

BRITISH GAS

WEST WALES REGIONAL

CHAMPIONSHIPS 2015

Swum under the following rules and conditions:
FINA Technical Rules, Swim Wales Laws and Disciplinary Code,
West Wales Regional Championships 2015 Meet Conditions.

JANUARY 30th (Evening) – FEBRUARY 1st (015SWR-018)
&
FEBRUARY 7th – 8th (015SWR-019)

at

Haverfordwest Leisure Centre

CLOSING DATE:
MONDAY 12th JANUARY 2015

EVENT INFORMATION AND ENTRY FORMS

Please note that each event in this competition has a qualifying time and a consideration time. Those who meet the qualifying time will be guaranteed an entry. Where possible, the faster times within the consideration range may also be accepted. Swimmers who meet the consideration time, but due to lack of space are not accepted, will have their entry fees refunded. Swimmers who submit NO TIME will NOT be accepted.

WEST WALES REGIONAL CHAMPIONSHIPS 2015

JANUARY 30th (Evening) - FEBRUARY 1st & FEBRUARY 7th – 8th

This meet will be swum under the following rules and conditions:
FINA Technical Rules, Swim Wales Laws and Disciplinary Code,
West Wales Regional Championships 2015 Meet Conditions.

Haverfordwest Leisure Centre

MEET INFORMATION

Entries

Entries should be made via clubs ONLY and should be sent electronically using Hy-Tek Team Manager. The events file for use with TM is available from the West Wales web site at:

www.westwalesswim.org.uk

Electronic entries should be emailed to:

robwilliams100@lineone.net

Clubs that require a paper copy of the confirmation of entries should include a Stamped Addressed Envelope.

Completed chaperone forms, payment summary sheets, etc should be sent to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS. Tel: 07922 536568

Entries from clubs should be accompanied by a Payment Summary Sheet and a SINGLE cheque to cover all entries and coach/chaperone poolside passes. Cheques should be payable to "West Wales Region – Swim Wales".

Please note that entries will be refused if:

- they are received without the relevant fee
- they are completed incorrectly (Membership number must be included)
- they are received after the closing date of Monday 12th January 2015
- submitted entry times are slower than the consideration times or if a time of NT is submitted. Please note that in both of these situations NO entry fees will be refunded.

A random selection of submitted times will also be checked against the ASA Rankings Database. Entry times which cannot be confirmed in the database will be refused and NO entry fees will be refunded.

Qualifying Age Dates:

For ALL events the ages shall be as of 31st December 2015.

Age Groups

Individual Events

Girls: 10 years, 11/12, 13/14, 15/16, 17/Over

Boys: 10 years, 11/12, 13/14, 15/16, 17/Over

- N.B.** Entry to 400m Freestyle is restricted to 11 and over only
Entry to 800m Freestyle is restricted to girls 11 and over.
Entry to 1500m Freestyle is restricted to boys 11 and over.

Relay Events

Girls: 10/11, 13/Under, 15/Under, Open

Boys: 10/11, 13/Under, 15/Under, Open

Entry Fees:

Entry fee is £4.50 per individual event

Entry fee for relay events is £7.50

Medals and Awards

Individual events:

Awards will be made to the top 3 in each event.

Relay events:

Awards to top 3 teams in each event.

Failure of a swimmer or deputy to attend the appropriate presentation will result in the swimmer forfeiting his/her award.

Spectators

Admission charges:

£2.50 per session

£6.00 per day

Please Note: The Spectator Area must be cleared at the end of each session.

Camera Use

The use of **all** photographic equipment is controlled at this meet and everyone is reminded that such equipment should not be used without a pass.

Passes can be obtained (free of charge) from the entry desk **upon proof of identity**. Acceptable forms of ID are: Photographic driving license, passport, household bill for proof of address. You will be issued with a tag for your photographic equipment and this must remain attached within the pool area. The records of camera use will be retained by the West Wales Region.

By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited professional photographer may be used for promotional purposes by the Region or the Governing Body.

Mobile Phones

Mobile phones must **not** be used in the building at all.

Session Times

To be confirmed following receipt of entries.

General Conditions

This meet will be swum under the following rules and conditions:

FINA Technical Rules, Swim Wales Laws and Disciplinary Code,
West Wales Regional Championships 2015 Meet Conditions.

No alcohol or tobacco advertising is permitted on any clothing.

SWIM WALES REGIONAL COMPETITIONS ELIGIBILITY

1. Entries may only be accepted from competitors registered as members of clubs, holding either primary or multi registration Welsh membership within the West Wales Region.
2. Swimmers may only swim for one club during these championships.
3. Competitors must have been registered members of the club in whose name they are entered a minimum of 30 days prior to the closing date for entries for the championships. This also includes the relay events.
4. Competitors who compete in ASA County Championships will not be accepted to swim in the following annual cycle of Regional Competitions:
 - a) The Junior Development Meet in May/June.
 - b) The Sub Regional Championships in November/December.
 - c) The Regional Championships in February the following year i.e. ASA County Championships in 2014 means they would not be accepted for the Swim Wales Regional Championships in 2015.

Please note that this rule does NOT include the Inter-Counties competition where swimmers were selected to represent Swim Wales.

All decisions made by the Meet Director will be final and binding.

Events

Events will be held as shown on the attached programme of events.

Time trials will not be permitted.

For the 1500m and 800m events, swimmers must confirm their intention to swim by registering in the meet office BEFORE the start of the warm up session. Failure to register before the warm up will result in the swimmer being unable to compete in the race.

Relay Events

Clubs may enter an A and B relay team per event. Each swimmer will be allowed to swim in one relay team only. Please note that performance clubs are NOT permitted to enter teams in these events.

Relay Forms must be submitted 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.

Swimmers names must be submitted in the swimming order. **Relay teams failing to swim in the submitted order will be disqualified.**

If it can be proved to the referee that a member of a Relay Team is incapacitated through ill health or accident, the referee may use his/her discretion and allow a substitute to swim.

Entries

The Organisers may request validation of any stated Entry Time.

Please note that each event in this competition has a qualifying time and a consideration time. Those who meet the qualifying time will be guaranteed an entry. Where possible, the faster times within the consideration range may also be accepted. Swimmers who meet the consideration time, but due to lack of space are not accepted, will have their entry fees refunded. Swimmers who submit NO TIME will NOT be accepted.

Please note that both short course and long course times are accepted for entry in this meet.

Presentation

The Meet Director may decide to carry out presentations during the session.

Competitors must report to the Presentation Marshall immediately after announcements have been made.

Appropriate clothing, i.e. t-shirt, full tracksuit and appropriate footwear must be worn for the presentation. (Awards may not be presented if a swimmer is inappropriately dressed)

Officials

Each Club is required to supply at least two qualified officials per session. Officials will be required to follow the protocol which can be down loaded from the Swim Wales web site.

Meet Procedure

Heats

Competitors will be seeded according to submitted times - **slowest to fastest**.

Coaches should ensure that swimmers make themselves available for marshalling at least 2 events prior to the event they are competing in.

Other conditions

Starts

Over the top starts will, where necessary or appropriate, be used during the Meet.

Passes

All Coaches and Chaperones who will be on the poolside at any time during the competition, must have individual accreditation obtained by completing the official form enclosed in this Information Pack. Completed forms must be accompanied by a passport size photograph.

Poolside passes will be transferrable between coaches and chaperones **from the same club** who have completed an official accreditation form.

Accredited coaches and chaperones **from the same club** may use purchased poolside passes 'on rota', although the number of coaches and/or chaperones on poolside at any one time must not exceed the number of passes that have been paid for.

Passes will need to be worn at all times. Anyone without a pass will be asked to leave poolside/changing area.

Please note that poolside passes cover entry to the poolside and changing areas only. Entry to the spectator balcony is not included.

The closing date for passes will be the same as the closing date for entries. Applications will not be accepted on the day.

Health and Safety

All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

It is the responsibility of the swimmer and/or parent/guardian to declare to the referee any disability or medical condition that could present a health or safety risk.

If such a disability or medical condition exists, swimmers must produce a medical note confirming that their participation presents no health or safety problems.

All swimmers, officials, volunteers, spectators, and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.

Unacceptable Behavior

Behavior becomes "unacceptable" when it is considered "Offensive" to others; this includes, but is not limited to, the following:

Theft, willful damage to property and / or equipment, acts of vandalism, abuse of alcohol and / or drugs, bullying, offensive language, aggressive / violent acts, threatening behavior, all breaches of safety practices, failure to comply with instructions / directions, actions that bring the sport of swimming into disrepute.

Competitive Start Award

Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach).

Swimmers who have not attained the standard of the Competitive Start Award must lower themselves into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.

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, ear-rings (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.”

Video and Photography.

When a competition involves children under the age of 18 years of age it is a mandatory meet license requirement that all persons (including competitors / officials / volunteers / spectators), wishing to engage in any kind of photographic activity including video, zoom, close range photography, irrespective of the nature of the device / equipment used for taking / recording such images must register their details with the event management in advance of taking any images.

This includes; but is not limited to :

- Still cameras
- Cine Cameras
- Video cameras
- Camera / video enabled mobile phones
- Camera enabled PDA's

Passes can be obtained (free of charge) from the entry desk upon proof of identity. Acceptable forms of ID are: Photographic driving license, passport, household bill for proof of address. You will be issued with a tag for your photographic equipment and this must remain attached within the pool area. The records of camera use will be retained by the West Wales Region.

By entering this competition, the swimmer, parent or guardian accepts photographs taken by an accredited professional photographer may be used for promotional purposes by the Region or the Governing Body.

Data Protection

The Region, along with the Governing Body will use computers to record entry times and results. By submitting entries you are accepting the conditions and consent is hereby given for holding personal information relating to the sport of Swimming as required by the current Data Protection Act.

The organisers retain the right to amend these conditions if necessary, without notice.

West Wales Regional Championships 2015

Programme of Events - First Weekend

DAY 1 - FRIDAY EVENING		
Session 1	Event No	
	1	Boys 11/OV 1500m Freestyle (HDW)
	2	Girls 11/OV 800m Freestyle (HDW)
DAY 2 - SATURDAY		
Session 2		
Heats	3	Girls 13/OV 50m Backstroke
	4	Boys 10/12 50m Butterfly
	5	Boys 13/OV 100m Backstroke
	6	Girls 13/OV 400m IM (HDW)
	7	Boys 11/12 400m IM (HDW)
	8	Girls 10/12 200m Freestyle (HDW)
		15 Mins Break
Finals	3	Girls 13/14 50m Backstroke
	3	Girls 15/16 50m Backstroke
	3	Girls 17/OV 50m Backstroke
	4	Boys 10 50m Butterfly
	4	Boys 11/12 50m Butterfly
	5	Boys 13/14 100m Backstroke
	5	Boys 15/16 100m Backstroke
	5	Boys 17/OV 100m Backstroke
Session 3		
Heats	9	Girls 10/12 50m Butterfly
	10	Boys 10/12 100m Freestyle
	11	Girls 13/OV 100m Butterfly
	12	Girls 11/12 400m IM (HDW)
	13	Boys 13/OV 200m Breaststroke (HDW)
		15 Mins Break
Finals	9	Girls 10 50m Butterfly
	9	Girls 11/12 50m Butterfly
	10	Boys 10 100m Freestyle
	10	Boys 11/12 100m Freestyle
	11	Girls 13/14 100m Butterfly
	11	Girls 15/16 100m Butterfly
	11	Girls 17/OV 100m Butterfly
Session 4		
Heats	14	Boys 13/OV 50m Butterfly
	15	Girls 10/12 100m Breaststroke
	16	Boys 10/12 200m Backstroke (HDW)
	17	Boys 13/OV 400m Freestyle (HDW)
	18	Girls 13/OV 200m Freestyle (HDW)
		15 Mins Break
Finals	14	Boys 13/14 50m Butterfly
	14	Boys 15/16 50m Butterfly
	14	Boys 17/OV 50m Butterfly
	15	Girls 10 100m Breaststroke
	15	Girls 11/12 100m Breaststroke

DAY 3 - SUNDAY		
Session 5	Event No	
Heats	19	Girls 10/12 50m Freestyle
	20	Boys 10/12 100m Breaststroke
	21	Girls 13/OV 100m Freestyle
	22	Girls 11/12 200m IM (HDW)
	23	Boys 13/OV 200m Backstroke (HDW)
		15 Mins Break
Finals	19	Girls 10 50m Freestyle
	19	Girls 11/12 50m Freestyle
	20	Boys 10 100m Breaststroke
	20	Boys 11/12 100m Breaststroke
	21	Girls 13/14 100m Freestyle
	21	Girls 15/16 100m Freestyle
	21	Girls 17/OV 100m Freestyle
Session 6		
Heats	24	Boys 10/12 50m Backstroke
	25	Girls 10/12 100m Butterfly
	26	Boys 13/OV 100m Breaststroke
	27	Boys 11/12 200m IM (HDW)
	28	Girls 13/OV 200m Backstroke (HDW)
		15 Mins Break
Finals	24	Boys 10 50m Backstroke
	24	Boys 11/12 50m Backstroke
	25	Girls 10 100m Butterfly
	25	Girls 11/12 100m Butterfly
	26	Boys 13/14 100m Breaststroke
	26	Boys 15/16 100m Breaststroke
	26	Boys 17/OV 100m Breaststroke
Session 7		
Heats	29	Boys 13/OV 50m Freestyle
	30	Girls 13/OV 50m Breaststroke
	31	Boys 10/12 200m Freestyle (HDW)
	32	Boys 13/OV 200m Butterfly (HDW)
	33	Girls 13/OV 200m Butterfly (HDW)
	34	Girls 10/12 200m Backstroke (HDW)
		15 Mins Break
Finals	29	Boys 13/14 50m Freestyle
	29	Boys 15/16 50m Freestyle
	29	Boys 17/OV 50m Freestyle
	30	Girls 13/14 50m Breaststroke
	30	Girls 15/16 50m Breaststroke
	30	Girls 17/OV 50m Breaststroke

West Wales Regional Championships 2015 - Short Course Qualifying & Consideration Times

	GIRLS						BOYS					
	10 yrs	11/12 yrs	13/14 yrs	15/16 yrs	17 & over		10 yrs	11/12 yrs	13/14 yrs	15/16 yrs	17 & over	
QT	38.50	34.70	32.40	31.30	31.30	50m	38.00	33.90	30.40	28.30	27.80	QT
CT	53.91	44.22	38.00	34.23	33.19	Freestyle	45.90	41.01	36.98	34.30	32.80	CT
QT	1:24.60	1:14.30	1:09.50	1:07.10	1:06.90	100m	1:22.90	1:13.20	1:05.40	1:01.20	1:00.10	QT
CT	1:42.00	1:33.16	1:23.40	1:22.50	1:21.96	Freestyle	1:37.61	1:25.96	1:17.21	1:09.40	1:05.00	CT
QT	3:00.40	2:39.90	2:29.60	2:24.60	2:23.20	200m	2:59.30	2:39.10	2:22.50	2:13.20	2:11.10	QT
CT	3:40.92	3:11.88	2:59.52	2:57.00	2:55.92	Freestyle	3:26.64	3:08.42	2:50.44	2:35.15	2:31.38	CT
QT		5:33.00	5:12.50	5:03.10	5:00.50	400m		5:34.00	5:01.50	4:42.10	4:36.70	QT
CT		6:39.60	6:15.00	6:11.00	6:07.44	Freestyle		6:30.40	5:33.61	5:10.10	4:53.50	CT
QT		11:29.30	10:40.80	10:23.50	10:20.70	800m						QT
CT		13:38.00	12:48.96	12:42.00	12:36.84	Freestyle						CT
						1500m		22:01.70	19:55.50	18:40.60	18:21.90	QT
						Freestyle		25:55.00	23:55.00	22:40.00	22:15.00	CT
QT	43.80	39.30	36.50	35.30	35.10	50m	43.60	39.00	34.80	31.90	31.50	QT
CT	53.83	50.83	47.90	44.56	42.00	Backstroke	57.90	49.90	41.53	38.90	37.50	CT
QT	1:35.20	1:22.70	1:17.00	1:14.40	1:14.00	100m	1:34.70	1:22.50	1:13.00	1:07.80	1:06.30	QT
CT	1:56.54	1:43.24	1:32.40	1:31.00	1:30.36	Backstroke	1:47.50	1:43.70	1:31.30	1:18.43	1:15.40	CT
QT	3:21.80	2:56.30	2:44.80	2:38.70	2:37.20	200m	3:19.70	2:56.50	2:37.00	2:26.50	2:24.00	QT
CT	4:04.16	3:31.56	3:17.76	3:15.25	3:13.32	Backstroke	3:45.39	3:28.10	3:03.70	2:51.29	2:35.50	CT
QT	50.00	44.00	40.80	39.40	39.10	50m	49.60	43.70	38.60	35.60	35.00	QT
CT	1:02.70	1:00.69	59.97	51.00	49.50	Breaststroke	1:11.68	1:02.07	53.00	47.60	46.50	CT
QT	1:48.80	1:34.40	1:26.50	1:24.30	1:23.10	100m	1:48.10	1:33.80	1:22.70	1:16.60	1:15.10	QT
CT	2:15.56	1:53.28	1:43.80	1:43.00	1:42.12	Breaststroke	2:08.62	1:56.42	1:45.31	1:33.75	1:28.49	CT
QT	3:51.50	3:22.40	3:06.70	3:01.60	3:00.20	200m	3:51.20	3:22.50	2:58.90	2:47.00	2:43.00	QT
CT	4:39.80	4:02.88	3:44.04	3:42.00	3:40.20	Breaststroke	4:36.43	4:11.65	3:28.33	3:09.47	3:02.28	CT
QT	42.40	37.90	35.20	34.00	33.90	50m	42.40	37.50	33.40	30.90	30.10	QT
CT	59.39	56.90	46.50	42.80	42.00	Butterfly	55.70	49.62	41.01	36.90	35.60	CT
QT	1:36.00	1:22.40	1:16.30	1:14.10	1:13.30	100m	1:35.90	1:22.00	1:12.30	1:07.30	1:05.60	QT
CT	2:05.20	1:39.88	1:33.56	1:32.00	1:30.12	Butterfly	1:56.56	1:42.15	1:23.40	1:18.83	1:14.30	CT
QT		3:00.70	2:46.70	2:41.20	2:39.30	200m		3:00.80	2:40.10	2:28.30	2:23.90	QT
CT		3:36.84	3:20.04	3:18.50	3:15.60	Butterfly		3:24.81	3:05.57	2:48.00	2:40.00	CT
QT	3:25.60	3:00.60	2:48.70	2:43.40	2:42.00	200m	3:25.10	3:00.50	2:40.70	2:30.30	2:27.30	QT
CT	4:08.72	3:40.72	3:24.44	3:21.20	3:18.60	Ind. Medley	4:00.51	3:33.41	3:05.12	2:55.34	2:40.30	CT
QT		6:19.90	5:53.80	5:42.60	5:40.60	400m		6:20.90	5:40.60	5:18.10	5:12.20	QT
CT		7:35.88	7:04.56	7:00.00	6:56.76	Ind. Medley		7:25.85	6:43.97	6:21.10	6:08.00	CT

Entry times faster than or equal to the QT will be guaranteed an entry. Entry times falling between the QT and CT will be included provided the meet is not oversubscribed, with faster times being given priority. Entry times submitted as NT will not be accepted. The West Wales Region Meet Management Committee reserves the right to return entries.

WEST WALES REGIONAL CHAMPIONSHIPS
JANUARY 30th (Evening) - FEBRUARY 1st & FEBRUARY 7th – 8th

INDIVIDUAL ENTRY FORM

Name in full:.....

Age (31/12/2015): Date of Birth: DD / MM / YYYY M/F:.....

Address:

.....

Post Code:..... Tel No:.....

Club Name:.....

Swim Wales Membership Number:.....

Both short course and long course times are accepted for entry in this meet

EVENT	EVENT NO	ENTRY TIME	EVENT	EVENT NO	ENTRY TIME
			50 Breast		
50 Free			100 Breast		
100 Free			200 Breast		
200 Free					
400 Free			50 Fly		
800 Free			100 Fly		
1500 Free			200 Fly		
50 Back			200 IM		
100 Back			400 IM		
200 Back					

Total number of swims @ £4.50. Total Payable

I declare that the above information is correct and agree to abide by the Meet conditions. I accept there will be no refund of entry fees, unless the Meet is oversubscribed.

I also confirm that the above competitor has achieved the ASA Competitive Start Award

Signature of Competitor/Parent:..... Date:.....

Signature of Coach:.....

Closing Date: Monday 12th January 2015

West Wales Regional Championships 2015

4 x 50m Relay Teams Entry Form

Ages as on 31st December 2015.

Club: _____

Contact Name: _____ **Tel. Number:** _____

Enter times (converted to 25m pool) in the appropriate boxes below:

GIRLS	Medley Relay 4 x 50m		Freestyle Relay 4 x 50m	
	Event No	Time	Event No	Time
10/11	72		80	
13/U	70		78	
15/U	68		76	
Open	66		74	

BOYS	Medley Relay 4 x 50m		Freestyle Relay 4 x 50m	
	Event No	Time	Event No	Time
10/11	71		79	
13/U	69		77	
15/U	67		75	
Open	65		73	

Total number of relays: x £7.50 = £

Entry fee: £7.50 for each relay event. Please complete Payment Summary Sheet.

**Entries and fees to be received by the meet organiser by:
Monday 12th January 2015**

Entries to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS. Tel: 07922 536568.
Email: robwilliams100@lineone.net

WEST WALES
REGIONAL CHAMPIONSHIPS
Jan 30th (Eve) – Feb 1st & Feb 7th - 8th

Affix passport style
photograph here.

COACH/CHAPERONE ACCREDITATION FORM

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

FULL NAME:

NAME OF CLUB:

POSITION e.g Club Coach:.....

ADDRESS:.....

..... POST CODE:

TEL NO: FAX NO:.....

EMAIL:.....

SWIM WALES REGISTRATION NUMBER :.....

CRB NUMBER:

Please note only members registered with Swim Wales or the ASA and having a current CRB check are eligible for a coach/chaperone pass.

No passes will be available on the day and must be purchased beforehand.

There will be no access to the poolside without a coach/chaperone pass.

Please note that poolside passes cover entry to the poolside and changing areas only. Entry to the spectator balcony is not included.

All completed forms to be returned to Rob Williams.

Closing Date: Monday 12th January 2015

WEST WALES REGIONAL CHAMPIONSHIPS
JANUARY 30th (Evening) - FEBRUARY 1st & FEBRUARY 7th – 8th

Payment Summary Sheet

Please return this form together with:

1. Entry Forms
2. Cheque/s made payable to ***“West Wales Region – Swim Wales”***.
3. Coach/Chaperone Accreditation Forms
4. SAE for confirmation of entries

Club			
Name			
Address			
Post Code		Tel No	
Email			
Position in Club			

Summary

	Number		
Total Individual Entries		@ £4.50	£
Total Relay Entries		@ £7.50	£
Total Poolside Passes (i.e. max no. of coaches/chaperones to be on poolside at any one time)		@ £12.00	£
Total Cheque Enclosed made payable to <i>“West Wales Region – Swim Wales”</i> .			£

It is requested that a single cheque for the complete club entry is submitted.

I confirm all swimmers are current members of Swim Wales and have paid the appropriate membership fee.

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the West Wales Region Meet Management Committee for this event.

Signature Date:

Return to: Rob Williams, 12 Park Terrace, Pontarddulais, Swansea. SA4 8HS.

Email: robwilliams100@lineone.net

Closing Date: Monday 12th January 2015

West Wales Regional Competition

Relay Team Registration

Event No:		Club:		Team (A/B)	
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STROKE: Medley or Freestyle

BOYS: 9/11 13/UN 15/UN Open

Or

GIRLS: 9/10 12/UN 14/UN Open

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

	Name	Swim Wales ID Number	Date of Birth
1.	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>
2.	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>
3.	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>
4.	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>

West Wales Regional Competition

Relay Team Registration

Event No:		Club:		Team (A/B)	
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STROKE: Medley or Freestyle

BOYS: 9/11 13/UN 15/UN Open

Or

GIRLS: 9/10 12/UN 14/UN Open

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

	Name	Swim Wales ID Number	Date of Birth
1.	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>
2.	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>
3.	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>
4.	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>	<hr style="border: 0; border-top: 1px solid black;"/>

West Wales Regional Championships

Information for Spectators with Disability

Are you a Registered Disabled person or have a disability that makes it difficult or uncomfortable for you to queue prior to paying entry as a spectator? If so, then on arrival at the pool please go to the meet office where assistance will be available.