



British Gas Swim Wales

SUMMER NATIONALS 2009

(under FINA Technical Rules & Swim Wales Laws)

Thursday 30th July – Sunday 2nd August
(All session times to be confirmed)

Meet License No. 09WL1-007

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 2009 ASA Age Group & Youth National Championships. Swimmers may enter any event they do not have a qualifying time in at the 2009 ASA Age Group & Youth National Championships.

Championship Information & Conditions

2009 WELSH SUMMER NATIONALS 30th JULY – 2nd AUGUST 2009 – 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 22nd June 2009

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.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 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 22nd June 2009
- 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 2009 ASA Age Group & Youth National Championships. However, swimmers may enter any event they do not have a qualifying time in at the 2009 ASA Age Group & Youth National Championships .
- Any swimmer who qualifies for the 2009 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: £7 per event using Hy-tek Team Manager or TM Lite, which can be obtained from our website.

Team events: £13 per relay event 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 as at last day of meet	Youth
Age Groups		Boys
Boys		Boys
10 - 12 years, 13/14 years		15/16 years, 17/18 years
Girls		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		Boys
10 - 14 years		18 years & Under
Girls		Girls
10- 13 years		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
 - £25.00 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 22nd June 2009. 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 30th JULY – 2nd AUGUST 2009



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
1:07.15	01:24.10	1.04.35	01:15.79	01:02.94	01:15.79	100 Free		01:24.73	01:02.38	01:24.73	00:59.54	01:12.74	00:57.97	01:12.74
2:24.96	03:01.76	2:19.03	02:42.84	02:15.19	02:42.84	200 Free	02:24.01	03:04.60	02:15.71	03:04.60	02:10.01	02:38.09	02:05.94	02:38.09
5:01.01	06:17.41	4:49.43	05:39.70	04:42.16	05:39.70	400 Free	05:00.71	06:26.05	04:44.99	06:26.05	04:33.87	05:32.64	04:25.24	05:32.64
10:25.59	13:04.29	9:57.54	11:38.12	09:40.46	11:38.12	800 Free		13:27.53	09:55.93	13:27.53	09:32.67	11:36.15	09:15.25	11:36.15
20:25.14	25:05.84	19:25.36	22:36.34	18:36.97	22:36.34	1500 Free		25:30.86	18:50.51	25:30.86	18:06.33	21:59.71	17:33.25	21:59.71
1:16.70	01:35.90	1:12.80	01:25.60	01:11.27	01:25.60	100 Back		01:36.94	01:11.78	01:36.94	01:08.09	01:21.50	01:05.26	01:21.50
2:42.90	03:23.71	2:35.58	03:02.18	02:31.81	03:02.18	200 Back	2:48.68	03:27.60	02:33.83	03:27.60	02:26.13	02:56.35	02:21.27	02:56.35
1:26.81	01:48.49	1:22.07	01:34.88	01:19.14	01:34.88	100 Breast		01:49.30	01:22.06	01:49.30	01:17.42	01:31.99	01:13.66	01:31.99
3:04.85	03:51.94	2:56.62	03:24.22	02:50.41	03:24.22	200 Breast	03:06.42	03:56.29	02:55.23	03:56.29	02:48.07	03:18.32	02:38.89	03:18.32
1:15.19	01:33.87	1:11.26	01:22.78	01:09.01	01:22.78	100 Fly		01:34.39	01:09.69	01:34.39	01:06.09	01:19.10	01:03.38	01:19.10
2:48.76	03:26.74	2:36.89	03:01.27	02:31.29	03:01.27	200 Fly	02:49.41	03:28.60	02:35.29	03:28.60	02:26.05	02:55.13	02:20.07	02:55.13
2:44.65	03:26.31	2:36.95	03:04.45	02:33.25	03:04.45	200 IM	02:43.74	03:29.98	02:34.80	03:29.98	02:27.56	02:58.74	02:22.72	02:58.74
5:44.95	07:13.48	5:29.47	06:27.06	05:21.18	06:27.06	400 IM	05:47.65	07:23.81	05:27.17	07:23.81	05:12.83	06:18.70	05:02.44	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
00:28.94	00:32.90	00:28.55	00:32.90	00:28.44	00:32.75	00:28.44	00:32.75	50 Free	00:26.21	00:30.80	00:25.57	00:30.80	00:25.52	00:30.72
01:01.92	01:10.93	01:01.52	01:10.93	01:01.13	01:10.49	01:00.74	01:10.49	100 Free	00:56.71	01:07.08	00:55.65	01:07.08	00:55.16	01:06.41
02:13.23	02:31.92	02:11.62	02:31.92	02:11.00	02:30.29	02:09.79	02:30.29	200 Free	02:02.94	02:25.26	02:00.89	02:25.26	01:59.56	02:24.05
04:38.26	05:18.60	04:36.07	05:18.60	04:34.35	05:16.00	04:32.66	05:16.00	400 Free	04:21.27	05:08.21	04:16.35	05:08.21	04:14.72	05:06.76
09:34.24	10:57.03	09:29.99	10:57.03	09:24.64	10:49.89	09:24.64	10:49.89	800 Free	09:05.71	10:52.84	08:56.60	10:52.84	08:52.62	10:49.70
18:24.34	21:01.49	18:16.95	21:01.49	18:05.03	20:47.78	18:05.03	20:47.78	1500 Free	17:13.43	20:24.66	16:57.85	20:24.66	16:57.49	20:13.72
01:10.15	01:19.65	01:09.22	01:19.65	01:08.84	01:19.02	01:08.40	01:19.02	100 Back	01:03.78	01:15.26	01:02.74	01:15.26	01:02.32	01:14.94
02:29.53	02:49.44	02:27.17	02:49.44	02:26.22	02:47.93	02:25.76	02:47.93	200 Back	02:17.78	02:41.81	02:14.88	02:41.81	02:13.50	02:40.68
01:17.96	01:29.10	01:17.70	01:29.10	01:17.24	01:27.84	01:17.24	01:27.84	100 Breast	01:11.93	01:24.29	01:10.55	01:24.29	01:09.13	01:23.20
02:46.83	03:10.44	02:45.83	03:10.44	02:45.83	03:09.73	02:45.83	03:09.73	200 Breast	02:35.00	03:03.47	02:35.00	03:03.47	02:30.13	03:00.49
01:08.03	01:17.36	01:07.16	01:17.36	01:06.79	01:16.36	01:06.32	01:16.36	100 Fly	01:01.71	01:12.64	01:00.52	01:12.64	00:59.82	01:11.74
02:27.98	02:49.43	02:27.25	02:49.43	02:26.74	02:46.46	02:26.74	02:46.46	200 Fly	02:16.42	02:40.69	02:14.13	02:40.69	02:12.66	02:39.40
02:31.08	02:52.09	02:29.22	02:52.09	02:28.20	02:50.48	02:27.58	02:50.48	200 IM	02:19.39	02:44.22	02:16.70	02:44.22	02:15.23	02:42.74
05:17.50	06:02.25	05:14.10	06:02.25	05:12.96	05:59.04	05:11.34	05:59.04	400 IM	04:55.75	05:50.05	04:50.87	05:50.05	04:49.14	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 10/11, 12/13 Years, 14/15 Years, 16/17 Years. Boys 10 - 12, 13/14 Years, 15/16 Years, 17/18 Years



WELSH SUMMER NATIONALS 30th JULY – 2nd AUGUST 2009



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
01:04.95	01:22.45	01:02.36	01:14.30	01:01.09	01:14.30	100 Free		01:23.07	01:00.25	01:23.07	00:57.53	01:11.31	00:56.17	01:11.31
02:20.25	02:58.20	02:14.67	02:39.65	02:11.20	02:39.65	200 Free	02:18.94	03:00.98	02:11.04	03:00.98	02:05.58	02:34.99	02:01.87	02:34.99
04:51.08	06:10.02	04:40.34	05:33.04	04:33.79	05:33.04	400 Free	04:50.14	06:18.48	04:35.03	06:18.48	04:24.49	05:26.12	04:16.76	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
01:14.28	01:34.02	01:10.54	01:23.92	01:09.22	01:23.92	100 Back		01:35.04	01:09.37	01:35.04	01:05.86	01:19.90	01:03.24	01:19.90
02:37.65	03:19.72	02:30.79	02:58.61	02:27.41	02:58.61	200 Back	02:37.19	03:23.53	02:28.60	03:23.53	02:21.27	02:52.89	02:16.92	02:52.89
01:24.08	01:46.36	01:19.55	01:33.02	01:16.82	01:33.02	100 Breast		01:47.16	01:19.33	01:47.16	01:14.92	01:30.19	01:11.40	01:30.19
02:58.91	03:47.39	02:51.28	03:20.22	02:45.38	03:20.22	200 Breast	03:00.19	03:51.66	02:49.39	03:51.66	02:42.73	03:14.43	02:34.03	03:14.43
01:12.84	01:32.03	01:09.09	01:21.16	01:07.01	01:21.16	100 Fly		01:32.54	01:07.40	01:32.54	01:03.93	01:17.55	01:01.46	01:17.55
02:43.54	03:22.69	02:32.17	02:57.69	02:26.92	02:57.69	200 Fly	02:43.91	03:24.51	02:30.16	03:24.51	02:21.26	02:51.70	02:15.80	02:51.70
02:39.37	03:22.26	02:32.07	03:00.83	02:28.75	03:00.83	200 IM	02:38.21	03:25.86	02:29.54	03:25.86	02:22.63	02:55.24	02:18.22	02:55.24
05:33.95	07:04.98	05:19.24	06:19.47	05:11.77	06:19.47	400 IM	05:35.66	07:15.11	05:15.99	07:15.11	05:02.44	06:11.27	04:52.96	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
00:28.16	00:32.25	00:27.83	00:32.25	00:27.75	00:32.11	00:27.75	00:32.11	50 Free	00:25.50	00:30.20	00:24.91	00:30.20	00:24.89	00:30.12
01:00.21	01:09.54	00:59.93	01:09.54	00:59.63	01:09.11	00:59.30	01:09.11	100 Free	00:55.10	01:05.76	00:54.17	01:05.76	00:53.75	01:05.11
02:09.46	02:28.94	02:08.22	02:28.94	02:07.77	02:27.34	02:06.63	02:27.34	200 Free	01:59.38	02:22.41	01:57.65	02:22.41	01:56.47	02:21.23
04:30.45	05:12.35	04:28.82	05:12.35	04:27.49	05:09.80	04:26.03	05:09.80	400 Free	04:13.91	05:02.17	04:09.48	05:02.17	04:08.08	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
01:08.25	01:18.09	01:07.42	01:18.09	01:07.14	01:17.47	01:06.76	01:17.47	100 Back	01:01.98	01:13.78	01:01.11	01:13.78	01:00.79	01:13.47
02:25.45	02:46.12	02:23.33	02:46.12	02:22.59	02:44.49	02:22.23	02:44.49	200 Back	02:13.86	02:38.64	02:11.31	02:38.64	02:10.15	02:37.53
01:15.80	01:27.35	01:15.72	01:27.35	01:15.35	01:26.12	01:15.35	01:26.12	100 Breast	01:09.93	01:22.64	01:08.70	01:22.64	01:07.43	01:21.57
02:42.25	03:06.71	02:41.49	03:06.71	02:41.49	03:06.01	02:41.49	03:06.01	200 Breast	02:30.62	02:59.87	02:30.62	02:59.87	02:26.40	02:56.95
01:06.18	01:15.84	01:05.44	01:15.84	01:05.17	01:14.86	01:04.69	01:14.86	100 Fly	00:59.99	01:11.22	00:58.92	01:11.22	00:58.33	01:10.33
02:23.94	02:46.11	02:23.49	02:46.11	02:23.14	02:43.20	02:23.14	02:43.20	200 Fly	02:12.51	02:37.54	02:10.60	02:37.54	02:09.36	02:36.27
02:26.89	02:48.72	02:25.39	02:48.72	02:24.58	02:47.14	02:23.99	02:47.14	200 IM	02:15.45	02:41.00	02:13.03	02:41.00	02:11.80	02:39.55
05:08.69	05:55.15	05:05.84	05:55.15	05:05.17	05:52.00	05:03.89	05:52.00	400 IM	04:47.43	05:43.19	04:43.20	05:43.19	04:41.73	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 10/11, 12/13 Years, 14/15 Years, 16/17 Years. Boys 10 - 12, 13/14 Years, 15/16 Years, 17/18 Years



SUMMER NATIONALS 2009

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:					

2008-2009 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

WELSH SUMMER NATIONALS COACH/CHAPERONE PASS

30th JULY – 2nd AUGUST 2009

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 22nd June 2009



WELSH SUMMER NATIONALS SCHEDULE OF EVENTS

30th JULY – 2nd AUGUST 2009

Session 1			Session 4			Session 7			Session 10		
1&2	AG	400 Freestyle	13&14	Y	200 Breaststroke	27&28	Y	100 Breaststroke	43&44	Y	200 Butterfly
3&4	Y	50 Freestyle	15&16	AG	100 Freestyle	29&30	AG	800 Freestyle	45&46	AG	100 Breaststroke
5&6	AG	100 Backstroke	17&18	Y	400 Ind. Medley	31&32	Y	200 Ind. Medley	47&48	Y	1500 Freestyle
			19&20	AG	200 Backstroke				49&50	AG	200 Freestyle
Session 2			Session 5			Session 8			Session 11		
7&8	Y	800 Freestyle	21&22	Y	100 Butterfly	33&34	AG	100 Butterfly	51&52	Y	100 Freestyle
9&10	AG	200 Ind. Medley	23&24	AG	1500 Freestyle	35&36	Y	400 Freestyle	53&54	AG	400 Ind. Medley
11&12	Y	4x50 Freestyle Relay	25&26	Y	200 Freestyle	37&38	AG	200 Breaststroke	55&56	Y	200 Backstroke
						39&40	Y	100 Backstroke	57&58	AG	200 Butterfly
						41&42	AG	4x50 Freestyle Relay	59&60	Y	4x50 Medley Relay
									61&62	AG	4x50 Medley Relay
Session 3			Session 6			Session 9			Session 12		
Fastest Ht	AG	400 Freestyle	F	Y	200 Breaststroke	F	Y	100 Breaststroke	F	Y	200 Butterfly
F	Y	50 Freestyle	F	AG	100 Freestyle	Fastest Ht	AG	800 Freestyle	F	AG	100 Breaststroke
F	AG	100 Backstroke	Fastest Ht	Y	400 Ind. Medley	F	Y	200 Ind. Medley	Fastest Ht	Y	1500 Freestyle
Fastest Ht	Y	800 Freestyle	F	AG	200 Backstroke	F	AG	100 Butterfly	F	AG	200 Freestyle
F	AG	200 Ind. Medley	F	Y	100 Butterfly	Fastest Ht	Y	400 Freestyle	F	Y	100 Freestyle
F	Y	4x50 Freestyle Relay	Fastest Ht	AG	1500 Freestyle	F	AG	200 Breaststroke	Fastest Ht	AG	400 Ind. Medley
			F	Y	200 Freestyle	F	Y	100 Backstroke	F	Y	200 Backstroke
						F	AG	4x50 Freestyle Relay	F	AG	200 Butterfly
									F	Y	4x50 Medley Relay
									F	AG	4x50 Medley 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

Boys
10-12 years, 13/14 years

Girls
10-11 years, 12/13 years

Boys
15/16 years, 17/18 years

Girls
14/15 years, 16/17 years

Youth

10-14 years

10-13 years

10-18 years

10-17 years

Relay Events - Age as at last day of meet

Swim Wales Summer Nationals (50M)

(under Swim Wales laws)

30th July - 2nd August 2009

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 per event £.....

Total Number of Relay Entries @ £13 per event £.....

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 513636

CLOSING DATE FOR ENTRIES

Monday 22nd June 2009