | All Ages | F | 800m | Freestyle |  | 48 | 9/14 | F | 4x50m | Freestyle Relay |
| 23 | All Ages | M | 1500m | Freestyle |  | 49 | Open 9 & over | M | 4x50m | Freestyle Relay |
|  |  |  |  |  |  | 50 | Open 9 & over | F | 4x50m | Freestyle Relay |
|  |  |  |  |  |  | 51 | 9/11 | M | 4x50m | Med Relay |
|  |  |  |  |  |  | 52 | 9/10 | F | 4x50m | Med Relay |
|  |  |  |  |  |  | 53 | 9/13 | M | 4x50m | Med Relay |
|  |  |  |  |  |  | 54 | 9/12 | F | 4x50m | Med Relay |
|  |  |  |  |  | 55 | 9/15 | M | 4x50m | Med Relay |
|  |  |  |  |  | 56 | 9/14 | F | 4x50m | Med Relay |
|  |  |  |  |  | 57 | Open 9 & over  | M | 4x50m | Med Relay |
|  |  |  |  |  | 58 | Open 9 & over | F | 4x50m | Med Relay |

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|  **BRITISH GAS SOUTH EAST WALES SUB REGIONAL COMPETITION 2013 - UPPER CUT OFF TIMES - 25m POOL**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **GIRLS** | **EVENT** |  | **BOYS** |
| **9/10yrs**  | **11/12 yrs** | **13/14 yrs** | **14yrs** | **15 & over** | **9/11yrs** | **12/13 yrs** | **14/15yrs** | **15yrs** | **16 & over** |
|  |  |  | 32.40 | 31.30 | **50m Free** |  |  |  | 29.10 | 27.80 |
| 1.24.60 | 1.14.30 | 1.09.50 |  | 1.06.90 | **100m Free** | 1.17.80 | 1.08.90 | 103.10 |  | 1.00.10 |
| 3.00.40 | 2.39.90 | 2.29.60 |  | 2.23.20 | **200m Free** | 2.48.80 | 2.30.10 | 2.17.20 |  | 211.10 |
| 6.22.20 | 5.33.00 | 5:12.50 |  | 5.00.50 | **400m Free** | 5.53.30 | 5.16.40 | 4.50.10 |  | 4.36.70 |
| 13.36.70 | 11.29.30 | 10.40.80 |  | 10.20.70 | **800m Free** |  |  |  |  |  |
|  |  |  |  |  | **1500m Free** | 23.50.50 | 20.52.80 | 19.13.80 |  | 18.21.90 |
| 1.35.20 | 1.22.70 | 1.17.00 |  | 1.14.00 | **100m Back** | 1.27.60 | 1.17.30 | 1.09.80 |  | 1.06.30 |
| 3.31.80 | 2.56.30 | 2.44.80 |  | 2.37.20 | **200m Back** | 3.06.90 | 2.45.90 | 2.30.40 |  | 2.24.00 |
| 1.48.80 | 1.34.40 | 1.26.50 |  | 1.23.10 | **100m Breast** | 1.40.10 | 1.27.40 | 1.19.10 |  | 1.15.10 |
| 3.51.50 | 3.22.40 | 3.06.70 |  | 3.00.20 | **200m Breast** | 3.35.10 | 3.09.50 | 2.51.50 |  | 2.43.00 |
| 1.36.00 | 1.22.40 | 1.16.30 |  | 1.13.30 | **100m Fly** | 1.27.60 | 1.16.70 | 1.09.00 |  | 1.05.60 |
| 3.32.80 | 3.00.70 | 2.46.70 |  | 2.39.30 | **200m Fly** | 3.11.70 | 2.49.50 | 2.31.80 |  | 2.23.90 |
| 3.25.60 | 3.00.60 | 2.48.70 |  | 2.42.00 | **200m IM** | 3.11.00 | 2.50.40 | 2.34.30 |  | 2.27.30 |
| 7.19.70 | 6.19.90 | 5.53.80 |  | 5.40.60 | **400m IM** | 6.45.50 | 6.00.40 | 5.26.40 |  | 5.12.20 |

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**NOTES**:

1500m & 800m Freestyle events may be restricted to three heats.

Entry to the 50m Freestyle is ONLY for Girls14 years; Girls 15 & over, Boys 15 years; Boys 16 & over.

**YOU ARE NOT ELIGIBLE TO ENTER AN EVENT IF YOU HAVE ALREADY ACHIEVED A**

**TIME THAT IS EQUAL TO OR FASTER THAN THE ABOVE**

**The Meet Management and Regional Panel reserve the right to return entries**

**BRITISH GAS SOUTH EAST WALES**

**SUB REGIONAL COMPETITION**

 **30th November and 1st December**

**ENTRY FORM**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Last Name:………………………………..First name……………………….………PLEASE USE CAPITAL LETTERSMiddle Initial…….…Preferred name……………………………………….………..Date of Birth:……………….Age:……. (as at 09/02/2014) Male/Female(please delete as necessary)Address:……………………………………………………………………………………………………………………………………………………………………………………………Post Code:……………………………. Tel No:………………………Club Name:………………………………………….Swim Wales Registration Number:…………………… Disability YES /NO(please delete as necessary)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| EVENT | EVENT NO: | ENTRY TIME \* | s/c | l/c | EVENT | EVENT NO: | ENTRY TIME \* | s/c | l/c |
| 50 Free |  |  |  |  | 100 Breast |  |  |  |  |
| 100 Free |  |  |  |  | 200 Breast |  |  |  |  |
| 200 Free |  |  |  |  |  |  |  |  |  |
| 400 Free |  |  |  |  | 100 Fly |  |  |  |  |
| 800 Free |  |  |  |  | 200 Fly |  |  |  |  |
| 1500 Free |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| 100 Back |  |  |  |  | 200 IM |  |  |  |  |
| 200 Back |  |  |  |  | 400 IM |  |  |  |  |

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\*Please indicate SC/LC

Long Course times will be converted by Hy-Tek

Total number of swims ………@ £4.00. Total Payable to your Club £…………

By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited professional photographer may be used for promotional purposes by the Region or the Governing Body.

To be completed by the competitor:

I declare that the above information is correct and agree to abide by the Meet conditions. I accept there will be no refund of entry fees, unless the Meet is oversubscribed.

Signature of Competitor/Parent:………………………………….. Date:……………….

I agree that the above competitor has achieved the ASA Competitive Start Award

Signature of Coach:……………………………………………….

**BRITISH GAS SOUTH EAST WALES**

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**30th November and 1st December**

WITHDRAWAL FORM

Name: ………………………………………………………………..

Club:………………………………………………………………..…

 I wish to withdraw from the following events:

|  |  |  |  |
| --- | --- | --- | --- |
| Event no | Stroke | Distance | Reason |
|  |  |  |  |
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 Signed: ……………..…………………………………

 Date: ……………………………………………………

 Received by: …………………………

 Date: ……………………… Time: ……………………………..

 No refunds will be given except is exceptional circumstances.