



British Gas Swim Wales

Summer Nationals 2012

(under FINA Technical Rules & Swim Wales Laws)

Saturday 21st July – Thursday 26th July

(All session times to be confirmed)

Meet License No. 012SWN-005

WALES NATIONAL POOL, SWANSEA

EVENT INFORMATION PACK

Swimmers will not be permitted to enter an event at this meet if they hold a qualifying time for the same event within the "2012 ASA Age Group & Youth National Championships".

Please note there are separate qualifying times for Welsh registered members and non Welsh registered members within this pack. There is also separate HyTek entry files for Welsh and Non-Welsh registered members.

Event Information & Conditions

2012 WELSH SUMMER NATIONALS 21st – 26th July 2012

This meet is an OPEN Event including Multi Classification

THE VENUE

Wales National Pool Swansea
Sketty Lane
Swansea
SA2 8QG

CLOSING DATE FOR ENTRIES

12pm Friday 22nd June 2012

ENTRY INFORMATION

ENTRY FEES

Individual events: £8.00 per event using Hy-tek Team Manager, TM Lite or Online Entry System available: Mon 14th May
www.welshasa.co.uk

Relay events: £15 per relay event using Hy-tek Team Manager or TM Lite

AGE GROUPS

Age as at last day of meet for all events

Individual events are as follows:

Age Groups	Youth
Boys	Boys
11/12 years, 13/14 years	15/16 years, 17/18 years
Girls	Girls
10/11 years, 12/13 years	14/15 years, 16/17/18 years

Relay events are as follows:

Age Groups	Youth
Boys	Boys
11 - 14 years	11 – 18 years
Girls	Girls
10- 13 years	10 – 18 years

- 1. All club entries must be sent together with one cheque to cover full payment.**
- 2. All entries must be submitted electronically via Team Manager or using the online entry system available on www.welshasa.co.uk**
- 3. Only one file per club is permitted.**
- 4. No entries will be processed until the correct payment is received.**
- 5. Swim Wales reserve the right to return entries if the meet is oversubscribed. Some entries maybe given an 'alternative' status when the meet is oversubscribed but this will be limited to 3 ALT's per age group. All swimmers given an**

alternative status will be notified if a swim becomes available or refunded if no swim is offered. No refund will be given to any alternates who withdrawal from an event in which the have alternative status.

The Event entry file and further information on electronic entry is available at www.welshasa.co.uk/c_se_swimming.asp.

Electronic entries are to be e-mailed to events@welshasa.co.uk. The following reports are required to accompany the entry file: Hy-Tek Meet entry sorted by name and Hy-Tek meet entry fee (located under the reports header and performance) along with the Meet Summary Sheet (in this entry pack).

Copies of the Team Manager Lite application can be downloaded free of charge from <http://www.hy-tekltd.com/downloads.html>. A user guide is available on our website under the following link: http://www.welshasa.co.uk/c_se_swimming.asp

The meet reports & summary must be completed in full and returned together with the relevant entry fee to the Swim Wales Office, Wales National Pool, Sketty Lane, Swansea, SA2 8QG **by the closing date**. It is strongly recommended that you return your entries by **RECORDED DELIVERY** to ensure receipt. Cheques should be made payable to Swim Wales "and crossed". **Please note cheques are no longer accepted by any bank if alterations have been made.** Alternatively payment can be made over the telephone using a credit or debit card – Telephone 01792 513636 to use this method.

Entries may be rejected for the following reasons:

- They are received without the relevant fee,
- Incorrectly completed
- Improved entries
- Received after 5.00pm at the closing date of Friday 22nd June 2012
- Relevant fees not received by 5.00pm on the closing date of Friday 22nd June 2012

NB: Swim Wales may request validation of any stated entry time and reserve the right to return entries if the meet is oversubscribed.

- Swimmers will **not** be permitted to enter any event that they have achieved the qualifying time for at the 2012 ASA Age Group & Youth National Championships. However, swimmers may enter any event they do not have a qualifying time in at the 2012 ASA Age Group & Youth National Championships as long as they enter the event they qualify for at the ASA Age Group & Youth National Championships.
- Any swimmer who qualifies for the 2012 ASA Age Group & Youth National Championships in any individual or relay event will **not** be permitted to swim in a relay team at this meet.
- Upper Qualifying Standards and Lower Guide Times will be in force for this meet. Please see enclosed qualifying time standards for **Welsh Registered swimmers and Non Welsh registered swimmers** included in this pack and separate entry files.
- All Competitors must have set their entry time in a Licensed Meet or in a competition approved by the Organisers in the twelve months previous to the closing date i.e 22/06/11.
- Short Course times must be entered into the HY-Tek software with the letter 's' following the submitted time.

HEATS

- Age groups will swim together in the heats (e.g. Boys 11 - 14)
- In non Heat Declared Winner Events the fastest three heats (maximum of 24 swimmers) will be cyclically seeded. These heats will be swum fast to slow.
- The remaining heats will be swum before the cyclically seeded heats slow to fast.
- Heat declared winner events will be swum slow to fast and all heats will be swum in the same session, all age groups will swim together.
- All Multi Classification Events will be HDW
- All Relay Events will be HDW

FINALS

- There will be a final for each age band in each event which will consist of the 8 fastest qualifying swimmers from the heat swims.

MEDALS

- Medals will be awarded to the 1st - 3rd placed swimmers in all finals/timed finals provided the swimmers have achieved the lower guide time
- Swimmers must make themselves available for presentation appropriately dressed

DOPING CONTROL

Swimmers are warned that random doping control may take place during this Meet.

IMPORTANT – POOLSIDE PASSES

All Coaches, Team Managers & Chaperones must have relevant accreditation. Applications for coach/chaperone passes must be made on the official form enclosed within this pack. All coaches, chaperones and support staff must be registered with either Swim Wales/Scottish Swimming/ASA or other governing bodies affiliated to FINA and be registered on their home countries child protection database. No access will be granted to the Changing Village or Poolside without a valid pass.

PLEASE BE AWARE THE CLOSING DATE FOR PASSES WILL BE **Friday 22nd June 2011**. Applications received after this date may be rejected. **PASSES WILL NOT BE ISSUED DURING THE MEET UNDER ANY CIRCUMSTANCES.**

OFFICIALS / MARSHALLS / RUNNERS / HELPERS

All Clubs are asked to nominate a **minimum** of one official or helper per session. Please provide details of these people with your entries. ***If Clubs do not supply at least one helper per session the Swim Wales Office reserve the right to reject entries from that club.*** If anyone would like to enquire about volunteering in any capacity for the meets please contact Leisa Forrest, Events & Volunteer Manager, 01792 513633 or email: leisa.forrest@welshasa.co.uk.

SPECTATORS

Admission charges

- £4 per session including free entry into finals
- £7.00 Per day
- £35.00 6 day pass
- (Children under 10 £1 per session, Children Under 16 / Senior Citizens ½ price)
- Programmes £7 – Fully seeded. NB: ***Events over 400m may be reseeded dependant on the number of withdrawals.***

The seating at the WNP Swansea is arranged in rows that lead directly onto the pool deck. The first 5 rows are reserved for swimmers, coaches and team managers. **Spectators will not be allowed into this area.**

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

SWIM SHOP

A swim shop will be available at the Wales National Pool during the meet.

CAR PARKING

A total of 250 car parking spaces including 21 disabled places and 3 coach bays are provided at the Wales National Pool. This is a pay and display car park and is under the control of Wales National Pool.

REFRESHMENTS

There is a cafe area serving refreshments for swimmers and spectators throughout the weekend. Refreshments may not be taken onto the poolside. There are also vending machines available for drinks.

SMOKING

WNP Ltd has a complete ban on smoking throughout the complete complex, including the car park. Chewing gum is also banned.

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. You will be issued with a tag for your photographic equipment and this must remain visible within the WNP area. Equipment being used without a pass will be removed. The records of camera use will be retained by Swim Wales.

MOBILE PHONES

WNP Ltd bans the use of Mobile Phones on the complex.

MEET OFFICE

A Meet Office will be open for the duration of the meet and can be contacted on 01792 513614

Swim Wales Championships/ Meet General Conditions

Please refer to Swim Wales website for all general meet conditions.

http://www.welshasa.co.uk/c_se_ml.asp



BRITISH GAS SWIM WALES SUMMER NATIONALS 21st – 26th July 2012

Long Course Upper and Lower Time Standards WELSH REGISTERED SWIMMERS ONLY

(please see separate qualifying times for NON Welsh Registered Swimmers)

Please note there are no qualifying times for the multi classification events

Girls 11		Girls 12		Girls 13		LC Times		Boys 11		Boys 12		Boys 13		Boys 14		
UQT	LQT	UQT	LQT	UQT	LQT	Event	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT
01:03.64	01:24.10	01:03.64	01:15.79	01:01.81	01:15.79	100 Free	01:01.99	01:24.73	01:01.99	01:24.73	00:58.61	01:12.74	00:56.67	01:12.74		
02:16.88	03:01.76	02:16.88	02:42.84	02:12.74	02:42.84	200 Free	02:14.32	03:04.60	02:14.32	03:04.60	02:07.57	02:38.09	02:03.22	02:38.09		
04:47.20	06:17.41	04:47.20	05:39.70	04:38.20	05:39.70	400 Free	04:43.12	06:26.05	04:43.12	06:26.05	04:29.48	05:32.64	04:20.18	05:32.64		
09:51.79	13:04.29	09:51.79	11:38.12	09:33.31	11:38.12	800 Free										
						1500 Free	18:47.33	25:30.86	18:47.33	25:30.86	17:51.55	21:59.71	17:18.22	21:59.71		
01:12.30	01:35.90	01:12.30	01:25.60	01:09.87	01:25.60	100 Back	01:11.38	01:36.94	01:11.38	01:36.94	01:07.18	01:21.50	01:04.73	01:21.50		
02:34.32	03:23.71	02:34.32	03:02.18	02:29.09	03:02.18	200 Back	02:32.52	03:27.60	02:32.52	03:27.60	02:24.24	02:56.35	02:19.15	02:56.35		
01:21.89	01:48.49	01:21.89	01:34.88	01:19.14	01:34.88	100 Breast	01:21.19	01:49.30	01:21.19	01:49.30	01:15.77	01:31.99	01:12.94	01:31.99		
02:55.67	03:51.94	02:55.67	03:24.22	02:49.80	03:24.22	200 Breast	02:55.32	03:56.29	02:55.32	03:56.29	02:44.22	03:18.32	02:38.76	03:18.32		
01:11.28	01:33.87	01:11.28	01:22.78	01:08.41	01:22.78	100 Fly	01:10.00	01:34.39	01:10.00	01:34.39	01:05.23	01:19.10	01:02.58	01:19.10		
02:37.79	03:26.74	02:37.79	03:01.27	02:30.07	03:01.27	200 Fly	02:36.61	03:28.60	02:36.61	03:28.60	02:25.70	02:55.13	02:19.60	02:55.13		
02:35.56	03:26.31	02:35.56	03:04.45	02:30.56	03:04.45	200 IM	02:32.92	03:29.98	02:32.92	03:29.98	02:25.04	02:58.74	02:20.07	02:58.74		
05:28.72	07:13.48	05:28.72	06:27.06	05:17.85	06:27.06	400 IM	05:26.28	07:23.81	05:26.28	07:23.81	05:09.14	06:18.70	04:58.36	06:18.70		

Girls 14	Girls 15	Girls 14/15	Girls 16/17/18	Girls 16/17/18	LC Times	Boys 15	Boys 16	Boys 15/16	Boys 17/18						
UQT	UQT	LQT	UQT	LQT	Event	UQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT
00:28.47	00:28.02	00:32.90	00:28.02	00:32.75	50 Free	00:25.16	00:25.16	00:30.80	00:24.82	00:30.72					
01:00.94	00:59.82	01:10.93	00:59.82	01:10.49	100 Free	00:54.47	00:54.47	01:07.08	00:53.56	01:06.41					
02:11.04	02:08.72	02:31.92	02:08.72	02:30.29	200 Free	01:58.63	01:58.63	02:25.26	01:57.00	02:24.05					
04:35.06	04:31.36	05:18.60	04:31.36	05:16.00	400 Free	04:12.73	04:12.73	05:08.21	04:10.16	05:06.76					
09:26.51	09:21.30	10:57.03	09:21.30	10:49.89	800 Free										
					1500 Free	16:52.90	16:52.90	20:24.66	16:50.08	20:13.72					
00:31.69	00:31.69	00:36.76	00:31.69	00:35.68	50 Back	00:28.42	00:28.42	00:34.01	00:28.42	00:32.20					
01:08.85	01:07.79	01:19.65	01:07.79	01:19.02	100 Back	01:02.23	01:02.23	01:15.26	01:01.47	01:14.94					
02:26.87	02:25.45	02:49.44	02:25.45	02:47.93	200 Back	02:14.45	02:14.45	02:41.81	02:13.68	02:40.68					
00:34.88	00:34.88	00:40.27	00:34.88	00:39.09	50 Breast	00:30.78	00:30.78	00:36.28	00:30.78	00:35.45					
01:17.96	01:17.10	01:29.10	01:17.10	01:27.84	100 Breast	01:10.13	01:10.13	01:24.29	01:09.10	01:23.20					
02:48.13	02:46.17	03:10.44	02:46.17	03:09.73	200 Breast	02:33.36	02:33.36	03:03.47	02:31.61	03:00.49					
00:29.64	00:29.64	00:34.42	00:29.64	00:33.12	50 Fly	00:26.10	00:26.10	00:31.38	00:26.10	00:30.18					
01:07.25	01:06.17	01:17.36	01:06.17	01:16.36	100 Fly	00:59.75	00:59.75	01:12.64	00:58.37	01:11.74					
02:28.06	02:26.18	02:49.43	02:26.18	02:46.46	200 Fly	02:13.84	02:13.84	02:40.69	02:12.23	02:39.40					
02:29.02	02:26.55	02:52.09	02:26.55	02:50.48	200 IM	02:14.89	02:14.89	02:44.22	02:13.19	02:42.74					
05:14.73	05:11.51	06:02.25	05:11.51	05:59.04	400 IM	04:48.95	04:48.95	05:50.05	04:47.40	05:47.63					

BRITISH GAS SWIM WALES SUMMER NATIONALS 21st – 26th July 2012

Long Course Upper and Lower Time Standards – NON WELSH REGISTERED SWIMMERS ONLY

Girls 11		Girls 12		Girls 13		LC Times		Boys 11		Boys 12		Boys 13		Boys 14		
UQT	LQT	UQT	LQT	UQT	LQT	Event	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT
01:03.64	01:21.10	01:03.64	01:12.79	01:01.81	01:12.79	100 Free	01:01.99	01:21.73	01:01.99	01:21.73	00:58.61	01:09.74	00:56.67	01:09.74		
02:16.88	02:55.76	02:16.88	02:36.84	02:12.74	02:36.84	200 Free	02:14.32	02:58.60	02:14.32	02:58.60	02:07.57	02:32.09	02:03.22	02:32.09		
04:47.20	06:05.41	04:47.20	05:27.70	04:38.20	05:27.70	400 Free	04:43.12	06:14.05	04:43.12	06:14.05	04:29.48	05:20.64	04:20.18	05:20.64		
09:51.79	13:04.29	09:51.79	11:38.12	09:33.31	11:38.12	800 Free										
						1500 Free	18:47.33	25:30.86	18:47.33	25:30.86	17:51.55	21:59.71	17:18.22	21:59.71		
01:12.30	01:32.90	01:12.30	01:22.60	01:09.87	01:22.60	100 Back	01:11.38	01:33.94	01:11.38	01:33.94	01:07.18	01:19.50	01:04.73	01:19.50		
02:34.32	03:11.71	02:34.32	02:56.18	02:29.09	02:56.18	200 Back	02:32.52	03:21.60	02:32.52	03:21.60	02:24.24	02:50.35	02:19.15	02:50.35		
01:21.89	01:45.49	01:21.89	01:31.88	01:19.14	01:31.88	100 Breast	01:21.19	01:46.30	01:21.19	01:46.30	01:15.77	01:28.99	01:12.94	01:28.99		
02:55.67	03:45.94	02:55.67	03:18.22	02:49.80	03:18.22	200 Breast	02:55.32	03:44.29	02:55.32	03:44.29	02:44.22	03:12.32	02:38.76	03:12.32		
01:11.28	01:30.87	01:11.28	01:19.78	01:08.41	01:19.78	100 Fly	01:10.00	01:31.39	01:10.00	01:31.39	01:05.23	01:16.10	01:02.58	01:16.10		
02:37.79	03:20.74	02:37.79	02:55.27	02:30.07	02:55.27	200 Fly	02:36.61	03:22.60	02:36.61	03:22.60	02:25.70	02:49.13	02:19.60	02:49.13		
02:35.56	03:20.31	02:35.56	02:58.45	02:30.56	02:58.45	200 IM	02:32.92	03:23.98	02:32.92	03:23.98	02:25.04	02:46.74	02:20.07	02:46.74		
05:28.72	07:01.48	05:28.72	06:15.06	05:17.85	06:15.06	400 IM	05:26.28	07:11.81	05:26.28	07:11.81	05:09.14	06:06.70	04:58.36	06:06.70		

Girls 14	Girls 15	Girls 14/15	Girls 16/17/18	Girls 16/17/18	LC Times	Boys 15	Boys 16	Boys 15/16	Boys 17/18	Boys 17/18	Boys 17/18	Boys 17/18	Boys 17/18	Boys 17/18	Boys 17/18
UQT	UQT	LQT	UQT	LQT	Event	UQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT
00:28.47	00:28.02	00:32.90	00:28.02	00:32.75	50 Free	00:25.16	00:25.16	00:30.80	00:24.82	00:30.72					
01:00.94	00:59.82	01:07.93	00:59.82	01:07.49	100 Free	00:54.47	00:54.47	01:04.08	00:53.56	01:03.41					
02:11.04	02:08.72	02:25.92	02:08.72	02:24.29	200 Free	01:58.63	01:58.63	02:13.26	01:57.00	02:18.05					
04:35.06	04:31.36	05:06.60	04:31.36	05:04.00	400 Free	04:12.73	04:12.73	04:56.21	04:10.16	04:54.76					
09:26.51	09:21.30	10:57.03	09:21.30	10:49.89	800 Free										
					1500 Free	16:52.90	16:52.90	20:24.66	16:50.08	20:13.72					
00:31.69	00:31.69	00:36.76	00:31.69	00:35.68	50 Back	00:28.42	00:28.42	00:34.01	00:28.42	00:32.20					
01:08.85	01:07.79	01:16.65	01:07.79	01:16.02	100 Back	01:02.23	01:02.23	01:12.26	01:01.47	01:11.94					
02:26.87	02:25.45	02:43.44	02:25.45	02:41.93	200 Back	02:14.45	02:14.45	02:35.81	02:13.68	02:34.68					
00:34.88	00:34.88	00:40.27	00:34.88	00:39.09	50 Breast	00:30.78	00:30.78	00:36.28	00:30.78	00:35.45					
01:17.96	01:17.10	01:26.10	01:17.10	01:24.84	100 Breast	01:10.13	01:10.13	01:21.29	01:09.10	01:20.20					
02:48.13	02:46.17	03:04.44	02:46.17	03:03.73	200 Breast	02:33.36	02:33.36	02:57.47	02:31.61	02:54.49					
00:29.64	00:29.64	00:34.42	00:29.64	00:33.12	50 Fly	00:26.10	00:26.10	00:31.38	00:26.10	00:30.18					
01:07.25	01:06.17	01:14.36	01:06.17	01:13.36	100 Fly	00:59.75	00:59.75	01:09.64	00:58.37	01:11.74					
02:28.06	02:26.18	02:43.43	02:26.18	02:40.46	200 Fly	02:13.84	02:13.84	02:34.69	02:12.23	02:33.40					
02:29.02	02:26.55	02:46.09	02:26.55	02:44.48	200 IM	02:14.89	02:14.89	02:28.22	02:13.19	02:36.74					
05:14.73	05:11.51	05:50.25	05:11.51	05:47.04	400 IM	04:48.95	04:48.95	05:38.05	04:47.40	05:35.63					



BRITISH GAS SWIM WALES SUMMER NATIONALS 21st – 26th July 2012

Short Course Upper and Lower Time Standards

WELSH REGISTERED SWIMMERS ONLY

(please see separate qualifying times for NON Welsh Registered Swimmers)

Please note there are no qualifying times for the multi classification events

Girls 11		Girls 12		Girls 13		SC Times	Boys 11		Boys 12		Boys 13		Boys 14	
UQT	LQT	UQT	LQT	UQT	LQT	Event	UQT	LGT	UQT	LGT	UQT	LGT	UQT	LGT
01:02.42	01:22.45	01:02.42	01:14.30	01:00.40	01:14.30	100 Free	01:00.19	01:23.07	01:00.19	01:23.07	00:57.17	01:11.31	00:55.41	01:11.31
02:13.97	02:58.20	02:13.97	02:39.65	02:09.78	02:39.65	200 Free	02:18.98	03:00.98	02:10.78	03:00.98	02:04.45	02:34.99	02:00.15	02:34.99
04:40.48	06:10.02	04:40.48	05:33.04	04:32.49	05:33.04	400 Free	04:51.11	06:18.48	04:35.04	06:18.48	04:22.26	05:26.12	04:14.06	05:26.12
09:41.10	12:48.91	09:41.10	11:24.43	09:22.80	11:24.43	800 Free								
						1500 Free	18:27.33	25:00.84	18:27.33	25:00.84	17:31.60	21:33.83	16:58.00	21:33.83
01:09.67	01:34.02	01:09.67	01:23.92	01:07.41	01:23.92	100 Back	01:08.54	01:35.04	01:08.54	01:35.04	01:04.69	01:19.90	01:02.30	01:19.90
02:28.72	03:19.72	02:28.72	02:58.61	02:23.88	02:58.61	200 Back	02:35.86	03:23.53	02:26.36	03:23.53	02:18.97	02:52.89	02:13.97	02:52.89
01:19.41	01:46.36	01:19.41	01:33.02	01:16.67	01:33.02	100 Breast	01:17.69	01:47.16	01:17.69	01:47.16	01:12.96	01:30.19	01:10.65	01:30.19
02:49.91	03:47.39	02:49.91	03:20.22	02:44.65	03:20.22	200 Breast	03:00.52	03:51.66	02:48.43	03:51.66	02:39.17	03:14.43	02:33.36	03:14.43
01:09.78	01:32.03	01:09.78	01:21.16	01:07.39	01:21.16	100 Fly	01:08.42	01:32.54	01:08.42	01:32.54	01:04.08	01:17.55	01:01.54	01:17.55
02:34.37	03:22.69	02:34.37	02:57.69	02:27.51	02:57.69	200 Fly	02:43.19	03:24.51	02:31.80	03:24.51	02:22.79	02:51.70	02:16.20	02:51.70
02:31.58	03:22.26	02:31.58	03:00.83	02:27.23	03:00.83	200 IM	02:38.53	03:25.86	02:29.38	03:25.86	02:21.49	02:55.24	02:16.87	02:55.24
05:19.94	07:04.98	05:19.94	06:19.47	05:09.53	06:19.47	400 IM	05:39.58	07:15.11	05:16.25	07:15.11	04:59.75	06:11.27	04:50.30	06:11.27

Girls 14	Girls 15	Girls 14/15	Girls 16/17/18	Girls 16/17/18	SC Times	Boys 15	Boys 16	Boys 15/16	Boys 17/18	Boys 17/18	Boys 17/18	Boys 17/18	Boys 17/18	Boys 17/18
UQT	UQT	LQT	UQT	LQT	Event	UQT	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT
00:27.81	00:27.35	00:32.25	00:27.35	00:32.11		50 Free	00:24.55	00:24.55	00:30.20	00:24.06	00:30.12			
00:59.55	00:58.38	01:09.54	00:58.38	01:09.11		100 Free	00:53.01	00:53.01	01:05.76	00:51.95	01:05.11			
02:07.97	02:05.29	02:28.94	02:05.29	02:27.34		200 Free	01:55.22	01:55.22	02:22.41	01:53.30	02:21.23			
04:28.02	04:22.53	05:12.35	04:22.53	05:09.80		400 Free	04:04.28	04:04.28	05:02.17	04:00.77	05:00.75			
09:16.70	09:10.60	10:44.15	09:10.60	10:37.15		800 Free								
						1500 Free	16:32.50	16:32.50	20:00.65	16:29.40	19:49.33			
00:30.99	00:30.99	00:36.04	00:30.99	00:34.98		50 Back	00:27.80	00:27.80	00:33.34	00:27.80	00:31.57			
01:06.22	01:04.78	01:18.09	01:04.78	01:17.47		100 Back	00:59.29	00:59.29	01:13.78	00:58.29	01:13.47			
02:21.82	02:18.57	02:46.12	02:18.57	02:44.49		200 Back	02:08.06	02:08.06	02:38.64	02:06.21	02:37.53			
00:33.90	00:33.90	00:39.40	00:33.90	00:38.32		50 Breast	00:29.70	00:29.70	00:35.57	00:29.70	00:34.78			
01:15.43	01:13.87	01:27.35	01:13.87	01:26.12		100 Breast	01:07.00	01:07.00	01:22.64	01:05.60	01:21.57			
02:42.42	02:39.66	03:06.71	02:39.66	03:06.01		200 Breast	02:26.27	02:26.27	02:59.87	02:23.24	02:56.95			
00:29.04	00:29.04	00:33.75	00:29.04	00:32.47		50 Fly	00:25.40	00:25.40	00:30.76	00:25.40	00:29.59			
01:06.09	01:04.60	01:15.84	01:04.60	01:14.86		100 Fly	00:58.37	00:58.37	01:11.22	00:57.21	01:10.33			
02:25.04	02:21.31	02:46.11	02:21.31	02:43.20		200 Fly	02:09.29	02:09.29	02:37.54	02:07.04	02:36.27			
02:24.94	02:21.94	02:48.72	02:21.94	02:47.14		200 IM	02:10.70	02:10.70	02:41.00	02:08.82	02:39.55			
05:05.38	04:59.85	05:55.15	04:59.85	05:52.00		400 IM	04:36.95	04:36.95	05:43.19	04:34.19	05:40.81			

BRITISH GAS SWIM WALES SUMMER NATIONALS 21st – 26th July 2012

Short Course Upper and Lower Time Standards– NON WELSH REGISTERED SWIMMERS ONLY

Girls 11		Girls 12		Girls 13		SC Times	Boys 11		Boys 12		Boys 13		Boys 14	
UQT	LQT	UQT	LQT	UQT	LQT	Event	UQT	LQT	UQT	LQT	UQT	LQT	UQT	LQT
01:02.42	01:19.45	01:02.42	01:11.30	01:00.40	01:11.30	100 Free	01:00.19	01:20.07	01:00.19	01:20.07	00:57.17	01:08.31	00:55.41	01:08.31
02:13.97	02:52.20	02:13.97	02:33.65	02:09.78	02:33.65	200 Free	02:18.98	02:54.98	02:10.78	02:54.98	02:04.45	02:28.99	02:00.15	02:28.99
04:40.48	05:58.02	04:40.48	05:21.04	04:32.49	05:21.04	400 Free	04:51.11	06:06.48	04:35.04	06:06.48	04:22.26	05:14.12	04:14.06	05:14.12
09:41.10	12:48.91	09:41.10	11:24.43	09:22.80	11:24.43	800 Free								
						1500 Free	18:27.33	25:00.84	18:27.33	25:00.84	17:31.60	21:33.83	16:58.00	21:33.83
01:09.67	01:31.02	01:09.67	01:20.92	01:07.41	01:20.92	100 Back	01:08.54	01:32.04	01:08.54	01:32.04	01:04.69	01:16.90	01:02.30	01:16.90
02:28.72	03:13.72	02:28.72	02:52.61	02:23.88	02:52.61	200 Back	02:35.86	03:17.53	02:26.36	03:17.53	02:18.97	02:46.89	02:13.97	02:46.89
01:19.41	01:43.36	01:19.41	01:30.02	01:16.67	01:30.02	100 Breast	01:17.69	01:44.16	01:17.69	01:44.16	01:12.96	01:27.19	01:10.65	01:27.19
02:49.91	03:41.39	02:49.91	03:14.22	02:44.65	03:14.22	200 Breast	03:00.52	03:45.66	02:48.43	03:45.66	02:39.17	03:08.43	02:33.36	03:08.43
01:09.78	01:29.03	01:09.78	01:18.16	01:07.39	01:18.16	100 Fly	01:08.42	01:29.54	01:08.42	01:29.54	01:04.08	01:14.55	01:01.54	01:14.55
02:34.37	03:16.69	02:34.37	02:51.69	02:27.51	02:51.69	200 Fly	02:43.19	03:18.51	02:31.80	03:18.51	02:22.79	02:45.70	02:16.20	02:45.70
02:31.58	03:16.26	02:31.58	02:54.83	02:27.23	02:54.83	200 IM	02:38.53	03:19.86	02:29.38	03:19.86	02:21.49	02:49.24	02:16.87	02:49.24
05:19.94	06:52.98	05:19.94	06:07.47	05:09.53	06:07.47	400 IM	05:39.58	07:03.11	05:16.25	07:03.11	04:59.75	05:59.27	04:50.30	05:59.27

Girls 14	Girls 15	Girls 14/15	Girls 16/17/18	Girls 16/17/18	SC Times	Boys 15	Boys 16	Boys 15/16	Boys 17/18	Boys 17/18	Boys 17/18	Boys 17/18	Boys 17/18
UQT	UQT	LQT	UQT	LQT	Event	UQT	UQT	LQT	UQT	LQT			
00:27.81	00:27.35	00:32.25	00:27.35		00:32.11	50 Free	00:24.55	00:24.55	00:30.20	00:24.06	00:30.12		
00:59.55	00:58.38	01:06.54	00:58.38		01:06.11	100 Free	00:53.01	00:53.01	01:02.76	00:51.95	01:02.11		
02:07.97	02:05.29	02:22.94	02:05.29		02:21.34	200 Free	01:55.22	01:55.22	02:16.41	01:53.30	02:15.23		
04:28.02	04:22.53	05:00.35	04:22.53		04:57.80	400 Free	04:04.28	04:04.28	04:50.17	04:00.77	04:48.75		
09:16.70	09:10.60	10:44.15	09:10.60		10:37.15	800 Free							
					1500 Free	16:32.50	16:32.50	20:00.65	16:29.40	19:49.33			
00:30.99	00:30.99	00:36.04	00:30.99		00:34.98	50 Back	00:27.80	00:27.80	00:33.34	00:27.80	00:31.57		
01:06.22	01:04.78	01:15.09	01:04.78		01:14.47	100 Back	00:59.29	00:59.29	01:10.78	00:58.29	01:10.47		
02:21.82	02:18.57	02:40.12	02:18.57		02:38.49	200 Back	02:08.06	02:08.06	02:32.64	02:06.21	02:31.53		
00:33.90	00:33.90	00:39.40	00:33.90		00:38.32	50 Breast	00:29.70	00:29.70	00:35.57	00:29.70	00:34.78		
01:15.43	01:13.87	01:24.35	01:13.87		01:23.12	100 Breast	01:07.00	01:07.00	01:19.64	01:05.60	01:18.57		
02:42.42	02:39.66	03:00.71	02:39.66		03:00.01	200 Breast	02:26.27	02:26.27	02:53.87	02:23.24	02:50.95		
00:29.04	00:29.04	00:33.75	00:29.04		00:32.47	50 Fly	00:25.40	00:25.40	00:30.76	00:25.40	00:29.59		
01:06.09	01:04.60	01:12.84	01:04.60		01:11.86	100 Fly	00:58.37	00:58.37	01:08.22	00:57.21	01:07.33		
02:25.04	02:21.31	02:40.11	02:21.31		02:37.20	200 Fly	02:09.29	02:09.29	02:31.54	02:07.04	02:30.27		
02:24.94	02:21.94	02:42.72	02:21.94		02:41.14	200 IM	02:10.70	02:10.70	02:35.00	02:08.82	02:33.55		
05:05.38	04:59.85	05:43.15	04:59.85		05:40.00	400 IM	04:36.95	04:36.95	05:31.19	04:34.19	05:28.81		



BRITISH GAS SWIM WALES SUMMER NATIONALS 2012

BIOGRAPHY

NAME: _____

TEAM SWIMMING FOR AT MEET: _____

COACH: _____ AGE: _____ NATIONALITY: _____

EVENT NUMBER: _____ EVENT: _____ BEST TIME: _____

RECORDS:

BRITISH/ SCOTTISH/ IRISH/ WELSH

SENIOR/ YOUTH/ AGE GROUP: _____

EVENT: _____

BRITISH/ SCOTTISH/ IRISH/ WELSH

SENIOR/ YOUTH/ AGE GROUP: _____

EVENT: _____

BRITISH/ SCOTTISH/ IRISH/ WELSH

SENIOR/ YOUTH/ AGE GROUP: _____

EVENT: _____

BRITISH/ SCOTTISH/ IRISH/ WELSH

SENIOR/ YOUTH/ AGE GROUP: _____

EVENT: _____

INTER/NATIONAL EVENTS

	LC/SC	LEVEL – YOUTH/JUNIOR	YEARS SWAM	EVENTS	POSITION
OLYMPIC GAMES					
WORLD					
EUROPEAN					
COMMONWEALTH					
OTHER OR NATIONAL:					

2011-2012 SQUADS

BRITISH/ SCOTTISH/ IRISH/ WELSH/ OTHER: _____

WORLD CLASS PODIUM/ WORLD CLASS DEVELOPMENT/ GOLD/ SILVER/ BRONZE/ SENIOR ELITE/ YOUTH/ RELAY/ REGIONAL/ SKILLS/ OTHER: _____



Swim Wales

National Competition Team Pass Scheme

Event: Summer Nationals 2012

Competition Pass costs:

- A) One Head Coach Pass, 2 floating Coach Passes & 1 Team Manager Pass - **£60**
- B) One Head Coach Pass, 1 floating coach pass & 1 Team Manager Pass - **£45**
- C) One Head Coach Pass & 1 Team Manager Pass - **£30**
- D) One Coach Pass/ Chaperone/ Team Manager - **£15**

Please note: Please note all users of these passes must be a member of Swim Wales/SASA/ASA or a FINA affiliated country and hold a current CRB Certificate for the duration of the pass validity. Clubs are responsible for ensuring the pass holders meet the required criteria. Swim Wales reserves the right to carry out random checks.

Main Applicant Details:

Name:

Membership Number:

CRB Number:

All passes will be issued at the meet office on the competition days. Please ensure you have your membership card available for validation of the pass. The main applicant named on this form will be responsible to ensure any additional passes are administered correctly and are returned to the meet office at the end of the event.

Total costs:

- A – One Head Coach Pass & 3 floating passes - **£60**
- B – One Head Coach Pass & 2 floating pass - **£45**
- C - One Head Coach Pass & 1 Team Manager Pass - **£30**
- D – One Coach Pass/Chaperone/Team Manager - **£15**

Payment can be made by including a cheque with your application or by telephoning the Swim Wales Office to make payment by debit/credit card – 01792 513636.

Completed forms must be received with the relevant to Swim Wales no later than 12pm Friday 22nd June 2012



BRITISH GAS SWIM WALES SUMMER NATIONALS SCHEDULE OF EVENTS

21st – 26th July 2012

Male Events will be swum before female events.

Individual Events - Age as at last day of meet

Age Groups
Boys
11/12 years, 13/14 years
11-14 years

Girls	Boys
10/11 years, 12/13 years	15/16 years, 17/18 years
Relay Events - Age as at last day of meet	
10-13 years	11-18 years

Youth
14/15 years, 16/1718 years
Girls
10- 18 years



BRITISH GAS SWIM WALES SUMMER NATIONALS SCHEDULE OF EVENTS

21st – 26TH July 2012

Tuesday 24 th July			Wednesday 25 th July			Thursday 26 th July		
Session 10			Session 13			Session 16		
48&49	Y	50 Backstroke	63&64	Y	400 Freestyle	76	AG	800 Freestyle
50&51	MD	50 Backstroke	65&66	AG	400 Ind Medley	77&78	Y	200 Backstroke
52	AG	1500 Freestyle						
Session 11			Session 14			Session 17		
54&55	AG	200 Butterfly	67&68	Y	200 Breaststroke	79&80	AG	100 Butterfly
56&57	MD	50 Breaststroke	69&70	AG	200 Freestyle	81&82	Y	400 Ind Medley
58&59	Y	200 freestyle	71&72	Y	100 Butterfly	83&84	AG	200 Breaststroke
60&61	MD	200 Ind Medley	73&74	Y	200 Freestyle Relay	85&86	Y	100 Freestyle
62	AG	Girls 200 Freestyle Relay						
Session 12 Finals			Session 15 Finals			Session 18 Finals		
48&49	Y	50 Backstroke	67&68	Y	200 Breaststroke	77&78	Y	200 Backstroke
54&55	AG	200 Butterfly	69&70	AG	200 Freestyle	79&80	AG	100 Butterfly
58&59	Y	200 freestyle	71&72	Y	100 Butterfly	83&84	AG	200 Breaststroke
						85&86	Y	100 Freestyle

Male Events will be swum before female events.

Individual Events - Age as at last day of meet

Age Groups

Boys
11/12 years, 13/14 years

11-14 years

Girls
10/11 years, 12/13 years

10-13 years

Boys
15/16 years, 17/18 years

11-18 years

Youth

Girls
14/15 years, 16/17/18 years

10- 18 years

Relay Events - Age as at last day of meet



British Gas Swim Wales Summer Nationals (50M)

(under Swim Wales laws)

21st – 26th July 2012

Wales National Pool Swansea

MEET SUMMARY SHEET

This Form must be completed and returned with the Hy-Tek Meet Entry Fee Report and Entry File (Unless already emailed to events@welshasa.co.uk)

Club: _____ Club Code: _____

Contact Name: _____

Address: _____

Tel No: _____ Mobile: _____

Email Address: _____

Team Size:

Total Number of Individual Entries @ £8.00 per event £.....

Total Number of Relay Entries @ £15 per event £.....

Total number of Coach Passes @ £15.00 each £.....

Number of Annual Coach Passes held by the club.....

Details of Nominated Club Volunteers/Official, Sessions Available, Qualification & Shirt Size:

Total cheque enclosed made payable to Swim Wales “and crossed” £.....

Payment made via credit/debit card £.....

Forms to be returned to:

Swim Wales Office,
Wales National Pool,
Sketty Lane,
Swansea,
SA2 8QG

Email: events@welshasa.co.uk

Tel: 01792 513633

CLOSING DATE FOR ENTRIES (including payment)

12pm Friday 22nd June 2012