



City of Newport Swimming & Waterpolo Club



Presents the
Christmas Cracker
Pentathlon Competition 2017
at



Newport International Sports Village
25 Metre 8 Lane Regional Pool
Licence No: 3WL172429

10th December 2017

A Level 3 Competition including a Pentathlon competition

ENTRIES WILL BE ON A FIRST COME FIRST SERVED BASIS

Entries Close at Midnight 26th November 2017

For further information, please contact:

Meet Manager: Chris Jones

Email: meets@newportswimmingclub.co.uk

Tel: 07890010631

Address: 16 The Moorings, Newport, NP19 7JB.

CITY OF NEWPORT SWIMMING CLUB CHRISTMAS CRACKER PENTATHLON MEET 10th December 2017

General Event Information

Age on the day

PENTATHLON EVENTS

Girls & Boys 8 & 9 years (separately):

50 metres - Butterfly, Backstroke, Breaststroke,
Freestyle (Front-crawl), 100 metres - Individual Medley

Girls: 10-11, 12-13, 14-15, 16 & over

Boys: 10, 11-12, 13-14, 15 & over

50 metres - Butterfly, Backstroke, Breaststroke,
Freestyle (Front-crawl), 200 metres - Individual Medley

ENTRY FEES

£5.00 per event or £20.00 to enter all 5 events

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

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

Entries will be rejected if:

- They are received without the relevant fee.
- Incorrectly completed, including entering times faster than the upper cut times
- Improved or falsified entry times.
- Received after the closing date of 26th November 2017.

This is a Level 3 competition and only swimmers who have NOT achieved a Swim Wales Age Group or ASA Qualifying Time are allowed to participate.

Upper cut-off times are based on individual ages, but for the purpose of running the Competition efficiently the following age groups will be used when swimming the events:

Girls: (Individual Strokes) 8-11, 12+ (I.M.) 8-9, 10-13, 14+

Boys: (Individual Strokes) 8-12, 13+ (I.M.) 8-9, 10-12, 13+

SESSION TIMES

Sessions times will be confirmed on receipt of entries.

MARSHALLING

Swimmers must make themselves available for marshalling at least 2 events prior to their event. Please do not rely on the public-address system for announcements.

OFFICIALS

Visiting clubs entering more than 5 swimmers must provide at least one British Swimming official per session. Visiting clubs entering 15 or more swimmers must provide at least two British Swimming officials per session and their details, together with their qualification, should be forwarded with the entry information. Meals and refreshments will be provided. **Clubs who are unable to meet this requirement must contact the meet manager prior to entering their swimmers.** Officials on workbooks are welcome to attend and will be mentored if possible. City of Newport Swimming Club may offer travelling expenses to officials who attend without a swimmer competing. Expenses will be capped at a maximum of £40.00 per family.

MEDALS

Medals will be awarded for **first three places** in each age group for all individual events.

For swimmers competing in the pentathlon, the times will be totalled up for all 5 events, and will be ranked from fastest to slowest. Medals will then be awarded to the first three places in each age group.

SPECTATORS

Admission Charges

- £6 for all day

Programmes will also be available to purchase.

CAR PARKING

There is free on-site car parking 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 is also available for food and refreshments.

MOBILE PHONES

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

MEET MANAGER

A Meet Manager will be available for the duration of the Competition and can be contacted on: 07890010631

Christmas Cracker Level 3 Pentathlon 2017

Promoters Conditions

1. The Competition will be swum under the following rules and conditions: FINA Technical Rules and Swim Wales Laws.
2. All competitors must be members of an affiliated club, amateurs as defined by Swim Wales or the ASA 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 Competition.
4. Over the top starts will, where necessary or appropriate, be used during this Competition.
5. Entries should be submitted electronically using Hy-Tek Team Manager software. The events file for input into TM is available upon request from meets@newportswimmingclub.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 £5.00 per event, or £20.00 for any swimmer who enters all the individual events, with a single cheque sent per club and made payable to "City of Newport Swimming Club".

All club entries must also include a payment summary sheet, completed coach/chaperone accreditation forms where appropriate and an email address for return of confirmed entries and the timetable.

7. Ages as at the day of the Competition i.e. 10th December 2017.
8. Upper cut off times apply to all ages groups except 8 year olds. Swimmers who have swum a time equal to or faster than the upper cut off time are not eligible to enter the event. If the events are oversubscribed, the Promoter reserves the right to return entries.
9. There are no upper cut off times for 8-year-old swimmers; however, they must **NOT** have achieved a Swim Wales Age Group or Youth Qualifying Time (this includes swimmers taking part from outside Wales).
10. No swimmer may enter events "Out of Age".
11. Closing date for entries is midnight Sunday 26th November 2017. Entries are on a first come first served basis. Entries received after this date cannot be guaranteed for consideration. Please note that there will be no cards for this competition.
12. All withdrawals must be notified to the Competition Office no later than 5pm the day before the competition. Refunds are at the Promoter's discretion.
13. Coach/Chaperone passes, to include a full set of results sheets and all programmes, are available at a cost of £20.00 per pass (includes food). All applications for this pass must include WASA/ASA number and DBS/CRB check details for verification and a passport sized photo (Head Shot only). 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 Competition. Coach/Chaperones without a valid pass will not be permitted poolside or allowed into the changing rooms.
16. Swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the Competition.
17. Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach). Swimmers who have not attained the standard of the Competitive Start Award must lower themselves over the side into the water, on the long whistle of the Referee before starting at an appropriate place.

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 being spearheaded. All events are Heat Declared Winner.
21. In order to be eligible for the pentathlon medals the swimmer must have swum in all 5 events.
22. For the purposes of scoring the pentathlon, swimmers who are disqualified from any event will be awarded the time of the **SLOWEST SWIM TIME (whether a technical infringement or not)** of their age plus an additional 5 seconds. These replacement times will only be used for scoring the pentathlon and will not be valid times for entries to future Competitions and they will not be sent to the ASA rankings database.
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 Competition, consent is thereby given (as required under the Data Protection Act 1998) to the holding of personal information on a computer/s. Personal data recorded, such as name, club, date of birth and times may be made public during or after the Competition.
24. Acceptable Behaviour - 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.
25. Jewellery - 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, ear-rings (except studs), and rings (except wedding bands).
The Promoters will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.
26. 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 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. This includes; but is not limited to: Still cameras, Cine Cameras, Video cameras, Camera / video enabled mobile phones, Camera enabled PDA's. Proof of identity is required to register any photographic / video equipment.
27. Seating—the first 4 rows of the spectator area will be reserved for swimmers in addition to the seating on the far side of the pool.
28. The Promoters reserve the right to: -
 - Return entries in the event of the competition being oversubscribed.
 - Cancel the event if the meet is undersubscribed.
 - Remove any person or club found to be in contravention of (24) above.
 - Remove or amend any of the above conditions as required, without notice.

City of Newport Swimming Club

Programme of Events

Session 1		
Event No	Age Groups	Stroke
1	Girls 8-11	50m Back
2	Boys 8-12	50m Fly
3	Girls 12+	50m Breast
4	Boys 13+	50m Free
5	Girls 8-11	50m Breast
6	Boys 8-12	50m Free
7	Girls 12+	50m Back
8	Boys 13+	50m Fly
Session 2		
Event No	Age Groups	Stroke
9	Girls 8-11	50m Fly
10	Boys 8-12	50m Back
11	Girls 12+	50m Free
12	Boys 13+	50m Breast
13	Girls 8-11	50m Free
14	Boys 8-12	50m Breast
15	Girls 12+	50m Fly
16	Boys 13+	50m Back
SESSION 3		
Event No	Age Groups	Stroke
17	Girls 8-9	100m Ind Medley
18	Boys 8-9	100m Ind Medley
19	Girls 10-13	200m Ind Medley
20	Boys 10-12	200m Ind Medley
21	Girls 14-15, 16 & Over	200m Ind Medley
22	Boys 13-14, 15 & Over	200m Ind Medley

City of Newport Swimming Club

Christmas Cracker Pentathlon Competition

Short Course Upper Cut Off Times-25m Short Course Pool

Upper Cut Off Times – Entry times equal to or faster than the Upper Cut Off times are not allowed

Girls				Stroke	Boys			
10/11 years	12/13 years	14/15 years	16+		Upper Cut Off Times	10 years	11/12 years	13/14 years
33.60	31.00	29.70	29.50	50m Freestyle	34.70	31.10	28.30	26.30
38.10	35.00	33.70	33.00	50m Backstroke	40.10	36.00	32.50	29.80
43.00	39.10	37.30	36.90	50m Breaststroke	45.50	40.20	35.90	33.10
36.90	33.80	32.20	31.90	50m Fly	38.90	34.60	31.10	28.50
2:55.60	2:41.10	2:34.70	2:32.30	200m IM	3:07.80	2:45.60	2:29.20	2:19.30

Girls		Stroke	Boys	
8 years	9 years		8 years	9 years
Not applicable	37.80	50m Freestyle	Not applicable	37.30
Not applicable	43.60	50m Backstroke	Not applicable	43.30
Not applicable	50.00	50m Breaststroke	Not applicable	49.10
Not applicable	42.90	50m Fly	Not applicable	42.30
Not applicable	1:36.90	100m IM	Not applicable	1:35.60

City of Newport Swimming Club

Christmas Cracker Pentathlon Competition

10th December 2017

Entry Form

Last Name		First Name	
Middle Name		Club	
WASA No		D.O.B.	M/F
Address			
Email Address			Post Code
Age (on 10 th Dec 2017)		Tel	

Event	Event Number	Time	SC/LC
50m Freestyle			
50m Backstroke			
50m Breaststroke			
50m Fly			
100m IM (8 & 9 year olds only)			
200m IM (10 & Over only)			

Please check your entry times carefully as you are not eligible to enter if you have already achieved a time equal to or faster than the upper cut off time.

.....events at £5.00 (max £20.00) total payable £.....

Electronic entries are required where possible, but this entry form can be used for all 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: 26th November 2017

City of Newport Swimming Club
Individual Coach/Chaperone Pass
Please complete in block capitals.
10th December 2017

Full Name
Name of Club
Position (e.g Club Coach)
Address
Postcode
Telephone Number
Swim Wales/ASA Affiliation Number
CRB/DBS Number

Please enclose a cheque for £20.00 made payable to City of Newport Swimming Club for each pass required (Food is included in this charge). 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. **(No details are kept on file of visiting coaches so please include all information)**

Please include a passport size photo for each coach/chaperone pass (preferably by email)

Closing Date: 26th November 2017

City of Newport Swimming Club

Christmas Cracker Pentathlon Competition 2017

10th December 2017

Payment Summary Sheet

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

Club:

Contact Name:

Telephone Number:

Email address:

No of coach's passes X £20.00 = £

Total individual entries X £5.00 = £

'5 swims' entries X £20.00 = £

Total amount enclosed: £

If you wish to pay by BACS, please contact us for our banking details

Completed entries will be accepted via email

Please return entry forms to Chris Jones at meets@newportswimmingclub.co.uk

City of Newport Swimming Club

Christmas Cracker Pentathlon Competition 2017

Officials Nomination Form

Full Name						
Name of Club						
Qualification (please tick)	Timekeeper	Judge 1	Judge 2	Judge 2 (S)	Referee	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<i>If you are on a workbook please put a `W` in the respective place</i>						
Address:						
				Post Code:		
Tel. No.						
Email address:						
Swim Wales/ Scottish Swimming / ASA affiliation number:						
CRB Number:			Date:			
Sessions which you are available for (please tick)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>

PLEASE RETURN VIA EMAIL TO; sarahrmajor@btinternet.com

Thank you