



**BRITISH GAS SWIM WALES DISABILITY SHORT  
COURSE (25m) OPEN MEET  
(INCORPORATING THE GREAT BRITAIN WORLD SHORT  
COURSE CHAMPIONSHIP TRIALS)**

**Saturday 4<sup>th</sup> – Sunday 5<sup>th</sup> July 2009**

**SOUTH EAST REGIONAL SWIMMING POOL,  
NEWPORT INTERNATIONAL SPORTS VILLAGE**

**EVENT INFORMATION & ENTRY FORMS**

**(Run under IPC Technical Swimming Rules and Swim Wales  
promoters conditions)**

**Meet License No. 09WLD-011**

## 2009 SWIM WALES DISABILITY SC (25m) OPEN MEET CONDITIONS

**Date:** 4<sup>th</sup>-5<sup>th</sup> July 2009

**Venue:** South East Regional Swimming Pool, Newport International Sports Village, Spytty Boulevard, Newport, South Wales, NP19 4RB. Telephone: (01633) 656757

**Facilities:** 8-lane (25m) competition pool, 500+ Spectator seating. The pool complies with Disability Discrimination Act regulations. The car park has more than 180 spaces, plus dedicated disabled and coach parking.

### Eligibility:

1. Entries will be accepted from competitors registered as members of Swim Wales, Scottish Swimming, the ASA or one of the Countries affiliated to FINA.
2. Entries from overseas competitors will be accepted providing that they have a classification that is listed on the IPC website (S1-S13) on the closing date of entries. No overseas entries will be accepted unless their classification can be ratified from the IPC website.
3. Entries from overseas competitors must be accompanied by a letter from their NPC/National Swimming Federation giving permission to compete at this event.
4. All competitors must be at least 10 years of age on the 31st December 2009.
5. Entries from S1-S15 & S17 competitors will be accepted. Swimmers should indicate on the entry form their British Swimming / IPC / UKSAPLD / INAS-FID / UKDS classification. S17 classifications must be confirmed with DSE.
6. This event will be held under IPC Technical Swimming Rules and Swim Wales promoters conditions

Entries will be returned for the following reasons:

- They are received without the relevant fee
- They are not made on the official form
- Incorrectly completed medical forms
- Improved Entries
- Received after the closing date

**Entry Fee:** £7 for 1st event, £5 for second event and £3 each subsequent event (i.e. 2 events: £12, 3 events £15). All cheques must be made payable to: "Swim Wales" and crossed.

**Entry Times:** Entry Times must have been achieved in the 12 months prior to the closing date of the competition in either a long course or short course pool. The organisers reserve the right to request proof of any entry time and reserve the right to return entries if oversubscribed.

**Events:** Heats will be seeded by entry times and not by classification. All events will be heat declared winner, there will be no finals.

The organisers reserve the right to combine male and female events.

**Withdrawals:** All withdrawals must be notified to the meet office by 5.00pm on the day before competition. All withdrawals must be made by using the forms provided. Swimmers failing to comply with the above (except in the case of a genuine illness or proven emergency) will be liable to a £10 fine for each inappropriate withdrawal.

**Medals:** Medals will be awarded to 1st, 2nd and 3rd placed swimmers male and female, calculated on British Disability Points. (Points are awarded to each swimmer in relation to how close they are to their classification world record in each event). If less than four swimmers participate in any one event, then a minus one ruling shall apply. If only one swimmer participates then that swimmer shall be awarded a medal

providing they have improved upon their entry time.

**TV, Video or Close Range Photography:** When the competition involves young persons and vulnerable adults it shall be a requirement that staff shall be appointed at the entrance control to register details of any persons wishing to engage in any video, zoom or close range photography.

**Safety:** All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

**Competitors Accreditation:** All Competitors will be issued with relevant accreditation. There will be no entry to the changing area or poolside without accreditation.

**Coaches/Chaperones/support staff accreditations:** All Coaches and Chaperones must have relevant accreditation. Applications for coach/chaperone 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 SWIM WALES/ASA/ or the SASA and be registered on their home countries child protection database or a member of their NPC/National Swimming Federation. Personal care attendants will only be permitted for swimmers in the following classes S1, S2, S3, S4 and S11. Such attendants will be excluded from any restrictions and will be given the same accreditation as the swimmer for whom they have personal care responsibilities. A swimmer in these classifications may have both a coach and a personal care attendant in attendance.

The Accreditation fee for a Coach/Chaperone pass is £12.50 per person. One additional Support Staff for S1, S2, S3, S4 and S11 will be allowed free of charge.

**ENTRY FORMS & APPLICATIONS FOR COACH/CHAPERONE PASSES MUST BE RETURNED BY NO LATER THAN 5PM ON FRIDAY 22<sup>ND</sup> MAY 2009 TO:**

**SWIM WALES  
WALES NATIONAL POOL  
SKETTY LANE  
SWANSEA  
SA2 8QG**

**NO FORMS WILL BE ACCEPTED AFTER THIS DATE**

FOR FURTHER ENTRY FORMS PLEASE GO TO [www.welshasa.co.uk](http://www.welshasa.co.uk) or call 01792 513636

## EVENT SCHEDULE

All classifications will swim together (multi-disability)

### **Session One: - Saturday 4<sup>th</sup> July 2009**

**Warm up – 08:15**                      **Competition Start – 09:30**

M 400m Freestyle (S6-S15 & S17)

W 400m Freestyle (S6-S15 & S17)

M 200m Freestyle (S1-S5)

W 200m Freestyle (S1-S5)

*Break – 30 minutes*

M 100m Individual Medley (SM1-SM15 & SM17)

W 100m Individual Medley (SM1-SM15 & SM17)

M 50m Breaststroke (SB1–SB3)

W 50m Breaststroke (SB1–SB3)

### **Session Two: - Saturday 4<sup>th</sup> July 2009**

**Warm up – 15:15**                      **Competition Start – 16:30**

M 200m Individual Medley (SM5-SM15 & SM17)

W 200m Individual Medley (SM5-SM15 & SM17)

*Break – 30 minutes*

M 50m Freestyle (S1–S15 & S17)

W 50m Freestyle (S1–S15 & S17)

M 100m Butterfly (S8–S15 & S17)

W 100m Butterfly (S8–S15 & S17)

### **Session Three: - Sunday 5<sup>th</sup> July 2009**

**Warm up – 08:15**                      **Competition Start – 09:30**

M 100m Breaststroke (SB4-SB9 & SB11-SB15 & SB17)

W 100m Breaststroke (SB4-SB9 & SB11-SB15 & SB17)

M 50m Backstroke (S1–S5)

W 50m Backstroke (S1–S5)

*Break – 30 minutes*

M 50m Butterfly (S1–S7)

W 50m Butterfly (S1–S7)

### **Session Four: Sunday 5<sup>th</sup> July 2009**

**Warm up – 15:15**                      **Competition Start – 16:30**

M 100m Backstroke (S6–S15 & S17)

W 100m Backstroke (S6–S15 & S17)

*Break – 30 minutes*

M 100m Freestyle (S1–S15 & S17)

W 100m Freestyle (S1–S15 & S17)

M 150m Individual Medley (SM1–SM4)

W 150m Individual Medley (SM1–SM4)

**British Gas Swim Wales Disability Short Course (25m) Open Meet (Incorporating the Great Britain World Short Course Championship Trials)**

**Entry Standards**

<b>Male</b>		<b>Female</b>
<b>50m FREESTYLE</b>		
03:56.00	<b>S1</b>	04:23.00
03:05.00	<b>S2</b>	03:27.00
01:50.00	<b>S3</b>	02:46.00
01:31.00	<b>S4</b>	02:03.00
01:20.00	<b>S5</b>	01:31.00
01:08.00	<b>S6</b>	01:22.00
01:00.00	<b>S7</b>	01:15.00
00:56.00	<b>S8</b>	01:10.00
00:53.00	<b>S9</b>	01:02.00
00:51.00	<b>S10</b>	01:00.00
01:00.00	<b>S11</b>	01:15.00
00:56.00	<b>S12</b>	01:10.00
00:53.00	<b>S13</b>	01:02.00
00:40.00	<b>S14</b>	00:58.00
00:40.00	<b>S15</b>	00:58.00
00:51.00	<b>S17</b>	01:00.00
<b>100m FREESTYLE</b>		
05:59.00	<b>S1</b>	06:10.00
05:10.00	<b>S2</b>	06:00.00
04:02.00	<b>S3</b>	05:54.00
03:16.00	<b>S4</b>	04:33.00
02:50.00	<b>S5</b>	03:34.00
02:24.00	<b>S6</b>	02:52.00
02:08.00	<b>S7</b>	02:38.00
02:04.00	<b>S8</b>	02:36.00
01:56.00	<b>S9</b>	02:11.00
01:50.00	<b>S10</b>	02:09.00
02:08.00	<b>S11</b>	02:34.00
02:04.00	<b>S12</b>	02:15.00
01:56.00	<b>S13</b>	02:10.00
01:32.00	<b>S14</b>	01:57.00
01:32.00	<b>S15</b>	01:57.00
01:50.00	<b>S17</b>	02:09.00
<b>200m FREESTYLE</b>		
12:20.00	<b>S1</b>	12:40.00
07:42.00	<b>S2</b>	07:52.00
06:40.00	<b>S3</b>	06:50.00
06:00.00	<b>S4</b>	06:10.00
05:45.00	<b>S5</b>	05:55.00

**Entry Standards**

<b>400m FREESTYLE</b>		
08:10.00	<b>S6</b>	08:30.00
07:55.00	<b>S7</b>	08:15.00
07:40.00	<b>S8</b>	08:00.00
07:10.00	<b>S9</b>	07:30.00
06:40.00	<b>S10</b>	07:00.00
07:40.00	<b>S11</b>	08:00.00
07:10.00	<b>S12</b>	07:30.00
06:40.00	<b>S13</b>	07:00.00
06:40.00	<b>S14</b>	07:00.00
06:40.00	<b>S15</b>	07:00.00
06:40.00	<b>S17</b>	07:00.00
<b>50m BACKSTROKE</b>		
04:04.00	<b>S1</b>	04:23.00
03:05.00	<b>S2</b>	03:30.00
02:10.00	<b>S3</b>	03:14.00
01:50.00	<b>S4</b>	02:03.00
01:35.00	<b>S5</b>	02:01.00
<b>100m BACKSTROKE</b>		
02:43.00	<b>S6</b>	03:23.00
02:36.00	<b>S7</b>	03:09.00
02:29.00	<b>S8</b>	03:05.00
02:13.00	<b>S9</b>	02:39.00
02:10.00	<b>S10</b>	02:37.00
02:38.00	<b>S11</b>	02:48.00
02:24.00	<b>S12</b>	02:46.00
02:22.00	<b>S13</b>	02:23.00
02:05.00	<b>S14</b>	02:20.00
02:00.00	<b>S15</b>	02:20.00
02:10.00	<b>S17</b>	02:37.00
<b>50m BREASTSTROKE</b>		
04:33.00	<b>SB1</b>	05:00.00
02:48.00	<b>SB2</b>	03:30.00
02:15.00	<b>SB3</b>	02:25.00
<b>100m BREASTSTROKE</b>		
03:48.00	<b>SB4</b>	04:16.00
03:11.00	<b>SB5</b>	04:09.00
03:09.00	<b>SB6</b>	03:49.00
03:07.00	<b>SB7</b>	03:46.00
02:48.00	<b>SB8</b>	03:14.00
02:36.00	<b>SB9</b>	02:53.00
03:07.00	<b>SB11</b>	03:30.00
02:34.00	<b>SB12</b>	03:00.00
02:36.00	<b>SB13</b>	02:55.00
02:15.00	<b>SB14</b>	02:53.00
02:15.00	<b>SB15</b>	02:53.00
02:36.00	<b>SB17</b>	02:53.00

## Entry Standards

<b>50m BUTTERFLY</b>		
03:50.00	<b>S1</b>	04:06.00
03:20.00	<b>S2</b>	03:36.00
02:50.00	<b>S3</b>	03:06.00
02:10.00	<b>S4</b>	02:43.00
01:36.00	<b>S5</b>	02:03.00
01:17.00	<b>S6</b>	01:36.00
01:07.00	<b>S7</b>	01:31.00
<b>100m BUTTERFLY</b>		
02:31.00	<b>S8</b>	03:11.00
02:10.00	<b>S9</b>	02:34.00
02:03.00	<b>S10</b>	02:24.00
02:46.00	<b>S11</b>	03:13.00
02:15.00	<b>S12</b>	02:43.00
02:10.00	<b>S13</b>	02:24.00
02:03.00	<b>S14</b>	02:24.00
02:01.00	<b>S15</b>	02:23.00
02:03.00	<b>S17</b>	02:24.00
<b>100m IM</b>		
07:00.00	<b>SM1</b>	08:00.00
06:00.00	<b>SM2</b>	07:00.00
05:00.00	<b>SM3</b>	06:00.00
04:00.00	<b>SM4</b>	05:00.00
03:35.00	<b>SM5</b>	04:10.00
02:59.00	<b>SM6</b>	03:44.00
02:48.00	<b>SM7</b>	03:35.00
02:36.00	<b>SM8</b>	03:16.00
02:20.00	<b>SM9</b>	02:39.00
02:15.00	<b>SM10</b>	02:38.00
02:38.00	<b>SM11</b>	03:04.00
02:36.00	<b>SM12</b>	02:43.00
02:20.00	<b>SM13</b>	02:41.00
02:15.00	<b>SM14</b>	02:38.00
02:15.00	<b>SM15</b>	02:38.00
02:15.00	<b>SM17</b>	02:38.00
<b>150m IM</b>		
08:32.00	<b>SM1</b>	08:52.00
08:05.00	<b>SM2</b>	08:25.00
07:00.00	<b>SM3</b>	07:20.00
06:14.00	<b>SM4</b>	06:34.00

## Entry Standards

### 200m IM

06:39.00	<b>SM5</b>	07:59.00
06:09.00	<b>SM6</b>	07:39.00
05:29.00	<b>SM7</b>	06:57.00
05:24.00	<b>SM8</b>	06:43.00
04:56.00	<b>SM9</b>	05:29.00
04:40.00	<b>SM10</b>	05:26.00
05:19.00	<b>SM11</b>	06:18.00
05:05.00	<b>SM12</b>	05:34.00
04:47.00	<b>SM13</b>	05:31.00
04:30.00	<b>SM14</b>	05:26.00
04:30.00	<b>SM15</b>	05:26.00
04:30.00	<b>SM17</b>	05:26.00



**2009 SWIM WALES DISABILITY SC (25m) OPEN MEET ENTRY FORM  
(PLEASE COMPLETE IN BLOCK CAPITALS)**

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_  
Male/Female: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_  
Club: \_\_\_\_\_  
Email: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_ Postcode: \_\_\_\_\_  
Contact Number: \_\_\_\_\_ Registration Number: \_\_\_\_\_  
British Swimming/IPC/UKSAPLD/INAS-FID/UKDS Classification: S \_\_\_ SB \_\_\_ SM \_\_\_

Event	Entry Time
50m Freestyle (S1-S15 & S17)	
100m Freestyle (S1-S15 & S17)	
200m Freestyle (S1-S5)	
400m Freestyle (S6-S15 & S17)	
50m Backstroke (S1-S5)	
100m Backstroke (S6-S15 & S17)	
50m Breaststroke (SB1-SB3)	
100m Breaststroke (SB4-SB9 & SB11-SB15 & SB17)	
50m Butterfly (S1-S7)	
100m Butterfly (S8-S15 & S17)	
100m Individual Medley (SM1-SM15 & SM17)	
150m Individual Medley (SM1-SM4)	
200m Individual Medley (SM5-SM15 & SM17)	

Total Number of Events: \_\_\_\_\_ Total Payment: £ \_\_\_\_\_  
(£7 for 1<sup>st</sup> event, £5 for 2<sup>nd</sup> event and £3 each subsequent event i.e. 2 events: £12, 3 events £15).  
Please send a SAE if you would like to receive meet information. All meet information can be  
found at [www.welshasa.co.uk](http://www.welshasa.co.uk)

**I Confirm I accept the promoters conditions for the event**

Competitors Signature:..... Date .....

To be signed by the parent/guardian of any competitor under the age of 18 years on the first day of the meet.

I agree to my son/daughter/ward ..... if selected, being submitted to doping controls as approved by the SWIM WALES and to him/her submitting a sample of urine for analysis by the accredited laboratory . I confirm that I am a person having parental responsibility for ..... in accordance with the Child Act 1989 and that I ..... have read the Meet Information and Conditions.

Parent/Guardian Signature.....Date.....



**2009 SWIM WALES DISABILITY SC (25m) OPEN MEET  
COACH, CHAPERONE AND SUPPORT STAFF APPLICATION FORM**

Full Name: \_\_\_\_\_

Position (Coach, Chaperone, Support Staff): \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Registration Number: \_\_\_\_\_

CRB Number: \_\_\_\_\_

Please note only members affiliated to Swim Wales/Scottish Swimming/ASA or a member of a FINA affiliated country will be eligible for a coaches pass.

**PLEASE SEND A PASSPORT SIZED PHOTO FOR EACH PASS OR EMAIL A HEAD AND SHOULDERS SHOT TO [events@welshasa.co.uk](mailto:events@welshasa.co.uk)**

**ONLY APPLICATIONS WITH A PHOTOGRAPH WILL BE ACCEPTED.**

**NO PASSES WILL BE AVAILABLE ON THE DAY THEY MUST BE PURCHASED BEFOREHAND.**

**THERE WILL BE NO ACCESS TO THE POOLSIDE WITHOUT A POOLSIDE PASS.**

**All completed forms to be returned to the Swim Wales Office, Wales National Pool, Sketty Lane, Swansea SA2 8QG**

**CLOSING DATE: 22<sup>nd</sup> May 2009**



**2009 SWIM WALES DISABILITY SC (25m) OPEN MEET  
MEDICAL FORM**

If your medical condition requires you to have a spotter please complete this form and return to:  
SWIM WALES Office, Wales National Pool, Sketty Lane, Swansea. SA2 8QG.

**Name:** \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_ **Postcode:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Contact No:** \_\_\_\_\_

**Please complete below as appropriate:**

**I confirm I am subject to Epileptic fits**

**My Spotter is:** \_\_\_\_\_

**I confirm that due to my medical condition I require supervision whilst in the pool**

**My Spotter is:** \_\_\_\_\_

**I can confirm that the above details are correct and that I will inform the organisers of any changes.**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature (if under 18):** \_\_\_\_\_

**Closing date for all entries is Friday 22nd May 2009. Entries received after this deadline will be rejected**



**2009 SWIM WALES DISABILITY SC (25m) OPEN MEET  
SWIM WALES CONFIDENTIAL MEDICAL FORM. PLEASE PRINT  
(ALL SWIMMERS ARE REQUIRED TO COMPLETE THIS FORM)**

REGION / Home Country: .....

MALE / FEMALE (DELETE AS APPROPRIATE)

SWIMMER / STAFF (DELETE AS APPROPRIATE)

Surname.....

Forename.....

Date of Birth .....

Address:.....

.....Postcode:.....

Tel: Home: .....Work: .....

Email:.....

GP's Details:

Name: .....

Address.....

.....

Tele: .....

Next of Kin/ Emergency

Contact Name: .....

Relationship: .....

Address.....

.....

Tele:.....Home.....

Work.....Mobile.....

**DISABILITY: Please include medical details relating to disability (e.g. C6 Tetraplegia)**

Are you subject to any sudden illnesses, for example, fits, kidney or bladder infection, chest infection that you require urgent treatment? If so, what tablets, injections or treatment do you require?

REGULAR MEDICATION AND DOSAGE (include inhalers) .....

.....

REGULAR MEDICATION AND DOSAGE (include inhalers).....

.....

Allergies (Put 'None' if none known).....

Reactions & Symptoms.....

Vitamins/ Supplements:.....

Current injuries or medical treatment? Any other relevant information: (if necessary continue on reverse of form)

I confirm the above details are correct and that I will inform the organisers immediately of any changes.

Signature: .....Date: .....

Signature: ..... Parent/Guardian

(To be signed by the parent/guardian of any competitor under the age of 18 years).