



ABERTILLERY



&

HEADS OF THE VALLEY
SWIMMING CLUBS

GREATER GWENT
FASTWATER OPEN MEET

(Under FINA Technical Rules & Swim Wales Laws)

4th Annual

REGIONAL POOL, INTERNATIONAL SPORTS VILLAGE,
NEWPORT. SOUTH WALES

23rd – 24TH OCTOBER 2010

25M POOL, 8 LANE, ANTI WAVE LANE ROPES, ELECTRONIC TIMING

**All Strokes, 50m, 100m, 200m,
400m FREE, 400m IM
Plus Skins event.**

LICENSE No.: 010WL1-054 - Age Group Event - **Level 1**

LICENSE No.: 010WL4-055 - Junior Development Meet - **Level 4**

**HEADS OF THE VALLEY
& ABERTILLERY SWIMMING CLUBS
GREATER GWENT FASTWATER OPEN MEET 2010**

Meet Information

Ages as on the last day of meet (24th October 2010).

Age Groups (Main Competition) Level 1

The following age groups for males and females:

Male :- 9/11, 12/13, 14/15 and 16/Over

Female :- 9/10, 11/12, 13/14 and 15/Over

Events

Freestyle 50m / 100m / 200m / 400m

Backstroke 50m / 100m / 200m

Breaststroke 50m / 100m / 200m

Butterfly 50m / 100m / 200m

Ind Medley 200m / 400m

Note:- 50m events only for 15 & 16 Plus Boy's and 14 & 15 Plus Girl's

Junior Development Meet Competition Level 4

In addition to the main events a **Junior Development Meet** competition will be held during sessions 2 and 5 (second session each day).

There are no entry times for the Junior Development Meet Competition, but events have an **UPPER** cut off times applied.

Entry times for these events must be **SLOWER** than the upper cut off times.

A swimmer who has a time **FASTER** than or **EQUAL TO** the cut off time for a particular event is not eligible to swim in that event, but can swim the other events.

This will be open to any swimmers not competing in the main competition. Events will include 50m Freestyle, 50m Backstroke, 50m Breaststroke, 50m Butterfly and 100m IM.

Water Dragons who compete will be affiliated to Swim Wales – They **MUST** hold dual registration with a Swim Wales accredited club.

There will be **Four** age groups for both males and females:-

9 Year 10 Year 11 Year 12 Year

Points will be awarded for the top eight places in each event and these will be added together to give the top boy and top girl in each age group.

Swimmers can enter as many or few races as they desire but obviously they have more chance of winning the overall award if they enter all 5 events.

Skins Competition

There will be skins events for the following age groups

Girls ages 10-13yrs & Girls age 14yrs plus (Saturday)

Boys ages 11-14yrs & Boys age 15yrs plus (Sunday)

Entries for the skins events will be chosen from the fastest eight times achieved in the 200 IM earlier that day. Strokes for the skins events will be chosen at random on the night.

NOTE :- Strokes for the skins events will be chosen by an official at the start of every skins race. All Four strokes will be placed into a bag at the start.

The official will select one from the bag and that will be the stroke swum for the next race.

That stroke is not replaced and another stroke will be selected for subsequent races. The final race will be selected by placing all strokes back into the bag and the official selecting the final stroke for this race.

Sessions

The program will take place over 6 sessions.

Awards

Awards will be made to the fastest 8 in each age category for the development competition.

Awards will be made to the fastest 3 in each age group competition for the 50m events.

Awards will be made to the fastest 8 in each age group competition for the remaining events

Cash prizes will be made for the winner of the skins events.

Entries

Qualifying and Consideration times are attached.

Entries to events may have to be restricted.

It is the responsibility of each club to ensure that their swimmers' entries are accurate.

Random checks will be made against the current ASA ranking database.

Entry times may be submitted as either long or short course – no conversions will be carried out by the organisers.

Entries will be rejected for the following reasons:

- Incorrectly completed.
- Outside the consideration entry times.

All entries not accepted will be refunded in full except for the **above reasons**.

NOTE:-

NO REFUNDS will be made on withdrawals from the event after the **CLOSING DATE**.

Results

These will be posted on both club's web sites as soon as practicable after the event. Results will be issued to SwimWales and the ASA Rankings after the event. For the latest information, please go to the following web sites:

www.hvsc.co.uk

www.abertillerypiranhas.com

Facilities

Spectators

Admission Charges

- £2.00 per session
- £5.00 per day
- £8.00 per weekend

The spectator area will be cleared at the end of each session. All personnel belongings are to be removed at the end of every session.

Car Parking

There is a free car park with ample overflow car parks near by.

Refreshments

There is a cafeteria on site which sells snacks. Vending machines are also available for drinks. There is also a local cricket club where food and refreshments are available near by.

NOTE:-The organisers have no control on the opening times for these facilities

Heads Of The Valley and Abertillery SC
Greater Gwent Fastwater Open Meet 23rd and 24th October 2010
Age Group Qualifying And Consideration Times Level 1

	BOYS EVENTS							
	9/11yrs		12/13yrs		14/15yrs		16yrs+	
	CT	QT	CT	QT	CT	QT	CT	QT
100m Freestyle	01:48.0	1:17.8	01:37.2	1:08.9	01:31.2	1:03.1	01:27.6	1:00.1
200m Freestyle	03:58.7	2:48.8	03:41.2	2:30.1	03:27.5	2:17.2	03:22.5	2:11.1
400m Freestyle	08:53.0	5:53.3	08:21.8	5:16.4	07:55.8	4:50.1	07:44.1	4:36.7
100m Backstroke	02:03.6	1:27.6	01:46.8	1:17.3	01:40.8	1:09.8	01:40.8	1:06.3
200m Backstroke	04:33.7	3:06.9	04:10.0	2:45.9	03:53.7	2:30.4	03:50.0	2:24.0
100m Breaststroke	02:18.0	1:40.1	02:03.6	1:27.4	01:58.8	1:19.1	01:54.0	1:15.1
200m Breaststroke	05:01.2	3:35.1	04:33.7	3:09.5	04:17.5	2:51.5	04:13.8	2:43.0
100m Butterfly	02:14.4	1:27.6	01:52.8	1:16.7	01:46.8	1:09.0	01:44.4	1:05.6
200m Butterfly	04:52.5	3:11.7	04:22.5	2:49.5	04:03.7	2:31.8	04:00.0	2:23.9
200m Ind Medley	04:41.3	3:11.0	04:20.0	2:50.4	04:07.5	2:34.3	04:05.0	2:27.3
400m Ind Medley	10:04.5	6:45.5	09:26.8	6:00.4	09:09.9	5:26.4	09:00.8	5:12.2

	GIRLS EVENTS							
	9/10yrs		11/12yrs		13/14yrs		15yrs+	
	CT	QT	CT	QT	CT	QT	CT	QT
100m Freestyle	01:45.9	1:24.6	01:39.3	1:14.3	01:36.0	1:09.5	01:34.4	1:07.1
200m Freestyle	04:05.7	3:00.4	03:47.5	2:39.9	03:39.5	2:29.6	03:32.3	2:24.6
400m Freestyle	09:20.9	6:22.2	08:41.5	5:33.0	08:18.3	5:12.5	08:08.9	5:03.1
100m Backstroke	02:00.0	1:35.2	01:54.0	1:22.7	01:49.2	1:17.0	01:46.6	1:14.4
200m Backstroke	04:49.1	3:21.8	04:21.3	2:56.3	04:08.5	2:44.8	04:04.1	2:38.7
100m Breaststroke	02:24.0	1:48.8	02:08.9	1:34.4	02:02.2	1:26.5	02:01.0	1:24.3
200m Breaststroke	05:12.6	3:51.5	04:47.0	3:22.4	04:31.8	3:06.7	04:29.3	3:01.6
100m Butterfly	02:02.4	1:36.0	01:54.1	1:22.4	01:49.6	1:16.3	01:47.5	1:14.1
200m Butterfly	04:47.3	3:32.8	04:29.6	3:00.7	04:18.5	2:46.7	04:16.6	2:41.2
200m Ind Medley	05:01.4	3:25.6	04:31.5	3:00.6	04:23.7	2:48.7	04:20.4	2:43.4
400m Ind Medley	10:48.3	7:19.7	09:55.6	6:19.9	09:38.7	5:53.8	09:30.5	5:42.6

	GIRLS EVENTS				BOYS EVENTS			
	14yrs		15yrs+		15yrs		16yrs+	
	CT	QT	CT	QT	CT	QT	CT	QT
50m Freestyle	39.36	32.40	38.37	31.30	38.50	29.10	37.40	27.80
50m Backstroke	51.65	36.50	50.00	35.30	48.36	33.10	46.26	31.50
50m Breaststroke	58.23	40.80	56.12	39.40	58.00	36.80	56.00	35.00
50m Butterfly	49.33	35.20	46.20	34.00	48.09	31.70	47.34	30.10

CT: Consideration time

QT: Qualifying Time

Heads Of The Valley and Abertillery SC
Greater Gwent Fastwater Open Meet 23rd and 24th October 2010

**Junior Development Events Level 4
Upper Cut Off Times**

Girls					Boys			
9 Yrs	10 Yrs	11 Yrs	12 Yrs	Events	9 Yrs	10 Yrs	11 Yrs	12 Yrs
41.10	38.50	36.50	34.70	50m Freestyle	40.70	38.00	35.90	33.90
54.20	50.00	46.70	44.00	50m Breaststroke	53.20	49.60	46.50	43.70
46.50	42.40	40.10	37.90	50m Butterfly	45.90	42.40	39.60	37.50
47.30	43.80	41.40	39.30	50m Backstroke	46.90	43.60	41.20	39.00
1:45.30	1:35.10	1:31.30	1:26.40	100m Ind. Medley	1:43.80	1:36.20	1:30.90	1:26.00

Entry times for these events must be **SLOWER** than the upper cut off times shown above.

A swimmer who has a time **FASTER** than or **EQUAL TO** the cut off time for a particular event is not eligible to swim in that event, but can swim the other events.

**HEADS OF THE VALLEY AND ABERTILLERY SC
GREATER GWENT FASTWATER OPEN MEET
23rd and 24th October 2010
PROGRAM OF EVENTS**

DAY 1

<u>SESSION 1</u>						
<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>	<u>Age Groups</u>	<u>Type</u>	
11	200	Freestyle	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
12	100	Freestyle	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
13	100	Breaststroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
14	200	IM	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
15	200	Butterfly	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
16	50	Breaststroke	Female	14, 15Plus	HDW	Age
17	50	Backstroke	Male	15, 16Plus	HDW	Age

SESSION 2

<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>			
21	50	Butterfly	Female	9, 10, 11, 12	HDW	Junior
22	50	Breaststroke	Male	9, 10, 11, 12	HDW	Junior
23	400	IM	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
24	100	IM	Female	9, 10, 11, 12	HDW	Junior
25	400	Freestyle	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
26	50	Butterfly	Male	9, 10, 11, 12	HDW	Junior
27	50	Backstroke	Female	9, 10, 11, 12	HDW	Junior
	50	Skins	Female	10-13yrs & 14yrs plus	Final	Age

SESSION 3

<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>			
31	200	Breaststroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
32	200	Backstroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
33	100	Backstroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
34	100	Butterfly	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
35	50	Freestyle	Male	15, 16Plus	HDW	Age
36	50	Freestyle	Female	14, 15Plus	HDW	Age

**HEADS OF THE VALLEY AND ABERTILLERY SC
GREATER GWENT FASTWATER OPEN MEET
23rd and 24th October 2010
PROGRAM OF EVENTS**

DAY 2

SESSION 4

<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>			
41	200	Freestyle	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
42	100	Butterfly	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
43	100	Breaststroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
44	200	IM	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
45	200	Butterfly	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
46	50	Breaststroke	Male	15, 16Plus	HDW	Age
47	50	Backstroke	Female	14, 15Plus	HDW	Age

SESSION 5

<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>			
51	50	Backstroke	Male	9, 10, 11, 12	HDW	Junior
52	50	Breaststroke	Female	9, 10, 11, 12	HDW	Junior
53	400	Freestyle	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
54	100	IM	Male	9, 10, 11, 12	HDW	Junior
55	400	IM	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
56	50	Freestyle	Male	9, 10, 11, 12	HDW	Junior
57	50	Freestyle	Female	9, 10, 11, 12	HDW	Junior
	50	Skins	Male	11-14yrs / 15yrs plus	Final	Age

SESSION 6

<u>Event#</u>	<u>Distance</u>	<u>Stroke</u>	<u>Sex</u>			
61	200	Breaststroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
62	200	Backstroke	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
63	100	Backstroke	Female	9/10, 11/12, 13/14, 15Plus	HDW	Age
64	100	Freestyle	Male	9/11, 12/13, 14/15, 16Plus	HDW	Age
65	50	Butterfly	Female	14, 15Plus	HDW	Age
66	50	Butterfly	Male	15, 16Plus	HDW	Age

Abertillery & Heads of the Valley SC
 Greater Gwent Fastwater Open Meet
 23rd & 24th October 2010

AGE GROUP ENTRY FORM LEVEL 1

Name in full:.....

Age:..... Date of Birth:..... M/F:.....

Address:.....

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

Southwold Swimming Club

ASA Number:.....

EVENT	EVENT NO:	ENTRY TIME	EVENT	EVENT NO:	ENTRY TIME
50 Free			50 Breast		
100 Free			100 Breast		
200 Free			200 Breast		
400 Free			50 Butterfly		
50 Back			100 Butterfly		
100 Back			200 Butterfly		
200 Back			400 IM		
200 IM					

This entry form is for all Age Group Events Level 1

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 incorrect submitted entries and withdrawals.

Signature of Parent..... Date:-.....

Signature of CompetitorDate:-.....

Note :- If any competitor has entered the Junior Development Meet competition, they are **NOT** eligible to enter the **Age Group Events**.

Total number of swims at **£4.50** total payable £..... make cheque payable to :-
Southwold Swimming Club.

**NOTE :- 50 MTR EVENTS ARE FOR
 BOYS 15 & 16 PLUS
 GIRLS 14 & 15 PLUS**

ABERTILLERY AND HEADS OF THE VALLEY SWIMMING CLUBS
 GREATER GWENT FASTWATER OPEN MEET
 23rd & 24th October 2010
 Newport International Sports Village

JUNIOR DEVELOPMENT MEET ENTRY FORM LEVEL 4

Name(in full):-

Age Date Of Birth M/F

Address

..... Post Code

Tel No.

Southwold Swimming Club

ASA Number

Event	Event No.	Entry Time	Event	Event No.	Entry Time
50 Free		: :	50 Breast		: :
50 Back		: :	50 Butterfly		: :
100 IM		: :			

This entry form is for Junior Development Meet Events Level 4

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 incorrect submitted entries and withdrawals.

Signature of Parent.....Date :-.....

Signature of Competitor.....Date :-.....

Note: - This meet is for swimmers who have not achieved a Swim Wales Age Group & Youth Qualifying Times. If any competitor has entered the **Age Group** competition, they are **NOT** eligible to enter the **Junior Development Meet**.

Total number of swims at **£4.50** total payable £..... make cheque payable to :-
Southwold Swimming Club

**HEADS OF THE VALLEY AND ABERTILLERY SWIMMING CLUBS
GREATER GWENT FASTWATER OPEN MEET**

Promoters Conditions

The meet will be held under FINA Technical Rules and Swim Wales Laws, and has been licensed by Swim Wales as a Level 1 & Level 4, meets for entry into National Competitions and Championships.

The Licence Numbers are:

010WL1-054 - Age Group Event

010WL4-055 - Junior Development Meet

There will be over the top starts where the referee and promoter feel it is appropriate.

The achievement of the standard of the Competitive Start Award is essential before swimmers are permitted to perform racing dives in competition.

The Promoter reserves the right to limit the number of entries.

Entries to be made on the attached entry form, together with payment by the closing date.

A cardless entry system will be in operation.

All events are Heat Declared Winners (HDW).

There is strictly no diving until instructed to do so. Swimmers are to exit the pool at the sides.

In Age Group Competition all 50 meter events are for Girls 14 & 15 Plus, Boys 15 & 16 Plus.

All competitors must be a member of an affiliated club or amateurs defined by Swim Wales.

Coaches / Chaperones will be responsible for Swimmers making themselves available for marshalling.

All Competitors, coaches and chaperones must adhere to poolside safety at all times. Anyone not adhering to the rules may be removed from the pool.

All valuables, clothing and items of importance left within the building will be the owners' risk entirely.

Individual teams / coaches will be responsible for their own swimmers and members in all areas within the building and outside at all times.

Any one wishing to use video equipment, still cameras or mobile phones with camera facilities, must apply for a camera pass before entering the spectator's gallery. You will be asked to provide identification. Camera pass to be on display at all times when using photographic equipment.

The Promoter reserves the right to remove anyone from the building for misconduct and will inform the Governing Body.

Data Protection

Both Clubs as hosts of this Meet will be using Computers to record entries and results. By the submission of entries and accepting these conditions, consent is hereby given to the holding of personal information in computer(s). (As required under the Data Protection Act 1984) e.g. name, club, and date of birth and times. This information may be published following the Meet.

Photography

On accepting the promoter's conditions – Photographs taken by any 'Professional Photographer' may be used for promotional purposes.

The Promoter reserves the right to amend or remove any of the meet information or any of the above conditions.

THE PROMOTER'S DECISION IS FINAL.