



City of Swansea Aquatics Spring Long Course Open Meet 2025

Level 1 Licensed Meet
Licence Number: 1WL250119
(Under World Aquatics Technical Rules and Swim Wales Laws)

Wales National Pool Swansea

Saturday 8th March 2025
Sunday 9th March 2025

Closing Date: 11th February 2025

EVENT INFORMATION AND ENTRY PACK

NEW ENTRY SYSTEM & CONTACT EMAIL

CITY OF SWANSEA AQUATICS SPRING MEET 2025

From 2025 City of Swansea Aquatics meets will be operating a new method of entry into the Spring level 1 long course meet.

NEW ENTRY INSTRUCTIONS

All entries will only be processed when full payment has been received by City of Swansea Aquatics. Entries must reach the Meet Entry Office saopenmeets@swansea-aquatics.co.uk on or before midnight on 11th February 2025 using the online form for either Team Entries or Individual and Multi Class Entries – see QR code or weblinks below.

TEAM ENTRIES

Team entries for clubs must be completed electronically using the entry file and the online form. Scan the QR code or use the link to access the online entry form. The entry file will also be uploaded and submitted as part of the form.

Online Team Entry

<https://forms.gle/V6y4WrJetQXtEgeT8>



INDIVIDUAL AND MULTI CLASS ENTRIES

Individual entries and Multi Class swimmers must be completed electronically using the online form. Scan the QR code or use the link to access the online entry form.

Individual Entry Form

<https://forms.gle/xjr2XWCG8QeFmgWX8>



MC Entry Form

<https://forms.gle/iS6vfdo2UsnYUMMRA>



SA SPRING MEET 2025

EVENT SCHEDULE

| SATURDAY 8 th March 2025 | SUNDAY 9 th March 2025 |
|---|---|
| SESSION 1 | SESSION 4 |
| 101 GIRLS 400IM (sign-in required) | 401 BOYS 400IM (sign-in required) |
| 102 BOYS 200M BACKSTROKE | 402 GIRLS 200M BACKSTROKE |
| 103 GIRLS 100M BUTTERFLY | 403 BOYS 100M BUTTERFLY |
| 104 BOYS 50M FREE | 404 GIRLS 50M FREE |
| 105 MIXED 800M FREE (sign-in required) | 405 MIXED 1500M FREE (sign-in required) |
| 106 GIRLS 100M BREASTSTROKE | 406 BOYS 100M BREASTSTROKE |
| | |
| SESSION 2 | SESSION 5 |
| 201 GIRLS 200M FREE | 501 BOYS 200M FREE |
| 202 BOYS 200M BREASTSTROKE | 502 GIRLS 200M BREASTSTROKE |
| 203 GIRLS 50M BUTTERFLY | 503 BOYS 50M BUTTERFLY |
| 204 BOYS 400M FREE(sign-in required) | 504 GIRLS 400M FREE (sign-in required) |
| 205 GIRLS 100M BACKSTROKE | 505 BOYS 100M BACKSTROKE |
| | |
| SESSION 3 | SESSION 6 |
| 301 GIRLS 200 BUTTERFLY | 601 BOYS 200M BUTTERFLY |
| 302 BOYS 100M FREESTYLE | 602 GIRLS 100M FREESTYLE |
| 303 GIRLS 50M BREASTSTROKE | 603 BOYS 50M BREASTSTROKE |
| 304 BOYS 50M BACKSTROKE | 604 GIRLS 50M BACKSTROKE |
| 305 GIRLS 200IM | 605 BOYS 200IM |

SA SPRING MEET 2025 CONSIDERATION TIMES

| FEMALE | | | | | | | | | |
|-------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----------------------|
| | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 & OVER |
| 50 Free | CT | 00:39.90 | 00:37.40 | 00:35.90 | 00:34.90 | 00:34.10 | 00:33.40 | 00:32.90 | 00:31.30 |
| 100 Free | CT | 01:22.90 | 01:19.00 | 01:16.50 | 01:14.00 | 01:12.80 | 01:10.70 | 01:07.80 | 01:05.90 |
| 200 Free | CT | 02:56.80 | 02:47.90 | 02:43.30 | 02:38.10 | 02:35.40 | 02:32.60 | 02:28.90 | 02:23.90 |
| 400 Free | CT | | 05:45.80 | 05:34.00 | 05:25.70 | 05:19.60 | 05:11.80 | 05:07.40 | 05:02.10 |
| 800 Free | CT | | 11:40.00 | 11:33.80 | 11:18.50 | 11:10.90 | 10:56.20 | 10:41.20 | 10:20.90 |
| 1500 Free | CT | | 22:09.90 | 21:39.20 | 20:50.60 | 20:18.80 | 19:50.90 | 19:26.10 | 18:57.10 |
| 50 Breast | CT | 00:50.20 | 00:47.90 | 00:45.50 | 00:43.80 | 00:41.20 | 00:39.70 | 00:37.60 | 00:36.90 |
| 100 Breast | CT | 01:48.30 | 01:40.20 | 01:36.30 | 01:33.90 | 01:31.50 | 01:29.70 | 01:26.10 | 01:23.40 |
| 200 Breast | CT | 03:45.20 | 03:34.40 | 03:25.50 | 03:16.70 | 03:10.70 | 03:01.00 | 02:55.90 | 02:47.90 |
| 50 Fly | CT | 00:43.50 | 00:40.70 | 00:38.60 | 00:37.90 | 00:36.90 | 00:35.80 | 00:33.40 | 00:32.50 |
| 100 Fly | CT | 01:32.80 | 01:28.10 | 01:24.70 | 01:21.90 | 01:18.10 | 01:15.90 | 01:12.10 | 01:10.90 |
| 200 Fly | CT | 03:18.80 | 03:10.80 | 02:59.90 | 02:53.90 | 02:49.60 | 02:44.10 | 02:39.90 | 02:34.90 |
| 50 Back | CT | 00:46.00 | 00:43.30 | 00:41.40 | 00:39.70 | 00:38.80 | 00:37.80 | 00:35.90 | 33.40 |
| 100 Back | CT | 01:37.50 | 01:30.10 | 01:27.70 | 01:23.60 | 01:20.30 | 01:19.50 | 01:16.20 | 01:12.90 |
| 200 Back | CT | 03:20.80 | 03:10.70 | 03:00.30 | 02:54.30 | 02:50.10 | 02:46.50 | 02:43.60 | 02:39.00 |
| 200IM | CT | 03:20.60 | 03:15.80 | 03:08.00 | 02:58.50 | 02:54.90 | 02:51.10 | 02:46.10 | 02:42.10 |
| 400IM | CT | | 06:29.70 | 06:18.50 | 05:59.20 | 05:50.20 | 05:42.90 | 05:34.60 | 05:29.30 |

ENTRIES SUBMITTED WITHOUT A TIME WILL NOT BE ACCEPTED

SA SPRING MEET 2025 CONSIDERATION TIMES

| MALE | | | | | | | | | |
|-------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-------------------------|
| | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18& Over |
| 50 Free | CT | 00:38.90 | 00:36.80 | 00:35.00 | 00:33.10 | 00:31.70 | 00:30.70 | 00:28.80 | 00:27.90 |
| 100 Free | CT | 01:22.70 | 01:17.60 | 01:13.90 | 01:10.80 | 01:08.30 | 01:06.40 | 01:03.80 | 00:59.90 |
| 200 Free | CT | 02:57.00 | 02:46.50 | 02:37.90 | 02:31.90 | 02:26.40 | 02:21.10 | 02:16.90 | 02:10.30 |
| 400 Free | CT | | 05:39.00 | 05:27.00 | 05:15.90 | 05:07.10 | 04:57.70 | 04:44.20 | 04:35.90 |
| 800 Free | CT | | 11:35.00 | 11:25.40 | 11:01.60 | 10:42.93 | 10:27.31 | 10:07.86 | 09:47.81 |
| 1500 Free | CT | | 22:02.90 | 21:25.60 | 20:23.10 | 20:01.30 | 19:35.10 | 18:45.60 | 17:55.40 |
| 50 Breast | CT | 00:49.70 | 00:47.60 | 00:45.30 | 00:42.00 | 00:39.80 | 00:38.60 | 00:36.80 | 00:34.90 |
| 100 Breast | CT | 01:43.70 | 01:40.20 | 01:34.70 | 01:28.50 | 01:25.30 | 01:22.20 | 01:19.90 | 01:16.10 |
| 200 Breast | CT | 03:44.20 | 03:34.40 | 03:23.20 | 03:10.70 | 03:01.80 | 02:56.90 | 02:48.80 | 02:43.90 |
| 50 Fly | CT | 00:42.70 | 00:40.40 | 00:38.90 | 00:36.50 | 00:34.70 | 00:32.90 | 00:31.70 | 00:29.90 |
| 100 Fly | CT | 01:30.90 | 01:28.60 | 01:24.20 | 01:17.20 | 01:14.30 | 01:10.50 | 01:07.70 | 01:04.10 |
| 200 Fly | CT | 03:16.90 | 03:10.90 | 03:00.90 | 02:49.90 | 02:41.90 | 02:36.20 | 02:26.60 | 02:22.20 |
| 50 Back | CT | 00:45.10 | 00:42.50 | 00:40.20 | 00:37.90 | 00:34.90 | 00:33.50 | 00:31.90 | 00:31.00 |
| 100 Back | CT | 01:33.60 | 01:29.80 | 01:24.40 | 01:19.10 | 01:16.40 | 01:13.10 | 01:11.10 | 01:09.30 |
| 200 Back | CT | 03:17.50 | 03:08.50 | 02:58.60 | 02:48.90 | 02:40.40 | 02:35.70 | 02:30.10 | 02:25.30 |
| 200IM | CT | 03:18.80 | 03:10.90 | 03:01.10 | 02:49.00 | 02:41.30 | 02:36.80 | 02:30.90 | 02:26.80 |
| 400IM | CT | | 06:10.80 | 05:59.90 | 05:48.20 | 05:37.20 | 05:26.40 | 05:19.10 | 05:14.10 |

ENTRIES SUBMITTED WITHOUT A TIME WILL NOT BE ACCEPTED

Para Long Course Qualification Times – Level 1

For all entries, please see the attached entry form with the meet pack.

| Male | | | | | | | | | | | | | | |
|------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| Events | S1 | S2 | S3 | S4 | S5 | S6 | S7 | S8 | S9 | S10 | S11 | S12 | S13 | S14 |
| 50m Freestyle | 02.10.58 | 01.24.24 | 00.59.05 | 00.55.40 | 00.47.91 | 00.41.52 | 00.39.93 | 00.37.34 | 00.36.40 | 00.32.98 | 00.37.13 | 00.33.80 | 00.33.89 | 00.35.56 |
| 100m Freestyle | 03.46.74 | 03.27.68 | 02.33.22 | 02.00.47 | 01.46.30 | 01.32.69 | 01.26.70 | 01.21.38 | 01.19.79 | 01.12.07 | 01.23.27 | 01.15.10 | 01.14.97 | 01.16.71 |
| 200m Freestyle | 07.11.06 | 05.13.17 | 04.44.34 | 04.17.33 | 03.44.91 | | | | | | | | | 02.43.21 |
| 400m Freestyle | | | | | | 07.12.47 | 06.49.53 | 06.21.89 | 06.05.93 | 05.42.48 | 06.33.47 | 05.54.38 | 05.50.70 | 06.03.50 |
| 50m Backstroke | 01.42.47 | 01.10.32 | 01.01.55 | 01.02.19 | 00.54.49 | | | | | | | | | |
| 100m Backstroke | 03.26.43 | 02.33.66 | | | | 01.44.69 | 01.40.03 | 01.30.55 | 1.30.24 | 01.23.12 | 01.35.59 | 01.25.27 | 01.23.37 | 01.27.07 |
| 50 Breaststroke | 04.54.34 | 01.16.01 | 01.09.19 | | | | | | | | | | | |
| 100 Breaststroke | | | | 02.14.92 | 02.10.77 | 01.55.82 | 01.52.29 | 01.42.98 | 01.32.13 | | 01.42.03 | 01.35.63 | 01.33.39 | 01.34.68 |
| 50 Butterfly | 00.00.00 | 03.21.85 | 01.58.87 | 01.06.39 | 00.49.87 | 00.43.25 | 00.42.10 | | | | | | | |
| 100 Butterfly | | | | | | | | 01.25.43 | 01.23.79 | 01.19.10 | 01.28.73 | 01.21.27 | 01.20.16 | 01.24.24 |
| 200 IM | | | | | 5.00.36 | 03.45.95 | 0.39.34 | 03.17.67 | 03.12.81 | 03.02.67 | 03.26.95 | 03.09.15 | 03.10.81 | 03.06.03 |

| Female | | | | | | | | | | | | | | |
|------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| Events | S1 | S2 | S3 | S4 | S5 | S6 | S7 | S8 | S9 | S10 | S11 | S12 | S13 | S14 |
| 50m Freestyle | 1.57.75 | 1.39.99 | 1.05.30 | 00.56.71 | 00.52.07 | 00.48.17 | 00.46.56 | 00.42.74 | 00.40.45 | 00.38.81 | 00.43.16 | 00.39.73 | 00.39.20 | 00.39.96 |
| 100m Freestyle | 05.49.48 | 04.47.15 | 02.12.80 | 02.18.00 | 01.54.76 | 01.44.20 | 01.41.93 | 01.31.22 | 01.27.93 | 01.25.30 | 01.35.63 | 01.25.53 | 01.24.57 | 01.25.53 |
| 200m Freestyle | 09.16.40 | 09.44.28 | 04.56.77 | 04.44.28 | 03.59.92 | | | | | | | | | 02.55.88 |
| 400m Freestyle | | | | | | 07.29.92 | 07.32.44 | 06.45.09 | 06.37.12 | 06.23.99 | 07.33.26 | 07.10.70 | 06.34.66 | 07.01.93 |
| 50m Backstroke | 03.10.27 | 1.33.45 | 1.11.99 | 1.12.27 | 1.03.45 | | | | | | | | | |
| 100m Backstroke | 06.17.03 | 03.14.11 | | | | 02.00.50 | 01.57.07 | 01.49.37 | 01.38.94 | 01.36.50 | 01.52.41 | 01.40.76 | 01.35.90 | 01.32.86 |
| 50 Breaststroke | 03.10.15 | 02.00.25 | 01.24.87 | | | | | | | | | | | |
| 100 Breaststroke | | | | 02.40.30 | 02.27.29 | 02.15.97 | 02.10.51 | 01.52.84 | 01.47.62 | | 01.59.66 | 01.53.75 | 01.46.72 | 01.48.29 |
| 50 Butterfly | 00.00.00 | 03.15.71 | 02.08.37 | 02.05.57 | 01.04.04 | 00.51.53 | 00.49.64 | | | | | | | |
| 100 Butterfly | | | | | | | | 01.38.74 | 01.36.89 | 01.34.47 | 01.55.91 | 01.37.94 | 01.30.89 | 01.38.14 |
| 200 IM | | | | | 05.04.67 | 04.17.22 | 04.17.84 | 03.49.98 | 03.38.76 | 03.31.32 | 04.00.77 | 03.51.20 | 03.25.23 | 03.25.09 |

NOTE: There are no Para Swimming Consideration Standards in 200m Breaststroke, 200m Butterfly, 200m Backstroke and 400IM

| | |
|------------------------|--|
| VENUE | Wales National Pool, Sketty, Swansea SA2 8QG |
| POOL | 8 Lane – 50m pool – electronic timing – with anti-turbulence lane ropes A swim down facility may be available during the meet; however, it may be restricted during busy times of the meet. |
| AGE GROUP BANDS | Male 11yrs, 12-13yrs, 14-15yrs, 16-17yrs & 18yrs & over Female 11yrs, 12-13yrs, 14-15yrs, 16-17yrs & 18yrs & over Note: The minimum age is 12yrs for male and female swimmer entry for the 1500m freestyle, 800m freestyle, 400m freestyle and 400IM events. |
| MC EVENTS | Para swimmer entry will only be accepted from classified swimmers with British/IPC classification. Swimmers without a classification will not be able to compete. Para swimmers will be integrated into events in accordance with their entry time which must be faster than the para swimmer qualifying time in the designated events set out in this meet pack. |
| AGE | The age of competitors will be taken as at 31 st December 2025. |
| EVENTS | All events will be heat declared winner (HDW) The events are detailed in the programme of events and will be swum to the published age groups unless otherwise stated. |
| ENTRY FEE | £9.75 per event entry. Full payment must accompany entries. |
| CLOSING DATE | Midnight Tuesday 11 th February 2025 (late entries will not be accepted) |
| SPECTATOR ENTRY | Spectators onsite will be welcomed to the competition. Spectators may be restricted due to site capacity and safety mitigations of the site. There will be a spectator entry fee. An Information Table will be available for spectators at the main entrance foyer. |
| PROGRAMME | Available online. Details to follow. |
| CAR PARK | Car parking facilities are available as a pay and display. There is an ANPR camera at the venue. We regret that Swansea Aquatics are not responsible for setting the price of parking nor do we receive any money from the use of the car park. |
| REFRESHMENTS | There is an onsite café at the venue along with vending machines. |
| ELECTRONICS | Quantum electronic timing system with electronic display. |
| STARTS | Over the top starts will be used in the heats and wherever possible. |
| SEEDING | Events will be seeded based on the submitted entry and achieved prelim times on a spear-headed basis and will be swum slowest to fastest. |
| AWARDS | Medals will be awarded to the first three places in each age group. The age groups for the events are detailed in the meet pack. |

| | |
|-----------------------------|---|
| SIGN INS | <p>Sign in sheets will be used for the 400m, 800m and 1500m events. Swimmers MUST sign in to confirm that they are swimming BEFORE the start of warm up of the session the event is in. (Eg: Event 104 Mixed 800m freestyle must sign in before the start of warm up for Session 1)</p> <p>Sign in will close at the start of each warm-up. FAILURE to sign in on time will mean the swimmer is removed from the event and their entry fee is forfeited. Swimmers will sign in at the Sign-In Desk under the scoreboard.</p> <p>SWIMMERS WHO HAVE NOT SIGNED IN CANNOT REPORT TO MARSHALLING</p> |
| WITHDRAWALS | <p>No refund for entry fees will be made for withdrawals after the closing date (11th February 2025) unless supported with a doctor's note. Where a medical withdrawal is necessary, the doctor's note will be accepted until midday on the day before the start of the meet. Withdrawals after this time will not be considered for refunds. No refunds will be given other than on medical grounds. A refund form will be issued upon request of a medical withdrawal.</p> |
| MARSHALLING | <p>Marshalling will be in place at various points of the pool deck. It is the SWIMMER'S responsibility to report to marshalling for the event at least 15 minutes prior to their event. Failure to do so may result in the place being lost and filled by an alternate or a reorganisation of the events. As a general rule it is good practise for a swimmer to report to marshalling at least 2 events before their race.</p> |
| ANTI-DOPING | <p>By entering this event, you / your child agrees to be bound by the British Swimming Anti-doping Rules for a period of 12 months from the commencement of the event. You also agree to abide by the British Swimming & UKAD Anti-doping Rules. For further information see www.britishswimming.org/performance/swimming/anti-doping/</p> |
| MEET RESULTS | <p>In addition to providing a real time results service, results will also be passed to Swim Wales and Swim England for their reference and inclusion in rankings.</p> <p>For clubs using Hy-Tek or other software systems, a complete electronic copy of the meet results can be sent upon request to the clubs attending the meet when the meet has concluded.</p> |
| FILM AND PHOTOGRAPHY | <p>Swim Wales Film and Photography Policy</p> <p>Please be advised that photographs and videos may be taken at this event. There is an awareness of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of a child/children which may present a risk of harm to the child/children concerned. The use of such equipment is difficult to control but we can all be vigilant. If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team situated at the enquiries desk. Swansea Aquatics may use photographs taken at this event as promotional material and use them across public forums including their website and social media accounts, and possibly the local press and television. Should you wish to refuse</p> |

FILM AND PHOTOGRAPHY (continued)

photographic permission please contact the event management team on site. The full Swim Wales photography guidance policy can be found at the enquiries desk or email swimwales-events@swimming.org.

MEET OFFICE

The meet office is located on the upper floor. An Information Table will be available for spectators at the main entrance foyer.

DATA PROTECTION

Submission of entries implies consent to the holding of any personal data collected and used by City of Swansea Aquatics in accordance with the Data Protection Act 1998 and General Data Protection Regulations (GDPR) May 2018. These details may be made public, during and after the meet. All data will be recorded privately, securely stored and disposed of when no longer needed. You have the right view your personal data and request its deletion under GDPR.

POOL PASSES

Cost £20 per application (required for poolside access) Applicants (coaches, TMs) must have a valid DBS and membership number. Passes include full event access, event accreditation and seeded programme (does not include parking). Poolside passes are intended for use for the named individual only; misuse may result in the removal of the pass.

THERE WILL BE NO ACCESS TO POOLSIDE FOR ANYONE WITHOUT A PASS.

ENTRIES

Consideration times will be applied. Age Group entry times must be equal or faster than the CT. Times outside these limits, and entries with No Time submitted will be rejected. Times must be fastest long course time on British Rankings or short course time converted to long course time – whichever is faster.

ESTIMATED TIMES ARE NOT PERMITTED.

Entry times must have been obtained at a licensed meet, and random checks will be made. City of Swansea Aquatics may request validation of any stated entry time. If swimmers are found to have entered the meet with any false or made-up times, they will be disqualified from all events they have entered, and their entry fees will be forfeited.

NEW ENTRY SYSTEM TO BE FOLLOWED

NO LATE ENTRIES WILL BE ACCEPTED

Entries will NOT be processed unless full payment has been received along with the online form

City of Swansea Aquatics reserves the right to limit entries. In the event that entries are rejected, the entry fee will be refunded to the club in question.

If, however, there are spare lanes in the first heats of any events, the promoter may allow additional swimmers who are already entered into the meet to swim in those empty lanes, as long as they have reached the relevant consideration times.

CONFIRMED ENTRIES

It is the responsibility of the entering club and/or swimmer to check the confirmed entry list and inform event management (richard@rar-timing.co.uk) of discrepancies or errors. This must be raised within 72 hours of the confirmed entries being published. Confirmed entries will be sent to the contact email address on the Payment Summary Sheet returned with entries.

OVERSEAS CLUBS

The promoter reserves the right to guarantee entries where the booking of flights is required to travel to and from the event. All entries must meet published consideration times, proof may be requested.

OFFICIALS

In order to run a licensed meet at Level 1, a lot of help is required. City of Swansea Aquatics would be extremely grateful if your club has licensed officials who would be prepared to help out during the meet. If you have any officials, level J1 or J2 or above, please complete the form within the meet pack and return with your club entries. Our dress code is white polo top, black trousers or skirt. We politely ask for 1 J1 official or above for every 10 swimmers.

Email officials.swanseaaquatics@gmail.com with all queries relating to officials.

OFFICIALS SIGN UP LINK

Officials, please sign up through Swim-Meet <https://swim-meet.com/OfficialsSignup/Swansea/>

GENERAL

The meet organiser reserves the right to make any alterations to these conditions if necessary and all participants will be notified. Any matter not covered by these conditions or by Swim Wales, Swim England and World Aquatics laws or technical rules will be at City of Swansea Aquatics' discretion. The referee's decision will be final.

APPEALS

Any appeals must be submitted in accordance with World Aquatics procedures and will be handled appropriately.

HEALTH & SAFETY

A copy of the Pool Operating Procedures and/or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet can be obtained in advance.

All attendees 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 Behaviour – Behaviour becomes 'unacceptable' when it is considered 'offensive' to others; this includes, but is not limited to, the following: theft, wilful damage to property and/or equipment, acts of vandalism, abuse of alcohol and/or drugs, bullying, offensive language, aggressive/violent acts, threatening behaviour, all breaches of safety practices, failure to comply with instructions/directions, actions that bring the sport of swimming into disrepute.

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

**HEALTH & SAFETY
(continued)**

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, wristbands, earrings (except small studs) and rings (except wedding bands).
City of Swansea Aquatics will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

Poolside Pass Application (Coaches, Team Managers and Poolside Helpers)

Poolside passes must be completed electronically using the online form.
Scan the QR code or use the link to access the poolside pass application.

Passes must be applied for no later than 10am Wednesday 26th February 2025

ONLINE POOLSIDE PASS

<https://forms.gle/LDbWMTHXiYkoxA9ZA>

