

# West Wales Regional Championships 2019

## To all Entry Secretaries:

1. Please ensure that all swimmers, parents, etc. are aware that the 2019 West Wales Regional Championships will be held at the Haverfordwest Leisure Centre on 1<sup>st</sup> – 3<sup>rd</sup> February (Friday evening, Saturday & Sunday) & 8<sup>th</sup> – 10<sup>th</sup> February (Friday evening, Saturday & Sunday) 2019.

### 2. Computer Entries

All entries for the meet have now been entered into a computer and printouts are enclosed/attached giving details of the entries received from your club.

Also enclosed is an exceptions printout (only if applicable to your club) giving details of entries where some submitted times were outside the Consideration Times or were entered as NT. As stated in the meet pack, these entries have not been accepted.

Please ensure that all coaches, swimmers, parents, etc. have the opportunity to check these printouts carefully paying particular attention to spelling of names, etc. Should you find any errors that I have made during the data entry phase then please inform me by email (robwilliams1145@gmail.com) as soon as possible, but at the very latest by **10.00PM, SUNDAY 20<sup>th</sup> JANUARY**. It will not be possible to make any corrections to the programme after this date and entries will then have to stand as entered.

### 3. Deletions

Programmes for the meet will be printed in advance showing the heat & lane allocation of each swimmer for each event and heat. When a swimmer fails to show in the marshalling area prior to the start of the race then that lane will be left empty. No substitute swimmers will be allowed.

4. Session warm-up and start times are now known and are shown below.

Date	Session	Warm-up Time	Start Time	Estimated Finish	Events
Fri 1 <sup>st</sup> Feb	1	5.30pm	6.00pm	7.40pm	1 - 2
Sat 2 <sup>nd</sup> Feb	2	8.00am	9.00am	10.30am	3 – 8
	3	10.45am	11.45am	1.05pm	9 – 13
	4	1.30pm	2.30pm	4.05pm	14 – 18
Sun 3 <sup>rd</sup> Feb	5	8.00am	9.00am	10.30am	19 – 23
	6	10.45am	11.45pm	1.05pm	24 – 28
	7	1.30pm	2.30pm	3.45pm	29 – 34
Fri 8 <sup>th</sup> Feb	8	5.30pm	6.00pm	7.50pm	35 – 36
Sat. 9 <sup>th</sup> Feb	9	8.00am	9.00am	10.45am	37 – 41
	10	11.00am	12.00pm	2.10pm	42 – 47
	11	2.30pm	3.30pm	5.00pm	48 – 52
Sun. 10 <sup>th</sup> Feb	12	8.00am	9.00am	11.15am	53 – 58
	13	11.30am	12.30pm	2.15pm	59 – 64
	14	2.30pm	3.30pm	5.00pm	65 - 84

5. In all events ALL heats will be spearheaded.

6. 'Over the Top' starts may be used.

7. In all relay events, the names of the swimmers and their Swim Wales numbers must be submitted to the meet office by the end of the FIRST warm-up session on the day of the relay events. Failure to do so may result in the disqualification of the

team. A separate form must be completed for EACH team per event. Forms for this purpose will be available from the meet office.

Can I also remind coaches and team managers that **only swimmers who have entered individual events** can be selected for relay teams.

#### **Coach Passes**

As usual, coach passes will be available for collection from the Meet Office at the start of the meet. However, please note that these passes will only be issued to people who have completed the Poolside Pass Application Form and who hold a current Swim Wales DBS certificate and a valid Swim Wales registration card.

#### **Officials**

As I'm sure you will appreciate, for any competition to run smoothly it is ESSENTIAL that we have a large number of officials present. The organisers would therefore be grateful if as many officials as possible would make themselves available for the competition.

Officials who are able to attend for all or part of the Championships are asked to contact Martin Noble by email (martinnoble321@gmail.com) to indicate their availability for the meet.

#### **Volunteers**

In addition to our officials, we also require a 'small army' of volunteers to assist with the running of the meet. Volunteers are required to 'man/woman the door', marshal the swimmers, run the results, issue medals, help in the kitchen, etc, etc, etc. The organising committee are extremely grateful to the group of volunteers who turn up to help at just about every meet. However, we are always looking to spread the load and would welcome help from others even if this is for just 1 or 2 sessions. With this in mind could I ask you to mention the need for volunteers to parents, etc who are coming to the competition. If you get any 'takers' could you pass their details on to me and, in turn, I'll forward the information to our volunteer coordinator down in Pembroke. Many thanks.

If there are any other queries that are not dealt with here, please email (robwilliams1145@gmail.com).

Best wishes

Rob.