



Amman Valley Swimming Club Para Inclusive, No Time Gala 2024

Level 3 licensed No Time Gala
Under FINA Technical Rules & Swim Wales Laws
Licence No: 3WL24xxxx

Sunday 7th April 2024

**Carmarthen Leisure Centre
Llansteffan Road
Johnstown Carmarthen
SA313NQ**

Lead Referee: Ann Adams

The meet will be swum in an 8 lane 25m pool, electronic timing and anti-turbulence ropes.

Closing Date: 17/03/2024

Age Groups:

Boys: 8 (may enter 50m races only), 9/10, 11/12, 13/14, 15/16, 17+

Girls: 8 (may enter 50m Races only), 9/10, 11/12, 13/14, 15/16, 17+

Age as at: 7th April 2024

Minimum age for entry is 8 years.

Events:

All events will be Heat Declared Winner (HDW). Results for Para races will be based upon British Para Points.

Stroke	Meters	Meters	Meters
Freestyle	50	100	200
Backstroke	50	100	200
Butterfly	50	100	-
Breaststroke	50	100	200
IM	-	100	200

Awards:

There will be medals for top 3 in each event.

There will be an award for the best overall club based upon points. This winning team shall receive the Morgan Cup that is presented in honour of our Eryl and Linda Morgan who have dedicated over 40 years to Amman Valley Swimming Club.

Acceptance Criteria:

First entries will be accepted from swimmers registered within Amman Valley Swimming Club. Remaining places will then be filled from an open entry.

There are no upper or lower qualifying standards for acceptance into this meet. However, in the event of over subscription in a particular race those with the fastest times will be scratched.

Entries £6.50 per individual event

Each club must have at least one Swim Wales registered and DBS checked adult on poolside with the swimmers. Poolside passes can be purchased at time of submitting entries at £15 per pass. There is no access to poolside for anyone without a poolside pass. Poolside passes cannot be purchased on the day. Please note that it is the swimmers' responsibility to present themselves ready to swim, to the Marshalling Area prior to the start of their event. Over the top starts will, where necessary or appropriate, be used during the Meet.

Spectators

Charge for spectators will be £3.00 per person per session or £7.00 per person for the full day – children are exempt.

Parking

There is free on-site parking available at the Pool.

Volunteers

In order to run this event, we require parents from all participating clubs to volunteer to be timekeepers and qualified officials. Please ensure the parents are DBS checked.

Clubs must provide a list of volunteers when submitting their entries.

Amman Valley Swimming Club No Time Gala - Para Inclusive
Sunday 7th April 2024 - Event Schedule
Ages as 7th April 2024

ALL events will be HDW with awards in the following age groups:

50M Events will be awarded in the Age groups 8, 9/10, 11/12, 13/14, 15/16, 17&over.

100M and above events will be awarded in age groups 9/10,11/12,13/14,15/16,17&over

For IM Events the 100M event will only be open to the 9/10 age group only.

The 200 IM will be open to 11&over age groups only

Session 1 Warmup 8.00am, Start 9.00am			
Event	Gender	Distance	Stroke
1	Girls	200	Breast
2	Boys	50	Free
3	Girls	100	Breast
4	Boys	100	Breast
5	Girls	50	Fly
6	Boys	50	Fly
7	Girls	200	Back
8	Boys	200	Back
9	Girls 11/Ov	200	IM

Session 2 Warmup TBA, Start TBA			
Event	Gender	Distance	Stroke
10	Girls	200	Free
11	Boys	50	Back
12	Girls	50	Back
13	Boys	100	Fly
14	Girls	100	Fly
15	Boys	200	Breast
16	Girls	50	Free
17	Boys 11/Ov	200	IM

Session 3 Warmup TBA, Start TBA			
Event	Gender	Distance	Stroke
18	Boys	200	Free
19	Girls	100	Back
20	Boys	100	Back
21	Girls 9/10	100	IM
22	Boys 9/10	100	IM
23	Girls	50	Breast
24	Boys	50	Breast
25	Girls	100	Free
26	Boys	100	Free

Warm up and start times for Session 2 & 3 will be confirmed when all entries have been received and processed. Details will be returned with the confirmation of entries.

