



BRITISH GAS SWIM WALES DISABILITY SHORT COURSE (25m) OPEN MEET

Saturday 7th May 2011

**Wales National Pool
Sketty Lane
Swansea SA2 8QG**

EVENT INFORMATION & ENTRY FORMS

(Run under IPC Technical Swimming Rules and Swim Wales promoters conditions)

Meet License No. 011SWND-005

2011 SWIM WALES DISABILITY SC (25m) OPEN MEET CONDITIONS

Date: 7th May 2011

Venue: Wales National Pool, Sketty Lane, Swansea, SA2 8QG

Facilities: 8-lane (25m) competition pool, seating available for 1100 competitors and spectators.

Eligibility:

1. Entries will be accepted from competitors registered as members of Swim Wales, Scottish Swimming, the ASA or one of the Countries affiliated to FINA.
2. Entries from overseas competitors will be accepted providing that they have a classification that is listed on the IPC website (S1-S13) on the closing date of entries. No overseas entries will be accepted unless their classification can be ratified from the IPC website.
3. Entries from overseas competitors must be accompanied by a letter from their NPC/National Swimming Federation giving permission to compete at this event.
4. All competitors must be at least 10 years of age on the 31st December 2011.
5. Entries from S1-S15 competitors will be accepted. Swimmers should indicate on the entry form their British Swimming / IPC / UKSAPLD / INAS-FID / UKDS classification.
6. This event will be held under IPC Technical Swimming Rules and Swim Wales promoters conditions

Entries will be returned for the following reasons:

- They are received without the relevant fee
- They are not made on the official form
- Incorrectly completed medical forms
- Improved Entries
- Received after the closing date

Entry Fee: £8.00 for 1st event, £6 for second event and £5 each subsequent event (i.e. 2 events: £14.00, 3 events £19.00). All cheques must be made payable to: "Swim Wales" and crossed.

Entry Times: Entry Times must have been achieved in the 12 months prior to the closing date of the competition in either a long course or short course pool. The organisers reserve the right to request proof of any entry time and reserve the right to return entries if oversubscribed.

Events: Heats will be seeded by entry times and not by classification. All events will be heat declared winner, there will be no finals.

Withdrawals: All withdrawals must be notified to the meet office by 5.00pm on the day before competition. All withdrawals must be made by using the forms provided. Swimmers failing to comply with the above (except in the case of a genuine illness or proven emergency) will be liable to a £10 fine for each inappropriate withdrawal.

Medals: Medals will be awarded to 1st, 2nd and 3rd placed swimmers male and female, calculated on British Disability Points. (Points are awarded to each swimmer in relation to how close they are to their classification world record in each event). If less than four swimmers participate in any one event, then a minus one ruling shall apply. If only one swimmer participates then that swimmer shall be awarded a medal providing they have improved upon their entry time.

TV, Video or Close Range Photography: When the competition involves young persons and vulnerable adults 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.

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

Competitors Accreditation: All Competitors will be issued with relevant accreditation. There will be no entry to the changing area or poolside without accreditation.

Coaches/Chaperones/support staff accreditations: All Coaches and Chaperones must have relevant accreditation. Applications for coach/chaperone 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 SWIM WALES/ASA/ or the SASA and be registered on their home countries child protection database or a member of their NPC/National Swimming Federation. Personal care attendants will only be permitted for swimmers in the following classes S1, S2, S3, S4 and S11. Such attendants will be excluded from any restrictions and will be given the same accreditation as the swimmer for whom they have personal care responsibilities. A swimmer in these classifications may have both a coach and a personal care attendant in attendance.

The Accreditation fee for a Coach/Chaperone pass is £12.50 per person. One additional Support Staff for S1, S2, S3, S4 and S11 will be allowed free of charge.

ENTRY FORMS & APPLICATIONS FOR COACH/CHAPERONE PASSES MUST BE RETURNED BY NO LATER THAN 5PM ON FRIDAY 1st APRIL 2011 TO:

**EVENTS OFFICE
SWIM WALES
WALES NATIONAL POOL
SKETTY LANE
SWANSEA
SA2 8QG**

NO FORMS WILL BE ACCEPTED AFTER THIS DATE

FOR FURTHER ENTRY FORMS PLEASE GO TO www.welshasa.co.uk or call 01792 513638

EVENT SCHEDULE

All classifications will swim together (multi-disability)

Session One:

Warm up – 08:30

Competition Start – 09:30

M 200m Freestyle (S6-S15)
W 200m Freestyle (S6-S15)
M 150m Individual Medley (SM1–SM4)
W 150m Individual Medley (SM1–SM4)
M 100m Backstroke (S6–S15)
W 100m Backstroke (S6–S15)
M 50m Breaststroke (SB1–SB3)
W 50m Breaststroke (SB1–SB3)
M 100m Individual Medley (SM1-SM15)
W 100m Individual Medley (SM1-SM15)
M 100m Butterfly (S8–S15)
W 100m Butterfly (S8–S15)
M 50m Freestyle (S1–S15)
W 50m Freestyle (S1–S15)

Session Two:

Warm up – 13:30

Competition Start – 14:30

M 200m Freestyle (S1-S5 & S14)
W 200m Freestyle (S1-S5 & S14)
M 400m Freestyle (S6-S15)
W 400m Freestyle (S6-S15)
M 50m Butterfly (S1–S7)
W 50m Butterfly (S1–S7)
M 100m Breaststroke (SB4-SB9 & SB11-SB15)
W 100m Breaststroke (SB4-SB9 & SB11-SB15)
M 200m Individual Medley (SM5-SM15)
W 200m Individual Medley (SM5-SM15)
M 50m Backstroke (S1–S5)
W 50m Backstroke (S1–S5)
M 100m Freestyle (S1–S15)
W 100m Freestyle (S1–S15)

Male Qualifying Times

Distance	Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15
50m		2:45.09	1:54.04	1:22.43	1:07.90	0:58.31	0:52.26	0:48.67	0:45.76	0:44.35	0:41.67	0:46.15	0:42.31	0:41.92	0:44.44	40.19
100m	Freestyle	5:56.08	4:04.03	3:06.49	2:26.49	2:08.35	1:54.68	1:45.57	1:40.11	1:36.81	1:31.10	1:44.06	1:32.53	1:31.56	1:38.06	1:27.07
200m	Freestyle	12:47.72	8:45.76	6:18.06	5:19.00	4:35.77	3:52.81	3:52.80	3:34.35	3:30.58	3:11.81	3:51.42	3:29.68	3:23.86	3:29.44	3:08.05
400m	Freestyle						8:52.09	8:13.66	7:49.96	7:24.58	7:04.92	8:19.97	7:27.75	7:17.56	7:45.46	
50m	Back	3:00.56	1:54.50	1:27.04	1:20.87	1:10.04										
100m	Back						2:11.12	2:04.49	1:53.65	1:48.09	1:43.94	2:00.60	1:45.55	1:46.28	1:52.73	1:39.13
200m	Back															
50m	Butterfly			1:49.67	1:22.09	1:09.95	0:54.86	0:54.71								
100m	Butterfly								1:45.35	1:42.77	1:39.14	1:53.78	1:40.16	1:41.61	1:48.70	1:33.26
200m	Butterfly															
		SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SB10	SB11	SB12	SB13	SB14	SB15
50m		6:03.19	1:43.16	1:26.21												
100m	Breast				2:45.56	2:49.39	2:25.15	2:25.89	2:04.97	1:58.00		2:09.68	2:01.91	1:55.11	2:01.91	1:44.38
200m	Breast															
		SM1	SM-2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	SM14	SM15
100m		7:00.00	6:00.00	5:00.00	4:00.00	3:35.00	2:59.00	2:48.00	2:36.00	2:20.00	2:15.00	2:38.00	2:36.00	2:20.00	2:15.00	1:37.87
150m			9:43.58	5:34.49	4:34.53											
200m	Ind. Medley					6:01.15	4:54.44	4:29.02	4:11.62	3:56.89	3:50.16	4:22.12	3:50.64	3:49.55	4:06.87	3:21.69

Female Qualifying Times

Distance	Stroke	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15
50m			2:03.03	1:49.50	1:30.10	1:04.60	1:02.75	0:57.26	0:54.09	0:50.37	0:49.59	0:54.74	0:48.60	0:47.65	0:52.19	44.76
100m	Freestyle		4:23.60	4:16.09	3:13.66	2:24.36	2:16.24	2:02.88	1:56.38	1:47.41	1:46.11	1:59.00	1:46.27	1:43.82	1:54.32	1:36.63
200m	Freestyle		8:51.11	9:00.51	6:48.51	5:29.55	4:39.16	4:14.00	3:58.29	3:53.02	3:52.05	4:12.43	3:51.47	3:38.50	3:54.28	3:37.91
400m	Freestyle						9:58.86	9:10.29	8:25.26	8:05.54	7:55.20	9:25.74	8:14.67	8:00.62	8:35.86	7:46.70
50m	Back		2:13.42	1:51.15	1:47.97	1:14.73										
100m	Back						2:31.45	2:25.16	2:19.81	2:00.79	2:00.12	2:16.56	2:06.45	2:03.59	2:02.04	1:54.51
200m	Back															
50m	Butterfly			2:01.12		1:24.84	1:06.78	1:06.66								
100m	Butterfly								2:05.99	2:00.50	1:59.88	2:44.95	2:02.96	1:55.00	2:10.63	1:49.23
200m	Butterfly															
		SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	SB10	SB11	SB12	SB13	SB14	SB15
50m			2:36.77	1:58.35												
100m	Breast				3:20.33	3:09.36	2:49.29	2:40.77	2:22.00	2:18.12		2:42.10	2:19.60	2:24.30	2:22.73	2:10.90
200m	Breast															
		SM1	SM-2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	SM14	SM15
100m		8:00.00	7:00.00	6:00.00	5:00.00	4:10.00	3:44.00	3:35.00	3:16.00	2:39.00	2:38.00	3:04.00	2:43.00	2:41.00	2:38.00	1:57.61
150m				7:10.93	6:06.43											
200m	Ind. Medley					6:53.92	5:24.90	5:19.70	4:43.82	4:28.11	4:24.95	5:04.76	4:31.24	4:19.32	4:42.83	4:13.28



**2011 SWIM WALES DISABILITY SC (25m) OPEN MEET
COACH, CHAPERONE AND SUPPORT STAFF APPLICATION FORM**

Full Name: _____

Position (Coach, Chaperone, Support Staff): _____

Email: _____

Address: _____

_____ Postcode: _____

Contact Number: _____ Registration Number: _____

CRB Number: _____

Please note only members affiliated to Swim Wales/Scottish Swimming/ASA or a member of a FINA affiliated country will be eligible for a coaches pass.

PLEASE SEND A PASSPORT SIZED PHOTO FOR EACH PASS OR EMAIL A HEAD AND SHOULDERS SHOT TO events@welshasa.co.uk

ONLY APPLICATIONS WITH A PHOTOGRAPH WILL BE ACCEPTED.

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

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

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

CLOSING DATE: 1 April 2011



**2011 SWIM WALES DISABILITY SC (25m) OPEN MEET
MEDICAL FORM**

If your medical condition requires you to have a spotter please complete this form and return to:
SWIM WALES Office, Wales National Pool, Sketty Lane, Swansea. SA2 8QG.

Name: _____

Address: _____

_____ **Postcode:** _____

Email: _____ **Contact No:** _____

Please complete below as appropriate:

I confirm I am subject to Epileptic fits

My Spotter is: _____

I confirm that due to my medical condition I require supervision whilst in the pool

My Spotter is: _____

I can confirm that the above details are correct and that I will inform the organisers of any changes.

Signature: _____ **Date:** _____

Parent/Guardian Signature (if under 18): _____

**Closing date for all entries is Friday 1st April 2011. Entries received after this deadline
will be rejected**



**2011 SWIM WALES DISABILITY SC (25m) OPEN MEET
SWIM WALES CONFIDENTIAL MEDICAL FORM. PLEASE PRINT
(ALL SWIMMERS ARE REQUIRED TO COMPLETE THIS FORM)**

REGION / Home Country:

MALE / FEMALE (DELETE AS APPROPRIATE)

SWIMMER / STAFF (DELETE AS APPROPRIATE)

Surname.....

Forename.....

Date of Birth

Address:.....

.....Postcode:.....

Tel: Home:Work:

Email:.....

GP's Details:

Name:

Address.....

.....

Tele:

Next of Kin/ Emergency

Contact Name:

Relationship:

Address.....

.....

Tele:.....Home.....

Work.....Mobile.....

DISABILITY: Please include medical details relating to disability (e.g. C6 Tetraplegia)

Are you subject to any sudden illnesses, for example, fits, kidney or bladder infection, chest infection that you require urgent treatment? If so, what tablets, injections or treatment do you require?

REGULAR MEDICATION AND DOSAGE (include inhalers)

.....

REGULAR MEDICATION AND DOSAGE (include inhalers).....

.....

Allergies (Put 'None' if none known).....

Reactions & Symptoms.....

Vitamins/ Supplements:.....

Current injuries or medical treatment? Any other relevant information: (if necessary continue on reverse of form)

I confirm the above details are correct and that I will inform the organisers immediately of any changes.

Signature:Date:

Signature: Parent/Guardian

(To be signed by the parent/guardian of any competitor under the age of 18 years).