



Rhondda Cynon Taff Grand Prix Meet 2019/2020

NOW WITH ELECTRONIC TIMING

(Under Fina Technical Rules and Swim Wales Laws)

Licence numbers Nov/Jan /Mar / May

10th November 2019/ 12th January 2020/ 8th March 2020 /10th May 2019

Rhondda Sports Centre, Ystrad.

Age Groups 8yrs / 9yrs / 10yrs / 11yrs / 12yrs

Age at Saturday 9th May 2020

EVENTS

8/9 Year Olds – 25 All strokes / 50 Kick / 100 I.M
10/11/12 Year Olds – 50 All Strokes / 50 Kick / 200I.M
All Age Groups 200 f/c & 200 b/k

Meet Pack and Details can be found at

www.rctperformanceswimsquad.co.uk

This meet is a Junior Development Meet – Swimmers who have achieved any EAST WALES REGIONAL CHAMPIONSHIPS (FEB 2019) qualifying times are not eligible to take part.

Program of events:

Closing Date 20th October 2019

Date of Event		Events		
Sunday 10 th Nov 2019	25 Free or 50 Free	25 Breast or 50 Breast	50 f/c Kick	200 I.M or 100 I.M (9 & u only) (Girls) 200f/c all ages
Sunday 12 th Jan 2020	25 Back or 50 Back	25 Fly or 50 Fly	50 f/c Kick	200 IM or 100 I.M (9& u Only) (Boys) 200 f/c all ages
Sunday 8 th March 2020	25 Free or 50 Free	25 Breast or 50 Breast	50 f/c Kick	200 IM or 100 I.M(9 & u only) (Girls) 200 b/k all ages
Sunday 10 th May 2020	25 Back or 50 Back	25 Fly or 50 Fly	50 f/c Kick	200 I.M or 100 I.M(9&u Only) (Boys) 200 b/k all ages

Swimmers wishing to enter the series after the 1st round may do so as long as their entries are received two weeks before the round they wish to swim in.

Entry Fees

8 – 12 year olds – The entry fee is £40.00 this covers all events for all rounds.

After the 1st round the cost will be £4.00 per event.

Strictly no late entries will be allowed.

There will be a closing date for each individual round, for new participants to the Grand Prix.

Initial entry forms with fees to be received by 20^h October 2019

Subsequent entries with fees to be received no later than 2 weeks before the next round

Entry for spectators will be **£3.00** per adult person (children under 12 free) **free programs will be available in electronic form.**

Warm-up 8.30am (to be confirmed)

Would all Coaches please inform us of any withdrawal before the warm – up begins

- All age groups will swim the stages together with entry times being seeded. After the initial submitted time, only times from the series' previous stages will decide subsequent seeding's.
- All the kick races will start in the water, and finish with any part of the body touching the bank (not the board).
- Disqualifications – slowest time plus 5 secs in each Age Category will be awarded to the Swimmer.

Awards

All Swimmers participating in all 4 Rounds will receive a Medal of Achievement.

Top Boy & Girls Awards in each Age Group

Based on the total times added together over the 4 Rounds.

e.g. Slowest calculating time for all events would equal the Winner.

IM Progression Award

A Progression Award will be given to the swimmer that has made the biggest improvement (in time) from Stage 1 to Stage 4, in the 100 IM & 200 IM. Winners must swim all four rounds without a disqualification in this event.

Age Category Top 8/9 Girl/Boy - 10/12 Girl/Boy - 4 Awards in Total

Results sheets will be displayed during the Grand Prix.

A full set of results and acknowledgements will be displayed on the web site at

<http://www.rctperformanceswimsquad.co.uk/> shortly after each round has been completed.

Officials

We would really appreciate it if you could make yourselves available to help officiate at this Grand Prix Meet

Official's forms are attached.

We are asking if each club could provide One Official and One Timekeeper. Please email Nicola Jenkins our Officials Co-ordinator at - njej@hotmail.co.uk

Coaches Passes

Each Club may apply for a **Coaches Pass, maximum 3 per club.** There will not be a charge but all the relevant paperwork, with Swim Wales Registration Number, CRB Number and photo must be provided.

No access will be allowed on the Swimmers side of the pool, unless a relevant approved pass is visible.

Refreshments are available during warm up and between sessions for officials and coaches.

RHONDDA CYNON TAFF GRAND PRIX MEET 2019/20

ENTRY FORM

NAME :

MALE/FEMALE

DATE OF BIRTH: DD/MM/YYYY

ADDRESS:..... POST CODE:.....

SWIM WALES REGISTRATION NUMBER :

Event		Event #	Entry Time
Freestyle	25		
	50		
	200		
Kick	50		
Backstroke	25		
	50		
	200		
Breaststroke	25		
	50		
Butterfly	25		
	50		
IM	100		
	200		

TO BE COMPLETED BY THE COMPETITOR: **Please tick the Event Boxes**

I declare that the above particulars are correct and agree to abide by the conditions laid down. I accept that There will be no refunds for incorrectly submitted entries.

SIGNATURE OF COMPETITOR:

CLOSING DATE FOR ENTRIES: - 20th October, 2019.

Coach Pass Application Form

For all Coaches & Team Manager's

Club Name _____

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

There is no charge for coaching passes at this meet maximum three per club refreshments will be provided.

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

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

**OFFICIALS
NOMINATION FORM**

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

FULL NAME:

NAME OF CLUB:

QUALIFICATION	J1	J2	J2S	Referee	Workbook
(Please Tick ✓)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ADDRESS:

.....POST CODE.....

TEL NUMBER:

EMAIL ADDRESS:

SWIM WALES REGISTRATION NUMBER:

CRB NUMBER:

GRAND PRIX ROUNDS THAT YOU CAN ATTEND:-

1	2	3	4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

All forms are to be completed and returned to:

No later than 15th October,

Nicola Jenkins
RCT Performance Swim Squad

njej@hotmail.co.uk

Payment Summary Sheet

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

Contact Name: _____

Telephone Number _____

Club: _____ Club Code: _____

Number of Coach Passes No Charge (Maximum 3 per Club) -----

Total Entries. X £40.00 = £.....

Total Amount Enclosed: £.....

I confirm all swimmers are current members of Swim Wales 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 RCT Performance Swim Squad for this event.

Signature..... Date:

All entries to be returned to Tracy Davies 6 Garth View Beddau RCT CF382BY or info@rctperformanceswimsquad.co.uk

Please enclose a single cheque to cover all the clubs entries. This should be made payable to **RCT Performance Swim Squad** and should be returned with a copy of all entries **no later** than 20th October, 2019, **this includes electronic entries, paper copies of entry form's also need to be submitted**) to: -

Mrs Tracy Davies
RCT Performance Swim Squad
6 Garth View
Beddau
RCT
CF38 2BY

Or alternatively to:

info@rctperformanceswimsquad.co.uk

MEET CONDITIONS

RHONDDA CYNON TAFF GRAND PRIX MEET 2019/20

CLOSED MEET

SPECTATORS

Entry onto Balcony for Spectators = £3.00 (no charge for under 12yrs)

POOLSIDE PASSES

Coaches Passes can be obtained, with the relevant paperwork and Swim Wales Registration numbers/CRB Numbers/ Photo ID

REFRESHMENTS

There is an onsite Café, which supply hot & cold drinks, snacks, sandwiches etc.

HEALTH & SAFETY

See attached information

CAMERA USE

The use of all photographic equipment is controlled at this Meet and spectators / coaches
And swimmers are reminded that such equipment should not be used at any time, this is compliant to the Rhondda Cynon Taff Photographic Policy.

MOBILE PHONES Swimmers, parents and coaches are reminded that the use of mobile phones **is not Allowed inside any R.C.T Sports Centres** . This policy is actively enforced and all visitors are asked to comply.

GENERAL

Any point not covered by these rules will be at the discretion of the organisers. Depending Upon the situation, the Meet Director or Referees decision, respectively, will be final.

APPEALS

Any appeals must be submitted in accordance with FINA procedures and will be handled by The Meet Director and Referees

Full promoter's conditions are attached

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 area for swimmers is on the poolside they are not allowed on the balcony
- 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).

Swim Wales 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 are 10 years or under)
- p) 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 swum 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.**
7. Age groups 9/10,11/12 Upper cut off times apply
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 TWO qualified officials 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. The use of all photographic equipment is controlled at this Meet and spectators / coaches and swimmers are reminded such equipment should not be used at any time; this is compliant to the Rhondda Cynon Taff Photographic Policy.
19. DATA PROTECTION ACT 1998 – 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 (as required under the Data Protection Act 1998) 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.
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. Late entries will not be accepted

