

PEMBROKESHIRE

WHITSUN WEEKENDER

Inaugural Meet
(LAST CHANCE QUALIFIER)

AT

Haverfordwest Leisure Centre
New 8 lane 25metre pool, with DaKtronics electronic timing

Haverfordwest

MAY 23rd & 24th 2009

Warm up: 8:00am

CLOSING DATE
SATURDAY 25TH APRIL 2009

EVENT INFORMATION AND ENTRY FORM

Please note that each event in this competition has a qualifying time and a consideration time. Those who meet the qualifying time will be guaranteed an entry. Where possible, the faster times within the consideration range may also be accepted. Swimmers who meet the consideration time, but due to lack of space are not accepted, will have their entry fees refunded.

Swimmers who submit NO TIME will NOT be accepted.

**PEMBROKESHIRE WHITSUN WEEKENDER
LAST CHANCE QUALIFIER
23RD & 24TH May 2009**

(Swum under FINA and Swim Wales Rules and Disciplinary Code)

Haverfordwest Leisure Centre, Haverfordwest

MEET INFORMATION

Entries

Entries should be made via clubs ONLY and should be sent electronically using Hy-Tek Team Manager. The events file for use with TM is available from the Swim Wales web site or from the

West Wales web site at: - www.westwalesswim.org.uk

***Electronic entries should be emailed to:-
ann.adams1003@talktalk.net***

Original entry forms must also be submitted to the meet organiser and a Stamped Addressed Envelope should also be supplied to allow confirmation of entries to be returned.

***Completed form should be sent to: Ann Adams, 50, Whitehall Avenue
Pembroke, Pembrokeshire, SA71 4QP, Tel: 01646 685956***

Entries from clubs should be accompanied by a Payment Summary Sheet and a SINGLE cheque to cover all entries and coach/chaperone poolside passes. Cheques should be payable to "Pembrokeshire County Swimming".

Please note that entries will be refused if: -

- they are received without the relevant fee
- they are completed incorrectly (**Membership number** must be included)
- they are received after the closing date of 25th April 2009.

Ages are as at 24th May 2009. (Final date of the event)

Age Groups

Events

Girls 9/10, 11/12, 13/14, 15/Over

Boys 9/11, 12/13, 14/15, 16/Over

N.B.

- Entry to the 50m Freestyle is restricted to: -
 - Girls 14 yrs; Girls 15/OV
 - Boys 15 yrs; Boys 16/OV.

Entry Fee

Entry fee is £4.00 per event

Medals and Awards

Medals will be awarded for 1st – 3rd places in all age group categories.
Awards to be made to Overall Best Boy and Best Girl.

Spectators

Admission charges:-
£2.00 per session
£5.00 per day

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

Car Parking

There is limited on-site parking available at the Pool, but there is other parking available within close proximity of the Pool

Catering

On site café (unsure of menu at present time)

Camera Use

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. The records of camera use will be retained by the Pembrokeshire County Swimming.

The pool also require you to fill in their Camera Registration forms.

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 County or the Governing Body.

Mobile Phones

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

Meet Office

A Meet Office will be open for the duration of the Meet and can be contacted on 07977348007. Please note that this number will be active during the meet.

Session Times

To be confirmed following receipt of entries. Please enclose SAE for information.

General Conditions

The Meet will be swum under: -

- FINA Technical Rules & Swim Wales Rules and Disciplinary Code.

No alcohol or tobacco advertising is permitted on any clothing.

Entries may only be accepted from competitors registered as members of Affiliated Clubs, holding either primary or multi registration membership.

Swimmers must only swim for one club during this Meet.
Competitors must have been registered members of the Club in whose name they are entered at least 30 days prior to the first day of the Meet.

All decisions made by the Meet Director will be final and binding.

Events

Events will be held as shown on the attached programme of events.

Time trials will not be permitted.

All events are HDW.

For 1500m and 800m events, swimmers must confirm their intention to swim by registering in the meet office **BEFORE** the start of the appropriate warm up session.
Failure to register before the warm up will result in the swimmer being unable to compete in the race.

Entries

The Organisers may request validation of any stated Entry Time.

In any event where entries exceed capacity, the meet organisers reserve the right to limit entries with the faster swimmers in each event being given priority. Any swimmers not accepted will have their fees returned.

Medals

Placing of competitors shall be determined from performances.

Presentation

Competitors must Report to Presentation Area immediately after the announcements of result have been made. Medals will either be presented or be ready collection during the session

A swimmer unable to pick up their medal personally should send a deputy to pick up the medal on their behalf.

Appropriate clothing, i.e. t-shirt, full tracksuit and appropriate footwear must be worn.
(Awards may not be presented if a swimmer is inappropriately dressed)

Officials

It would be appreciated if your club could supply any qualified officials (judges) to help with the running of the event. Officials will be required to follow the protocol which can be downloaded from the Swim Wales web site.

Meet Procedure

Heats

Competitors will be seeded according to submitted times, **slowest to fastest** except for the 50m Freestyle event which will be seeded **fastest to slowest**.

Coaches should ensure that swimmers make themselves available for marshalling at least 2 events prior to the event they are competing in.

Other conditions

Starts

Over the top starts will, where necessary or appropriate, be used during the Meet.

Passes

All Coaches and Chaperones, who will be on the poolside at any time during the competition, must have individual accreditation obtained by completing the official form enclosed in this Information Pack. Completed forms must be accompanied by a passport size photograph.

Poolside passes will be transferrable between coaches and chaperones **from the same club** who have completed an official accreditation form.

Accredited coaches and chaperones **from the same club** may use purchased poolside passes 'on rota', although the number of coaches and/or chaperones on poolside at any one time must not exceed the number of passes that have been paid for.

Passes will need to be worn at all times. Anyone without a pass will be asked to leave poolside/changing area.

The closing date for passes will be the same as the closing date for entries.

Applications will not be accepted on the day.

Health and Safety

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

It is the responsibility of the swimmer and/or parent/guardian 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 note confirming that their participation presents no health or safety problems.

Data Protection

The Region, along with the Governing Body, may use computers to record entry times and results. By submitting entries you are accepting the conditions and consent is hereby given for holding personal information relating to the sport of

Swimming as required by the current Data Protection Act.

The organisers retain the right to amend these conditions if necessary, without notice.

PEMBROKESHIRE WHITSUN WEEKENDER
LAST CHANCE QUALIFIER
23rd & 24th MAY 2009

PROGRAMME OF EVENTS

SESSION 1				
Event No.	Age	M/F	Distance	Stroke
1	15,16&Over	M	50	Freestyle
2	14,15&Over	F	50	Freestyle
3	9/11,12/13,14/15 16/OV	M	200	IM
4	9/10,11/12,13/14 15/OV	F	400	IM
5	9/11,12/13	M	100	Butterfly
6	9/10,11/12	F	100	Butterfly
7	14/15,16&Over	M	200	Backstroke
8	13/14,15&Over	F	200	Backstroke
9	9/11,12/13	M	200	Freestyle
10	9/10,11/12	F	200	Freestyle
11	14/15,16&Over	M	100	Breaststroke
12	13/14,15&Over	F	100	Breaststroke

SESSION 4				
Event No.	Age	M/F	Distance	Stroke
24	9/11,12/13,14/15 16/OV	M	400	IM
25	9/10,11/12,13/14 15/OV	F	200	IM
26	14/15,16&Over	M	100	Butterfly
27	13/14,15&Over	F	100	Butterfly
28	9/11,12/13	M	200	Backstroke
29	9/10,11/12	F	200	Backstroke
30	14/15,16&Over	M	200	Freestyle
31	13/14,15&Over	F	200	Freestyle
32	9/11,12/13	M	100	Breaststroke
33	9/10,11/12	F	100	Breaststroke

SESSION 2				
Event No.	Age	M/F	Distance	Stroke
13	9/11,12/13,14/15 16/OV	M	1500	Freestyle
14	9/10,11/12,13/14 15/OV	F	800	Freestyle

SESSION 5				
Event No.	Age	M/F	Distance	Stroke
34	9/10,11/12,13/14, 15/OV	F	1500	Freestyle
35	9/11,12/13,14/15, 16/OV	M	800	Freestyle

SESSION 3				
Event No.	Age	M/F	Distance	Stroke
15	9/11,12/13,14/15 16/OV	M	400	Freestyle
16	9/10,11/12	F	100	Backstroke
17	9/11,12/13	M	100	Backstroke
18	13/14,15&Over	F	200	Butterfly
19	14/15,16&Over	M	200	Butterfly
20	9/10,11/12	F	200	Breaststroke
21	9/11,12/13	M	200	Breaststroke
22	13/14,15&Over	F	100	Freestyle
23	14/15,16&Over	M	100	Freestyle

SESSION 6				
Event No.	Age	M/F	Distance	Stroke
36	9/10,11/12,13/14 15/OV	F	400	Freestyle
37	14/15,16&Over	M	100	Backstroke
38	13/14,15&Over	F	100	Backstroke
39	9/11,12/13	M	200	Butterfly
40	9/10,11/12	F	200	Butterfly
41	14/15,16&Over	M	200	Breaststroke
42	13/14,15&Over	F	200	Breaststroke
43	9/11,12/13	M	100	Freestyle
44	9/10,11/12	F	100	Freestyle

Pembrokeshire Whitsun Weekender 2009 - Short Course Qualifying & Consideration Times

	GIRLS					EVENTS	BOYS					
	9/10YRS	11/12	13/14	14	15/OV		9/11YRS	12/13	14/15	15	16/V	
QT				32.00	31.30	50m Freestyle				29.00	28.20	QT
CT				35.00	33.60					32.00	31.40	CT
QT	1.26.00	1.13.20	1.08.80		1.07.10	100m Freestyle	1.19.30	1.08.10	1.02.50		1.00.80	QT
CT	1.43.20	1.35.66	1.22.56		1.19.54		1.47.90	1.27.81	1.15.05		1.13.74	CT
QT	3.04.10	2.38.50	2.28.00		2.23.50	200m Freestyle	2.53.20	2.28.40	2.15.80		2.12.60	QT
CT	3.40.92	3.09.15	2.49.45		2.39.36		3.44.62	2.55.35	2.42.96		2.38.43	CT
QT	6.28.50	5.30.40	5.08.00		5.01.00	400m Freestyle	6.01.20	5.12.20	4.47.90		4.39.90	QT
CT	7.55.00	6.21.44	5.56.27		5.51.62		8.12.08	6.14.17	5.45.82		5.34.55	CT
QT	14.35.80	11.22.30	10.33.60		10.20.60	800m Freestyle	14.21.50	11.22.80	10.25.10		10.17.40	QT
CT	17.30.96	13.13.76	11.57.50		11.52.50		17.30.80	13.33.38	11.40.38		11.40.18	CT
QT	28.05.70	23.46.00	21.13.90		21.35.00	1500m Freestyle	24.35.40	20.38.40	18.59.50		18.29.90	QT
CT	33.50.00	28.31.20	25.53.66		24.38.62		33.35.40	24.46.15	22.13.24		22.08.20	CT
QT	1.36.60	1.21.70	1.16.30		1.14.00	100m Backstroke	1.29.50	1.16.70	1.09.30		1.07.40	QT
CT	1.56.54	1.45.66	1.31.56		1.26.38		1.57.36	1.35.36	1.23.16		1.21.88	CT
QT	3.24.20	2.55.60	2.42.80		2.38.30	200m Backstroke	3.12.20	2.44.60	2.29.30		2.25.80	QT
CT	4.05.04	3.19.82	3.13.76		3.03.25		4.06.12	3.17.52	2.59.43		2.54.76	CT
QT	1.49.40	1.32.80	1.25.40		1.24.00	100m Breaststroke	1.41.70	1.26.00	1.18.30		1.16.10	QT
CT	2.19.35	1.54.60	1.43.98		1.40.87		2.10.09	1.56.31	1.39.07		1.32.48	CT
QT	3.54.70	3.19.60	3.04.00		3.01.10	200m Breaststroke	3.40.90	3.06.70	2.50.10		2.45.00	QT
CT	4.41.64	3.59.80	3.37.00		3.26.66		4.36.50	4.06.81	3.24.94		3.17.94	CT
QT	1.36.90	1.21.80	1.15.70		1.13.70	100m Butterfly	1.29.60	1.15.90	1.08.50		1.06.40	QT
CT	2.10.75	1.41.74	1.35.78		1.30.60		2.05.53	1.48.64	1.28.76		1.18.85	CT
QT	3.37.80	3.00.40	2.45.00		2.40.40	200m Butterfly	3.19.70	2.48.90	2.31.50		2.26.40	QT
CT	4.45.36	3.30.33	3.20.40		3.12.07		4.46.41	3.22.22	2.58.62		2.52.47	CT
QT	3.28.20	2.59.50	2.46.90		2.43.00	200m Ind. Medley	3.16.30	2.48.40	2.33.20		2.29.30	QT
CT	4.09.84	3.43.86	3.26.99		3.16.99		4.10.75	3.22.80	3.03.84		2.58.19	CT
QT	7.39.80	6.18.40	5.50.20		5.40.90	400m Ind. Medley	7.00.20	5.57.00	5.24.60		5.16.60	QT
CT	9.11.76	7.34.08	7.00.24		6.45.77		9.12.80	7.08.40	6.27.20		6.18.70	CT

NOTES:

- 1500m Freestyle events may be restricted to 5 heats. 800m Freestyle events may be restricted to 7 heats
- Entries to the 50m Freestyle is for Girls 14 years; Girls 15 and over; Boys 15 years; Boys 16 and over.

Pembrokeshire Swimming Meet Management Committee reserves the right to return entries

PEMBROKESHIRE WHITSUN WEEKENDER
LAST CHANCE QUALIFIER
23rd & 24th MAY 2009
ENTRY FORM

Name in full:.....

Age(on 24th May 2009): Date of Birth: **DD / MM / YYYY** M/F:.....

Address:

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

Club Name:.....

Membership Number:.....

EVENT	EVENT NO	ENTRY TIME	EVENT	EVENT NO:	ENTRY TIME
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		

Total number of swims @ £4.00. Total Payable

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.

I also confirm that the above competitor has achieved the ASA Competitive Start Award

Signature of Competitor/Parent: Date:

Signature of Coach:

Closing Date: Saturday 25TH April 2009

PEMBROKESHIRE WHITSUN WEEKENDER

LAST CHANCE QUALIFIER

23rd & 24th MAY 2009

Affix passport style
Photograph here.

COACH/CHAPERONE ACCREDITATION 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 REGISTRATION NUMBER:
CRB NUMBER :

PLEASE NOTE ONLY MEMBERS REGISTERED WITH SWIM WALES/ASA/SASA AND HAVING A CRB CHECK (if required by governing body) ARE ELIGIBLE FOR COACH/CHAPERONE PASSES.

NO PASSES WILL BE AVAILABLE ON THE DAY AND MUST BE PURCHASED BEFOREHAND.

THERE WILL BE NO ACCESS TO THE POOLSIDE WITHOUT A COACH/CHAPERONE PASS.

All completed forms to be returned to Ann Adams.

Closing Date: Saturday 25th April 2009

**PEMBROKESHIRE WHITSUN WEEKENDER
LAST CHANCE QUALIFIER
23rd & 24th MAY 2009**

Payment Summary Sheet

Please return this form together with:

1. Entry Forms
2. Cheque/s made payable to **“Pembrokeshire County Swimming”**.
3. Coach/Chaperone Accreditation Forms
4. SAE for confirmation of entries

Club			
Name			
Address			
Post Code		Tel No	Home: - Mobile: -
Email			
Position in Club			

Summary

	Number		
Total Individual Entries		@ £4.00	£
Total Poolside Passes (i.e. max no. of coaches/chaperones to be on poolside at any one time)		@ £10.00	£
Total Cheque Enclosed made payable to “Pembrokeshire County Swimming” .			£

It is requested that a single cheque for the complete club entry is submitted.

I confirm all swimmers are current members and have paid the appropriate membership fee.

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 Pembrokeshire County Swimming Meet Organisers for this event.

Signature Date:

Return to: Ann Adams, 50 Whitehall Avenue, Pembroke, Pembrokeshire. SA71 4QP
Email: ann.adams1003@talktalk.net

Closing Date: Saturday 25th April 2009

PEMBROKESHIRE COUNTY SWIMMING

Information for Spectators with Disability

Are you a Registered Disabled person or have a disability that makes it difficult or uncomfortable for you to queue prior to paying entry as a spectator? If so: -

- On arrival at the pool please go to the meet office where you will be able to pay your entry fee.
- Collect your programme and raffle ticket.
- You will then be able to access the balcony via the lift or stairs directly.
- NO queuing will be necessary.

If you have any questions or queries during the event a member of the Meet Team will endeavour to assist you.

As you may be aware we are only allowed by Health & Safety regulations to admit onto the balcony 300 spectators in total. It would be appreciated therefore, that spectators who need assistance would arrive at the start of the warm up session thus ensuring a suitable seat is available.

(It is difficult to allocate a specific area on the balcony seating area for spectators with a disability as it might not be where they would choose to sit.

Also, if there are no disabled spectators present then we would have seating which cannot be used).