



City of Cardiff swimming club  
clwb nofio Dinas Caerdydd

City of Cardiff Swimming Club

Clwb Nofio Dinas Caerdydd



NOFIO CYMRU  
SWIM WALES

# TIGER · BAY · OPEN · MEET 20 LONG COURSE LEVEL 3 MEET 19



**Saturday 30<sup>th</sup> Sunday 31<sup>st</sup> March 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**

**Clwb Nofio Dinas Caerdydd**

# **CITY OF CARDIFF SWIMMING CLUB**

## **10<sup>th</sup> TIGER BAY OPEN MEET 2019**

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

### **Saturday 30<sup>th</sup> Sunday 31<sup>st</sup> March 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 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs  
Girls 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs

**Minimum age for entry is 9 years Para Swimmers - OPEN AGE GROUP**

**AGE UP DATE 24 March 2019 (age as at last day of Meet)**

**EVENTS (all events Heat Declared Winner)**

HDW	50m	Backstroke Breaststroke Butterfly Freestyle	- All Age Groups + MC
HDW	100m	Backstroke Breaststroke Butterfly Freestyle	- All Age Groups + MC
HDW	200m	Backstroke Breaststroke Butterfly	- All Age Groups
HDW	200m	Freestyle	- All Age Groups + MC
HDW	400m	Freestyle	- All Age Groups +MC
HDW	200m	Individual Medley	- All Age Groups +MC
HDW	400m	Individual Medley	- 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs

**remembering | Keith Bewley**



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### STARTS

Over the top starts will be used wherever possible.

### ELECTRONICS

Omega electronic timing system with electronic display provided by Swiss Timing.

## PROGRAMME OF EVENTS

SATURDAY SESSION ONE				SUNDAY SESSION FOUR			
Warm up & Session Times TBC				Warm up & Session Times TBC			
101 HDW	Female	400m IM		401 HDW	Male	400m IM	
102 HDW	Male	200m Butterfly		402 HDW	Female	200m Butterfly	
103 HDW	Female	100m Breaststroke		403 HDW	Male	100m Breaststroke	
104 HDW	Male	200m Breaststroke		404 HDW	Female	200m Breaststroke	
105 HDW	Female	200m Freestyle		405 HDW	Male	200m Freestyle	
SATURDAY SPRINT SESSION TWO				SUNDAY SPRINT SESSION FIVE			
Warm up & Session Times TBC				Warm up & Session Times TBC			
201 HDW	Male	13+	50m Freestyle	501 HDW	Female	13+	50m Freestyle
202 HDW	Female	13+	50m Butterfly	502 HDW	Male	13+	50m Butterfly
203 HDW	Male	9-12	50m Breaststroke	503 HDW	Female	9-12	50m Breaststroke
204 HDW	Female	9-12	50m Backstroke	504 HDW	Male	9-12	50m Backstroke
205 HDW	Male	13+	50m Backstroke	505 HDW	Female	13+	50m Backstroke
206 HDW	Female	13+	50m Breaststroke	506 HDW	Male	13+	50m Breaststroke
207 HDW	Male	9-12	50m Butterfly	507 HDW	Female	9-12	50m Butterfly
208 HDW	Female	9-12	50m Freestyle	508 HDW	Male	9-12	50m Freestyle
209 HDW	Male	400m Freestyle		509 HDW	Female	400m Freestyle	
SATURDAY SESSION THREE				SUNDAY SESSION SIX			
Warm up & Session Times TBC				Warm up & Session Times TBC			
301 HDW	Male	200m IM		601 HDW	Female	200m IM	
302 HDW	Female	100m Butterfly		602 HDW	Male	100m Butterfly	
303 HDW	Male	100m Backstroke		603 HDW	Female	100m Backstroke	
304 HDW	Female	200m Backstroke		604 HDW	Male	200m Backstroke	
305 HDW	Male	100m Freestyle		605 HDW	Female	100m Freestyle	

### 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.

The Meet results will be posted on the City of Cardiff Swimming Club website within 72 hours of the Meet closing. Results will be submitted to British Swimming and Swim Wales 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.

Refreshments may not be taken onto the poolside. There are also local facilities located near Cardiff International Pool.



**City of Cardiff Swimming Club**

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# TIGER BAY OPEN MEET 2019

Cardiff International Pool, Cardiff

30 & 31 March 2019

LICENCE NUMBER 3WL19

(Under FINA Technical Rules and Swim Wales Laws)

## LONG COURSE UPPER CUT OFF TIMES

MALE									
AGE		9	10	11	12	13	14	15	16
<b>50m Freestyle</b>	UCT	42.60	39.00	37.00	34.90	33.00	31.30	29.70	28.70
<b>100m Freestyle</b>	UCT	1:38.20	1:24.80	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60
<b>200m Freestyle</b>	UCT	3:23.40	3:03.60	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30
<b>400m Freestyle</b>	UCT	7:22.50	6:26.40	5:56.00	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10
<b>50m Breaststroke</b>	UCT	56.80	51.60	48.20	44.60	41.80	39.70	37.80	36.80
<b>100m Breaststroke</b>	UCT	2:07.70	1:50.70	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90
<b>200m Breaststroke</b>	UCT	4:20.50	3:57.20	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60
<b>50m Butterfly</b>	UCT	48.80	43.50	40.80	38.10	35.90	34.00	32.20	31.40
<b>100m Butterfly</b>	UCT	1:49.40	1:35.80	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80
<b>200m Butterfly</b>	UCT	4:03.70	3:32.30	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40
<b>50m Backstroke</b>	UCT	50.30	46.00	43.20	40.50	38.20	36.10	34.50	33.50
<b>100m Backstroke</b>	UCT	1:49.80	1:36.90	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30
<b>200m Backstroke</b>	UCT	3:46.70	3:25.80	3:12.00	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40
<b>200m I/M</b>	UCT	3:52.00	3:29.60	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90
<b>400m I/M</b>	UCT			6:50.80	6:26.70	6:06.40	5:49.30	5:36.20	5:27.60

**UCT = Upper Cut Off Time**

**Short Course Times will be converted to Long Course by Hy-Tek Meet Manager Software.  
The organisers reserve the right to return Entries.**



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# TIGER BAY OPEN MEET 2019

Cardiff International Pool, Cardiff

30 & 31 March 2019

LICENCE NUMBER 3WL19

(Under FINA Technical Rules and Swim Wales Laws)

## LONG COURSE UPPER CUT OFF TIMES

FEMALE									
AGE		9	10	11	12	13	14	15	16
<b>50m Freestyle</b>	UCT	42.80	39.80	37.30	35.40	34.00	32.90	32.20	31.90
<b>100m Freestyle</b>	UCT	1:38.30	1:26.20	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80
<b>200m Freestyle</b>	UCT	3:29.10	3:04.40	2:51.30	2:42.50	2:36.20	2:32.10	2:29.60	2:27.50
<b>400m Freestyle</b>	UCT	7:20.70	6:27.40	5:56.40	5:38.80	5:26.30	5:18.00	5:12.80	5:09.20
<b>50m Breaststroke</b>	UCT	57.00	51.20	47.80	45.00	43.10	41.50	40.60	40.10
<b>100m Breaststroke</b>	UCT	2:08.70	1:50.30	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10
<b>200m Breaststroke</b>	UCT	4:27.30	3:55.50	3:36.60	3:24.90	3:15.50	3:09.50	3:05.80	3:05.80
<b>50m Butterfly</b>	UCT	48.20	44.00	40.70	38.60	36.70	35.70	34.80	34.20
<b>100m Butterfly</b>	UCT	1:47.70	1:37.10	1:27.80	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80
<b>200m Butterfly</b>	UCT	3:56.60	3:34.60	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30
<b>50m Backstroke</b>	UCT	50.20	46.00	43.10	40.90	39.40	38.00	37.00	36.60
<b>100m Backstroke</b>	UCT	1:52.00	1:37.50	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10
<b>200m Backstroke</b>	UCT	3:52.70	3:26.30	3:11.00	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90
<b>200m I/M</b>	UCT	3:55.20	3:29.60	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90
<b>400m I/M</b>	UCT			6:47.30	6:26.90	6:10.60	6:02.00	5:55.80	5:50.60

**UCT = Upper Cut Off Time**

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