

City Of Newport

Swimming Club

(Under FINA Technical Rules and Swim Wales Laws)

Presents the
Christmas Cracker Pentathlon
Open Meet 2011

@

Newport International Sports Village
25 Metre 8 Lane Regional Pool
License No.: 011WL4-079

On 11th December 2011

Ages - Girls: 8, 9, 10, 11, 12, 13, 14, 15 & over.

Boys: 8, 9, 10, 11, 12, 13, 14, 15 & over.

Dist: 50m & 200m IM (for swimmers aged 10 +)

A Level 4 meet including a Junior Development pentathlon for swimmers aged 8 or 9 over shorter distances.

Medals for top 3 in each pentathlon.

Anti Wave Lanes, electronic timing.

Entries Close at Midnight 4th November 2011

For further information please contact:

Andrew Walton

Open Meet Secretary

18 Oak Tree Drive

Rogerstone

NEWPORT, NP10 9JN

andrew.newportswim@orangehome.co.uk

07800769393

CITY OF NEWPORT SWIMMING CLUB
CHRISTMAS CRACKER PENTATHLON OPEN MEET 2011

(Under FINA Technical Rules and Swim Wales Laws)

11th December 2011

WASA LICENCE NO. (011WL4-079)

General Event Information

ENTRIES

Entries will be rejected for the following reasons:

- * 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 4th November 2011.

PLEASE NOTE THERE WILL BE NO CARDS FOR THIS COMPETITION.

Ages are at 11th December 2011

As this is a Junior Development Level 4 meet only swimmers who have NOT achieved a Swim Wales Age Group Qualifying Time are allowed to take part.

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

Girls 8, 9, 10/11, 12/13, 14/15 and over.

Boys 8, 9, 10, 11/12, 13/14, 15 and over.

ENTRY FEES

£4.50 per event, or £18 for all of the Pentathlon events

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 1st – 3rd places in each individual age based on the combined scores obtained in the pentathlon event. Ages are not grouped for medal purposes. Swimmers who do not swim all 5 events are not eligible for a medal.

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 is also available for food and refreshments.

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 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

Christmas Cracker Level 4 Pentathlon Open Meet 2011

(Meet License No.: 011WL4-079)

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. The entry fee is £4.50 per event, or £18 for any swimmer who enters all the events of the pentathlon.
6. Ages are not grouped for the purposes of entry times or medals, but the following age groups will be used to ensure an efficient use of lanes during the meet:
Girls – 8, 9, 10/11, 12/13, 14/15 and over
Boys – 8, 9, 10, 11/12, 13/14, 15 & over
As this is a level 4 meet, 8 and 9 year old boys and girls are also able to swim the pentathlon events, but over shorter distances.
7. Ages as at last day of the meet i.e. 11th December 2011.
8. For the meet there are upper cut off times and consideration times. Swimmers who have swum a time equal to or faster than the upper cut off time are not eligible to enter the event. All swimmers with entry times falling between the upper cut off time and the consideration time will be eligible to swim in that event provided the meet is not oversubscribed, with the faster times being given priority. Entries slower than the consideration time 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.**
9. For 8 and 9 year old swimmers consideration times are not required and swimmers can enter with 'no time'. For 9 year old swimmers there is an upper cut off time as in note 9 above. There is no upper cut off time 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 Friday 4th November 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. All coach's/chaperone passes, to include a full set of results sheets and all programmes, are available at a cost of £10.00 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.
14. 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.
15. Marshalling will take place, and competitors must report promptly to this area.
16. All 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 meet.

17. Individual teams/coaches will be responsible for their own swimmers in all areas outside the pool including the changing rooms.
18. All valuables/clothing etc. left in the changing rooms will be entirely at the owner's risk.
19. Events will be swum in heats, slowest to fastest, with every heat being spearheaded. All events are Heat Declared Winner.
20. The fastest three in each pentathlon (for each individual age - not grouped) will receive medals. In order to be eligible for the pentathlon medals the swimmer must have swum in all 5 events.
21. For the purposes of scoring the pentathlon, swimmers who are disqualified from any event will be awarded the time of the slowest legal swim 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 meets, and they will not be sent to the ASA rankings database.
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 will have a warm-up time of 8.00am and a start time of 9.00am. Warm up and start times for sessions 2 and 3 will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.
25. 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.
26. 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).

Swim Wales will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.
27. The promoters reserve the right to remove anyone for misconduct.
28. The promoters reserve the right to remove or amend any of the above conditions as required.

SESSION 1 **WARM UP 8.00 - STARTS 9.00**

1. Girls 10-11 50m Back
2. Boys 10 50m Fly
3. Girls 12-13 50m Breast
4. Boys 11-12 50m Free
5. Girls 8 50m Free
6. Boys 8 50m Free
7. Girls 9 50m Back
8. Boys 9 50m Fly
9. Girls 14-15+ 50m Breast
10. Boys 13-14+ 50m Free
11. Girls 10-11 50m Fly
12. Boys 10 50m Breast
13. Girls 12-13 50m Free
14. Boys 11-12 50m Back
15. Girls 9 50m Fly
16. Boys 9 50m Breast
17. Girls 14-15+ 50m Free
18. Boys 13-14+ 50m Back
19. Girls 8 25m Fly
20. Boys 8 25m Breast

SESSION 2 **WARM UP 11.15 - STARTS 12.15**

21. Girls 8 25m Breast
22. Boys 8 25m Back
23. Girls 10-11 50m Breast
24. Boys 10 50m Free
25. Girls 12-13 50m Back
26. Boys 11-12 50m Fly
27. Girls 9 50m Breast
28. Boys 9 50m Free
29. Girls 14-15+ 50m Back
30. Boys 13-14+ 50m Fly
31. Girls 10-11 50m Free
32. Boys 10 50m Back
33. Girls 12-13 50m Fly
34. Boys 11-12 50m Breast
35. Girls 9 50m Free
36. Boys 9 50m Back
37. Girls 14-15+ 50m Fly
38. Boys 13-14+ 50m Breast
39. Girls 8 25m Back
40. Boys 8 25m Fly

SESSION 3 **WARM UP 14.30 - STARTS 15.30**

41. Girls 8 100m Individual Medley
42. Boys 8 100m Individual Medley
43. Girls 9 100m Individual Medley
44. Boys 9 100m Individual Medley
45. Girls 10-11 200m Individual Medley
46. Boys 10 200m Individual Medley
47. Girls 12-13 200m Individual Medley
48. Boys 11-12 200m Individual Medley
49. Girls 14-15+ 200m Individual Medley
50. Boys 13-14+ 200m Individual Medley

Medals will be presented at the conclusion of session 3.

City Of Newport Swimming Club

Christmas Cracker Pentathlon Open Meet 2011

(Under FINA Technical Rules and Swim Wales Laws)

11th December 2011

Newport International Sports Village

Level 4 Meet Entry Form For swimmers aged 10 and over

Name First Name (in full)

Middle Name Age (at 11th December 2011)

Male/Female Date Of Birth

Email address.....

Post Code Tel No.

Name of Club – Southwold SC

ASA Number

Event	Event Number	Short Course Time
50m Freestyle		
50m Backstroke		
50m Breaststroke		
50m Fly		
200m IM		

Please check your entry times carefully to ensure that only swimmers with times which are between the upper cut off time and the consideration time have been included.

.....events at £4.50 (max £18) total payable £.....

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: 4th November 2011.

City Of Newport Swimming Club

Christmas Cracker Pentathlon Open Meet 2011

(Under FINA Technical Rules and Swim Wales Laws)

11th December 2011

Newport International Sports Village

Level 4 Meet Entry Form For swimmers aged 8 or 9

Name First Name (in full)

Middle Name Age (at 11th December 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 Freestyle		
25m (aged 8) or 50m (aged 9) Backstroke		
25 (aged 8) or 50m (aged 9) Breaststroke		
25m (aged 8) or 50m (aged 9) Fly		
100m IM		

Please check your entry times carefully to ensure that only swimmers with times which are slower than the upper cut off time have been included.

.....events at £4.50 (max £18) total payable £.....

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: 4th November 2011.

City of Newport Swimming Club

Christmas Cracker Pentathlon Open Meet 2011 – Level 4 Meet

Short Course Upper Cut Off and Consideration Times – 25m Short Course Pool

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

Girls						Upper Cut Off Times	Boys					
10	11	12	13	14	15+		10	11	12	13	14	15+
35.3	33.6	32.0	31.0	30.3	29.7	50m Freestyle	34.7	33.0	31.1	29.6	28.3	27.3
40.2	38.1	36.2	35.0	34.1	33.7	50m Backstroke	40.1	37.9	36.0	33.8	32.5	31.1
45.9	43.0	40.6	39.1	38.1	37.3	50m Breaststroke	45.5	42.8	40.2	37.6	35.9	34.5
39.0	36.9	35.0	33.8	32.9	32.2	50m Fly	38.9	36.5	34.6	32.6	31.1	29.7
3:08.0	2:55.6	2:46.1	2:41.1	2:37.1	2:34.7	200m IM	3:07.8	2:55.4	2:45.6	2:37.1	2:29.2	2:24.3

Consideration Times – Entry times falling between the consideration times and Upper Cut Off times will be included providing the meet is not over subscribed, with faster times being given priority. Entry times slower than the consideration times and entries submitted with no times will not be considered.

Girls						Consideration Times	Boys					
10	11	12	13	14	15+		10	11	12	13	14	15+
1:00.5	55.5	49.9	46.7	43.2	40.2	50m Freestyle	1:00.3	55.3	49.7	46.0	41.4	37.4
1:06.7	1:01.1	56.1	51.6	47.8	44.8	50m Backstroke	1:06.1	1:00.2	55.4	50.9	46.2	41.7
1:13.8	1:07.3	1:01.6	56.6	52.5	49.2	50m Breaststroke	1:13.2	1:06.5	1:00.8	55.8	50.5	45.9
1:04.9	59.5	54.5	50.0	46.3	43.1	50m Fly	1:04.3	59.2	53.8	49.6	44.6	40.2
4:58.1	4:30.7	4:07.3	3:48.1	3:31.9	3:19.0	200m IM	4:56.7	4:29.8	4:06.4	3:47.8	3:25.0	3:06.9

City of Newport Swimming Club

Christmas Cracker Pentathlon Open Meet 2011 –Level 4 Meet

Upper cut off times – 25m Short Course Pool

Girls			Boys	
8	9		8	9
Not applicable		25m Backstroke	Not applicable	
	43.6	50m Backstroke		43.3
Not applicable		25m Breaststroke	Not applicable	
	50.0	50m Breaststroke		49.1
Not applicable		25m Fly	Not applicable	
	42.9	50m Fly		42.3
Not applicable	37.8	50m Freestyle	Not applicable	37.3
Not applicable	1:36.9	100m IM	Not applicable	1:35.6

There are no consideration times for 8 and 9 year olds and these swimmers are allowed to enter with no times. For the 9 year olds there are upper cut off times, and swimmers who have swum a time equal to or faster than the upper cut off time are not eligible to swim in this meet. If any swimmer has achieved a Swim Wales Age Group or Youth Qualifying Time then they are not eligible to swim in the relevant event.