



Swim Wales

2008

WELSH SUMMER NATIONALS

(under Swim Wales Laws)

Thursday 31st July – Sunday 3rd August
(All session times to be confirmed)

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 2008 ASA Age Group & Youth National Championships. Swimmers may enter any event they do not have a qualifying time in at the 2008 ASA Age Group & Youth National Championships.

Championship Information & Conditions

2008 WELSH SUMMER NATIONALS
31st JULY – 3rd AUGUST 2008 – Wales National Pool, Swansea

This meet is an OPEN Event.

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 23rd June 2008

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 14th 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

Entries produced from Hy-Tek's Team Manager or Team Manager Lite software as electronic entries provided on a floppy disc, CD or as an e-mail attachment are preferable. Please supply the Hy-Tek Meet Entry Fee Summary with payment (*entry forms to be kept with the club*). No entries will be processed until the correct payment is received and this **must** be received by the closing date as stated above.

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 secretary@welshasa.co.uk

Paper entry forms 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.

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 23rd June 2008
- and not sent recorded delivery prior to this date.

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 at this meet that they have achieved the qualifying time for at the 2008 ASA Age Group & Youth National Championships. However, swimmers may enter any event they do not have a qualifying time in at the 2008 ASA Age Group & Youth National Championships .
- Any swimmer who qualifies for the 2008 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.
- For males aged 11 years & under entry for the 100m Breaststroke, Backstroke, Butterfly and Freestyle Events are dependent on QUALIFYING AND SWIMMING the 200m Event in that particular stroke. Anyone who does not swim the 200m event will automatically be removed from the 100m event as in keeping with the ASA National BAGCAT Championships.
- 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: £8 per event OR £7 per event if submitted electronically using Hy-tek Team Manager or TM Lite, which can be obtained from our website.

Team events: £15 per relay event OR £13 per relay event If submitted electronically using Hy-tek Team Manager or TM Lite, which can be obtained from our website.

AGE GROUPS

Age groups for individual events are as follows:

Age Groups	Age as at last day of meet	Youth
Boys		Boys
12 years & under, 13/14 years		15/16 years, 17/18 years
Girls		Girls
11 years & Under, 12/13 years		14/15 years, 16/17 years

Age groups for relay events are as follows:

Age Groups	Age as at last day of meet	Youth
Boys		Boys
14 years & under		18 years & Under
Girls		Girls
13 years & Under		17 years & Under

HEATS

- Age groups will swim together in the heats (e.g. Boys 14yrs & Under)
- 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.

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.
- The fastest heat of Heat Declared Winner Events will be swum in the finals session (In these events age groups will swim together).

PRIZES

- Medals will be awarded to the 1st - 3rd placed swimmers in all finals/timed finals.

DOPING CONTROL

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

SPECTATORS

Admission charges

- £3 per session
 - £7.00 Per day
 - £23.00 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 23rd June 2008. APPLICATIONS RECEIVED AFTER THIS DATE WILL BE REJECTED. PASSES WILL NOT BE ISSUED DURING THE MEET UNDER ANY CIRCUMSTANCES.

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.

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 – 513636

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.
- 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 20 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 call room 15 minutes before the start time for their final, and to remain in the call room until the marshal indicates they are to proceed to the poolside. Once a swimmer has entered the 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 ensure that they 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.



WELSH SUMMER NATIONALS 31st JULY – 3rd AUGUST 2008



Long Course Upper and Lower Time Standards

Girls 11		Girls 12		Girls 13		LC Times	Boys 11		Boys 12		Boys 13		Boys 14	
UQT	LGT	UQT	LGT	UQT	LGT	Event	UQT	LGT	UQT	LGT	UQT	LGT	UQT	LGT
01:07.28	01:24.10	01:04.74	01:15.79	01:03.16	01:15.79	100 Free		01:24.73	01:02.76	01:24.73	00:59.87	01:12.74	00:58.19	01:12.74
02:25.41	03:01.76	02:19.73	02:42.84	02:15.70	02:42.84	200 Free	02:24.56	03:04.60	02:16.74	03:04.60	02:10.53	02:38.09	02:06.47	02:38.09
05:01.93	06:17.41	04:50.29	05:39.70	04:43.08	05:39.70	400 Free	04:59.31	06:26.05	04:45.96	06:26.05	04:34.71	05:32.64	04:26.11	05:32.64
10:27.43	13:04.29	09:59.79	11:38.12	09:41.77	11:38.12	800 Free		13:27.53	09:58.17	13:27.53	09:34.27	11:36.15	09:16.92	11:36.15
20:04.67	25:05.84	19:11.60	22:36.34	18:50.28	22:36.34	1500 Free		25:30.86	18:53.97	25:30.86	18:08.66	21:59.71	17:35.77	21:59.71
01:16.72	01:35.90	01:12.89	01:25.60	01:11.33	01:25.60	100 Back		01:36.94	01:11.81	01:36.94	01:08.15	01:21.50	01:05.20	01:21.50
02:42.97	03:23.71	02:35.51	03:02.18	02:31.82	03:02.18	200 Back	02:43.25	03:27.60	02:33.78	03:27.60	02:26.26	02:56.35	02:21.08	02:56.35
01:26.79	01:48.49	01:21.94	01:34.88	01:19.07	01:34.88	100 Breast		01:49.30	01:20.96	01:49.30	01:16.31	01:31.99	01:13.59	01:31.99
03:05.55	03:51.94	02:56.39	03:24.22	02:50.19	03:24.22	200 Breast	03:07.25	03:56.29	02:55.03	03:56.29	02:45.62	03:18.32	02:38.66	03:18.32
01:15.10	01:33.87	01:11.37	01:22.78	01:08.98	01:22.78	100 Fly		01:34.39	01:09.92	01:34.39	01:06.16	01:19.10	01:03.28	01:19.10
02:45.39	03:26.74	02:37.13	03:01.27	02:31.06	03:01.27	200 Fly	02:44.72	03:28.60	02:34.52	03:28.60	02:26.23	02:55.13	02:20.10	02:55.13
02:45.05	03:26.31	02:37.54	03:04.45	02:33.71	03:04.45	200 IM	02:44.61	03:29.98	02:35.54	03:29.98	02:28.01	02:58.74	02:22.99	02:58.74
05:46.78	07:13.48	05:31.55	06:27.06	05:22.55	06:27.06	400 IM	05:47.45	07:23.81	05:28.75	07:23.81	05:13.74	06:18.70	05:02.96	06:18.70

Girls 14		Girls 15		Girls 16		Girls 17		LC Times	Boys 15		Boys 16		Boys 17 & 18	
UQT	LGT	UQT	LGT	UQT	LGT	UQT	LGT	Event	UQT	LGT	UQT	LGT	UQT	LGT
00:29.10	00:32.90	00:28.61	00:32.90	00:28.48	00:32.75	00:28.48	00:32.75	50 Free	00:26.27	00:30.80	00:25.67	00:30.80	00:25.60	00:30.72
01:02.11	01:10.93	01:01.68	01:10.93	01:01.30	01:10.49	01:01.30	01:10.49	100 Free	00:56.86	01:07.08	00:55.90	01:07.08	00:55.34	01:06.41
02:13.48	02:31.92	02:12.10	02:31.92	02:11.36	02:30.29	02:10.69	02:30.29	200 Free	02:03.89	02:25.26	02:01.05	02:25.26	02:00.04	02:24.05
04:39.07	05:18.60	04:37.04	05:18.60	04:35.06	05:16.00	04:34.78	05:16.00	400 Free	04:21.73	05:08.21	04:16.84	05:08.21	04:15.63	05:06.76
09:35.26	10:57.03	09:31.33	10:57.03	09:25.12	10:49.89	09:25.12	10:49.89	800 Free	09:12.44	10:52.84	09:04.03	10:52.84	09:01.42	10:49.70
18:24.50	21:01.49	18:16.95	21:01.49	18:05.03	20:47.78	18:05.03	20:47.78	1500 Free	17:14.37	20:24.66	17:00.55	20:24.66	16:51.43	20:13.72
01:10.01	01:19.65	01:09.26	01:19.65	01:08.86	01:19.02	01:08.71	01:19.02	100 Back	01:03.88	01:15.26	01:02.72	01:15.26	01:02.45	01:14.94
02:29.42	02:49.44	02:27.34	02:49.44	02:26.03	02:47.93	02:26.03	02:47.93	200 Back	02:17.59	02:41.81	02:14.84	02:41.81	02:13.90	02:40.68
01:17.90	01:29.10	01:17.48	01:29.10	01:16.91	01:27.84	01:16.38	01:27.84	100 Breast	01:12.03	01:24.29	01:10.24	01:24.29	01:09.33	01:23.20
02:46.76	03:10.44	02:45.60	03:10.44	02:45.50	03:09.73	02:44.98	03:09.73	200 Breast	02:35.22	03:03.47	02:32.89	03:03.47	02:30.41	03:00.49
01:08.09	01:17.36	01:07.27	01:17.36	01:06.80	01:16.36	01:06.40	01:16.36	100 Fly	01:01.65	01:12.64	01:00.53	01:12.64	00:59.78	01:11.74
02:28.22	02:49.43	02:27.33	02:49.43	02:25.91	02:46.46	02:24.75	02:46.46	200 Fly	02:16.30	02:40.69	02:13.91	02:40.69	02:12.83	02:39.40
02:31.31	02:52.09	02:29.64	02:52.09	02:28.55	02:50.48	02:28.24	02:50.48	200 IM	02:20.02	02:44.22	02:16.85	02:44.22	02:15.62	02:42.74
05:18.03	06:02.25	05:15.00	06:02.25	05:12.21	05:59.04	05:12.21	05:59.04	400 IM	04:57.36	05:50.05	04:51.71	05:50.05	04:49.69	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)

For males aged 11 years & under entry for the 100m Breaststroke, Backstroke, Butterfly and Freestyle Events are dependent on QUALIFYING AND SWIMMING the 200m Event in that particular stroke. Anyone who does not swim the 200m event will automatically be removed from the 100m event as in keeping with the ASA National BAGCAT Championships.

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



WELSH SUMMER NATIONALS 31st JULY – 3rd AUGUST 2008



Short Course Upper and Lower Time Standards

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
01:05.11	01:22.45	01:02.85	01:14.30	01:01.52	01:14.30	100 Free		01:23.07	01:00.73	01:23.07	00:58.13	01:11.31	00:56.64	01:11.31
02:20.69	02:58.20	02:15.63	02:39.65	02:12.17	02:39.65	200 Free	02:19.42	03:00.98	02:12.21	03:00.98	02:06.69	02:34.99	02:03.08	02:34.99
04:52.09	06:10.02	04:41.73	05:33.04	04:35.62	05:33.04	400 Free	04:48.56	06:18.48	04:36.53	06:18.48	04:26.56	05:26.12	04:18.91	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
01:14.33	01:34.02	01:10.82	01:23.92	01:08.99	01:23.92	100 Back		01:35.04	01:09.56	01:35.04	01:06.21	01:19.90	01:03.49	01:19.90
02:37.82	03:19.72	02:31.07	02:58.61	02:27.89	02:58.61	200 Back	02:37.72	03:23.53	02:28.86	03:23.53	02:22.07	02:52.89	02:17.29	02:52.89
01:24.11	01:46.36	01:19.60	01:33.02	01:17.03	01:33.02	100 Breast		01:47.16	01:18.48	01:47.16	01:14.17	01:30.19	01:11.70	01:30.19
02:59.85	03:47.39	02:51.44	03:20.22	02:45.78	03:20.22	200 Breast	03:00.95	03:51.66	02:49.45	03:51.66	02:40.86	03:14.43	02:34.43	03:14.43
01:12.80	01:32.03	01:09.38	01:21.16	01:07.23	01:21.16	100 Fly		01:32.54	01:07.76	01:32.54	01:04.32	01:17.55	01:01.62	01:17.55
02:40.29	03:22.69	02:32.72	02:57.69	02:27.25	02:57.69	200 Fly	02:39.12	03:24.51	02:29.60	03:24.51	02:22.04	02:51.70	02:16.37	02:51.70
02:39.84	03:22.26	02:32.95	03:00.83	02:29.72	03:00.83	200 IM	02:38.91	03:25.86	02:30.62	03:25.86	02:23.74	02:55.24	02:19.10	02:55.24
05:35.82	07:04.98	05:21.84	06:19.47	05:14.18	06:19.47	400 IM	05:35.34	07:15.11	05:18.25	07:15.11	05:04.71	06:11.27	04:54.90	06:11.27

Girls 14		Girls 15		Girls 16		Girls 17		SC Times	Boys 15		Boys 16		Boys 17 & 18	
UQT	LGT	UQT	LGT	UQT	LGT	UQT	LGT	Event	UQT	LGT	UQT	LGT	UQT	LGT
00:28.41	00:32.25	00:27.92	00:32.25	00:27.80	00:32.11	00:27.80	00:32.11	50 Free	00:25.63	00:30.20	00:25.04	00:30.20	00:24.98	00:30.12
01:00.57	01:09.54	01:00.14	01:09.54	00:59.67	01:09.11	00:59.67	01:09.11	100 Free	00:55.45	01:05.76	00:54.47	01:05.76	00:53.86	01:05.11
02:10.23	02:28.94	02:08.81	02:28.94	02:08.11	02:27.34	02:07.37	02:27.34	200 Free	02:00.64	02:22.41	01:57.97	02:22.41	01:57.02	02:21.23
04:32.15	05:12.35	04:29.20	05:12.35	04:28.25	05:09.80	04:27.04	05:09.80	400 Free	04:14.87	05:02.17	04:10.14	05:02.17	04:07.41	05:00.75
	10:44.15		10:44.15		10:37.15		10:37.15	800 Free		10:40.04		10:40.04		10:36.96
	20:36.74		20:36.74		20:23.31		20:23.31	1500 Free		20:00.65		20:00.65		19:49.33
01:07.78	01:18.09	01:06.42	01:18.09	01:06.18	01:17.47	01:05.83	01:17.47	100 Back	01:01.72	01:13.78	01:00.61	01:13.78	00:59.58	01:13.47
02:24.55	02:46.12	02:21.96	02:46.12	02:20.93	02:44.49	02:20.49	02:44.49	200 Back	02:12.73	02:38.64	02:10.69	02:38.64	02:08.93	02:37.53
01:15.66	01:27.35	01:15.01	01:27.35	01:14.78	01:26.12	01:14.31	01:26.12	100 Breast	01:09.80	01:22.64	01:08.17	01:22.64	01:07.40	01:21.57
02:42.66	03:06.71	02:41.57	03:06.71	02:41.02	03:06.01	02:40.85	03:06.01	200 Breast	02:31.22	02:59.87	02:29.10	02:59.87	02:26.43	02:56.95
01:06.47	01:15.84	01:05.63	01:15.84	01:05.19	01:14.86	01:04.82	01:14.86	100 Fly	01:00.13	01:11.22	00:59.02	01:11.22	00:58.28	01:10.33
02:24.67	02:46.11	02:23.84	02:46.11	02:22.36	02:43.20	02:21.27	02:43.20	200 Fly	02:12.90	02:37.54	02:10.54	02:37.54	02:09.04	02:36.27
02:27.56	02:48.72	02:25.72	02:48.72	02:24.90	02:47.14	02:24.61	02:47.14	200 IM	02:15.77	02:41.00	02:13.38	02:41.00	02:11.79	02:39.55
05:10.28	05:55.15	05:05.56	05:55.15	05:04.51	05:52.00	05:02.60	05:52.00	400 IM	04:48.16	05:43.19	04:42.71	05:43.19	04:40.01	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)

For males aged 11 years & under entry for the 100m Breaststroke, Backstroke, Butterfly and Freestyle Events are dependent on QUALIFYING AND SWIMMING the 200m Event in that particular stroke. Anyone who does not swim the 200m event will automatically be removed from the 100m event as in keeping with the ASA National BAGCAT Championships.

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

BIOGRAPHICAL DETAILS

DATE COMPLETED.....

FAMILY NAME: FIRST NAME:

CLUB/FEDERATION:

DATE OF BIRTH: HEIGHT: WEIGHT:

NAME & ADDRESS OF COACH:

.....
.....

ACHIEVEMENTS

International (inc Squad Member, Title of Event, Year, Distance, Stroke, Time etc)

.....
.....
.....
.....

National (inc Title of Event, Year, Distance, Stroke, Time etc)

.....
.....
.....
.....

District Summer (inc Title of Event, Year, Distance, Stroke, Time etc)

.....
.....
.....

BEST TIMES:

Stroke

Distance

Time

(Please state whether SC or LC)

.....
.....
.....
.....
.....

HOBBIES:

.....
.....

Whilst it is understood that completing biographical details can be tedious. Up to date biographies are always valuable for use by commentators and media.

We would be grateful if you choose to complete this form and that you enter the date completed on the top of the form. We will then retain the forms for future use and only replace them when you send in a new updated form. Please therefore enclose as a separate piece of paper and not on the back of an entry form.



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

WELSH SUMMER NATIONALS COACH/CHAPERONE PASS

31st JULY – 3rd AUGUST 2008

INDIVIDUAL APPLICATION FORM

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

PLEASE NOTE YOU CAN NOW PURCHASE YOUR 2008-2009 COACHES PASS

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 £10 (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.

**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 23rd June 2008



**WELSH SUMMER NATIONALS
SCHEDULE OF EVENTS**

31st JULY – 3rd AUGUST 2008

Day 1 - Heats Session 1	Day 2 - Heats Session 4	Day 3 - Heats Session 7	Day 4 - Heats Session 10
1&2 Youth 400 Free (HDW) 3&4 AG 200 Fly 5&6 Youth 200 Breast 7&8 AG 100 Back 9&10 Youth 4 x 50 Medley Relay	19&20 AG 100 Breast 21&22 Youth 200 Back 23&24 AG 100 Fly 25&26 Youth 400 IM (HDW) 27&28 AG 200 Free	37&38 AG 200 Back 39&40 Youth 100 Breast 41&42 AG 400 IM (HDW) 43&44 Youth 100 Fly 45&46 AG 100 Free	53&54 Youth 200 Fly 55&56 AG 400 Free (HDW) 57&58 Youth 100 Back 59&60 AG 200 Breast 61&62 Youth 800 Free (HDW)
Day 1 - Heats Session 2	Day 2 - Heats Session 5	Day 3 - Heats Session 8	Day 4 - Finals Session 11
11&12 AG 4 x 50 Medley Relay 13&14 Youth 50 Free 15&16 AG 800 Free (HDW) 17&18 Youth 200 IM	29&30 Youth 100 Free 31&32 AG 200 IM 33&34 Youth 1500 Free (HDW) 35&36 AG 4 x 50 Free Relay	47&48 Youth 200 Free 49&50 AG 1500 Free (HDW) 51&52 Youth 4 x 50 Free Relay	53&54 Youth 200 Fly 55&56 AG 400 Free (Fastest Ht) 57&58 Youth 100 Back 59&60 AG 200 Breast 61&62 Youth 800 Free (Fastest Ht)
Day 1 - Finals 3	Day 2 - Finals 6	Day 3 - Finals 9	
1&2 Youth 400 Free (Fastest Ht) 3&4 AG 200 Fly 5&6 Youth 200 Breast 7&8 AG 100 Back 9&10 Youth 4 x 50 Medley Relay 11&12 AG 4 x 50 Medley Relay 13&14 Youth 50 Free 15&16 AG 800 Free (Fastest Ht) 17&18 Youth 200 IM	19&20 AG 100 Breast 21&22 Youth 200 Back 23&24 AG 100 Fly 25&26 Youth 400 IM (Fastest Ht) 27&28 AG 200 Free 29&30 Youth 100 Free 31&32 AG 200 IM 33&34 Youth 1500 Free (Fastest Ht) 35&36 AG 4 x 50 Free Relay	37&38 AG 200 Back 39&40 Youth 100 Breast 41&42 AG 400 IM (Fastest Ht) 43&44 Youth 100 Fly 45&46 AG 100 Free 47&48 Youth 200 Free 49&50 AG 1500 Free (Fastest Ht) 51&52 Youth 4 x 50 Free Relay	

Male Events will be swum before female events. Please note the fastest heat of every HDW event will take place in the finals session

Individual Events - Age as at last day of meet

Age Groups

Youth

Boys

Girls

Boys

Girls

12 years & under, 13/14 years

11 years & Under, 12/13 years

15/16 years, 17/18 years

14/15 years, 16/17 years

Relay Events - Age as at last day of meet

14 years & under

13 years & Under

18 years & Under

17 years & Under



WELSH SUMMER NATIONALS
(under Swim Wales rules)
31st JULY – 3rd AUGUST 2008
Wales National Pool, Swansea



Relay Entry Form

Please send completed entries with cheques payable to Swim Wales to The Swim Wales Office, Wales National Pool, Sketty, Swansea, SA2 8QG.

Please see enclosed table for qualifying times.

CLOSING DATE FOR ENTRIES: Monday 23rd June 2008

PLEASE COMPLETE IN BLOCK LETTERS

CLUB..... CLUB COACH

EMAIL..... TEL

- Any swimmer who qualifies for the 2008 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.

Please list competitors in the order they will swim. Please note it is your responsibility to notify the Swim Wales Office of any changes to the teams prior to the end of warm-up on the session the event will be swum.

AGES	GIRLS 4 X 50 MEDLEY	GIRLS 4 x 50 FREE
13 & Under (Closed)	Entry Time:	Entry Time:
	1	1
	2	2
	3	3
	4	4
	FEMALE 4 X 50 MEDLEY	FEMALE 4 X 50 FREE
17 & Under (Open)	Entry Time:	Entry Time:
	1	1
	2	2
	3	3
	4	4

AGES	BOYS 4 X 50 MEDLEY	BOYS 4 X 50 FREE
14 & Under (Closed)	Entry Time:	Entry Time:
	1	1
	2	2
	3	3
	4	4
	MALE 4 X 50 MEDLEY	MALE 4 X 50 FREE
18 & Under (Open)	Entry Time:	Entry Time:
	1	1
	2	2
	3	3
	4	4

..... TEAMS at £15.00/£13.00 Electronically per team - TOTAL £.....

TO BE COMPLETED BY THE CLUB COACH.

I declare that all the above competitors have reached the standard of the ASA Competitive Start Award and are permitted to start with a shallow racing dive from the starting blocks into shallow water of between 0.9 metres and 1.5 metres.

Signed.....

If you are unable to sign the above declaration in respect of any swimmer, that swimmer must start in the water - see Safety Guidelines for Competitive Swimming issued by Swim Wales.

ADDITIONAL SIGNATURE OF CLUB SECRETARY REQUIRED

Signed Club Secretary.....