

**Llanelli Amateur Swimming Club**  
**Combined Level 1 and Junior Development Level 4 Open Meet 2010**  
(Meet License Nos.: 010WL1-032 & 010WL4-033)

**March 13<sup>th</sup> & 14<sup>th</sup> 2010**

1. The meet will be swum under the following rules and conditions:

FINA Technical Laws, Swim Wales Rules and Disciplinary Code, Llanelli Open Meet Conditions.

2. All entrants must be members of an Affiliated Club

3. **PLEASE USE A SEPARATE ENTRY FORM FOR EACH SWIMMER, AND GROUP ENTRY FORMS INTO MALE AND FEMALE BEFORE SUBMITTING.**

4. *Electronic entries from the Hy-Tek Team Manager software would be most welcome. The events file for input into TM is available upon request or may be downloaded from 'Meet Packs' in the Downloads section at [www.llanelliasc.com](http://www.llanelliasc.com).*

*Copies of Hy-Tek Team Manager Lite can also be provided if required.*

5. Age groups for boys: 9/10, 11/12, 13/14, 15/16 & 17/OV.  
Events for boys 9/10 are Level 4 Junior Development Events  
Events for boys 11/12, 13/14, 15/16 & 17/OV are licensed at Level 1

Age groups for girls: 9, 10/11, 12/13, 14/15, 16/OV.  
Events for girls 9 years are Level 4 Junior Development Events  
Events for girls 10/11, 12/13, 14/15, 16/OV are licensed at Level 1.

6. Please note that each Level 1 event in this competition has a qualifying time and a consideration time. Entry times faster than or equal to the QT will be guaranteed an entry. Entry times falling between the QT and CT will be included provided the meet is not oversubscribed, with the faster times being given priority.

Also, please note that each Junior Development Level 4 event has an UPPER cut off time. Submitted entry times for this section must be SLOWER than the upper cut off times. A swimmer who has already achieved a time FASTER than or EQUAL TO the cut off time for a particular event is not eligible to swim in that event.

The Llanelli Open Meet Management Committee reserves the right to return entries. Should this situation arise, refunds will be available on the day of the meet in the form of a single cheque payable to each club and may be collected from the balcony above the learner pool.

7. No swimmers may enter events "Out of Age".
8. Enter event numbers and latest times (converted to a short course pool) in the appropriate boxes on the appropriate entry form.
9. All entries to be accompanied by the correct fee (**£4.00** per event), a payment summary sheet, completed coach/chaperone accreditation forms where appropriate and a SAE at least **A5**. Cheques should be made payable to "Llanelli Open Meet".
10. Closing date for entries: **Monday, 15<sup>th</sup> February 2010.**

11. Clubs may have a maximum of two poolside managers at each session unless by prior arrangement with the meet organisers. These will be admitted with a special pass ordered beforehand - £12.00 per person for the weekend, to include access to the poolside, programmes and results for each session. Passes may be collected from the balcony above the learner pool on the morning of the meet and will be in the form of a badge that must be worn at all times. Please note that Coaches/Managers without a pass will not be allowed onto the poolside.

All Coaches and Chaperones who will be on the poolside at any time during the competition, must have individual accreditation obtained by completing the official form enclosed in this Information Pack. Completed forms must be accompanied by a passport size photograph.

Poolside passes will be transferrable between coaches and chaperones *from the same club* who have completed an

official accreditation form.

Accredited coaches and chaperones *from the same club* may use purchased poolside passes 'on rota', although the number of coaches and/or chaperones on poolside at any one time must not exceed the number of passes that have been paid for.

Passes will need to be worn at all times. Anyone without a pass will be asked to leave poolside/changing area.

The closing date for passes will be the same as the closing date for entries. Applications will not be accepted on the day.

12. Team managers must ensure that swimmers are available to the marshals two heats before their swim.
13. Awards to the first three in all events. Also, Top Boy, Top Girl and Best Visiting Team awards. To ensure all swimmers have an equal chance of winning these awards, the 50m swims in all four strokes together with the 100m I.M. will be scored for the 9/10 boys and 9 years girls whilst for the 11/OV boys and the 10/OV girls it will be the 100m swims in all four strokes together with the 200m I.M. which will score.
14. All swimmers must be amateurs as defined by Swim Wales law.
15. Ages as at the first day of the meet. i.e. 13<sup>th</sup> March 2010.
16. Clubs will be sent confirmation of the entries entered into the computer.
17. Programmes for the meet will be printed in advance showing the heat & lane allocation of each swimmer for each event. When a swimmer fails to show in the marshalling area prior to the start of the race then that lane will be left empty. No substitute swimmers will be allowed.
18. The first session on both days will have Warm up at 8.00am and Start at 9.00am. Warm up and start times for sessions 2, 3 5 & 6 will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.
19. 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. Acceptable forms of ID are: Photographic driving license, passport, household bill for proof of address. You will be issued with a tag for your photographic equipment and this must remain attached within the pool area. The records of camera use will be retained by Llanelli ASC.

20. Mobile phones must not be used in the building at all.
21. All correspondence to:  
Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS. Tel: 01792 – 882869  
Email: robwilliams100@lineone.net

# Llanelli Open Meet– March 13<sup>th</sup> & 14<sup>th</sup> 2010

**Ages as of 13<sup>th</sup> March 2010**

## Saturday 13<sup>th</sup> March 2010

Session 1 – Warm up 8.00am, Start 9.00am	Session 2 – Warm up: TBA, Start TBA	Session 3 – Warm up: TBA, Start TBA
<p>1. Girls 10/OV 200m Butterfly HDW (Awards for 10/11, 12/13, 14/15, 16/OV)</p> <p>2. Boys 11/OV 200m Butterfly HDW (Awards for 11/12, 13/14, 15/16, 17/OV)</p> <p>3. Girls 9 years 50m Freestyle</p> <p>4. Boys 9/10 50m Butterfly</p> <p>5. Girls 10/11 100m Freestyle</p> <p>6. Boys 11/12 100m Freestyle</p> <p>7. Girls 12/13 100m Backstroke</p> <p>8. Boys 13/14 100m Backstroke</p> <p>9. Girls 14/OV 100m Breaststroke (Final split into 14/15, 16/OV)</p> <p>10. Boys 15/OV 100m Breaststroke (Finals split into 15/16, 17/OV)</p> <p style="text-align: center;">Finals of events 3 - 10</p>	<p>11. Girls 10/OV 200m Freestyle HDW (Awards for 10/11, 12/13, 14/15, 16/OV age groups)</p> <p>12. Boys 11/OV 200m IM HDW (Awards for 11/12, 13/14, 15/16, 17/OV age groups)</p> <p>13. Boys 9/10 100m IM HDW</p> <p>14. Girls 10/OV 400m IM HDW (Awards for 10/11, 12/13, 14/15, 16/OV age groups)</p>	<p>15. Girls 10/OV 200m Breaststroke HDW (Awards for 10/11, 12/13, 14/15, 16/OV)</p> <p>16. Boys 11/OV 200m Breaststroke HDW (Awards for 11/12, 13/14, 15/16, 17/OV)</p> <p>17. Girls 9 years 50m Breaststroke</p> <p>18. Boys 9/10 50m Breaststroke</p> <p>19. Girls 10/11 100m Butterfly</p> <p>20. Boys 11/12 100m Butterfly</p> <p>21. Girls 12/13 100m Freestyle</p> <p>22. Boys 13/14 100m Freestyle</p> <p>23. Girls 14/OV 100m Backstroke (Final split into 14/15, 16/OV)</p> <p>24. Boys 15/OV 100m Backstroke (Finals split into 15/16, 17/OV)</p> <p style="text-align: center;">Finals of events 17 - 24</p>

**Ages as of 13<sup>th</sup> March 2010**

## Sunday 14<sup>th</sup> March 2010

Session 4 – Warm up 8.00am, Start 9.00am	Session 5 – Warm up: TBA, Start TBA	Session 6 – Warm up: TBA, Start TBA
<p>25. Girls 10/OV 200m Backstroke HDW (Awards for 10/11, 12/13, 14/15, 16/OV)</p> <p>26. Boys 11/OV 200m Backstroke HDW (Awards for 11/12, 13/14, 15/16, 17/OV)</p> <p>27. Girls 9 years 50m Backstroke</p> <p>28. Boys 9/10 50m Backstroke</p> <p>29. Girls 10/11 100m Breaststroke</p> <p>30. Boys 11/12 100m Breaststroke</p> <p>31. Girls 12/13 100m Butterfly</p> <p>32. Boys 13/14 100m Butterfly</p> <p>33. Girls 14/OV 100m Freestyle (Finals split into 14/15, 16/OV)</p> <p>34. Boys 15/OV 100m Freestyle (Final split into 15/16, 17/OV)</p> <p style="text-align: center;">Finals of events 27 - 34</p>	<p>35. Boys 11/OV 200m Freestyle HDW (Awards for 11/12, 13/14, 15/16, 17/OV age groups)</p> <p>36. Girls 10/OV 200m IM HDW (Awards for 10/11, 12/13, 14/15, 16/OV age groups)</p> <p>37. Girls 9 years 100m IM HDW</p> <p>38. Boys 11/OV 400m IM HDW (Awards for 11/12, 13/14, 15/16, 17/OV age groups)</p>	<p>39. Girls 9 years 50m Butterfly</p> <p>40. Boys 9/10 50m Freestyle</p> <p>41. Girls 10/11 100m Backstroke</p> <p>42. Boys 11/12 100m Backstroke</p> <p>43. Girls 12/13 100m Breaststroke</p> <p>44. Boys 13/14 100m Breaststroke</p> <p>45. Girls 14/OV 100m Butterfly (Finals split into 14/15, 16/OV)</p> <p>46. Boys 15/OV 100m Butterfly (Final split into 15/16, 17/OV)</p> <p style="text-align: center;">Finals of events 39 - 46</p>

Warm up and start times for Session 2, 3, 5 & 6 will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.

# Llanelli Open Meet 2010 – Level 1 Events

## Short Course Qualifying & Consideration Times

	GIRLS					BOYS				
	10/11	12/13	14/15	16/OV		11/12	13/14	15/16	17/OV	
QT	1.18.70	1.11.50	1.08.30	1.06.90	100m Freestyle	1.13.20	1.05.40	1.01.20	1.00.10	QT
<b>CT</b>	<b>1.45.82</b>	<b>1.37.54</b>	<b>1.24.56</b>	<b>1.17.54</b>		<b>1.45.26</b>	<b>1.21.81</b>	<b>1.14.32</b>	<b>1.11.74</b>	<b>CT</b>
QT	2.49.60	2.33.60	2.26.60	2.23.20	200m Freestyle	2.39.10	2.22.50	2.13.20	2.11.10	QT
<b>CT</b>	<b>3.26.15</b>	<b>2.59.45</b>	<b>2.48.36</b>	<b>2.40.50</b>		<b>3.20.50</b>	<b>2.49.96</b>	<b>2.33.46</b>	<b>2.22.18</b>	<b>CT</b>
QT	1.40.20	1.29.80	1.25.10	1.23.10	100m Breaststroke	1.33.80	1.22.70	1.16.60	1.15.10	QT
<b>CT</b>	<b>2.19.42</b>	<b>1.58.28</b>	<b>1.43.98</b>	<b>1.40.87</b>		<b>2.10.50</b>	<b>1.47.31</b>	<b>1.35.48</b>	<b>1.33.50</b>	<b>CT</b>
QT	3.34.90	3.12.80	3.03.50	3.00.20	200m Breaststroke	3.22.50	2.58.90	2.47.00	2.43.00	QT
<b>CT</b>	<b>4.21.64</b>	<b>3.50.88</b>	<b>3.22.66</b>	<b>3.16.10</b>		<b>4.18.61</b>	<b>3.45.94</b>	<b>3.20.94</b>	<b>3.15.00</b>	<b>CT</b>
QT	1.28.00	1.19.00	1.15.10	1.13.30	100m Butterfly	1.22.00	1.12.30	1.07.30	1.05.60	QT
<b>CT</b>	<b>1.56.74</b>	<b>1.46.06</b>	<b>1.36.35</b>	<b>1.28.60</b>		<b>1.55.64</b>	<b>1.42.70</b>	<b>1.30.86</b>	<b>1.19.40</b>	<b>CT</b>
QT	3.13.90	2.52.60	2.43.00	2.39.30	200m Butterfly	3.00.80	2.40.10	2.28.30	2.23.90	QT
<b>CT</b>	<b>4.29.70</b>	<b>3.50.40</b>	<b>3.32.30</b>	<b>3.20.60</b>		<b>4.12.21</b>	<b>3.21.40</b>	<b>3.06.20</b>	<b>2.58.30</b>	<b>CT</b>
QT	1.28.10	1.19.20	1.15.30	1.14.00	100m Backstroke	1.22.50	1.13.00	1.07.80	1.06.30	QT
<b>CT</b>	<b>1.57.34</b>	<b>1.45.85</b>	<b>1.30.44</b>	<b>1.28.47</b>		<b>1.53.76</b>	<b>1.37.54</b>	<b>1.26.78</b>	<b>1.21.88</b>	<b>CT</b>
QT	3.06.30	2.49.60	2.41.10	2.37.20	200m Backstroke	2.56.50	2.37.00	2.26.50	2.24.00	QT
<b>CT</b>	<b>3.41.82</b>	<b>3.13.76</b>	<b>3.08.25</b>	<b>2.58.30</b>		<b>3.35.27</b>	<b>3.07.52</b>	<b>2.58.76</b>	<b>2.56.80</b>	<b>CT</b>
QT	3.11.40	2.53.80	2.45.50	2.42.00	200m Ind. Medley	3.00.50	2.40.70	2.30.30	2.27.30	QT
<b>CT</b>	<b>3.43.86</b>	<b>3.34.99</b>	<b>3.21.86</b>	<b>3.10.77</b>		<b>3.36.75</b>	<b>3.22.48</b>	<b>3.01.84</b>	<b>2.45.30</b>	<b>CT</b>
QT	6.43.60	6.03.90	5.47.30	5.40.60	400m Ind. Medley	6.20.90	5.40.60	5.18.10	5.12.20	QT
<b>CT</b>	<b>8.15.00</b>	<b>7.15.00</b>	<b>6.55.00</b>	<b>6.45.00</b>		<b>8.08.00</b>	<b>6.57.00</b>	<b>6.28.00</b>	<b>6.18.00</b>	<b>CT</b>

QT = Qualifying Time

CT = Consideration Time

Entry times faster than or equal to the QT will be guaranteed an entry. Entry times falling between the QT and CT will be included provided the meet is not oversubscribed, with the faster times being given priority. Entry times submitted as NT will not be accepted. The Llanelli Open Meet Management Committee reserves the right to return entries

# Llanelli Open Meet 2010

## Level 4 Junior Development Events

### Upper Cut Off Times

GIRLS		BOYS
9 Years		9/10 Years
41.10	50m Freestyle	38.00
54.20	50m Breaststroke	49.60
46.50	50m Butterfly	42.40
47.30	50m Backstroke	43.60
1.45.30	100m Ind. Medley	1.36.20

**Submitted entry times must be SLOWER than the upper cut off times shown above. A swimmer who has already achieved a time FASTER than or EQUAL TO the cut off time for a particular event is not eligible to swim in that event.**

# Llanelli Amateur Swimming Club - Open Meet 2010

## Individual Entry Form For Level 1 Events

**For all events in this meet, age groups will be as of 13<sup>th</sup> March 2010**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender:  Male  Female

Club: \_\_\_\_\_ Contact Name: \_\_\_\_\_ Contact Telephone Number: \_\_\_\_\_

Enter event numbers and latest times (converted to a short course pool) in the appropriate boxes below. Please note that each event in this section of the competition has a qualifying time and a consideration time. See separate sheet.

	Backstroke		Breaststroke		Butterfly		Freestyle		Individual Medley	
	Event No	Time	Event No	Time	Event No	Time	Event No	Time	Event No	Time
<b>50m</b> (Jnr. Dev. Only)		(Jnr. Dev. Only)		(Jnr. Dev. Only)		(Jnr. Dev. Only)		(Jnr. Dev. Only)		
<b>100m</b>										(Jnr. Dev. Only)
<b>200m</b>										
<b>400m</b>										

Total number of entries on this sheet:

x £4.00 =

 £

Entry fee: £4.00 per individual event. Cheques payable to "Llanelli Open Meet". Please enclose a SAE for confirmation of entries.

**Closing Date for Entries: Monday, 15<sup>th</sup> February 2010**

Entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS. Tel: 01792 – 882869. Email: robwilliams100@lineone.net

**Llanelli Amateur Swimming Club  
Open Meet 2010  
13<sup>th</sup> & 14<sup>th</sup> March 2010**

Affix passport style  
photograph here.

## **COACH/CHAPERONE ACCREDITATION FORM**

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

FULL NAME: \_\_\_\_\_

CLUB: \_\_\_\_\_

POSITION (e.g. Club Coach) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

POST CODE: \_\_\_\_\_

TEL. NO. \_\_\_\_\_

EMAIL: \_\_\_\_\_

SWIM WALES OR ASA REG. NO. \_\_\_\_\_

CRB NUMBER: \_\_\_\_\_

**Please note only members registered with Swim Wales or the ASA and having a current CRB check are eligible for a coach/chaperone pass.**

**No passes will be available on the day and must be purchased beforehand.**

**There will be no access to the poolside without a coach/chaperone pass.**

All completed forms to be returned to Rob Williams.

**Closing Date: Monday 15<sup>th</sup> February 2010**

# Llanelli ASC – Open Meet 2010

## Payment Summary Sheet

Please complete the following Payment Summary Sheet and return with entries.

**Club:** \_\_\_\_\_

**Contact Name** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

No Coach Passes  X £12.00 = £   
(Max 2 per Club unless by prior arrangement)

Total Individual Entries  X £4.00 = £

Total Amount Enclosed: £

Please return with entries to:

Rob Williams,  
12 Park Terrace,  
Pontarddulais,  
Swansea.  
SA4 8HS

Tel: 01792 – 882869.  
Email: robwilliams100@lineone.net