



RCT PERFORMANCE SWIM SQUAD WELCOME YOU TO OUR
RCT Sprint and Skins Meet
LEVEL 3 SHORT COURSE

Saturday 6th October 2018

Licence number - 3WL181853

Cardiff International Pool - CF11 0JS

ENTRIES WILL CLOSE MIDNIGHT SUNDAY 15th September 2018

All session times will be confirmed after the closing date
(Estimated warm up times are 8.30am 9.30am Start and 1.00pm 2.00 pm start)

(Held under FINA Technical Rules and Swim Wales Laws)
Level 3 meet 25m 10 lane pool with anti-wave ropes and electronic timing.
Large spectator seating area and spacious Cafeteria.

Age groups: 9-11yrs, 12-13yrs, 14-15yrs
Skins 9-11yrs 12-15yrs
First and second winners in each skins event will receive cash prizes
Medals for top three places
Age as of 6th October 2018
Entries will be on a "first come, first served" basis.
Entry Fee - £6.00 per event or £25.00 for all 5 events and skins

Open meet information/entry pack can be downloaded from the website
www.rctperformanceswimsquad.co.uk
or e-mail us at
info@rctperformanceswimsquad.co.uk

All events except the skins are heat declared winners

Club entries of over 6 to be via HY-TEK entry file
Clubs are kindly requested to provide officials to assist us in the
smooth running of the Meet.



PROGRAMME OF EVENTS

Cardiff International Pool - CF11 0JS

SATURDAY 6th October 2018

SESSION 1

Event No	Event	Gender	Ages
1	50 Breast	Girls	9-11yrs 12-13yrs 14-15yrs
2	50 Breast	Boys	9-11yrs 12-13yrs 14-15yrs
3	50 Free	Girls	9-11yrs 12-13yrs 14-15yrs
4	50 Free	Boys	9-11yrs 12-13yrs 14-15yrs
5	100IM	Girls	9-11yrs 12-13yrs 14-15yrs
6	Skins Breaststroke	Boys	9-11yrs 12-15yrs
7	Skins Breaststroke	Girls	9-11yrs 12-15yrs
8	Skins Freestyle	Boys	9-11yrs 12-15yrs
9	Skins Freestyle	Girls	9-11yrs 12-15yrs

Session 2

Event No	Event	Gender	Ages
10	50 Fly	Boys	9-11yrs 12-13yrs 14-15yrs
11	50 Fly	Girls	9-11yrs 12-13yrs 14-15yrs
12	50 Back	Boys	9-11yrs 12-13yrs 14-15yrs
13	50 Back	Girls	9-11yrs 12-13yrs 14-15yrs
14	100IM	Boys	9-11yrs 12-13yrs 14-15yrs
15	Skins Fly	Girls	9-11yrs 12-15yrs
16	Skins Fly	Boys	9-11yrs 12-15yrs
17	Skins Back	Girls	9-11yrs 12-15yrs
18	Skins Back	Boys	9-11yrs 12-15yrs



Skins

- This 'Skins Event' will be a continuous competition commencing with 8 competitors and over a continuous series of races over a distance of 50m. Two or more competitors to be eliminated in each round until a winner is determined. Races in each competition will take place following an interval of 3 minutes from the start of the previous race a warning signal being given 10 seconds prior to the start of each round.
- The Events shall take place at as timetabled in the meet programme
- Skins competitions will be held for:
 1. Girls 9 to 11 years and will be swam concurrently with Boys 9 to 11 years a separation of 90 seconds between boys and girls races
 2. Girls 12 to 15 years and will be swam concurrently with Boys 12 to 15 years a separation of 90 seconds between boys and girls races
- Age as of midnight on 6th October 2018
- The Prizes for each event will be First prize £15 second prize £10
- The top eight swimmers in each age group for each stroke from the results at this competition will be invited to compete in the skins event for that stroke. Should any qualifying swimmer not wish to take part the next fastest swimmer will be invited until all ten places are filled.
- Lanes will be allocated on the basis of 'spearheading' in accordance with FINA swimming rule SW312 – the fastest swimmer occupying the centre lane. Swimmers are required to swim in their allocated lane whilst they remain in the competition until the final race. The remaining two swimmers will occupy the centre lanes – the highest point qualifying swimmer occupying Lane 4 the second swimmer in Lane 5.
- The first race in each Event will commence in accordance with Swim Wales Swimming Rules governing the Start of the selected stroke. Each race shall be over a distance of 50m
- Subsequent rounds will start at the starting end of the pool, following an interval of 3 minutes from the previous Start. A warning whistle will be blown 10 seconds prior to the Starting signal being sounded. No verbal commands will be given. Competitors' feet, or hands in the case of Backstroke must be in contact with the Starting Platform or Grips when the Start Signal is given. For Backstroke rounds competitors will start in the water with both hands holding the starting grips. For forward starts swimmers are required to have at least one foot at the front of the Starting Platform.



- In all races swimmers are required to comply with the FINA Swimming Rules regarding Stroke and Finish conditions – failure to do so will lead to elimination by disqualification – any competitor so eliminated will not receive any prize money this will go to the other final competitor. If both competitors in the final round are eliminated by disqualification the prize money will not be awarded.
- The slowest two competitors in each round shall be eliminated – unless a competitor has been eliminated by disqualification, in which case the second slowest competitor remains in the competition. If two competitors in a round are disqualified the slowest competitor remains in the competition. In the case of more than two swimmers being disqualified all affected swimmers are eliminated.
- In the case of a dead heat for the second slowest competitor both swimmers will go through to the next round. In the case of a dead heat in the final race, it will be re-swum as an additional round in accordance with the Event conditions. Determination of the result following a subsequent dead heat maybe determined by a single toss of a coin but prize money will be shared equally.
- Apart from the first round, times achieved by swimmers are not to be used for any other purpose.
- Determination of the slowest swimmer will be by the Referee utilising Automatic Officiating Equipment (AOE) and manual Finish Judges, in accordance with FINA Swimming Rules governing placing. Should AOE be used the Referee shall determine whether it operated correctly. The referee's decision is final.
- Should for any reason the competition have to be halted before its conclusion it shall restart with a re-swim of the round halted or subsequent round if halted following the correct completion of a round. The Start of the recommencement of the competition will be in accordance with the FINA Swimming Rules of the relevant stroke.

Any situation not covered by the above will be dealt with at the time by the referee and his/her decision will be final



Boys Upper cut off times short course

Age	9	10	11	12	13	14	15
50 Free	34.70	33	31.10	29.60	28.30	27.30	26.70
50 Breast	45.50	42.80	40.20	37.60	35.90	34.50	33.50
50 Fly	50.30	36.50	34.60	32.60	31.10	29.70	29.10
50 Back	40.10	37.90	36.00	33.80	32.50	31.10	30.10
100 IM	01:25.8	01:18.2	01:11.9	01:09.8	01:05.9	01:03.7	01:01.5

Girls Upper cut off times Short course

Age	9	10	11	12	13	14	15
50 Free	35.30	33.60	32.00	31.00	30.30	29.70	29.50
50 Breast	45.90	43.00	40.60	39.10	38.10	37.30	37.00
50 Fly	39.00	36.90	35.00	33.80	32.90	32.20	32.00
50 Back	40.20	38.10	36.20	35.00	34.10	33.70	33.30
100 IM	1.29.10	1.26.30	1.20.10	1.16.20	1.09.60	1.04.90	1.02.20

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.

Converted long course times are acceptable if short course times are not available. If short or converted long course times are unavailable entry times of 'NT' are acceptable.

Swimmers found to have entered false times in order to make themselves eligible for this competition will be removed from all events and no refund given.



PAYMENT FORM

Club	
Contact Address	
Tel:	
E-Mail	

	Number of swimmers/events	Total payment
Swimmers entering all events @ £25		
Individual events entered @ £6 per event		
Paper entries @ £7 per event		
Coaches passes @ £10		
Total		

**Bacs payment to RCT performance Swim Squad
Sort code 30 91 18 Account number 02563840**

Please e-mail completed summary form, Hy-Tek files and reports (Details of Bacs payment and event entries) to info@rctperformanceswimsquad.co.uk

Any cheques should be made payable to RCT Performance Swim Squad and posted to:-

Mrs Tracy Davies
6 Garth View
Beddau, Pontypridd, CF38 2BY
Email : info@rctperformanceswimsquad.co.uk

I confirm all swimmers are current members of Swim Wales/ ASA / Scottish Swimming, or a member of a FINA affiliated Country and have paid the appropriate membership fee.

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the Meet Management for this event.

Club Secretary SignatureDate:



RCT Sprint and Skins Individual Swimmer Meet Entry Form

Name: _____ **Club:** _____

Male/Female **D.O.B** _____ **Age at (last day of Meet)** _____

ASA No _____

Note: This form should be completed for each individual swimmer where Hy-Tek files are not available and less than 6 swimmers are being entered. Entry forms should be sent with full payment. (There is no multi-event entry discount for paper entries.)

Session 1

Event No	Event	Gender	Event Time
1	50 Breast	Girls	
2	50 Breast	Boys	
3	50 Free	Girls	
4	50 Free	Boys	
5	100IM	Girls	

Session 2

Event No	Event	Gender	Event time
10	50 Fly	Boys	
11	50 Fly	Girls	
12	50 Back	Boys	
13	50 Back	Girls	
14	100IM	Boys	

Number of events entered @£7	
Total payment due	

Bacs payment to RCT performance Swim Squad

Sort code 30 91 18 Account number 02563840 entry forms and details of Bacs payment should be sent to: info@rctperformanceswimsquad.co.uk

All Cheques should be made payable to RCT Performance Swim Squad completed entry forms and cheques should be sent to:

RCT Performance Swim Squad
c/o Mrs Tracy Davies
6 Garth View,
Beddau,
RCT,
CF38 2BY



Coach / Team Managers Pass

Club Name _____

Name	Address	Role eg coach/ team manager	WASA Number	CRB Number

Please enclose a cheque for **£10** made payable to 'RCT Performance Swim Squad' for EACH pass required. The pass includes refreshments. Passes will not be available to be purchased on the day they must be purchased in advance. There will be No access to the changing village or poolside without a coach pass.

Please include a passport size photo for each coach/chaperone pass

All completed forms to be returned to: Email : info@rctperformanceswimsquad.co.uk



General Event Information

ENTRIES

All entries to be submitted online via Hy-Tek. Bacs payment to RCT Performance Swim Squad sort code 30 91 18 Account number 02563840 or one Club cheque made payable to **RCT Performance Swim Squad** Entries will be rejected for the following reasons: They are received without the relevant fee, Incorrectly completed, incorrect/invalid entry times, Received after the closing date, not approved by the swimmers registered club. We will consider NT entries

ENTRY FEES

£6 per event or £25 if all events are entered £7 per event for paper entries
Coaches passes £10 includes lunch and refreshments

MARSHALLING Swimmers must make themselves available for marshalling as soon as advised by the public address system. It is the club coaches and the swimmers own responsibility to make sure they report to marshalling at an appropriate time. Once in marshalling swimmers are under the direction of the marshals and must remain within the marshalling area. Marshals will not search for swimmers who fail to initially respond to marshalling or who leave the marshalling area before the start of their race.

OFFICIALS

Visiting clubs are requested to provide at least one qualified official per session, and their details (together with their qualification) should be forwarded with the entry information. Meals and refreshments will be provided.

MEDALS Will be awarded for top three places in each age group for each event.
There will be cash prizes for the top two swimmers in each skins event

Spectator Admission Charges

£5 for the day £3.00 per session Electronic programme will be available as a download free of charge. There will be a limited number of paper programs available for purchase @ £3.00 per programme.

CAR PARKING There is limited free car parking please car share if possible

REFRESHMENTS

There is a coffee shop on site. There are also vending machines Morrisons is close by

MEET CO-ORDINATOR A meet coordinator will be available for the duration of the event and can be contacted on 07989453376

SWIM DOWN Unfortunately there is no swim down facility

MOBILE PHONES - CAMERA USE See attached However this meet is also subject to the pools own photographic policy information which will be available on the day at the help desk. At the time of going to licencing parents and coaches wishing to take photographs need to register with the main reception desk at the pool.

Health and safety See attached policy



Camera use Video and Photography.

- a) Swim Wales is aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of a child/children which may present a risk of harm to the child/children concerned.
- b) The use of such equipment is difficult to control but we can all be vigilant. If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team present on site.
- c) Swim Wales may use photographs taken at this event as promotional material and used across public forums including our website and social media accounts.
- d) Should you wish to refuse photographic permission please contact the event management team on site.
- e) The full Swim Wales photography guidance policy can be found on the Swim Wales website
[http://www.swimwales.org/key-documents/events/swim-wales/photographic policy](http://www.swimwales.org/key-documents/events/swim-wales/photographic-policy)



HEALTH & SAFETY

- a) All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.
- b) It is the responsibility of the swimmer and/or parent/guardian/coach to declare to the referee any disability or medical condition that could present a health or safety risk.
- c) If such a disability or medical condition exists, swimmers must produce a medical note confirming that their participation presents no health or safety problems.
- d) Footwear **MUST** be worn on poolside, on the Balcony and throughout the building.
- e) The Front 5 rows on the Balcony will be for swimmers – spectators are not allowed in this area.
- f) Swimmers are advised not to use the elevators without an adult.
- g) Stairways on the Balcony are to be kept **CLEAR** at **ALL TIMES** and should not be used to sit on.
- h) An anticlockwise one way system will be in force on the poolside
- i) The health, safety and wellbeing of all swimmers, officials, volunteers, spectators and visitors is paramount – all Health and Safety rules / regulations/ requirements must be complied with at all times.
- j) A full risk assessment will be carried out in accordance with the Swim Wales Meet License Report Pack.
- k) A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet is available from the duty manager throughout the duration of the Meet. All swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.
- l) Unacceptable Behaviour:
Behaviour becomes “unacceptable” when it is considered “Offensive” to others; this includes, but is not limited to, the following:
Theft, willful damage to property and / or equipment, acts of vandalism, abuse of alcohol and / or drugs, bullying, offensive language, aggressive / violent acts, threatening behavior, all breaches of safety practices, failure to comply with instructions / directions, actions that bring the sport of swimming into disrepute.
- m) Competitive Start Award:
Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach).
Swimmers who have not attained the standard of the Competitive Start Award must lower themselves into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.
- n) Jewellery:
For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings (except wedding bands).
RCT Performance swim squad will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.
- o) Sufficient Pool Accreditation will be available for clubs to maintain adequate supervision of their athletes (As a guide, a ratio of 1:10 should be considered as the minimum required where athletes
- p) By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited professional photographer may be used for promotional purposes by RCT performance Swim Squad or partner organisations
- q) Swimmers are warned that doping controls may take place during this competition and by submitting entries, swimmers/parents/guardians are thereby giving consent to any random control methods. Further information can be found at www.100percentme.co.uk



Promoters Conditions

1. The meet will be swam under the following rules and conditions:FINA Technical Rules and Swim Wales Laws.
2. All entrants must be members of an Affiliated club, amateurs as defined by Swim Wales Laws and hold a valid Swim Wales/ASA membership number.
3. The promoters reserve the right to limit entry in the interests of safety and timely completion of the meet.
4. Over the top starts will, where necessary or appropriate, be used during this meet.
5. Entries should be submitted electronically using Hy-Tek Team Manager software. The events file for input into TM is available upon request from RCT Performance Swim Squad No entries will be accepted without the correct full payment.
6. **All entries must also include a payment summary sheet, completed coach/chaperone accreditation forms where appropriate and a SAE of at least A5 for return of confirmed entries and the timetable. Or email address**
7. Age groups 9-11, 12-13,14-15 Upper cut off times apply skins 9-11 12-15
8. Age is at the last day of the meet.
9. No swimmer may enter events "Out of Age".
10. All withdrawals must be notified to the Meet Office no later than 5pm the day before the competition.
11. Coach's/chaperone passes will include refreshments and a programme. All applications for this pass must include WASA/ASA number and CRB check details for verification and a passport sized photo. **Passes must be worn at all times when poolside or in the changing rooms.** The closing date for passes is the same as for entries, and passes will not be available on the day of the meet. Coaches/chaperone's without a valid pass will not be permitted poolside or allowed into the changing rooms.
12. **Visiting clubs are requested to provide at least one qualified official per session, and their details (together with their qualification) should be forwarded with entry information. Refreshments will be provided.**
13. Marshalling will take place, and competitors must report promptly to this area
14. The safety rules of the pool must be adhered to at all times. Anyone not adhering to these rules (which will be read out at the start of each session) may be removed from the pool.
15. Individual teams/coaches will be responsible for their own swimmers in all areas outside the pool including the changing rooms.
16. All valuables/clothing etc. left in the changing rooms will be entirely at the owner's risk.
17. Events will be swum in heats, slowest to fastest.
18. **Anyone wishing to use video or still cameras must abide by the photography policy.**



19. DATA PROTECTION RCT Performance Swim Squad uses a computer to record entries and results. By submitting entries and accepting entry to the meet, consent is thereby given to the holding of personal information in a computer/s. Personal data recorded, such as name, club, date of birth and times may be made public during or after the meet. This information will be shared with ASA and meet Licencing
20. Warm up and start times will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.
21. The promoters reserve the right to remove anyone for misconduct.
22. The promoters reserve the right to remove or amend any of the above conditions as required.
23. In the event that the Meet becomes oversubscribed we will filter entries on a first come first served basis.
24. The promoters reserve the right to cancel the competition if sufficient entries are not received to make it viable.
25. Refunds will only be made if a valid medical certificate is produced by no later than 5pm on Saturday 20th October 2018. This should be scanned and sent to;-
info@rctperformanceswimsquad.co.uk



Meet Entry Checklist

Your entry envelope should contain the following:-

- Summary sheet completed
- HyTek reports (fees and event entries) or clerical forms if <6 swimmers
- Bacs payment /Cheque for entries
- Coaches passes
- Officials list

Email all to info@rctperformanceswimsquad.co.uk

Bacs payment to RCT performance Swim Squad
Sort code 30 91 18
Account number 02563840

Post all entries to:-
RCT Performance Swim Squad
C/O Mrs. T. Davies
6 Garth View,
Beddau,
RCT,
CF38 2BY

PLEASE DO NOT send by recorded delivery as this can delay your entry reaching the meet secretary if no-one is available to sign for it.

Acknowledgement of receipt of paperwork will be sent by email.

PLEASE NOTE your entry is not accepted until the summary and paperwork are received by the Meet Secretary.

Incomplete entries will NOT be accepted.

For full terms and conditions of entry please refer to our Promoters Conditions provided with the entry pack.