



Rhondda Cynon Taff Winter Invitational

Sunday 15th January 2023

ELECTRONIC TIMING

(Under Fina Technical Rules and Swim Wales Laws)

Licence number 3WL230009 Level 3 Meet

CLOSING DATE MIDNIGHT FRIDAY 9th December 2022

Rhondda Sports Centre, Ystrad, CF41 7SY

Age Groups 8 & over / 9 & over /10 & over /11& over

Age at Sunday 15th January 2023

This Open meet is designed to give an opportunity for inexperienced swimmers to obtain a variety of event times. No time entries are accepted and encouraged. Contact rctgala@rctperformanceswimsquad.co.uk

ENTRY FEE £5.00 per SWIMMER PER EVENT

SPECTATOR FEE £3.00 PAYABLE ON THE DAY

Upper cut off times set at current Swim Wales Age Group Entry
Qualifying times

Dear Parents

A very warm welcome to this meet pack. We understand that for many of you and your children this is the first gala you will have entered so this pack endeavours to gently introduce you to the process of competition swimming.

This gala is aimed at inexperienced swimmers and parents so please ask questions. Your child's coach will guide you as to what races to enter and your club's admin volunteers will be able to assist you with the entry process.

A couple of common things that are important to know: -

- You enter the gala via your own club and they send your entries to us.
- The closing date on the meet pack is for the meet. Your own club will have a date when you will need to get your child entries in to them.
- Age groups – you will notice that the meet has age groups for each event. This means that if your child is 8 years old they can (can doesn't mean they have too) only enter any of the 50m events and the 100m I.M (individual medley 1 length of each stroke) 9 year olds can enter any 50m and 100m events and 11 years old and above swimmers can enter any of the events including the 200 freestyle Medals will be awarded to the fastest 3 eight year olds, the fastest 3 nine year olds, the fastest 3 ten year olds and the fastest 3 swimmers in each event who are eleven years or above.
- **Upper cut off times** – not something that most swimmers will need to worry about. Each year Swim Wales hold age group galas where swimmers have to achieve a certain time to be able to compete. Our gala is a (low) level 3 meet, swimmers must not be fast enough to be able to qualify for the higher-level Welsh age group galas. Your coach will inform you if you need to be aware of this.
- Your child may be anxious about their first competition; that is normal. Encourage them to speak to their coach about any concerns they may have, such questions as “do I have to dive in?” are normal (the answer is “no they can start in the pool”.)
- Please don't come into the centre too early as this causes unnecessary congestion in reception.
- It will help them to arrive in their bathers to avoid the added pressure of getting changed.
- Parents are not permitted in the changing rooms or onto the poolside (child protection) so make sure they have everything they need with them. Spare hat and goggles, snacks to last both sessions, plenty of drinking water, towel, flip flops and a T-shirt and shorts to put on over their bathers to keep warm after warm up and between races.
- They will need to come onto the poolside and report to their team coach.
- The gala starts with a warm up (a bit like a little mini training session); this settles the nerves and gets them used to the pool. Each club is allocated a lane to warm up in and the coach will give them their instructions.
- The swimmers will then report to “marshalling” this is where they line up in order of event and heat number. Coaches and team managers will explain where they have to go and the marshals will tick them off and put them in the correct order.
- The swimmers stay on poolside the whole of the gala and they must tell their coach if they need to go anywhere off the pool deck, this includes the changing rooms.

Competing in your first gala is a great achievement we hope you enjoy the experience and we thank you for choosing to enter our gala.

EVENTS

Session 1	Warmup 8.15 to be confirmed			
101	Girls	11 and over	200m	Freestyle
102	Boys	11 and over	200m	Freestyle
103	Girls	8 and over	50m	Freestyle
104	Boys	8 and over	50m	Freestyle
105	Girls	9 and over	100m	Backstroke
106	Boys	9 and over	100m	Backstroke
107	Girls	8 and over	50m	Breaststroke
108	Boys	8 and over	50m	Breaststroke
109	Girls	9 and over	100m	Butterfly
110	Boys	9 and over	100m	Butterfly
Session 2	Warm up to be confirmed			
201	Girls	8 and over	100m	IM
202	Boys	8 and over	100m	IM
203	Girls	9 and over	100m	Freestyle
204	Boys	9 and over	100m	Freestyle
205	Girls	8 and over	50m	Butterfly
206	Boys	8 and over	50m	Butterfly
207	Girls	9 and over	100m	Breaststroke
208	Boys	9 and over	100m	Breaststroke
209	Girls	8 and over	50m	Backstroke
210	Boys	8 and over	50m	Backstroke

Entry fees £5.00 per event

Entries must be made electronically via the swimmers' club. No correspondence will be entered into with individual swimmers or their parents. This is a level 3 competition and only swimmers who have not received a Swim Wales Age Group or ASA Qualifying time are allowed to participate.

SESSION TIMES Will be confirmed via email to the clubs following receipt of entries.

RHONDDA CYNON TAFF SUMMER INVITATIONAL

ENTRY FORM

Name	Male/female	Date of birth
Contact telephone number	Swim Wales registration number	Age on day of gala

Session 1	Warmup 8.15 to be confirmed				Entry time if known or No time (NT)
101	Girls	11 and over	200m	Freestyle	
102	Boys	11 and over	200m	Freestyle	
103	Girls	8 and over	50m	Freestyle	
104	Boys	8 and over	50m	Freestyle	
105	Girls	9 and over	100m	Backstroke	
106	Boys	9 and over	100m	Backstroke	
107	Girls	8 and over	50m	Breaststroke	
108	Boys	8 and over	50m	Breaststroke	
109	Girls	9 and over	100m	Butterfly	
110	Boys	9 and over	100m	Butterfly	
Session 2	Warm up to be confirmed				
201	Girls	8 and over	100m	I.M.	
202	Boys	8 and over	100m	I.M.	
203	Girls	9 and over	100m	Freestyle	
204	Boys	9 and over	100m	Freestyle	
205	Girls	8 and over	50m	Butterfly	
206	Boys	8 and over	50m	Butterfly	
207	Girls	9 and over	100m	Breaststroke	
208	Boys	9 and over	100m	Breaststroke	
209	Girls	8 and over	50m	Backstroke	
210	Boys	8 and over	50m	Backstroke	

TO BE COMPLETED BY THE COMPETITOR: Please tick the Event Boxes
£5.00 per event
THIS FORM SHOULD BE HANDED TO YOUR OWN CLUB

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:

All entries must be submitted via your club

Entry times must have been obtained at a licenced meet and random checks will be made against the ASA online Rankings Data Base. If swimmers are to have entered the meet with false or made-up times the promoter reserves the right to reject the entries and not allow the swimmer to compete, their entry fees will be forfeit.

Estimated times are not permitted but we welcome NT entries

**OFFICIALS
NOMINATION FORM**

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

:
NAME OF CLUB:

Name	Qualification	Wasa number	DBS number

**A MINIMUM OF 3 J1 or J1W or above OFFICIALS MUST BE PROVIDED BY EACH CLUB
ATTENDING**

Entry Summary Sheet

Please complete the following Payment Summary Sheet and return with hy-tek entry file and payment to rctgala@rctperformanceswimsquad.co.uk

Payment to

Lloyds Bank **RCT Performance Swim Squad**

sort code 30 91 18 **account number 02563840**

WHEN MAKING THE PAYMENT PLEASE USE REFERENCE RCTWinter23 and your club's code

Club Name	Club code
Contact Name	Contact telephone number

	Entries	Amount payable
Number of entries @ £5.00		£
Coaches passes	Number required	@£5.00each £
Total		£

Coach/helper name	Wasa number	DBS number

Please do not bring extra coaches/helpers including older swimmers on to the pool deck you may apply for up to four passes

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:

CLOSING DATE MIDNIGHT FRIDAY 9th DECEMBER 2022

The promoter reserves the right to reject entries for the following reasons

- They are received without the relevant fee
- Incorrectly completed
- Received after the closing date
- Current registration number not included
- Entry times have been falsified
- The meet is oversubscribed (due to covid restrictions limiting numbers on poolside swimmers who have entered the fewest events will be rejected in the first instance priority will then be given to NT/slowest swimmers in each age group)

This is a level 3 competition and only swimmers who **have not** received a Swim Wales Age Group or ASA Qualifying time are eligible to take part.

MEET CONDITIONS

RHONDDA CYNON TAFF SPRING INVITATIONAL

This is a closed meet only open to swimmers registered with the four clubs who train within RCT however should the meet be under subscribed the meet director may invite another club to enter to enable the meet to take place.

MEDALS AND RESULTS

Will be awarded to the top three swimmers in each age group in each event and will be available to collect from the medal table on poolside. Results will be posted on poolside and covid restrictions permitting on the balcony during the meet as they become available. A set of results will be emailed to each participating club within 48 hours.

SPECTATORS

Entry onto Balcony for Spectators £3.00 (no charge for under 12yrs). An electronic programme will be available to download free of charge - a link will be sent to your club.

POOLSIDE PASSES

Coaches Passes can be obtained at a charge of £5 per pass with the relevant paperwork and Swim Wales Registration numbers/CRB Numbers. They are limited strictly to a maximum of four per club

REFRESHMENTS for Officials and Coaches

Will be provided for coaches and officials

HEALTH & SAFETY

See attached information

CAMERA USE

See policy below.

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

COVID

The covid situation across Wales requires will remain uncertain RCT Performance reserves the right to implement mitigation measures to reduce the potential spread of Covid 19 in accordance with current guidelines on the day of the meet.

The measures required can change rapidly and therefore RCT Performance Swim Squad's Covid officer will risk assess the current situation and rules constantly up to the start of the competition

We will communicate via the clubs any rules and regulations which need to be adhered to in order for the meet to proceed safely with proportionate conditions while remaining within the Welsh Government guidelines

Such measures may include but not exclusively be as follows:

- Mask wearing
- Lateral flow tests
- Social distancing
- Permission for spectators to be able to attend
- Coaches may be required to also perform the role of marshals in order to adhere to numbers permitted on poolside

Full promoter's conditions are attached

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) RCT Performance 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/photographicpolicy>

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) Swimmers are advised not to use the elevators without an adult.
- f) Stairways on the Balcony are to be kept **CLEAR** at **ALL TIMES** and should not be used to sit on.
- g) An anticlockwise one way system will be in force on the poolside
- h) The health, safety and wellbeing of all swimmers, officials, volunteers, spectators and visitors is paramount.
- i) 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:**
- m) Behaviour becomes “unacceptable” when it is considered “Offensive” to others; this includes, but is not limited to, the following:
 - n) 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.
- o) **Competitive Start Award:**
- p) 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).
- q) 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.
- r) **Jewellery:**

- s) 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).
- t) 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.
- u) 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)

- v) 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
- w) 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. Or email address**
7. Age groups 8 and over 9 and over 10 and over 11 and over Upper cut off times apply
8. Age is at the day of the meet.
9. No swimmer may enter events "Out of Age".
10. All withdrawals must be notified to the gala secretary via email no later than 5pm the day before the competition.
11. Coach's/chaperone passes All applications for this pass must include WASA/ASA number and DBS check details for verification. **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 three qualified officials per session J1W or above, and their details (together with their qualification) should be forwarded with entry information. Due to covid restrictions we regret that refreshments will not 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 will need to adhere to the photographic 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 (as required under the Data Protection Act) 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 swimmers who have entered the fewest events will be rejected in the first instance priority will then be given to NT/slowest swimmers in each age group.
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 and received via email no later than 5pm on Friday before the meet. This should be scanned and emailed to;- rctgala@rctperformanceswimsquad.co.uk