

WELCOME TO THE WELSH FESTIVAL OF SWIMMING CARDIFF MEET | 7 & 8 AUGUST 2021



City of Cardiff are hosting the gala on behalf of Swim Wales

Please refer to the Swim Wales Meet pack for information about the meet.

PROGRAMME OF EVENTS & SESSION TIMES

Saturday 7th August		Sunday 8th August	
Session 1 – ages 13, 14		Session 4 – ages 13, 14	
WARM UP 10:30	START 11:15	WARM UP 9:00	START 09:45
101	F 200m IM	201	M 200m Breaststroke
102	M 200m Backstroke	202	F 200m Breaststroke
103	F 200m Backstroke	203	M 200m Freestyle
104	M 100m Butterfly	204	F 200m Freestyle
105	F 100m Butterfly	205	M 100m Backstroke
106	M 400m Freestyle	206	F 100m Backstroke
107	F 400m Freestyle	207	M 400m IM
		208	F 400m IM
Est finish 12:20 then 30 min clean by Legacy		Est finish 10:55 then 30 min clean by Legacy	
Session 2 – ages 13, 14		Session 5 – ages 15, 16	
WARM UP 12:50	START 13:20	WARM UP 11:25	START 12:10
110	M 100m Freestyle	228	M 50m Butterfly 13-16yrs
111	F 100m Freestyle	227	F 50m Butterfly 13-16yrs
112	M 100m Breaststroke	210	M 200m Breaststroke
113	F 100m Breaststroke	211	F 200m Breaststroke
114	M 200m Butterfly	212	M 200m Freestyle
115	F 200m Butterfly	213	F 200m Freestyle
116	M 200m IM	214	M 100m Backstroke
128	F 50m Backstroke 13-16yrs	215	F 100m Backstroke
127	M 50m Backstroke 13-16yrs	216	M 400m IM
		217	F 400m IM
		218	M 50m Breaststroke 13-16yrs
		219	F 50m Breaststroke 13-16yrs
Est finish 14:35 then 30 min clean by Legacy		Est finish 13:15 then 30 min clean by Legacy	
Session 3 – ages 15, 16		Session 6 – ages 15, 16	
WARM UP 15:05	START 15:50	WARM UP 13:45	START 14:30
117	F 50m Freestyle 13-16yrs	220	M 100m Freestyle
118	M 50m Freestyle 13-16yrs	221	F 100m Freestyle
120	F 200m IM	222	M 100m Breaststroke
121	M 200m Backstroke	223	F 100m Breaststroke
122	F 200m Backstroke	224	M 200m Butterfly
123	M 100m Butterfly	225	F 200m Butterfly
124	F 100m Butterfly	226	M 200m IM
125	M 400m Freestyle		
126	F 400m Freestyle		
Est finish 16:45		Est finish 15:05	

NOTE the 50m events have been moved to accommodate the different age bands and help the running of the gala.

ACCESS FOR THE EVENT:

- Clubs are to access the competition pool via the Fire escape stairs opposite the main CIP car park.
- Clubs are requested to arrive and organise their swimmers competing in each session so that they check in together.
- Swimmers are required to queue maintaining a 2m distance and have their lateral flow test results ready on their mobile phones.
- Swimmers to arrive beach ready, follow the one-way system as directed and remain within the competition pool environment.
- Arrival and departure will not be permitted during each session.
- There will be no access to the rest of the Cardiff International Pool Building.
- At the end of each session the competition pool and seating area will be cleaned by Legacy Leisure.
- Swimmers will be checked out via the fire exit door opposite the Ice Rink and parents are to wait and collect their child(ren) in the plaza area in front of the ice rink.
- Coaches Officials & Volunteers are also the check in each day with their LFT and will receive a wristband to be worn whilst inside the competition pool. Masks are to be worn whilst poolside.

EVENT PROTOCOLS: Please refer to the Festival of Swimming document and follow the protocols set out.

This applies for all participants – swimmers coaches officials and Co Cardiff meet volunteers and Timing operator team as detailed covering:

1. Lateral Flow Testing (LFT) protocols
2. Track & Trace (T&T) protocols
3. Social Distancing Protocols
4. Masks

Swim Wales Co Cardiff and Legacy Leisure have undertaken the risk assessment for the weekend.

POOL LAYOUT WITH ONE WAY SYSTEM IN OPERATION



Warm Down Pool - This is no warm down pool available at the Meet.

Mixed Warm Up | Session starts 15 minutes thereafter | See schedule & lane allocation at end

- ❖ Warm up duration is 30 minutes Allocated lanes to be used across the weekend
- ❖ Lanes 0 & 1 are dedicated SPRINT LANES for use by any clubs
- ❖ Swimmers to enter the pool | **EVEN LANES via car park end | ODD LANES via ice rink end**
- ❖ Coaches can open up their allocated lanes for sprint 5 minutes before the end of warm up

Coaches must ensure that their teams are supervised during warm up and act as warm Up Marshals. Coaches and swimmers disregarding health and safety instructions, will be excluded from warm Up.

Please ensure your swimmers exit the pool at the side and do not climb out over the timing pads as this can cause damage to the pads and lead to delays to the meet.

Marshalling: Swimmers will be called to marshalling. It is the responsibility of the swimmer/coaches to ensure that they attend marshalling once called.

Swimmers will then be directed to the standing areas (zones 1, & 2) and are to enter onto the boom when directed by officials.

Spectators: There are NO SPECTATORS permitted, but Swim Wales are providing a streaming service of the event. Access code to be confirmed. Parents will not be permitted to congregate outside the building.

Officials: All visiting clubs are requested to provide at least one qualified official per session. Officials are responsible for bringing their own food and drink if volunteering at more than one session and will be able to use the "D" outside area between sessions.

Officials can register at <https://www.swim-meet.com/Availability/> to confirm their availability. Alternatively, we request that details of officials (together with their qualifications) are forwarded to our officials' co-ordinator Jim McCulloch: cardiffofficials@btinternet.com

Data Protection: Submission of entries implies consent to the holding of any personal data collected and used by Swim Wales & City of Cardiff Swimming Club in accordance with the Data Protection Act 1998 and General Data Protection Regulations (GDPR) May 2018.

These details may be made public before, during or after the Meet. All data will be recorded privately, securely stored and disposed of when no longer needed. You have the right to view your personal data & request its deletion under GDPR.

Car Parking: Directions to Cardiff International Pool together with a map showing of CIP are below

Directions to Cardiff International Pool

Cardiff International Pool, Olympian Drive, CF11 0JB

Travelling from either west or east, take the M4 to Junction 33 Then take the A4232, towards Cardiff Bay.

Take the 3rd main exit. (Just after the elevated section) – A4055 to Penarth. Travel down the exit slip road, and at the roundabout then take the 3rd exit (towards Penarth), and then take the first left at the traffic lights. At the next set of traffic lights turn right.

Please contact City of Cardiff Swimming Club regarding any matter not covered here.

We look forward to seeing you and wish you all a successful Meet.

Stephen Jones
Meet Director

WARM UP SCHEDULE

SESSION 1	13 -14 age groups			
START				
	Team	Lane	Women	Men
COCY	City of Cardiff	<i>7 8 9</i>	23	9
RCTY	Rhondda Cynon Taf Performance	<i>6</i>	3	0
BSCY	Bridgend Swim Club	<i>5</i>	5	1
NWMY	City Of Newport Swimming Club	<i>4</i>	4	0
HOVY	Heads Valley	<i>3</i>	1	0
	Nofio Clwyd	<i>2</i>	3	3
CAPY	Caerphilly County Swim Squad	<i>2</i>	4	0
MERY	Merthyr Tydfil	<i>3</i>	1	0
	Total Athletes: 57		44	13
	=====		=====	=====
SESSION 2	13 -14 age groups			
START				
	Team	Lane	Women	Men
COCY	City of Cardiff	<i>7 8 9</i>	26	13
RCTY	Rhondda Cynon Taf Performance	<i>6</i>	6	3
BSCY	Bridgend Swim Club	<i>5</i>	7	2
NWMY	City Of Newport Swimming Club	<i>4</i>	4	1
HOVY	Heads Valley	<i>3</i>	1	0
	Nofio Clwyd	<i>2</i>	3	4
CAPY	Caerphilly County Swim Squad	<i>2</i>	4	2
MERY	Merthyr Tydfil	<i>3</i>	1	0
	Total Athletes: 77		52	25
	=====		=====	=====
SESSION 3	15 -16 age groups			
START				
	Team	Lane	Women	Men
COCY	City of Cardiff	<i>7 8 9</i>	27	20
RCTY	Rhondda Cynon Taf Performance	<i>6</i>	2	1
BSCY	Bridgend Swim Club	<i>5</i>	3	0
NWMY	City Of Newport Swimming Club	<i>4</i>	2	2
HOVY	Heads Valley	<i>3</i>	2	3
	Nofio Clwyd	<i>2</i>	3	4
CAPY	Caerphilly County Swim Squad	<i>2</i>	0	1
MERY	Merthyr Tydfil	<i>-</i>	-	-
	Total Athletes: 70		39	31
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SESSION 4		13 -14 age groups		
WARM UP 9:00 ~ 09:30				
	Team	Lane	Women	Men
COCY	City of Cardiff	7 8 9	23	10
RCTY	Rhondda Cynon Taf Performance	6	6	4
BSCY	Bridgend Swim Club	5	5	2
NWMY	City Of Newport Swimming Club	4	2	0
HOVY	Heads Valley	3	1	0
	Nofio Clwyd	2	3	4
CAPY	Caerphilly County Swim Squad	2	3	1
MERY	Merthyr Tydfil	3	1	0
	Total Athletes: 65		44	21
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SESSION 5		15 -16 age groups		
WARM UP 11:30~12:00				
	Team	Lane	Women	Men
COCY	City of Cardiff	7 8 9	21	19
RCTY	Rhondda Cynon Taf Performance	6	8	1
BSCY	Bridgend Swim Club	5	2	0
NWMY	City Of Newport Swimming Club	4	1	2
HOVY	Heads Valley	3	2	3
	Nofio Clwyd	2	0	1
CAPY	Caerphilly County Swim Squad	-	-	-
MERY	Merthyr Tydfil	-	-	-
	Total Athletes: 60		34	26
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SESSION 6		15 -16 age groups		
	Team	Lane	Women	Men
COCY	City of Cardiff	7 8 9	21	19
RCTY	Rhondda Cynon Taf Performance	6	9	1
BSCY	Bridgend Swim Club	5	1	0
NWMY	City Of Newport Swimming Club	4	2	2
HOVY	Heads Valley	3	3	3
	Nofio Clwyd	-	-	-
CAPY	Caerphilly County Swim Squad	2	0	1
MERY	Merthyr Tydfil	-	-	-
	Total Athletes: 62		36	26
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