** 2015** 

**BRITISH GAS/SWIM WALES NORTH**

**Regional Championships**

(Under FINA Technical Rules & Swim Wales Laws)

**January 31st & February 1st and 7th & 8th**

**Llandudno Swimming Centre,**

**Mostyn Broadway, Llandudno, LL30 1YR.**

**Meet Pack**

**Licence Numbers :- 015SWR-016**

 **015SWR-017**

**Closing date January 12th**

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***The British Gas Swim Wales North***

**2015 Regional Championships**

***Llandudno Swimming Centre January 31 & February 1st, 7th & 8th***

Meet Information & Conditions

**Warm up and start times to be confirmed**

**Age Groups**

|  |  |
| --- | --- |
|  | **Girls/Boys** |
| **Individual Championships** |  **10 years** |
| **11 to 12 years** |
| **13 to 14 years** |
| **15 to 16 years** |
|  | **17 and Over** |
| **Relays** | **10 to 11years** |
| **13 & under** |
| **15 & under** |
| **Mixed Open** |

**Age as at 31st December 2015**

|  |
| --- |
| **INDIVIDUAL PROGRAMME** |
|  | Girls |  10 years | 11 to 12 years | 13 to 14 years | 15 to 16 years | 17 and Over |
| Boys | 10 years | 11 to 12 years | 13 to 14years | 15 to 16 years | 17 and Over |
|  |  | 50m Freestyle |  |
| **ELIGIBLE EVENTS** |  | 100m Freestyle |  |
| 200m Freestyle |  |
| 400m Freestyle 11 and Overs Only |  |
| 800m Freestyle **Girls 11 and Over Only** |  |
| 1500m Freestyle **Boys 11 and Over Only** |  |
| 100m Breaststroke |  |
| 200m Breaststroke |  |
| 100m Backstroke |  |
| 200m Backstroke |  |
| 100m Butterfly |  |
| 200m Butterfly 11&O Only |  |
| 200m IM |  |
| 400m IM 11&O Only |  |
| **RELAY PROGRAMME** |  |
| **AGE GROUPS** | Girls/Boys |  10 -11years | 13 & under | 15 & under | Mixed Open |  |
|  | 4x50m Medley |  |

**General Conditions**

1. The Meet will be swum under FINA Technical Rules, Swim Wales Laws, Disciplinary Code and any additional Conditions (printed in the respective Meet information)
2. All decisions made by the Meet Director shall be final and binding.
3. The organisers reserve the right to alter any part of the programme or amend any of these conditions, if necessary, without notice.

**Receipt of Entries**

1. **Entry submission shall be electronic**. Hy Tek software, either Team Manager or Team Manager Lite will generate the entry which can then be emailed to the meet secretary **olwen.catherall@btinternet.com**
2. All entry submissions must be received by**. Midnight Monday January 12th**
3. Entry Fees for the Swim Wales North Regional Championships shall be:

**£4.50 per event for the Individual Championships. £7.50 per event for Relays.**

1. All fees appropriate to each entry, together with all pertinent forms must be posted to the Meet Secretary. Payments that are subsequently dishonoured shall invalidate the entry and the competitor(s) concerned shall be deemed ineligible.
2. If payment has not been received by 1st day of Meet, the club will be deemed as default and will be excluded from the rest of the Meet.

Post entry fees and forms to:

**Olwen Catherall c/o Llandudno Swimming Centre, Mostyn Broadway. Llandudno. LL30 1YR.**

 by **Monday January 12th**

**It is requested, where possible, a single cheque for the complete club entry is submitted.**

* 1. **Alternatively entry fees may be paid directly into our bank account, details are Name :- Swim Wales North Region Account No :- 02663388 Sort Code :- 30 – 92 – 49 Reference :- regi003 followed by your four digit team code followed by CHAMPS ie for Llandudno ‘regi003LLAYCHAMPS’**
	2. **If this method of payment is used a confirmation email is required to** **olwen.catherall@btinternet.com** **stating the amount and date of payment.**
1. **To reduce paperwork, a single Team Declaration Form for the complete club entry may be submitted instead of an individual entry form for each swimmer. If using the Team Declaration form it should be noted that all competitors, and where a competitor is under the age of 18, all parents, guardians or persons with parental responsibility as defined by the Children Act 1989, need to be made aware of and accept the Meet Conditions.**
2. **Swim Wales North Regional Championships Eligibility**

 a) Entries may only be accepted from competitors registered as members of clubs, holding either primary or multi registration membership within North Wales Region.

 b) Swimmers may only swim for one club during these championships.

c) Competitors must have been registered members of the club in whose name they are entered a minimum of 30 days prior to the closing date for entries for the championships (including relays).

d) Competitors who compete in ASA County Championships will not be accepted to swim in the following annual cycle of Regional Competitions.

1. The Junior Development Meet in May/June
2. The Sub Regional Championship in November/December
3. The Regional Championships in February the following year i.e. ASA County Championships in 2015 means they would not be accepted for the Swim Wales Regional Championships in 2016.

**Entry Times**

1. Swimmers who have achieved the qualifying time as in the 2015 QT Schedule are automatically eligible to compete in the relevant event, subject to the following conditions:-
	1. The number of competitors for the event does not exceed the maximum number of heats allocated to that event.
	2. Acceptance does not extend the duration of the session beyond the session time limit imposed by the Swim Wales Meet Licence.
2. Swimmers who have achieved the consideration time as in the 2015 QT Schedule may be accepted subject to the conditions as listed above.
3. Should any of the entry conditions be breached Swim Wales North reserve the right to reject entries, based on the entry time.
4. Times submitted should have been achieved in a licensed meet and in the last twelve months. Swim Wales North may request validation of any stated time.
5. No competitor’s passes will be issued but all swimmers are asked to ensure that they have their membership card with them. Random checks will take place throughout the meet.

**Trophies and Medals**

**Individual Championships**

1. Placing of competitors shall be determined from performances in the finals or by fastest times in Heat Declared Winner Events.
2. Medals shall be awarded to the first, second and third in each event.
3. Trophies shall be awarded to the Boy Champion and the Girl Champion scoring the highest number of FINA points across individual finals and HDW events.
4. **There shall be no formal presentation for Medals, these shall be available for collection from the medal table after the results have been announced.**
5. A formal presentation will take place for the Trophies that shall be awarded to the Boy and Girl Champions.

**Relays**

1. Placing of Teams shall be determined by fastest times in Heat Declared Winner events.
2. Medals shall be awarded to the first, second and third in each event.
3. Clubs can **NOT** enter more than one team, and all teams will score FINA points for their club.

**Top Club**

1. An award shall be made to the highest FINA points scoring club over the Regional Championships. Both individual finals, HDW events and relays being counted.

**Officials**

1. Technical Officials shall be selected from lists approved by Swim Wales (WASA Ltd), ASA and SASA and when initiated the Officials Licensing system maintained by British Swimming.
2. **It is a requirement that each club shall provide a minimum of one officials per session of Judge 1 standard or above per session. These shall be notified in advance of the competition to:**

 **Ian Austerberry FIOS(C) ian.austerberry45@talktalk.net**

**Failure to comply with this condition may result in the rejection of the club entry**

**Poolside Passes**

1. **There will be no access to the poolside until 45mins before each day's morning warm up is due to commence**
2. Access to the poolside and changing room areas shall only be permitted to holders of Poolside Passes.

 (Please note a current Swim Wales Annual Competition Pass is valid for this meet.)

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.

 **Withdrawals**

1. All withdrawals (with the exception of finals) must be notified to the day of meet recorder no later than 45 mins before the scheduled session start time on the day of competition.
2. Withdrawals must be made using the relevant withdrawal form.
3. Any competitor wishing to withdraw from a final must do so immediately after those finalists are published or announced.
4. Where a reserve is brought in, subject to time permitting, the race shall be reseeded.
5. Any competitor withdrawing from a final and in doing so prevents 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.

**Relay Events**

1. The swimmers in a relay team must be declared in the electronic entry submitted by the entry closing date, relay entries received without swimmers names will be deemed ineligible.
2. Only swimmers declared in the electronic entry are eligible to swim in relay events.(This does not mean only swimmers entered in the relays or individual competition are eligible, reserve relay swimmers can be included in the electronic entry)
3. Changes to swimmers in a relay team will be accepted no later than by the start of the warm-up for the session inwhich the event takes place. Failure to do so may result in the disqualification of the team.
4. Relay entries are accepted with NTs only and will be randomly seeded.
5. Swimmers names must be submitted in the swimming order.

## Start Sheets

1. Start sheets will be prepared after the withdrawal deadline each session and will be available 30 minutes prior to the start of the session. (Subject to time constraints).

**Heats**

1. Competitors shall be seeded according to submitted times.
2. All heats shall be swum fastest to slowest.
3. All heats shall be spearheaded.
4. The first three heats shall be circle seeded.

**Finals (Individual Championships)**

1. There shall be no finals for HDW events. They shall be swum fastest to slowest.

## The fastest 8 competitors from all other events shall go forward to the finals.

**Marshalling**

1. It is the responsibility of the swimmers to report to the marshalling area in plenty of time before the start of their heats or final/s.
2. Swimmers who do not comply with the above condition will be treated as a withdrawal.

**Starts (Diving)**

1. 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.

**Starts**

1. Over the top starts will, where necessary or appropriate, be used during Meets (except in the backstroke events).

**Medical Conditions**

1. It is the responsibility of the swimmer and / or parent to declare to the referee any disability or medical condition that could present a safety risk. If such a disability or medical condition exists swimmers must produce a medical note confirming that their participation presents no health or safety problems.
2. Now that FAC cards are no longer used it is the responsibility of the swimmer and/or parent to declare in advance of the meet any disability previously covered by an FAC card.

**Doping Control**

1. Competitors taking part in the Meet may be subject to random doping control. Competitors are required to bring with them either a passport or other form of identity incorporating their photograph.

**Safety**

1. All competitors shall be required to ensure that they observe all safety announcements and conduct themselves with safety in mind.
2. 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.
3. All drinks bottles that feature a disposable snap-off top are PROHIBITED ON POOLSIDE; the disposable tops are almost invisible in water and therefore represent a significant choking hazard to swimmers.
4. All litter MUST be disposed of via the proper waste bins and not simply thrown onto the floor.

## Jewellery

1. 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.

**Unacceptable Behaviour**

1. Behavior 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.

**TV, Video or Close Range Photography**

1. When a competition involves children under the age of 18 years of age it is a mandatory meet license requirement that all persons (including competitors / officials / volunteers / spectators), wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device / equipment used for taking / recording such images must register their details with the event management in advance of taking any images.

This includes; but is not limited to:

Still cameras

Cine Cameras

Video cameras

Camera / video enabled mobile phones

Camera enabled PDA’s

**Proof of identity will be required to register your photographic equipment for use at this event e.g Driving License with Photograph or Passport.**

**Spectator Admission Fees**

1. Admission fee shall be

£6 per person - per day, or

£2.50 per person – for one session.

Senior Citizens

£4 per person – per day, or

£1.50 per person – for one session.

1. Children accompanied by an adult - Free
2. Competitors - Free
3. Programmes shall be £1 per day

***The British Gas Swim Wales North***

**2015 Regional Championships**

***Llandudno Swimming Centre January 31st& February 1st and 7th & 8th***

**Entry Summary Form and Team Manager Declaration**

This form must be completed and returned with:

1. Coach/Chaperone Pass applications.
2. Cheque/s made payable to Swim Wales North Wales Region

|  |  |
| --- | --- |
| Club |  |
| Team Manager Name |  |
| Address |  |
|  |
| Post Code |  | Tel No |  |
| email |  |

**Summary**

|  |  |  |  |
| --- | --- | --- | --- |
| Total Female Swimmers |  | Total Male Swimmers |  |
|  | Number |  |  |
| Total Individual Entries |  | @ £4.50 | £ |
| Total Relay Entries |  | @ £7.50 | £ |
| Total Coaches Passes\* |  | @ £12 | £ |
| Total Cheque Enclosed made payable to Swim Wales North Wales Region | £ |

**\* Coach Passes issued for Regional Championships are valid for all of 2015 and also valid is a current Swim Wales Annual Competition Pass.**

**It is requested, where possible, a single cheque for the complete club entry is submitted.**

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 confirm that I am aware RANDOM DOPING CONTROL MAY TAKE PLACE DURING THIS MEET and this has been brought to the attention of all swimmers, parents/guardians and coaches.

I agree to abide by the conditions laid down by the Swim Wales North for this event**.**

Signature of TEAM MANAGER: ...................................................................................Date: ......................

**Please return to: -**

**Olwen Catherall c/o Llandudno Swimming Centre, Mostyn Broadway. Llandudno. LL30 1YR.**

**CLOSING DATE Monday January 12th**

**To reduce paperwork, the Team Manager Declaration for the complete club entry may be submitted instead of an individual entry form for each swimmer. It should be noted that all competitors, and where a competitor is under the age of 18, all parents, guardians or persons with parental responsibility as defined by the Children Act 1989, need to be made aware of and accept the Meet Conditions.**

***The British Gas Swim Wales North***

**2015 Regional Championships**

***Llandudno Swimming Centre January 31st& February 1st and 7th & 8th***

**Individual Entry Form**

|  |
| --- |
| LAST NAME: .............….…......………..…………..……..…….……… FIRST NAME [IN FULL]:...........…………………..……..………….……..… MIDDLE INITIAL:…..…PREFERRED NAME:……...………………………………..MALE/FEMALE:………..… DATE OF BIRTH:….……/……..…/………. AGE:……….....…ADDRESS:.........................................................................……………................................…….....………..................…………………………………………………POST CODE: .........……….................... TEL NO: ……………………..….…….…E-MAIL......................................................……………………………………………NAME OF CLUB : ...................…………….…...........………………...................................... WASA Reg No ……………………………………………………………  |

 **Individual Championship £4.50 per event** **Age at 31/12/15**

Please note there are qualifying and consideration times for the Individual Championships. Entries cannot be accepted with no times (NT).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event | Tick Box | Time | Event | Tick Box | Time |
| 50m Freestyle |  |  : . | 200m Breaststroke |  |  : . |
| 100m Freestyle |  |  : . | 100m Backstroke |  |  : . |
| 200m Freestyle |  |  : . | 200m Backstroke |  |  : . |
| 400m Freestyle |  |  : . | 100m Butterfly |  |  : . |
| 800m Freestyle |  |  : . | 200m Butterfly |  |  : . |
| 1500m Freestyle |  |  : . | 200m IM |  |  : . |
| 100m Breaststroke |  |  : . | 400m IM |  |  : . |

**1500m Freestyle events are only available for Boys 11&O**

**800m Freestyle events are only available for Girls 11&O**

|  |  |
| --- | --- |
| No of events | Fee |
| \_\_\_\_\_\_ | £\_\_\_\_\_\_ |

**TO BE COMPLETED BY THE COMPETITOR:** I declare that the above particulars are correct and agree to abide by the conditions laid down by the Swim Wales North for this event**. I accept that there will be no refund for incorrectly submitted entries.**

Signature of Competitor: ............................................................................................................... ………………………………………….Date: ........................................

**TO BE COMPLETED BY THE CLUB COACH**: I declare that the above competitor has reached the standard of the ASA Competitive Start Award. If you are unable to sign this declaration the competitor must start in the water.

Signature of Coach: ................................................................................................................ ……………………………………………… Date: ........................................

**SWIMMERS ARE WARNED THAT RANDOM DOPING CONTROL MAY TAKE PLACE DURING THIS MEET.** All competitors, and if competitors are under the age of 18 years on the first day of competition, parents guardians or persons with parental responsibility as defined by the Children Act 1989 are reminded that a condition of membership of Swim Wales is that a swimmer must consent to being drug tested if required.

**TO BE COMPLETED BY PARENT/GARDIAN IF SWIMMER IS UNDER THE AGE OF 18 ON FIRST DAY OF COMPETITION.** I confirm that I am a person having parental responsibility in accordance with the Children Act 1989 and that I have read and accept the Championship Information and Conditions.

Signature of Parent/Guardian: ................................................................................................. ………………………................................ Date: ........................................

Print Name………………………………………………………………………………………………………..

**CLOSING DATE** **Monday January 12th**

***The British Gas Swim Wales North***

**2015 Regional Championships**

***Llandudno Swimming Centre January 31st& February 1st and 7th & 8th***

**Relay Entry Form**

|  |  |
| --- | --- |
| Club |  |
| Team Manager Name |  |
| Address |  |
|  |
| Post Code |  | Tel No |  |
| email |  |

|  |  |  |
| --- | --- | --- |
|  | 4x50m Freestyle | 4x50m Medley |
|  | Tick Box | Tick Box |
| Girls 10/11 years |  |  |
| Girls 13 & under |  |  |
| Girls 15 & under |  |  |
| Girls Open |  |  |
| Mixed Open |  |  |
| Boys 10/11 years |  |  |
| Boys 13 & under |  |  |
| Boys 15 & under |  |  |
| Boys Open |  |  |

**£7.50 per event** **Age at 21/12/15**

|  |  |
| --- | --- |
| No of events | Fee |
| \_\_\_\_\_\_ | £\_\_\_\_\_\_ |

Signature of TEAM MANAGER: ...................................................................................Date: ......................

**Please return to: -**

**Olwen Catherall c/o Llandudno Swimming Centre, Mostyn Broadway. Llandudno. LL30 1YR.**

**CLOSING DATE Monday January 12th**

**To reduce paperwork, the Team Manager Declaration for the complete club entry may be submitted instead of an individual entry form for each swimmer. It should be noted that all competitors, and where a competitor is under the age of 18, all parents, guardians or persons with parental responsibility as defined by the Children Act 1989, need to be made aware of and accept the Meet Conditions.**

***The British Gas Swim Wales North***

**2015 Regional Championships**

***Llandudno Swimming Centre January 31st& February 1st and 7th & 8th***

***COACH PASS APPLICATION FORM***

**PASSES WILL BE IN COACH NAME**

**A MAXIMUM 4 COACHES PER CLUB ALLOWED POOLSIDE AT ANY ONE TIME**

**HOWEVER CLUBS MAY APPLY FOR MORE THAN 4 PASSES**

**£12 PER PASS**

**PASSES ARE ANNUAL**

**VALID FOR ALL 2015 SWN REGIONAL COMPETITIONS**

**PLEASE INCLUDE ONE PASSPORT SIZE PHOTOGRAPH FOR EACH PASS AND PRINT NAME OF COACH AND CLUB ON REVERSE**

|  |  |
| --- | --- |
| **CLUB NAME** |  |
| FULL NAME |  |  |
| POSITION eg Coach, Parent |  |  |
| ADDRESS |  |  |
|  |  |  |
| TEL No |  |  |
| E-mail address |  |  |
| WASA/ASA/SASA No |  |  |
| FULL NAME |  |  |
| POSITION eg Coach, Parent |  |  |
| ADDRESS |  |  |
|  |  |  |
| TEL No |  |  |
| E-mail address |  |  |
| WASA/ASA/SASA No |  |  |
| FULL NAME |  |  |
| POSITION eg Coach, Parent |  |  |
| ADDRESS |  |  |
|  |  |  |
| TEL No |  |  |
| E-mail address |  |  |
| WASA/ASA/SASA No |  |  |
| FULL NAME |  |  |
| POSITION eg Coach, Parent |  |  |
| ADDRESS |  |  |
|  |  |  |
| TEL No |  |  |
| E-mail address |  |  |
| WASA/ASA/SASA No |  |  |

**There will be no access to poolside without a pass.**

**CLOSING DATE Monday January 12th**

***The British Gas Swim Wales North***

**2**

|  |  |
| --- | --- |
| **Day 1** | **Day 2** |
| **Session 1** | **Session 4** |
| **Morning** | **Morning** |
| **Individuals** | **Individuals** |
| Heats | 3 | Girls 13&Over | 50m Back | Heats | 19 | Girls 10/12 | 50m Free |
| Heats | 4 | Boys 10/12  | 50m Fly | Heats | 20 | Boys 10/12 | 100m Breast |
| Heats | 5 | Boys 13/Over | 100m Back | Heats | 21 | Girls 13&O | 100m Free |
| HDW | 6 | Girls 13&O | 400m IM(HDW) | Heats | 22 | Girls 11/12 | 200mIM(HDW) |
| HDW | 7 | Boys 11/12 | 400m IM(HDM) | Heats | 23 | Boys 13&O | 200m BK(HDW) |
| HDW | 8 | Girls 10/12 | 200m Free(HDW) | Final | 19 | Girls 10 | 50m Free |
| Finals | 3 | Girls 13/14 | 50m Back | Final | 19 | Girls 11/12 | 50m Free |
| Finals | 3 | Girls 15/16 | 50m Back | Final | 20 | Boys 10 | 100m Breast |
| Finals | 3 | Girls 17 & Over | 50m Back | Final | 20 | Boys 11/12 | 100m Breast |
| Finals | 4 | Boys 10 | 50m Fly | Final | 21 | Girls 13/14 | 100m Free |
| Finals | 4 | Boys 11/12 | 50m Fly | Final | 21 | Girls 15/16 | 100m Free |
| Finals | 5 | Boys 13/14 | 100m Back | Final | 21 | Girls 17&O | 100m Free |
| Finals | 5 | Boys 15/16 | 100m Back |  |  |  |  |
| Finals | 5 | Boys 17&O | 100M Back |  |  |  |  |
| **Session 2** | **Session 5** |
| **Afternoon** | **Afternoon** |
| **Individuals** | **Individuals** |
| Heats | 9 | Girls 10/12 | 50m Fly | Heats | 24 | Boys 10/12 | 50m Back |
| Heats | 10 | Boys 10/12 | 100m Free | Heats | 25 | Girls 10/12 | 100m Fly |
| Heats | 11 | Girls 13&O | 100m Fly | Heats | 26 | Boys 13&O | 100m Breast |
| HDW | 12 | Girls 11/12  | 400m IM(HDM) | HDW | 27 | Boys 11/12 | 200mIM(HDW) |
| HDW | 13 | Boys 13&O | 200m Br(HDW) | HDW | 28 | Girls 13&O | 200m Back(HDW) |
| Final | 9 | Girls 10 | 50m Fly | Final | 24 | Boys 10 | 50m Back |
| Final | 9 | Girls 11/12 | 50m Fly | Final | 24 | Boys 11/12 | 50m Back |
| Final | 10 | Boys 10 | 100m Free | Final | 25 | Girls 10 | 100m Fly |
| Final | 10 | Boys 11/12 | 100m Free | Final | 25 | Girls 11/12 | 100m Fly |
| Final | 11 | Girls 13/14 | 100m Fly | Final | 26 | Boys 13/14 | 100m Breast |
| Final | 11 | Girls 15/16 | 100m Fly | Final | 26 | Boys 15/16 | 100m Breast |
| Final | 11 | Girls 17&O | 100m Fly | Final | 26 | Boys 17&O | 100m Breast |
| **Session 3** | **Session 6** |
| **Evening** | **Evening** |
| **Individuals** | **Individuals** |
| Heats | 14 | Boys 13&O | 50m Fly | Heats | 29 | Boys 13 & Over | 50m Free |
| Heats | 15 | Girls 10/12 | 100m Breast | Heats | 30 | Girls 13&O | 50m Breast |
| HDW | 16 | Boys 10/12 | 200m Bk(HDW) | HDW | 31 | Boys 10/12 | 200m Fr(HDW) |
| HDW | 17 | Boys 13&O | 400m Fr(HDW) | HDW | 32 | Boys 13&O | 200m Fly(HDW) |
| HDW | 18 | Girls 13&O | 200m Fr(HDW) | HDW | 33 | Girls 13&O | 200m Fly(HDW) |
| Final | 14 | Boys 13/14 | 50m Fly | HDW | 34 | Girls 10/12 | 200m Back(HDW) |
| Final | 14 | Boys 15/16 | 50m Fly | Final | 29 | Boys 13/14 | 50m Free |
| Final | 14 | Boys 17&O | 50m Fly | Final | 29 | Boys 15/16 | 50m Free |
| Final | 15 | Girls 10 | 100m Breast | Final | 29 | Boys 17&O | 50m Free |
| Final | 15 | Girls 11/12 | 100m Breast | Final | 30 | Girls 13/14 | 50m Breast |
|  |  |  |  | Final | 30 | Girls 15/16 | 50m Breast |
|  |  |  |  | Final | 30 | Girls 17&O | 50m Breast |
|  |  |  |  |  |  |  |  |

 ***The British Gas Swim Wales North***

**2015 Regional Championships**

|  |  |
| --- | --- |
| **Day 3** | **Day 4** |
| **Session 7** | **Session 10** |
| **Morning** | **Morning** |
| **Individuals** | **Individuals** |
| Heats | 35 | Girls 10/12 | 50m Breast | Heats | 52 | Boys 13&O | 50m Back |
| Heats | 36 | Girls 13 & Over | 100m Back | Heats | 53 | Girls 13&0 | 50m Fly |
| Heats | 37 | Boys 13&O | 100m Fly | Heats | 54 | Boys 10/12 | 100m Fly |
| HDW | 38 | Girls 10 | 200m IM(HDW) | HDW | 55 | Boys 13&O | 400m IM(HDW) |
| HDW | 39 | Girls 11/12 | 400m Free(HDW) | HDW | 56 | Girls 13&0 | 400m Free(HDW) |
| HDW | 40 | Boys 10/12 | 200m Br(HDW) | Heats | 57 | Girls 10/12 | 100m Free |
| Final | 35 | Girls 10 | 50m Breast | Final | 52 | Boys 13/14 | 50m Back |
| Final | 35 | Girls 11/12 | 50m Breast | Final | 52 | Boys 15/16 | 50m Back |
| Final | 36 | Girls 13/14 | 100m Back | Final | 52 | Boys 17&O | 50m Back |
| Final | 36 | Girls 15/16 | 100m Back | Final | 53 | Girls 13/14 | 50m Fly |
| Final | 36 | Girls 17&O | 100m Back | Final | 53 | Girls 15/16 | 50m Fly |
| Final | 37 | Boys 13/14 | 100m Fly | Final | 53 | Girls 17&O | 50m Fly |
| Final | 37 | Boys 15/16 | 100m Fly | Final | 54 | Boys 10 | 100m Fly |
| Final | 37 | Boys 17&O | 100m Fly | Final | 54 | Boys 11/12 | 100m Fly |
|  |  |  |  | Final | 57 | Girls 10 | 100m Free |
|  |  |  |  | Final | 57 | Girls 11/12 | 100m Free |
| **Session 8** | **Session 11** |
| **Afternoon** | **Afternoon** |
| **Individuals** | **Individuals** |
| Heats | 41 | Girls 13 & Over  | 50m Free | Heats | 58 | Boys 10/12 | 50m Breast |
| Heats | 42 | Boys 13&O | 50M Breast | Heats | 59 | Girls 10/12 | 50m Back |
| Heats | 43 | Boys 10/12 | 100m Back | Heats | 60 | Boys 13&O | 100m Free |
| HDW | 44 | Girls 13&O | 200m IM(HDW) | Heat | 61 | Girls 13 & Over  | 100m Breast |
| HDW | 45 | Boys 13&O | 200m IM (HDW) | HDW | 62 | Boys 10 | 200m IM(HDW) |
| HDW | 46 | Girls 10/12 | 200m Br(HDW) | HDW | 63 | Boys 11/12 | 400m Free(HDW) |
| Final | 41 | Girls 13/14 | 50m Free | HDW | 64 | Girls 11/12 | 200m Fly(HDW) |
| Final | 41 | Girls 15/16 | 50m Free | Final | 58 | Boys 10 | 50m Breast |
| Final | 41 | Girls 17&O | 50m Free | Final | 58 | Boys 11/12 | 50m Breast |
| Final | 42 | Boys 13/14 | 50m Breast | Final | 59 | Girls 10 | 50m Back |
| Final | 42 | Boys 15/16 | 50m Breast | Final | 59 | Girls 11/12 | 50m Back |
| Final | 42 | Boys 17&O | 50m Breast | Final | 60 | Boys 13/14 | 100m Free |
| Final | 43 | Boys 10 | 100m Back | Final | 60 | Boys 15/16 | 100m Free |
| Final | 43 | Boys 11/12 | 100m Back | Final | 60 | Boys 17&O | 100M Free |
|  |  |  |  | Final | 61 | Girls 13/14 | 100m Breast |
|  |  |  |  | Final | 61 | Girls 15/16 | 100m Breast |
|  |  |  |  | Final | 61 | Girls 17&O | 100m Breast |
| **Session 9** | **Session 12** |
| **Evening** | **Evening** |
| **Individuals** | **Individuals** |
| Heats | 47 | Boys 10/12 | 50m Free | HDW | 1 | Boys 11&O | 1500m Free |
| Heats | 48 | Girls 10/12  | 100m Back | HDW | 65 | Mixed Open  | 4x50 Medley |
| HDW | 49 | Boys 13&O | 200m Free(HDW) | HDW | 66 | Boys 10/11 | 4x50 Medley |
| HDW | 50 | Boys 11/12 | 200m Fly(HDW) | HDW | 67 | Girls 10/11 | 4x50 Medley |
| HDW | 51 | Girls 13&O | 200m Br(HDW) | HDW | 68 | Boys 13&U | 4x50 Medley |
| Final | 47 | Boys 10 | 50m Free | HDW | 69 | Girls 13 &U | 4x50 Medley |
| Final | 47 | Boys 11/12 | 50m Free | HDW | 70 | Boys 15&U | 4x50 Medley |
| Final | 48 | Girls 10 | 100m Back | HDW | 71 | Girls 15&U | 4x50 Medley |
| Final | 48 | Girls 11/12 | 100m Back | HDW | 72 | Boys Open | 4x50 Medley |
|  |  |  |  | HDW | 73 | Girls Open | 4x50 Medley |
|  |  |  |  | HDW | 2 | Girls 11&O | 800m Free |
|  |  |  |  | HDW | 74 | Mixed Open  | 4x50 Free |
|  |  |  |  | HDW | 75 | Boys 10/11 | 4x50 Free |
|  |  |  |  | HDW | 76 | Girls 10/11 | 4x50 Free |
|  |  |  |  | HDW | 77 | Boys 13&U | 4x50 Free |
|  |  |  |  | HDW | 78 | Girls 13&U | 4x50 Free |
|  |  |  |  | HDW | 79 | Boys 15&U | 4x50 Free |
|  |  |  |  | HDW | 80 | Girls 15&U | 4x50 Free |
|  |  |  |  | HDW | 81 | Boys Open | 4x50 Free |
|  |  |  |  | HDW | 82 | Girls Open | 4x50 Free |

**Help Sheet to facilitate Electronic Entries for Swim Wales North Competitions**

Team Manager lite is a free download from Hy-Tek at www.hy-tekltd.com that enables users to enter meets created by Hy-Tek's Meet Manager and also to evaluate the Team Manager programme.

***To load TM Lite.***

After downloading from www.hy-tekltd.com,

Select **Swim\_TEAM\_MANAGER\_Lite.exe** and double click, ***set up*** will automatically use install wizard.

Follow on screen prompts to load onto hard drive.

***Using TM Lite***

When using TM Lite the first time.

Click **File/Open**

Enter a database file name (in capital letters), usually your team name and click **Open**.

**System Preferences** Window then opens,

In **Team/Swimmer Defaults**

Set Default Team Registration to **UK**

Set Default Team Type to **AGE**

In **Meet Age-Up Date** Select **Meet End Date**

In **System Age-Up Date** Select **Always Age Up To Today**

Click **OK** to close Window

Click **Teams/Add**

Enter Team Code

Enter Team Name

Enter Short Name

Click **OK** and then click **Cancel** to close **Team Maintenance** Window

Close **Teams** Window

Click **Athletes/Add**

In **Athlete Information**

Enter Athlete's Last Name, First Name, Middle (If Applicable), Birthdate, select Male or Female.

In **Member of** set **Team 1** to your team.

Click **Build ID.**

Click **OK.**

Repeat for all of your swimmers entering any Meets, including any relay only swimmers and all reserve relay swimmers.

Then click **Cancel** to close **Athlete Information** Window

Close **Athletes** Window.

Click **File/Import/Meet Events**

This will open import events window.

Browse to find the Hy-Tek meet event files:-

These will have the format

**'Meet Events-~~~~~~~~~~~~~~~~~~~~~~~~.zip’**

Select the file of the first meet you wish to enter, and click **open.**

(You may get an information box suggesting an update to TM lite is required, this can be ignored. Click **OK**.)

**TM** should unzip file to a temp folder on screen, select the file click **open** and follow screen prompts to load meet.

Go back to **File/Import/Meet Events** and repeat for this procedure for the files of any other meets you wish to enter. (You will probably need to browse again to find the downloaded files.)

Click **Meets**

The meets you have previously chosen should be displayed. Select whichever one you wish to enter.

Click **Entries** and select **Entries by Event** or **Entries by Name** to make you entries.

You may get an information box telling you entry times must be entered in custom time field. Click **OK.**

Individual entries may be made by either **Event** or **Name** but the more convenient is by **Name.**

Select **Entries by Name.** In Window showing swimmers scroll down, if necessary, to required swimmer and select. When a swimmers name is highlighted all eligible events for that swimmer are shown. Click the box in the **Enter** column to select an event to enter, click the corresponding box in the **Custom Time** column and enter the time. Complete your entries for all swimmers.

Relays can only be added by selecting **Entries by Event.**

At top of Window in **Swim for Team** select your team. In Window showing events scroll down, if necessary, to required event and select it.

Click **New Relay** in lower part of Window, this enters the event. Eligible swimmers should be shown in LH lower window. Click on your selected swimmers for this event. Ensure swimmers are entered in swimming order.

Please note that alterations to relay swimmers are only permitted as shown in meet conditions.

Complete all your entries then close **Entries** Window.

Repeat for any other Meets you wish to enter, and then close **Meets** Window.

Click **Reports/Performance/Meet Entries.**

In **Team** select your team, in **Event Filters** select which type of report you wish to create, and then click **Create Report**. Check your entries are complete and correct.

You may find it useful to print a copy of this report.

If entries are made in error.

Click **Meets**, select Meet where error occurs, click **Entries** and select **Entry Browser**.

Select incorrect entry from list, click **Delete.** TM Lite will request confirmation of entry deletion.

To create the electronic entry Click **File/Export/Meet Entries.** In **Export Entries** box select which Meet to export. Make sure the box **Export Relays** is ticked for your relay entries to be included. Click **OK**. This creates a zipped file that is exported to directory **TMIIData**, a folder on the C:\ drive. The filename of your first Meet entry will be **'*your club code*'-Entries001.ZIP**, second entry will be **'*your club code*'-Entries002.ZIP** and so on for each meet. You should keep a record of which numbered file relates to which Meet in case you need to make changes to your entries. These entry files should be attached to the e-mail that you send to the meet secretary

To see an overview go to **Help** and click **TM Lite**.

Olwen Catherall 2014

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|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | G10 | G11/12 | G13/14 | G15/16 | G17+ |  | B10 | B11/12 | B13/14 | B15/16 | B17+ |
|  QT | 38.50 | 34.7 | 32.4 | 31.3 | 31.3 | 50 F/S | 38.00 | 33.90 | 30,40 | 28.30 | 27.80 |
| CT | 45.50 | 43.70 | 41.4 | 39.13 | 37.13 |  | 45.50 | 42.90 | 39.401 | 38.80 | 36.80 |
| QT | 1m24.60 | 1m14.30 | 1m09.50 | 1m07.10 | 1.06.90 | 100 F/S | 1m22.90 | 1m13.20 | 1m05.40 | 1m01.20 | 1.00.10 |
| CT | 1m41.56 | 1m31.76 | 1m21.44 | 1m16.68 | 1.14.90 |  | 1m36.21 | 1m25.22 | 1m17.21 | 1m13.60 | 1.12.10 |
| QT | 3m00.40 | 2m39.90 | 2m29.60 | 2m24.6 | 2.23.2 | 200 F/S | 2m59.30 | 2m39.10 | 2m22.50 | 2m13.2 | 2.11.10 |
| CT | 3m41.24 | 3m19.89 | 2m57.41 | 2m47.03 | 2.41.20 |  | 3m40.95 | 3m18.11 | 2m48.40 | 2m41.04 | 2.39.00 |
| QT |  | 5m33.00 | 5m12.50 | 5m03.1 | 5.00.5 | 400 F/S |  | 5m34.00 | 5m01.50 | 4m42.10 | 4.36.70 |
| CT |  | 6m59.31 | 6m12.14 | 5m50.38 | 5.40.50 |  |  | 6m58.13 | 6m01.64 | 5m45.32 | 5.36.70 |
| QT |  | **11.29.30** | \*10m40.80 | \*10m23.5 | \*10.20.7 | 800 F/S |  |  |  |  |  |
| CT |  | **12.59.30** | 11m49.00 | 11m43.00 | 11.52.70 |  |  |  |  |  |  |
| QT |  |  |  |  |  | 1500 F/S |  | 22.01.70 | \*19m55.5 | \*18m40.6 | 18.21.9 |
| CT |  |  |  |  |  |  |  | 25.01.70 | \*21m55.50 | \*22m14.94 | 22.00.00 |
| QT | 43.80 | 39.30 | 36.50 | 35.30 | 35.10 | 50 Back | 43.60 | 39.00 | 34.80 | 31.90 | 31.50 |
| CT | 50.80 | 47.00 | 44.50 | 43.00 | 42.90 |  | 50.60 | 47.00 | 46.00 | 40.00 | 40.50 |
| QT | 1m35.20 | 1m22.70 | 1m17.00 | 1m14.4 | 1.14.0 | 100 Back | 1m34.70 | 1m22.50 | 1m13.0 | 1m07.80 | 1.06.30 |
| CT | 1m52.10 | 1m41.28 | 1m29.89 | 1m24.64 | 1.24.60 |  | 1m52.97 | 1m33.14 | 1m24.39 | 1m18.25 | 1.16.30 |
| QT | 3m21.80 | 2m56.30 | 2m44.80 | 2m38.7 | 2.37.2 | 200 Back | 3m19.70 | 2m56.50 | 2m37.90 | 2m26.50 | 2.24.0 |
| CT | 4m00.23 | 3m37.05 | 3m12.63 | 3m01.37 | 2.42.20 |  | 3m49.39 | 3m37.88 | 3m28.73 | 2m51.29 | 2.48.00 |
| QT | 50.00 | 44.00 | 40.80 | 39.40 | 39.10 | 50 Breast | 49.60 | 43.70 | 38.60 | 35.60 | 35.00 |
| CT | 58.00 | 52.00 | 50.00 | 47.80 | 47.60 |  | 57.60 | 51.70 | 45.60 | 43.60 | 43.00 |
| QT | 1m48.80 | 1m34.40 | 1m26.50 | 1m24.3 | 1.23.10 | 100 Breast | 1m48.10 | 1m33.80 | 1m22.70 | 1m16.60 | 1.15.10 |
| CT | 2m05.87 | 1m53.73 | 1m40.93 | 1m35.03 | 1.32.10 |  | 1m57.18 | 1m46.00 | 1m36.04 | 1m29.06 | 1.27.10 |
| QT | 3m51.50 | 3m22.40 | 3m06.70 | 3m01.6 | 3.00.2 | 200 Breast | 3m51.20 | 3m22.50 | 2m58.90 | 2m47.00 | 2.43.00 |
| CT | 4m29.91 | 4m03.86 | 3m36.43 | 3m23.78 | 3.21.20 |  | 4m46.18 | 4m03.86 | 3m26.33 | 3m23.17 | 3.21.00 |
| QT | 42.40 | 37.90 | 35.20 | 34.00 | 33.90 | 50m Fly | 42.40 | 37.50 | 33.40 | 30.90 | 30.10 |
| CT | 50.40 | 45.90 | 43.20 | 42.00 | 41.90 |  | 50.40 | 45.90 | 42.40 | 38.90 | 38.10 |
| QT | 1m36.00 | 1m22.40 | 1m16.30 | 1m14.10 | 1.13.30 | 100 Fly | 1m35.90 | 1m22.00 | 1m12.30 | 1m07.30 | 1.05.60 |
| CT | 1m49.93 | 1m39.32 | 1m28.15 | 1m22.99 | 1.21.30 |  | 1m48.76 | 1m39.05 | 1m25.40 | 1m23.34 | 1.21.60 |
| QT |  | 3m00.70 | 2m46.70 | 2m41.20 | 2.39.30 | 200 Fly |  | 3m00.80 | 2m40.10 | 2m28.30 | 2.23.90 |
| CT |  | 3m43.23 | 3m13.68 | 3m02.36 | 2.59.30 |  |  | 3m38.81 | 3m33.57 | 2m48.07 | 2.45.00 |
| QT | 3m25.60 | 3m00.60 | 2m48.70 | 2m43.40 | 2.42.00 | 200 IM | 3m25.10 | 3m00.50 | 2m40.70 | 2m30.30 | 2.27.30 |
| CT | 4m07.75 | 3m43.84 | 3m18.66 | 3m07.05 | 3.05.00 |  | 4m25.10 | 3m29.84 | 3m10.12 | 2m56,29 | 2m53.00 |
| QT |  | 6m19.90 | 5m53.80 | 5m42.60 | 5.40.60 | 400 IM |  | 6m20.90 | 5m40.60 | 5m18.10 | 5.12.20 |
| CT |  | 7m51.57 | 6m58.52 | 6m34.05 | 6.30.60 |  |  | 7m25.85 | 6m43.97 | 6m14.57 | 6m09.00 |

**The British Gas Swim Wales North Regional Championships 2014**

***British Gas Swim Wales North 2014 Regional Championships*  Relays**

**Team Name**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Gender and Age Group | Event | Name of Swimmer 1 | Name of Swimmer 2 | Name of Swimmer 3 | Name of Swimmer 4 |
| Girls 10/11 years old | 4×50m Freestyle Relay |  |  |  |  |
| 4×50m Medley Relay |  |  |  |  |
| Girls13 & under | 4×50m Freestyle Relay |  |  |  |  |
| 4×50m Medley Relay |  |  |  |  |
| Girls15 & under | 4×50m Freestyle Relay |  |  |  |  |
| 4×50m Medley Relay |  |  |  |  |
| Girls Open | 4×50m Freestyle Relay |  |  |  |  |
| 4×50m Medley Relay |  |  |  |  |
| Boys 10/11 years old |  4×50m Freestyle Relay |   |  |  |  |
| 4×50m Medley Relay |  |  |  |  |
| Boys 13 & under | 4×50m Freestyle Relay |  |  |  |  |
| 4×50m Medley Relay |  |  |  |  |
| Boys 15 & under | 4×50m Freestyle Relay |  |  |  |  |
| 4×50m Medley Relay |  |  |  |  |
| Boys Open | 4×50m Freestyle Relay |  |  |  |  |
| 4×50m Medley Relay |  |  |  |  |
| Mixed Open | 4x50 Freestyle Relay |  |  |  |  |
| Mixed Open | 4x40Medley Relay |  |  |  |  |