



SWIM WALES
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SWIM WALES OPEN WATER EVENTS FOR 2022

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CHALLENGE SERIES
CYFRES HER

Incorporating the National Championships



OVERVIEW OF COMPETITIVE PATHWAY

Swim Wales, as the Welsh governing body for aquatics, is committed to delivering a pathway of opportunity, accessible to both our competitive members and our wider community of swimmers. This includes the development of our disciplines and sports, such as Outdoor Swimming.

AQUATICS
FOR EVERYONE
FOR LIFE

In 2021, Swim Wales launched our OutdoorSwimming pathway of opportunity.

In 2022, the pathway includes the following events:

OPEN MASS-PARTICIPATION EVENT

Swim Wales Challenge series

COMPETITIVE AGE GROUP EVENTS

British Team Selection

Swim Wales National Championships



SWIM WALES NATIONAL OPEN WATER CHAMPIONSHIPS 2022

Alongside the Swim Wales Challenge Series, we will also be hosting the Swim Wales National Open Water Championships for age group swimmers.

10TH SEPTEMBER - LLYN TEGID BALA

SWIM WALES NATIONAL OPEN WATER CHAMPIONSHIPS (TIMED).

AGE GROUP	DISTANCE
12-13 yrs old	2km
14-15 yrs old	3km
16-17 yrs old	5km
18+ yrs	5km

All swimmers are aiming to compete for the title of National Champion. Medals will be awarded to first, second and third place in each age category 12-13, 14-15, 16-17, and 18+ at each event. These races will take place alongside the Challenge Series, but sit separate to the open events. Anyone wishing to earn the Challenge Series medals should enter the open events.

VENUE FOR THE RACES

LLANDEGFEDD LAKE SUNDAY 19TH JUNE

Llandegfedd Visitor Centre

Llandegfedd Reservoir, Coed Y Paen, Pontypool,
Monmouthshire, Wales, NP4 0TA

www.llandegfedd.co.uk

Swim Wales Challenge Series incorporating British Team selection.

The races form part of the British team selection process for selection onto the European Junior and European Open Water Championship teams.

The selection policies for these two events can be accessed [here](#).

Those wishing to enter the selection races on the 19th should complete the online form [here](#).

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#LLANDEGFEDDLAKE2022

LLANDEGFEDD
SATURDAY 18 JUNE

VENUE FOR THE RACES

LLYN TEGID BALA SATURDAY 10 SEPTEMBER

Llyn Tegid Bala
Llyn Tegid, Bala, LL23 7YE

www.visitmidwales.co.uk

For the Swim Wales Challenge Series & Swim Wales National Championships, we head back to Llyn Tegid Bala. Llyn Tegid is the largest natural lake in Wales and provides the perfect setting to finish the series in style.

CHALLENGE SERIES (OPEN RACES)

- 1km
- 3km
- 5km
- 2km team relay

Swim Wales National Open Water Championships

AGE GROUP RACES

- 12-13 yrs 2km
- 14-15 yrs 3km
- 16-17 yrs 5km
- 18+ yrs 5km

This event will be timed.

LLYN TEGID BALA
SATURDAY 10 SEPTEMBER

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#LLYNTegidBala2022



WE ARE REMINDING COLD WATER DIPPERS TO...

- Never swim alone.
- Always check the weather forecast.
- Be seen.
- Acclimatise to the water temperature slowly and never jump straight in.
- Stay in your depth and know your limits.
- If in doubt, stay out.
- If you get into trouble remember float to live.
- Take a mobile phone in a waterproof pouch.
- If you or someone else is in trouble call 999 or 112 and ask for the Coastguard.



NOW THAT YOU'VE READ THE PACK
ARE YOU READY FOR THE CHALLENGE...?

GREAT!
LET'S JUMP IN...



CHALLENGE SERIES RACES OPEN TO ANYBODY

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CHALLENGE SERIES
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- No entry qualifying criteria.
- Swimmers must be minimum age 12 by December 31st 2022.
- There is a time limit of 30 minutes after the first swimmer in each competition has finished.
- Swimmers must be current members of Swim Wales or one of the home nations (Scottish Swimming/Swim England). Temporary day memberships are available.

Swimmers may enter as many events as they wish, at each event you can enter one distance. You may choose to enter a different distance at each event. Swim at all 4 of these locations, any distance and complete the series medal.

OPEN RACE

LLYN TEGID BALA

10th September – Open Races 1km, 3km, 5km

<https://www.eventbrite.co.uk/e/swim-wales-challenge-series-llyn-tegid-bala-tickets-272191270417>



REGIONAL AND NATIONAL CHAMPIONSHIPS AGE GROUP RACES

- Swimmers must be minimum age 12 by December 31st 2022.
- Age as of December 31st 2022.

LLYN TEGID BALA
September 10th

Welsh National Age Group Races

- 12-13 yrs 2km
- 14-15 yrs 3km
- 16-17 yrs 5km
- 18+ yrs 5km

<https://www.eventbrite.co.uk/e/swim-wales-national-open-water-championships-tickets-272609762137>

SAFE[®] CYMRU

SAFE AQUATIC FACILITY ENDORSEMENT
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**PROMOTING SAFETY AND ENJOYMENT
IN OPEN WATER SWIMMING**

For further information please contact
Hope Filby, safe-cymru@swimming.org - 07970 117 500

**#SAFE
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RACE CONDITIONS

1. All competitors must be a current registered members of Swim Wales, Swim England, Scottish Swimming or Temporary members.
2. By entering swimmers are agreeing to the event conditions and general event conditions.
3. The minimum water temperature required for this competition is 14°. In the event that the water is 18° or higher the decision to wear wetsuits will be made by the event management.
4. In the event of minimum temperature concerns, events may be postponed to allow the water temperature to rise. If a rise in water temperature is not possible the event will be cancelled.
5. Cancellations:
 - a. If the conditions are deemed to be unsuitable and not safe at the event, a decision may be made to cancel or stop the event
 - b. Full refunds of entry fees to the event will be offered to all competitors
 - c. No refunds will be offered for any other expenses incurred in relation to the event.
6. Swimmers are required to read and sign an event disclaimer before competing in their event.
7. Swim Wales reserves the right to limit entries dependent on demand. In the event of an oversubscription Swim Wales reserve the right to scratch and remove entries as deemed appropriate. This is at the complete discretion of Swim Wales and the event management. Entries are not confirmed until a confirmed entry list of swims is published after the close of entries.
8. Refunds for entry fees will be processed on the receipt of a valid doctor's note (signed by an appropriate consultant/doctor on headed paper). Refunds will not be processed for withdrawals on non-medical grounds.
9. Ages as of 31st December 2022.
10. There is a time limit of 30 minutes after the first swimmer in each competition has finished.
11. Swimmers MUST sign in at the registration desk and attend the race briefing.
12. Any swimmer not attending the briefing will NOT be allowed to swim.
13. Competitors must have their number displayed on their hands, back or upper arm AND WEAR THE WRIST BAND, TIMING CHIP (WHEN PROVIDED) AND SWIM CAP PROVIDED.
14. No swimmer shall be permitted to use or wear any device, which may aid their endurance, buoyancy or speed. Goggles, earplugs or nose clips may be used. Only one costume is allowed.
15. Swimmers shall be allowed to use grease or other substances providing these are not deemed as excessive, in the opinion of the Referee.
16. Behaviour and Attitude: Swim Wales has a zero-tolerance policy on negative behaviour at meets. Disrespectful and poor attitude resulting in unacceptable behaviour will not be tolerated. All those on-site including swimmers, parents, coaches and clubs are expected to behave in an appropriate manner, respectful of officials, volunteers, staff and others. Swim Wales holds the right to ask those behaving inappropriately to leave the event and/or meet if deemed necessary. A refund will not be issued for dismissal from an event. The right to remove swimmers and/or clubs from the meet is held by the meet manager and senior team of officials. We ask that you remind your swimmers of the above policy and remain vigilant throughout the meet. Please report any inappropriate behaviour to a member of staff on site.
17. 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, earrings (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.
18. An approved FINA wetsuit list can be found here: <https://www.fina.org/content/fina-approved-swimwear>. However, swimmers are not required to wear a FINA approved wetsuit at these events. Wetsuits must however comprise of material which is between 3-5mm thick, should not have additional aids and adaptations to help swimmers including the use of rubber fins on the arms. Wetsuits should be specifically designed for swimming and not for surfing. Wetsuits should meet minimum requirements for coverage - wetsuit must completely cover torso, back, shoulders and knees, and shall not extend beyond the neck, wrists and ankles.

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