



City of Cardiff swimming club
clwb nofio Dinas Caerdydd

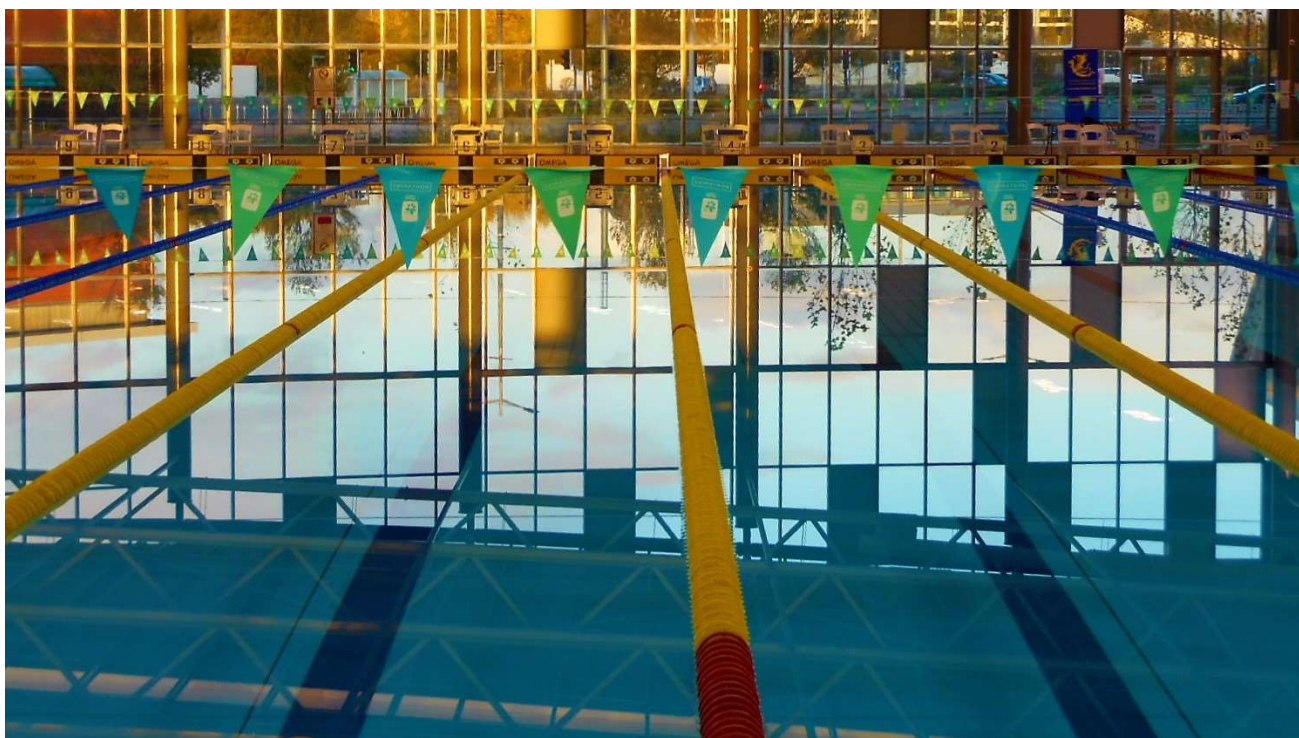
City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd



NOFIO CYMRU
SWIM WALES

CARDIFF-closed · INVITATIONAL · MEET 20
LONG COURSE LEVEL 3 MEET 19



Saturday 16th Sunday 17th February 2019

Cardiff International Pool


cardiff international pool
pwll rhyngwladol caerdydd

Event Information and Entry Forms

Licence Number: 3WL19

(Under FINA Technical Rules & Swim Wales Laws)

ALL SESSION TIMES TO BE CONFIRMED



City of Cardiff Swimming Club

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CITY OF CARDIFF SWIMMING CLUB

9th CARDIFF CLOSED INVITATIONAL MEET

LICENCE NUMBER 3WL19
(Under FINA Technical Rules and Swim Wales Laws)

Saturday 16th & Sunday 17th February 2019

This is a Level 3 Licenced Meet to enable athletes to achieve times suitable for entry into Regional, County Championships & Level 1 Meets.

Only electronic entries will be accepted for this meet.

VENUE Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS

POOL 10 Lane 50m pool | Omega electronic timing | anti-turbulence lane ropes

AGE GROUPS Boys: 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs.
Girls: 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs.

Minimum age for entry is 8 years

AGE UP DATE 17 February 2019

EVENTS (all events Heat Declared Winner)

50m 100m 200m 400m Freestyle	- All Age Groups
50m 100m 200m Backstroke	- All Age Groups
50m 100m Butterfly	- All Age Groups
50m 100m 200m Breaststroke	- All Age Groups
200m Individual Medley	- All Age Groups
Relays	
Boys 4 x 50 free	- All Age Groups (split as detailed)
Girls 4 x 50 free	- All Age Groups (split as detailed)
Boys 4 x 50 medley	- All Age Groups (split as detailed)
Girls 4 x 50 medley	- All Age Groups (split as detailed)
Mixed 4 x 50 Medley	- All Age Groups (split as detailed)

remembering | Keith Bewley



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THERE IS NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A POOL PASS. PASSES MUST BE PURCHASED IN ADVANCE, NOT ON THE DAY.

STARTS ELECTRONICS

Over the top starts will be used wherever possible.
Omega electronic timing system with electronic display provided by Swiss Timing.

PROGRAMME OF EVENTS

SESSION ONE SATURDAY Warm up & Session Times TBC			SESSION FOUR SUNDAY Warm up & Session Times TBC		
101 HDW	Male	100m Butterfly	401 HDW	Female	100m Butterfly
102 HDW	Female	200m Breaststroke	402 HDW	Male	200m Breaststroke
103 HDW	Male	200m Freestyle	403 HDW	Female	200m Freestyle
104 HDW	Female	100m Backstroke	404 HDW	Male	100m Backstroke

SESSION TWO SATURDAY Warm up & Session Times TBC			SESSION FIVE SUNDAY Warm up & Session Times TBC		
201 HDW	Male	100m Breaststroke	501 HDW	Female	100m Breaststroke
202 HDW	Female	200m IM	502 HDW	Male	200m IM
203 HDW	Male	200m Backstroke	503 HDW	Female	200m Backstroke
204 HDW	Female	100m Freestyle	504 HDW	Male	100m Freestyle

SESSION THREE SATURDAY Warm up & Session Times TBC			SESSION SIX SUNDAY Warm up & Session Times TBC		
301 HDW	Male	50m Butterfly	601 HDW	Female	50m Butterfly
302 HDW	Female	50m Backstroke	602 HDW	Male	50m Backstroke
303 HDW	Male	50m Freestyle	603 HDW	Female	50m Freestyle
304 HDW	Female	50m Breaststroke	604 HDW	Male	50m Breaststroke
305 HDW	Male	400m Freestyle	605 HDW	Female	400m Freestyle
306 Relay	Female	4x50m Free 8-10	606 Relay	Male	4x50m Medley 8-10
307 Relay	Female	4x50m Free 11-13	607 Relay	Male	4x50m Medley 11-13
308 Relay	Male	4x50m Free 8-10	608 Relay	Female	4x50m Medley 8-10
309 Relay	Male	4x50m Free 11-13	609 Relay	Female	4x50m Medley 11-13
310 Relay	Mixed	4x50m Medley 8-10	610 Relay	Mixed	4x50m Medley 11-13

MEET RESULTS

City of Cardiff Swimming Club will be running a live results service throughout the meet, and live results will also be available on Hy-Tek's 'Meet Mobile' app, for iPhone and iPad. Please note that Hytek are now charging for Results.

The Meet results will be posted on the City of Cardiff Swimming Club website within 72 hours of the Meet closing. Results will also be passed to Swim Wales and ASA for their reference and inclusion in rankings.

For clubs using Hy-Tek, a complete electronic copy of the Meet results can be obtained following the Meet. For all other clubs a PDF copy of the Meet results can be obtained following the Meet. Any Clubs wishing to use this service should provide their e-mail details to the Meet Office during or prior to the Meet.

CAR PARKING

Car parking places are provided close to the Cardiff International Pool and details will be confirmed in due course.

REFRESHMENTS

The Café, which provides a catering facility serving refreshments for swimmers, spectators and coaches, will operate throughout this Meet.



Cardiff Closed Invitational Meet 2019 UPPER CUT OFF TIMES (long course)

AGE		8	9	10	11	12	13
FEMALE	50m Freestyle	42.80	42.80	39.80	37.30	35.40	34.00
	100m Freestyle	1:38.30	1:38.30	1:26.20	1:19.30	1:15.20	1:12.70
	200m Freestyle	3:29.10	3:29.10	3:04.40	2:51.30	2:42.50	2:36.20
	400m Freestyle	7:20.70	7:20.70	6:27.40	5:56.40	5:38.80	5:26.30
	50m Breaststroke	57.00	57.00	51.20	47.80	45.00	43.10
	100m Breaststroke	2:08.70	2:08.70	1:50.30	1:41.60	1:35.20	1:30.80
	200m Breaststroke	4:27.30	4:27.30	3:55.50	3:36.60	3:24.90	3:15.50
	50m Butterfly	48.20	48.20	44.00	40.70	38.60	36.70
	100m Butterfly	1:47.70	1:47.70	1:37.10	1:27.80	1:22.60	1:19.10
	50m Backstroke	50.20	50.20	46.00	43.10	40.90	39.40
	100m Backstroke	1:52.00	1:52.00	1:37.50	1:29.90	1:24.50	1:21.70
	200m Backstroke	3:52.70	3:52.70	3:26.30	3:11.00	3:00.60	2:54.30
	200m I/M	3:55.20	3:55.20	3:29.60	3:14.30	3:03.30	2:56.80
Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software The organisers reserve the right to return Entries							
MALE	50m Freestyle	42.60	42.60	39.00	37.00	34.90	33.00
	100m Freestyle	1:38.20	1:38.20	1:24.80	1:18.80	1:13.70	1:09.80
	200m Freestyle	3:23.40	3:23.40	3:03.60	2:51.30	2:40.80	2:32.60
	400m Freestyle	7:22.50	7:22.50	6:26.40	5:56.00	5:38.10	5:21.80
	50m Breaststroke	56.80	56.80	51.60	48.20	44.60	41.80
	100m Breaststroke	2:07.70	2:07.70	1:50.70	1:41.50	1:34.70	1:28.80
	200m Breaststroke	4:20.50	4:20.50	3:57.20	3:39.10	3:25.20	3:12.50
	50m Butterfly	48.80	48.80	43.50	40.80	38.10	35.90
	100m Butterfly	1:49.40	1:49.40	1:35.80	1:27.70	1:21.50	1:16.80
	50m Backstroke	50.30	50.30	46.00	43.20	40.50	38.20
	100m Backstroke	1:49.80	1:49.80	1:36.90	1:29.80	1:24.10	1:19.20
	200m Backstroke	3:46.70	3:46.70	3:25.80	3:12.00	3:00.70	2:50.30
	200m I/M	3:52.00	3:52.00	3:29.60	3:14.30	3:02.80	2:52.70