



British Gas Swim Wales

SUMMER NATIONALS 2010

(under FINA Technical Rules & Swim Wales Laws)

Tuesday 3rd – Sunday 8th August
(All session times to be confirmed)

Meet License No. 10WL1-008

WALES NATIONAL POOL SWANSEA

EVENT INFORMATION & ENTRY FORMS

Swimmers will not be permitted to enter any event at this meet that they have a qualifying time for at the 2010 ASA Age Group & Youth National Championships. Swimmers may enter any event they do not have a qualifying time in at the 2010 ASA Age Group & Youth National Championships.

Championship Information & Conditions

2010 WELSH SUMMER NATIONALS
3rd – 8th AUGUST 2010 – Wales National Pool, Swansea

This meet is an OPEN Event including Multi Disability

THE VENUE

Wales National Pool Swansea
Sketty Lane
Swansea
SA2 8QG

ACCOMMODATION

Information regarding accommodation in Swansea is available on www.swansea.gov.uk

CLOSING DATE FOR ENTRIES

Monday 21st June 2010

OFFICIALS / MARSHALLS / RUNNERS / HELPERS

All Clubs are asked to nominate a **minimum** of one official or helper per session. Please provide details of these people by no later than Monday 12th July to the Swim Wales Office. ***If Clubs do not supply at least one helper per session the Swim Wales Office reserve the right to reject entries from that club.*** If anyone would like to enquire about volunteering in any capacity for the meets please contact the Swim Wales Office.

ENTRIES

All club entries must be sent together with one cheque to cover all payment

All entries must be submitted electronically with one cheque to cover all swimmers. Only one file per club is permitted. No entries will be processed until the correct payment is received. No entries will be processed unless payment is received by the closing date of 21st June 2010

The following reports are required to accompany the entry file: Hy-Tek Meet entry sorted by name and Hy-Tek meet entry fee (located under the reports header and performance) along with the Meet Summary Sheet (in this entry pack).

Copies of the Team Manager Lite application can be downloaded free of charge from <http://www.hy-tek ltd.com/downloads.html>

The Event entry file and further information on electronic entry is available at www.welshasa.co.uk Electronic entries are to be e-mailed to events@welshasa.co.uk

The meet reports & summary must be completed in full and returned together with the relevant entry fee to the Swim Wales Office, Wales National Pool, Sketty Lane, Swansea, SA2 8QG by the closing date.

It is strongly recommended that you return your entries by RECORDED DELIVERY to ensure receipt. Cheques should be made payable to Swim Wales "and crossed"

Entries will be rejected for the following reasons:

- They are received without the relevant fee,
- Incorrectly completed
- Improved entries
- Received after 5.00pm at the closing date of Monday 21st June 2010
- Relevant fees not received by 5.00pm on the closing date of Monday 21st June 2010

NB: Swim Wales may request validation of any stated entry time and reserve the right to return entries if the meet is oversubscribed.

- Swimmers will **not** be permitted to enter any event that they have achieved the qualifying time for at the 2010 ASA Age Group & Youth National Championships. However, swimmers may enter any event they do not have a qualifying time in at the 2010 ASA Age Group & Youth National Championships as long as they enter the event they qualify for at the ASA's
- Any swimmer who qualifies for the 2010 ASA Age Group & Youth National Championships in any individual or relay event will **not** be permitted to swim in a relay team at this meet.
- Upper Qualifying Standards and Lower Guide Times will be in force for this meet. Please see enclosed time standards for further information

- All Competitors must have set their entry time in a Licensed Meet or in a competition approved by the Organisers in the twelve months previous to the closing date.
- Short Course times must be entered into the HY-Tek software with the letter 's' following the submitted time.

**ONLY ENTRANTS WHO INCLUDE A LARGE (A4) S.A.E WILL RECEIVE MEET INFORMATION.
MEET INFORMATION CAN BE FOUND ON: www.welshasa.co.uk SITE.**

ENTRY FEES

Individual events: £7.50 per event using Hy-tek Team Manager or TM Lite

Team events: £14 per relay event using Hy-tek Team Manager or TM Lite

AGE GROUPS

Age groups for individual events are as follows:

| | Age as at last day of meet | Youth |
|-------------------|----------------------------|--------------------------|
| Age Groups | | Boys |
| Boys | 11/12 years, 13/14 years | 15/16 years, 17/18 years |
| Girls | 10/11 years, 12/13 years | 14/15 years, 16/17 years |

Age groups for relay events are as follows:

| | Age as at last day of meet | Youth |
|-------------------|----------------------------|---------------|
| Age Groups | | Boys |
| Boys | 11 - 14 years | 10 – 18 years |
| Girls | 10- 13 years | 10 – 17 years |

HEATS

- Age groups will swim together in the heats (e.g. Boys 11 - 14)
- In non Heat Declared Winner Events the fastest three heats (maximum of 24 swimmers) will be cyclically seeded. These heats will be swum fast to slow.
- The remaining heats will be swum before the cyclically seeded heats slow to fast.
- Heat declared winner events will be swum slow to fast and all heats will be swum in the same session, all age groups will swim together.
- All Multi Disability Events will be HDW
- All Relay Events will be HDW

FINALS

- There will be a final for each age band in each event which will consist of the 8 fastest qualifying swimmers from the heat swims.

PRIZES

- Medals will be awarded to the 1st - 3rd placed swimmers in all finals/timed finals provided the swimmers have achieved the lower guide time
- Swimmers must make themselves available for presentation appropriately dressed
- If a swimmer is unavailable a reserve must take her place otherwise the medal will be forfeited.

DOPING CONTROL

Swimmers are warned that random doping control may take place during this Meet.

SPECTATORS

Admission charges

- £4 per session including free entry into finals
 - £7.00 Per day
 - £35.00 per Meet pass.
 - (Children Under 16 / Senior Citizens ½ price)
- Programmes will also be available for purchase

The seating at the WNP Swansea is arranged in rows that lead directly onto the pool deck. The first 5 rows are reserved for swimmers, coaches and team managers. **Spectators will not be allowed into this area.** Swimmers must make themselves available for marshalling as soon as advised by the public address system. Unless moving to marshalling, from swim down or following the completion of an event swimmers, coaches and team managers are requested to remain in their seats and not stand on the pool deck. A clockwise one way system will be in operation on the pool deck in order to keep the poolside area as free as possible.

The Spectator Area must be cleared at the end of each session.

IMPORTANT –PASSES

Swimmers must carry their Swim Wales or Home Country Governing Body Registration Card as proof they can access poolside. All Coaches and Chaperones must have relevant accreditation. Applications for coach/chaperone passes must be made on the official form enclosed within this pack. All coaches, chaperones and support staff must be registered with either Scottish Swimming/Swim Wales/ the ASA or other governing bodies affiliated to FINA and be registered on their home countries child protection database. No access will be granted to the Changing Village or Poolside without a pass.

PLEASE BE AWARE THE CLOSING DATE FOR PASSES WILL BE Monday 21st June 2010. APPLICATIONS RECEIVED AFTER THIS DATE WILL BE REJECTED. PASSES WILL NOT BE ISSUED DURING THE MEET UNDER ANY CIRCUMSTANCES.
For applications received after the closing date the fee will be £20

SWIM SHOP

A swim shop will be available at the Wales National Pool during the meet.

CAR PARKING

A total of 250 car parking spaces including 21 disabled places and 3 coach bays are provided at the Wales National Pool. This is a pay and display car park and is under the control of WNP

REFRESHMENTS

There is a cafe area serving refreshments for swimmers and spectators throughout the weekend. Refreshments may not be taken onto the poolside. There are also vending machines available for drinks.

SMOKING

WNP Ltd has a complete ban on smoking throughout the complete complex, including the car park. Chewing gum is also banned.

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. You will be issued with a tag for your photographic equipment and this must remain attached within the WNP area. Equipment being used without a pass will be removed. The records of camera use will be retained by Swim Wales.

MOBILE PHONES

WNP Ltd bans the use of Mobile Phones on the complex.

MEET OFFICE

A Meet Office will be open for the duration of the meet and can be contacted on 01792 – 513581

Swim Wales Reserve the right to return entries if the meet is oversubscribed

- SW06** **Meet Procedure**
- 06.01** **Heats**
The placing of competitors in heats will be given in the Meet Information
- 06.02** **Finals**
(Please note this may vary with different Competitions- see Meet Information)
In the finals, the maximum number of places practicable shall be allocated up to a total of eight competitors. When the programme of events includes semi-finals and finals the following shall apply: -
- 06.02.01** Semi-finalists shall be cyclically seeded from the results of the heats.
- 06.02.02** Finalists shall be allocated lanes using the spearhead principle from the results of the semi-finals.
- 06.02.03** In the 800 & 1500m events the fastest eight Competitors shall go forward to the final heat which shall be swum in the finals session unless stated in the Meet Pack.
- 06.02.04** The fastest heat of HDW events will be spearheaded
- 06.03** **Withdrawals Procedure - Individuals**
All withdrawals must be notified to the Meet office.
- 06.03.01** The Meet office must be informed of any withdrawals no later than 5.00pm on the day before competition.
- 06.03.02** Under exceptional circumstances only, withdrawals on the day of the Championship event may be accepted. However, these must be notified to the Meet Office on the relevant form.
- 06.03.03** Competitors failing to comply with the above shall be fined £10 for each inappropriate withdrawal.
- 06.03.04** Competitors wishing to withdraw from a semi-final or a final must inform the Meet Office (or Withdrawals Table if applicable) in writing on the relevant form immediately after the list of semi-finalists or finalists has been published or announced but within 15 minutes of the end of the session
- 06.03.05** Competitors who fail to appear for finals or the final heat of a Heat Declared Winner event will be fined and may be subject to further disciplinary action.
- 06.03.06** Any competitor withdrawing from a semi-final or a final preventing a reserve from taking part (except in the case of genuine illness or of a proven emergency) shall be fined as an inappropriate withdrawal and may be suspended immediately from all events at the Meet.
Where a reserve is brought in, the reserve shall occupy the vacant lane and there will be no amendments made to the allocation of other lanes.
- 06.04** **Start Sheets**
Start sheets will be prepared after the withdrawal deadline each day and will be available on the morning of the event.
- 06.05** **Marshalling**
It is the responsibility of the swimmer to report to the marshalling area in plenty of time before the event
- 06.06** **Call Room**
It is the responsibility of the swimmers **and reserves** to report to the first call room for costume checks 20 minutes before the start time of their final, they will then proceed to the second call room where they will remain until the marshal indicates they are to proceed to the poolside. Once a swimmer has entered the 1st call room, coaches shall have no access to their swimmers until the final has been completed.
Swimmers and reserves who do not comply with the above conditions will be treated as a withdrawal as in points 06.03.05/06
PLEASE NOTE IF SWIMMERS DO NOT REPORT TO THE CALL ROOM AT THE APPOINTED TIME, THEY WILL NOT BE ALLOWED TO SWIM IN THE FINAL.
- 06.07** **Presentations**
The Meet Director may decide to carry out presentations during the finals session. Competitors must report to the Presentation Marshall immediately after completion of their final. **Appropriate clothing, i.e. full tracksuit and training shoes must be worn for the presentation.** (Awards may not be presented if inappropriately dressed)
- SW07** **Other conditions**
- 07.01** **Starts**
Over the top starts will, where necessary or appropriate, be used during Meets (except in the backstroke events).
- 07.02** **Competitors' passes.**
No competitors passes will be issued but all swimmers are asked to have their membership card with them. Checks on these will take place throughout the Meet.
- 07.03** **Coaches/Chaperones**
All Coaches and Chaperones must have relevant accreditation. Applications for coaches/chaperones passes must be made on the official form enclosed in the information pack. All coaches chaperones and support staff must be a registered member of Scottish Swimming/Swim Wales/ or the ASA and be registered on their home country's Child Protection Database.
Please note the closing date for coaches/chaperones passes will be the same as the closing date for entries for the Meet. Applications received after this date will be rejected.
- 07.04** **Presentations**
Presentations will only take place if time permits.

SW08 **Safety**
All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

SW09 **TV, Video or Close Range Photography**
When the competition involves young persons under the age of 18 years it shall be a requirement that staff shall be appointed at the entrance control to register details of any persons wishing to engage in any video, zoom or close range photography whether by camera, video or mobile phone.
Proof of identity will be required to register your photographic equipment for use at this event e.g. Driving License with photograph or Passport.



BRITISH GAS SWIM WALES SUMMER NATIONALS 3RS – 8TH AUGUST 2010

Long Course Upper and Lower Time Standards

Please note there are no qualifying times for the multi disability events

| Girls 11 | | Girls 12 | | Girls 13 | | LC Times Event | Boys 11 | | Boys 12 | | Boys 13 | | Boys 14 | |
|----------|-----------------|----------|-----------------|----------|-----------------|-------------------|----------|-----------------|----------|-----------------|----------|-----------------|----------|-----------------|
| UQT | LGT | UQT | LGT | UQT | LGT | | UQT | LGT | UQT | LGT | UQT | LGT | UQT | LGT |
| 01:06.60 | 01:24.10 | 01:03.84 | 01:15.79 | 01:02.15 | 01:15.79 | 100 Free | | 01:24.73 | 01:02.17 | 01:24.73 | 00:58.99 | 01:12.74 | 00:57.00 | 01:12.74 |
| 02:24.12 | 03:01.76 | 02:17.48 | 02:42.84 | 02:13.65 | 02:42.84 | 200 Free | 02:23.47 | 03:04.60 | 02:15.19 | 03:04.60 | 02:08.41 | 02:38.09 | 02:04.10 | 02:38.09 |
| 05:01.71 | 06:17.41 | 04:47.84 | 05:39.70 | 04:40.22 | 05:39.70 | 400 Free | 05:00.63 | 06:26.05 | 04:44.07 | 06:26.05 | 04:31.08 | 05:32.64 | 04:22.57 | 05:32.64 |
| 10:35.71 | 13:04.29 | 10:02.23 | 11:38.12 | 09:43.39 | 11:38.12 | 800 Free | | 13:27.53 | 09:54.27 | 13:27.53 | 09:25.17 | 11:36.15 | 09:03.22 | 11:36.15 |
| 20:10.57 | 25:05.84 | 19:11.39 | 22:36.34 | 18:56.92 | 22:36.34 | 1500 Free | | 25:30.86 | 18:59.36 | 25:30.86 | 17:59.14 | 21:59.71 | 17:14.68 | 21:59.71 |
| 1:16.30 | 01:35.90 | 01:12.65 | 01:25.60 | 01:10.58 | 01:25.60 | 100 Back | | 01:36.94 | 01:11.60 | 01:36.94 | 01:07.94 | 01:21.50 | 01:05.38 | 01:21.50 |
| 02:42.25 | 03:23.71 | 02:35.21 | 03:02.18 | 02:30.48 | 03:02.18 | 200 Back | 02:43.38 | 03:27.60 | 02:33.73 | 03:27.60 | 02:25.85 | 02:56.35 | 02:20.59 | 02:56.35 |
| 01:26.43 | 01:48.49 | 01:21.93 | 01:34.88 | 01:19.83 | 01:34.88 | 100 Breast | | 01:49.30 | 01:21.27 | 01:49.30 | 01:16.48 | 01:31.99 | 01:13.61 | 01:31.99 |
| 03:05.96 | 03:51.94 | 02:56.25 | 03:24.22 | 02:51.76 | 03:24.22 | 200 Breast | 03:08.74 | 03:56.29 | 02:55.73 | 03:56.29 | 02:45.62 | 03:18.32 | 02:40.61 | 03:18.32 |
| 01:15.96 | 01:33.87 | 01:11.62 | 01:22.78 | 01:09.13 | 01:22.78 | 100 Fly | | 01:34.39 | 01:10.44 | 01:34.39 | 01:06.15 | 01:19.10 | 01:03.25 | 01:19.10 |
| 02:51.13 | 03:26.74 | 02:38.87 | 03:01.27 | 02:32.35 | 03:01.27 | 200 Fly | 02:51.01 | 03:28.60 | 02:38.09 | 03:28.60 | 02:28.19 | 02:55.13 | 02:21.46 | 02:55.13 |
| 02:43.14 | 03:26.31 | 02:35.93 | 03:04.45 | 02:31.66 | 03:04.45 | 200 IM | 02:43.86 | 03:29.98 | 02:33.83 | 03:29.98 | 02:26.39 | 02:58.74 | 02:21.00 | 02:58.74 |
| 05:48.83 | 07:13.48 | 05:30.03 | 06:27.06 | 05:20.32 | 06:27.06 | 400 IM | 05:51.18 | 07:23.81 | 05:29.31 | 07:23.81 | 05:11.73 | 06:18.70 | 05:00.77 | 06:18.70 |

| Girls 14 | Girls 15 | Girls 14/15 | Girls 16 | Girls 17 | Girls 16/17 | LC Times Event | Boys 15 | Boys 16 | Boys 15/16 | Boys 17 | Boys 18 | Boys 17/18 |
|----------|----------|-----------------|----------|----------|-----------------|-------------------|----------|----------|-----------------|----------|----------|-----------------|
| UQT | UQT | LGT | UQT | UQT | LGT | | UQT | UQT | LGT | UQT | UQT | LGT |
| 00:28.72 | 00:28.46 | 00:32.90 | 00:28.45 | 00:28.45 | 00:32.75 | 50 Free | 00:25.82 | 00:25.47 | 00:30.80 | 00:25.31 | 00:25.29 | 00:30.72 |
| 01:01.46 | 01:00.94 | 01:10.93 | 01:00.72 | 01:00.72 | 01:10.49 | 100 Free | 00:55.79 | 00:55.09 | 01:07.08 | 00:54.80 | 00:54.79 | 01:06.41 |
| 02:12.17 | 02:11.11 | 02:31.92 | 02:10.57 | 02:10.57 | 02:30.29 | 200 Free | 02:01.57 | 01:59.97 | 02:25.26 | 01:59.53 | 01:59.53 | 02:24.05 |
| 04:36.84 | 04:35.03 | 05:18.60 | 04:35.03 | 04:35.03 | 05:16.00 | 400 Free | 04:17.71 | 04:15.74 | 05:08.21 | 04:15.74 | 04:15.74 | 05:06.76 |
| 09:28.66 | 09:27.48 | 10:57.03 | 09:31.04 | 09:23.20 | 10:49.89 | 800 Free | 09:01.19 | 08:54.30 | 10:52.84 | 08:47.64 | 08:47.64 | 10:49.70 |
| 18:04.76 | 18:00.05 | 21:01.49 | 18:00.05 | 18:00.05 | 20:47.78 | 1500 Free | 17:06.65 | 16:52.40 | 20:24.66 | 16:49.80 | 16:49.80 | 20:13.72 |
| 00:31.69 | 00:31.69 | 00:36.76 | 00:31.69 | 00:31.69 | 00:35.68 | 50 Back | 00:28.42 | 00:28.42 | 00:34.01 | 00:28.42 | 00:28.42 | 00:32.20 |
| 01:09.57 | 01:09.19 | 01:19.65 | 01:09.19 | 01:09.19 | 01:19.02 | 100 Back | 01:04.05 | 01:03.28 | 01:15.26 | 01:03.07 | 01:03.07 | 01:14.94 |
| 02:28.55 | 02:28.05 | 02:49.44 | 02:28.05 | 02:28.05 | 02:47.93 | 200 Back | 02:18.04 | 02:16.94 | 02:41.81 | 02:16.94 | 02:16.94 | 02:40.68 |
| 00:34.88 | 00:34.88 | 00:40.27 | 00:34.88 | 00:34.88 | 00:39.09 | 50 Breast | 00:30.78 | 00:30.78 | 00:36.28 | 00:30.78 | 00:30.78 | 00:35.45 |
| 01:18.82 | 01:18.80 | 01:29.10 | 01:18.80 | 01:18.80 | 01:27.84 | 100 Breast | 01:12.08 | 01:11.11 | 01:24.29 | 01:10.97 | 01:10.97 | 01:23.20 |
| 02:50.09 | 02:49.53 | 03:10.44 | 02:49.53 | 02:49.53 | 03:09.73 | 200 Breast | 02:37.79 | 02:36.21 | 03:03.47 | 02:36.21 | 02:36.21 | 03:00.49 |
| 00:29.64 | 00:29.64 | 00:34.42 | 00:29.64 | 00:29.64 | 00:33.12 | 50 Fly | 00:26.10 | 00:26.10 | 00:31.38 | 00:26.10 | 00:26.10 | 00:30.18 |
| 01:08.17 | 01:07.66 | 01:17.36 | 01:07.66 | 01:07.66 | 01:16.36 | 100 Fly | 01:01.77 | 01:00.68 | 01:12.64 | 01:00.28 | 01:00.28 | 01:11.74 |
| 02:29.99 | 02:29.48 | 02:49.43 | 02:29.48 | 02:29.48 | 02:46.46 | 200 Fly | 02:18.19 | 02:16.26 | 02:40.69 | 02:16.26 | 02:16.26 | 02:39.40 |
| 02:30.25 | 02:29.24 | 02:52.09 | 02:29.24 | 02:29.24 | 02:50.48 | 200 IM | 02:18.57 | 02:16.78 | 02:44.22 | 02:16.59 | 02:16.59 | 02:42.74 |
| 05:16.83 | 05:16.33 | 06:02.25 | 05:16.33 | 05:16.33 | 05:59.04 | 400 IM | 04:55.58 | 04:53.33 | 05:50.05 | 04:53.33 | 04:53.33 | 05:47.63 |

Age as at last day of meet

If you have achieved a time equal to or faster than the Upper Qualifying time (UQT) you will not be permitted to compete in that event. Your time must be faster or based on the Lower Guide time (LGT)

Age Groups: Girls 10/11, 12/13 Years, 14/15 Years, 16/17 Years. Boys 11/12, 13/14 Years, 15/16 Years, 17/18 Years



BRITISH GAS SWIM WALES SUMMER NATIONALS 3RS – 8th AUGUST 2010

Short Course Upper and Lower Time Standards

Please note there are no qualifying times for the multi disability events

| Girls 11 | | Girls 12 | | Girls 13 | | SC Times | Boys 11 | | Boys 12 | | Boys 13 | | Boys 14 | |
|----------|-----------------|----------|-----------------|----------|-----------------|------------|----------|-----------------|----------|-----------------|----------|-----------------|----------|-----------------|
| UQT | LGT | UQT | LGT | UQT | LGT | Event | UQT | LGT | UQT | LGT | UQT | LGT | UQT | LGT |
| 01:05.37 | 01:22.45 | 01:02.48 | 01:14.30 | 01:00.67 | 01:14.30 | 100 Free | | 01:23.07 | 01:00.40 | 01:23.07 | 00:57.40 | 01:11.31 | 00:55.65 | 01:11.31 |
| 02:20.70 | 02:58.20 | 02:14.43 | 02:39.65 | 02:10.77 | 02:39.65 | 200 Free | 02:19.75 | 03:00.98 | 02:11.31 | 03:00.98 | 02:04.94 | 02:34.99 | 02:00.70 | 02:34.99 |
| 04:53.87 | 06:10.02 | 04:40.79 | 05:33.04 | 04:33.83 | 05:33.04 | 400 Free | 04:52.30 | 06:18.48 | 04:36.09 | 06:18.48 | 04:23.34 | 05:26.12 | 04:15.03 | 05:26.12 |
| | 12:48.91 | | 11:24.43 | | 11:24.43 | 800 Free | | 13:11.70 | | 13:11.70 | | 11:22.50 | | 11:22.50 |
| | 24:36.32 | | 22:09.74 | | 22:09.74 | 1500 Free | | 25:00.84 | | 25:00.84 | | 21:33.83 | | 21:33.83 |
| 01:13.55 | 01:34.02 | 01:09.99 | 01:23.92 | 01:07.97 | 01:23.92 | 100 Back | | 01:35.04 | 01:08.92 | 01:35.04 | 01:05.07 | 01:19.90 | 01:02.72 | 01:19.90 |
| 02:36.51 | 03:19.72 | 02:29.19 | 02:58.61 | 02:25.23 | 02:58.61 | 200 Back | 02:36.93 | 03:23.53 | 02:27.22 | 03:23.53 | 02:19.74 | 02:52.89 | 02:14.85 | 02:52.89 |
| 01:23.72 | 01:46.36 | 01:19.55 | 01:33.02 | 01:16.99 | 01:33.02 | 100 Breast | | 01:47.16 | 01:18.08 | 01:47.16 | 01:13.22 | 01:30.19 | 01:10.93 | 01:30.19 |
| 02:59.39 | 03:47.39 | 02:50.08 | 03:20.22 | 02:45.65 | 03:20.22 | 200 Breast | 03:01.47 | 03:51.66 | 02:49.13 | 03:51.66 | 02:39.76 | 03:14.43 | 02:34.18 | 03:14.43 |
| 01:14.37 | 01:32.03 | 01:10.13 | 01:21.16 | 01:07.82 | 01:21.16 | 100 Fly | | 01:32.54 | 01:08.82 | 01:32.54 | 01:04.47 | 01:17.55 | 01:01.92 | 01:17.55 |
| 02:43.95 | 03:22.69 | 02:34.90 | 02:57.69 | 02:28.71 | 02:57.69 | 200 Fly | 02:44.29 | 03:24.51 | 02:32.58 | 03:24.51 | 02:23.59 | 02:51.70 | 02:17.27 | 02:51.70 |
| 02:39.15 | 03:22.26 | 02:32.06 | 03:00.83 | 02:28.07 | 03:00.83 | 200 IM | 02:39.53 | 03:25.86 | 02:29.93 | 03:25.86 | 02:22.00 | 02:55.24 | 02:17.30 | 02:55.24 |
| 05:38.13 | 07:04.98 | 05:20.47 | 06:19.47 | 05:11.60 | 06:19.47 | 400 IM | 05:41.58 | 07:15.11 | 05:17.67 | 07:15.11 | 05:01.01 | 06:11.27 | 04:51.72 | 06:11.27 |

| Girls 14 | Girls 15 | Girls 14/15 | Girls 16 | Girls 17 | Girls 16/17 | SC Times | Boys 15 | Boys 16 | Boys 15/16 | Boys 17 | Boys 18 | Boys 17/18 |
|----------|----------|-----------------|----------|----------|-----------------|------------|----------|----------|-----------------|----------|----------|-----------------|
| UQT | UQT | LGT | UQT | UQT | LGT | Event | UQT | UQT | LGT | UQT | UQT | LGT |
| 00:28.13 | 00:27.88 | 00:32.25 | 00:27.78 | 00:27.78 | 00:32.11 | 50 Free | 00:25.26 | 00:24.83 | 00:30.20 | 00:24.83 | 00:24.64 | 00:30.12 |
| 00:59.94 | 00:59.46 | 01:09.54 | 00:59.27 | 00:59.27 | 01:09.11 | 100 Free | 00:54.37 | 00:53.62 | 01:05.76 | 00:53.27 | 00:53.26 | 01:05.11 |
| 02:09.18 | 02:07.73 | 02:28.94 | 02:07.55 | 02:07.55 | 02:27.34 | 200 Free | 01:58.32 | 01:56.85 | 02:22.41 | 01:56.34 | 01:56.34 | 02:21.23 |
| 04:29.28 | 04:27.74 | 05:12.35 | 04:27.33 | 04:27.33 | 05:09.80 | 400 Free | 04:09.92 | 04:07.81 | 05:02.17 | 04:06.26 | 04:06.26 | 05:00.75 |
| | | 10:44.15 | | | 10:37.15 | 800 Free | | | 10:40.04 | | | 10:36.96 |
| | | 20:36.74 | | | 20:23.31 | 1500 Free | | | 20:00.65 | | | 19:49.33 |
| | | 00:36.04 | | | 00:34.98 | 50 Back | | | 00:33.34 | | | 00:31.57 |
| 01:06.79 | 01:06.29 | 01:18.09 | 01:06.10 | 01:06.10 | 01:17.47 | 100 Back | 01:00.90 | 01:00.23 | 01:13.78 | 01:00.08 | 01:00.08 | 01:13.47 |
| 02:22.61 | 02:21.77 | 02:46.12 | 02:21.77 | 02:21.77 | 02:44.49 | 200 Back | 02:11.72 | 02:10.70 | 02:38.64 | 02:10.14 | 02:10.14 | 02:37.53 |
| | | 00:99.48 | | | 00:38.32 | 50 Breast | | | 00:35.57 | | | 00:34.78 |
| 01:15.99 | 01:15.38 | 01:27.35 | 01:15.38 | 01:15.38 | 01:26.12 | 100 Breast | 01:09.04 | 01:08.01 | 01:22.64 | 01:07.46 | 01:07.46 | 01:21.57 |
| 02:43.27 | 02:42.69 | 03:06.71 | 02:42.69 | 02:42.69 | 03:06.01 | 200 Breast | 02:30.61 | 02:28.44 | 02:59.87 | 02:28.35 | 02:28.35 | 02:56.95 |
| | | 00:33.75 | | | 00:32.47 | 50 Fly | | | 00:30.76 | | | 00:29.59 |
| 01:06.70 | 01:06.13 | 01:15.84 | 01:06.05 | 01:06.05 | 01:14.86 | 100 Fly | 01:00.18 | 00:59.20 | 01:11.22 | 00:58.68 | 00:58.68 | 01:10.33 |
| 02:26.06 | 02:24.86 | 02:46.11 | 02:24.86 | 02:24.86 | 02:43.20 | 200 Fly | 02:13.96 | 02:11.88 | 02:37.54 | 02:11.02 | 02:11.02 | 02:36.27 |
| 02:25.95 | 02:25.04 | 02:48.72 | 02:25.04 | 02:25.04 | 02:47.14 | 200 IM | 02:14.12 | 02:12.14 | 02:41.00 | 02:11.62 | 02:11.62 | 02:39.55 |
| 05:07.44 | 05:05.79 | 05:55.15 | 05:05.79 | 05:05.79 | 05:52.00 | 400 IM | 04:44.61 | 04:42.31 | 05:43.19 | 04:41.60 | 04:41.60 | 05:40.81 |

Age as at last day of meet

If you have achieved a time equal to or faster than the Upper Qualifying time (UQT) you will not be permitted to compete in that event. Your time must be faster or based on the Lower Guide time (LGT)

Age Groups: Girls 10/11, 12/13 Years, 14/15 Years, 16/17 Years. Boys 11/12, 13/14 Years, 15/16 Years, 17/18 Years



BRITISH GAS SWIM WALES SUMMER NATIONALS 2010

BIOGRAPHY

NAME: _____

TEAM SWIMMING FOR AT MEET: _____

COACH: _____ AGE: _____ NATIONALITY: _____

EVENT NUMBER: _____ EVENT: _____ BEST TIME: _____

EVENT NUMBER: _____ EVENT: _____ BEST TIME: _____

EVENT NUMBER: _____ EVENT: _____ BEST TIME: _____

EVENT NUMBER: _____ EVENT: _____ BEST TIME: _____

EVENT NUMBER: _____ EVENT: _____ BEST TIME: _____

EVENT NUMBER: _____ EVENT: _____ BEST TIME: _____

RECORDS:

BRITISH/ SCOTTISH/ IRISH/ WELSH
SENIOR/ YOUTH/ AGE GROUP: _____
EVENT: _____

BRITISH/ SCOTTISH/ IRISH/ WELSH
SENIOR/ YOUTH/ AGE GROUP: _____
EVENT: _____

BRITISH/ SCOTTISH/ IRISH/ WELSH
SENIOR/ YOUTH/ AGE GROUP: _____
EVENT: _____

BRITISH/ SCOTTISH/ IRISH/ WELSH
SENIOR/ YOUTH/ AGE GROUP: _____
EVENT: _____

INTER/NATIONAL EVENTS

| | LC/SC | LEVEL – YOUTH/JUNIOR | YEARS SWAM | EVENTS | POSITION |
|--------------------|-------|----------------------|------------|--------|----------|
| OLYMPIC GAMES | | | | | |
| WORLD | | | | | |
| EUROPEAN | | | | | |
| COMMONWEALTH | | | | | |
| OTHER OR NATIONAL: | | | | | |

2009-2010 SQUADS

BRITISH/ SCOTTISH/ IRISH/ WELSH/ OTHER: _____

WORLD CLASS PODIUM/ WORLD CLASS DEVELOPMENT/ GOLD/ SILVER/ BRONZE/ SENIOR ELITE/ YOUTH/ RELAY/ REGIONAL/ SKILLS/ OTHER: _____



Wales National Pool Swansea, Sketty Lane, Swansea, SA2 8QG
Tel: +44 (0)1792 513636 Fax: +44 (0)1792 513637

BRITISH GAS SWIM WALES SUMMER NATIONALS COACH/CHAPERONE PASS

3RD – 8TH August 2010

INDIVIDUAL APPLICATION FORM

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

| |
|--|
| FULL NAME: |
| NAME OF CLUB: |
| POSITION Eg Club Coach:..... |
| ADDRESS:..... |
| POST CODE: |
| TEL NO: FAX NO:..... |
| EMAIL:..... |
| Swim Wales/Scottish Swimming/ASA AFFILIATION NUMBER..... |
| CRB NUMBER: |

PLEASE NOTE ONLY MEMBERS AFFILIATED TO SWIM WALES/SCOTTISH SWIMMING/ASA OR A MEMBER OF A FINA AFFILLIATED COUNTRY WILL BE ELIGIBLE FOR A COACHES PASS. PLEASE SEND A CHEQUE FOR £12.50 (MADE PAYABLE TO SWIM WALES) AND A PASSPORT PHOTO (UNLESS YOUR PHOTOGRAPH HAS ALREADY BEEN LODGED WITH SWIM WALES) FOR EACH PASS.

**ONLY APPLICATIONS WITH A PHOTOGRAPH WILL BE ACCEPTED.
LATE APPLICATIONS WILL BE CHARGED AT £20**

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

**THERE WILL BE NO ACCESS TO THE CHANGING VILLAGE OR POOLSIDE WITHOUT A
COACH PASS.**

All completed forms to be returned to the **Swim Wales Office, Wales National Pool, Sketty Lane,
Swansea SA2 8QG**

CLOSING DATE: Monday 21st June 2010



**BRITISH GAS SWIM WALES SUMMER NATIONALS
SCHEDULE OF EVENTS
3RD – 8TH August 2010**

| Tuesday 3 rd August | | | Wednesday 4 th August | | | Thursday 5 th August | | |
|--------------------------------|----|-----------------------|----------------------------------|----|--------------------------|---------------------------------|----|------------------|
| Session 1 | | | Session 4 | | | Session 7 | | |
| 1&2 | Y | 50 Breaststroke | 18&19 | Y | 100 Backstroke | 32&33 | Y | 100 Breaststroke |
| 3&4 | MD | 100 Freestyle | 20&21 | AG | 400 Freestyle | 34&35 | AG | 200 Backstroke |
| 5&6 | AG | 200 Ind Medley | | | | 36&37 | MD | 100 Butterfly |
| 7&8 | MD | 50 Butterfly | | | | 38&39 | Y | 50 Butterfly |
| 9&10 | Y | 200 Butterfly | | | | | | |
| | | | | | | | | |
| Session 2 | | | Session 5 | | | Session 8 | | |
| 11&12 | AG | 100 Backstroke | 22&23 | Y | 50 Freestyle | 40&41 | AG | 100 Freestyle |
| 13&14 | MD | 100 Breaststroke | 24&25 | AG | 100 Breaststroke | 42&43 | Y | 800 Freestyle |
| 15&16 | Y | 1500 Freestyle | 26&27 | MD | 100 Backstroke | 44&45 | MD | 50 Freestyle |
| 17 | Y | Boys 200 Medley Relay | 28&29 | Y | 200 Ind Medley | 46&47 | AG | 200 Medley Relay |
| | | | 30 | Y | Girls 200 Medley Relay | | | |
| | | | 31 | AG | Boys 200 Freestyle Relay | | | |
| Session 3 Finals | | | Session 6 Finals | | | Session 9 Finals | | |
| 1&2 | Y | 50 Breaststroke | 18&19 | Y | 100 Backstroke | 32&33 | Y | 100 Breaststroke |
| 5&6 | AG | 200 Ind Medley | 22&23 | Y | 50 Freestyle | 34&35 | AG | 200 Backstroke |
| 9&10 | Y | 200 Butterfly | 24&25 | AG | 100 Breaststroke | 38&39 | Y | 50 Butterfly |
| 11&12 | AG | 100 Backstroke | 28&29 | Y | 200 Ind Medley | 40&41 | AG | 100 Freestyle |
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Male Events will be swum before female events.

Individual Events - Age as at last day of meet

Age Groups

Boys
11/12 years, 13/14 years

11-14 years

Girls
10/11 years, 12/13 years

10-13 years

Boys
15/16 years, 17/18 years

11-18 years

Youth

Girls
14/15 years, 16/17 years

10- 17 years

Relay Events - Age as at last day of meet



**BRITISH GAS SWIM WALES SUMMER NATIONALS
SCHEDULE OF EVENTS
3RD – 8TH August 2010**

| Friday 6 th August | | | Saturday 7 th August | | | Sunday 8 th August | | |
|-------------------------------|----|---------------------------|---------------------------------|----|---------------------|-------------------------------|----|------------------|
| Session 10 | | | Session 13 | | | Session 16 | | |
| 48&49 | Y | 50 Backstroke | 63&64 | Y | 400 Freestyle | 75&76 | AG | 800 Freestyle |
| 50&51 | MD | 50 Backstroke | 65&66 | AG | 400 Ind Medley | 77&78 | Y | 200 Backstroke |
| 52&53 | AG | 1500 Freestyle | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| Session 11 | | | Session 14 | | | Session 17 | | |
| 54&55 | AG | 200 Butterfly | 67&68 | Y | 200 Breaststroke | 79&80 | AG | 100 Butterfly |
| 56&57 | MD | 50 Breaststroke | 69&70 | AG | 200 Freestyle | 81&82 | Y | 400 Ind Medley |
| 58&59 | Y | 200 freestyle | 71&72 | Y | 100 Butterfly | 83&84 | AG | 200 Breaststroke |
| 60&61 | MD | 200 Ind Medley | 73&74 | Y | 200 Freestyle Relay | 85&86 | Y | 100 Freestyle |
| 62 | AG | Girls 200 Freestyle Relay | | | | | | |
| | | | | | | | | |
| Session 12 Finals | | | Session 15 Finals | | | Session 18 Finals | | |
| 48&49 | Y | 50 Backstroke | 67&68 | Y | 200 Breaststroke | 77&78 | Y | 200 Backstroke |
| 54&55 | AG | 200 Butterfly | 69&70 | AG | 200 Freestyle | 79&80 | AG | 100 Butterfly |
| 58&59 | Y | 200 freestyle | 71&72 | Y | 100 Butterfly | 83&84 | AG | 200 Breaststroke |
| | | | | | | 85&86 | Y | 100 Freestyle |
| | | | | | | | | |
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| | | | | | | | | |

Male Events will be swum before female events.

Individual Events - Age as at last day of meet

Age Groups

Boys
11/12 years, 13/14 years

Girls
10/11 years, 12/13 years

Boys
15/16 years, 17/18 years

Youth

Girls
14/15 years, 16/17 years

Relay Events - Age as at last day of meet

11-14 years

10-13 years

11-18 years

10- 17 years

British Gas Swim Wales Summer Nationals (50M)

(under Swim Wales laws)

3rd – 8th August 2010

Wales National Pool Swansea



MEET SUMMARY SHEET

This Form must be completed and returned with the Hy-Tek Meet Entry Fee Report and Entry File
(Unless already emailed to events@welshasa.co.uk)

Club: _____ Club Code: _____

Contact Name: _____

Address: _____

Tel No: _____ Mobile: _____

Email Address: _____

Team Size:

Total Number of Individual Entries @ £7.50 per event £.....

Total Number of Relay Entries @ £14 per event £.....

Total number of Coach Passes @ £12.50 each £.....

Number of Annual Coach Passes held by the club

Details of Nominated Club Volunteers/Official, Sessions Available, Qualification & Shirt Size

Total cheque enclosed made payable to Swim Wales "and crossed" £.....

Forms to be returned to:

Swim Wales Office,
Wales National Pool,
Sketty Lane,
Swansea,
SA2 8QG

Email: events@welshasa.co.uk
Tel: 01792 513581

CLOSING DATE FOR ENTRIES (including payment)

Monday 21st June 2010