

# **W.S.A.P.L.D. SOUTH WALES REGION SWIMMING COMPETITION 2019**

**In partnership with Swim Wales**



**NOFIO CYMRU  
SWIM WALES**

**Thursday, November 14<sup>th</sup> 2019**

**Cardiff International Pool**

## **WSAPLD South Wales Region** **Swimming Competition**

### **Event Information**

WSAPLD South Wales Region, in partnership with Swim Wales, are proud to present the 2019 Annual Swimming Competition. WSAPLD have increased the competition intake to include swimmers from a wide range of disabilities. Where possible the event will aim to cater for intellectual, physical and sensory impairments.

- Held on 14<sup>th</sup> November 2019 at Cardiff International Pool
- Warm up starts at 09:30 (50 minutes)
- Events start at 10:30

Car parking is available onsite, there are changing facilities (including accessible space) and a café serving refreshments. Seating is available poolside for spectators and swimmers.

### **Banding**

For 2019 the W.S.A.P.L.D. Swimming gala will be run as an A/B graded meet. A graded meet is a competition where the results for each event are separated into groups based on the entry time for each swimmer.

Each event will have an 'A' grade qualifying time. Please see 'A' Grade Qualifying Times later in this document. Swimmers who submit a time **faster** than or **equal** to the 'A' grade qualifying time will be entered in the 'A' (Elite) division of the event. Swimmers who enter a time **slower** than the 'A' grade qualifying time will be entered into the 'B' (Open) division of the event.

Please note that for any given swimmer the above arrangements work on an event-by-event basis. This means that a swimmer may be graded in the 'A' (Elite) division in one event and in the 'B' (Open) division in another.

### **Races**

Races will be seeded according to submitted times, slowest to fastest. All 10 lanes will be used for this competition to maximise pool time and reintroduce the 50m events. 50m events have been reintroduced this year, we recommend only entering swimmers who can achieve the A grade qualifying time in these events.

Group 'A' swimmers will swim in the last and fastest race. Group B swimmers will be seeded by time and where possible by age and ability to create 'fair' races. A race sheet showing all races and lanes will be sent to you prior to the competition starting.

## **Medals**

Swim Wales medals will be awarded to the fastest 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 'A' (Elite) division swimmers only. ALL 'B' division swimmers will receive WSAPLD medals.

'A' and 'B' division swimmers placed 4<sup>th</sup> and onwards will receive a participation award.

After the 50m backstroke and the 50m freestyle there will be medal presentations for all. Swimmers are encouraged to collect their medal from our special guests and have a photo if they wish to do so.

## **Events**

The following events are available at this competition:

25m Freestyle  
50m Freestyle  
25m Backstroke  
50m Backstroke  
25m Breaststroke  
25m Butterfly

## **Warm up**

A warm up has been scheduled at 9.30am lasting 50 minutes. 5 lanes will be allocated for girls and 5 lanes will be allocated for boys (these will be confirmed on the day of competition). Please ensure swimmers use this time to become familiar with the water ahead of their race. Schools and their appointed responsible adults are responsible for the care and safety of their swimmers when they are in the water. Misuse of the warm up may result in a swimmers removal from the water if deemed unsafe.

## **Cost**

£5 per competitor entry

- Payment can be made by contacting the Swim Wales office:
  - Call 01792513619 to pay by phone
  - Or email [swimwales-events@swimming.org](mailto:swimwales-events@swimming.org) to arrange payment via BACS or cheque

## **'A' Grade Qualifying Times**

Swimmers who submit a time **faster** than or **equal** to the 'A' division qualifying times shown below will be entered in the 'A' (Elite) division of the event. Swimmers who enter a time **slower** than the 'A' division qualifying time will be entered into the 'B' (Open) division of the event.

Please note that for any given swimmer the above arrangements work on an event-by-event basis. This means that a swimmer may be graded in the 'A' (Elite) division in one event and in the 'B' (Open) division in another.

Races will be seeded slowest to fastest based on entry times.

<b>'A' Division Qualifying Times</b>		
<b>Male</b>	<b>Event</b>	<b>Female</b>
<b>'A' Division QT</b>		<b>'A' Division QT</b>
34.00	<b>25m Freestyle</b>	37.00
50.00	<b>50m Freestyle</b>	1:00.00
43.00	<b>25m Backstroke</b>	43.00
1:03.00	<b>50m Backstroke</b>	1:04.00
40.00	<b>25m Breaststroke</b>	40.00
35.00	<b>25m Butterfly</b>	37.00

**W.S.A.P.L.D. South Wales Region**  
**Swimming Competition 2019**

**Schedule of Events**

<b>Event No.</b>	<b>Sex</b>	<b>Distance</b>	<b>Stroke</b>
1	Male	25m	Freestyle
2	Female	25m	Freestyle
3	Male	25m	Breaststroke
4	Female	25m	Breaststroke
5	Male	<b>50m</b>	Backstroke
6	Female	<b>50m</b>	Backstroke
MEDAL PRESETATIONS			
7	Male	25m	Butterfly
8	Female	25m	Butterfly
9	Male	25m	Backstroke
10	Female	25m	Backstroke
11	Male	<b>50m</b>	Freestyle
12	Female	<b>50m</b>	Freestyle
MEDAL PRESETATIONS			

## Instructions for submitting entries for the W.S.A.P.L.D swimming competition

1. Entries for the W.S.A.P.L.D swimming competition should be entered onto the Excel spreadsheet called "WSAPLD 2019 – Entries V02.xlsx". Copies of this spreadsheet are available from the Swim Wales Office. Alternatively, a copy may be requested by emailing: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com)

A screenshot of an unused copy of this spreadsheet showing details for an example swimmer is shown below. There is no need to remove the example swimmer (John Smith) as this will be dealt with when the entries are received for processing.

**WSAPLD South Wales Regional Swimming Competition**  
Thursday, November 14th 2019 at Cardiff International Pool

**Closing date for entries: October 31st 2019**

Contact Name:   
Contact Telephone No:

Return completed entry sheet to: [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com) by 31st October 2019

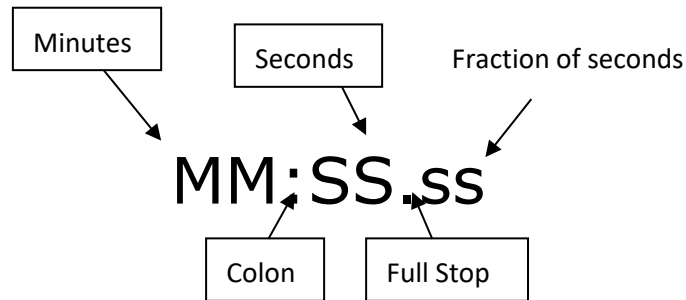
Establishment Name	Surname	First Name(s)	Age	Sex (M/F)	25 Free	50 Free	25 Back	50 Back	25 Breast	25 Fly	Any additional Info and/or special requirements
Towy Valley Club	Smith	John	17	M	00:37.00				00:41.16		End lane required.

### Adding Entries

Individual entries may be added to the spreadsheet by following the steps outlined below.

- 1) **Column A: Establishment Name** Enter establishment name for each swimmer. In the example above, the establishment name is "Towy Valley Club".
- 2) **Columns B & C: Surname & First Name(s)** – Enter Surname and First Name of swimmer.
- 3) **Column D: Age** – Enter age of swimmer on day of competition.

- 4) **Column E: Sex** – Enter either **M** or **F**.
- 5) **Columns F – K:** Enter submitted time for each of the events the swimmer wishes to enter. When entering a time it is **ESSENTIAL** that the time is added in the format shown below.



Please note that **2** digits must be entered for **each** part MM, SS & ss.

Examples:

A time of 1 min and 17.36 secs should be entered as  
01:17.36

A time of 30.56 secs should be entered as 00:30.56

**Please note the colon between the mins and secs and the full stop between SS and ss. This is VERY IMPORTANT.**

The only exception to times being entered in the above format is when a swimmer is entered with 'No Time'. In such a case put **NT** in place of an actual entry time and the swimmer will be considered to be a 'B' category swimmer.

7. **Column L: Any additional info and/or special requirements** – Please add any specific information relating to the swimmer that the organisers should be made aware of. For example, if a swimmer has a disability that makes it necessary that he/she swims in an end lane then please add this information here.

An example of submitted entries for a couple of swimmers is shown in the following screen shot.

WSAPLD South Wales Regional Swimming Competition											
Thursday, November 14th 2019 at Cardiff International Pool											
<b>Closing date for entries: October 31st 2019</b>											
<b>Contact Name:</b>		Rob Williams									
<b>Contact Telephone No:</b>		01234 567890									
Return completed entry sheet to: <a href="mailto:robwilliams1145@gmail.com">robwilliams1145@gmail.com</a> by 31st October 2019											
Establishment Name	Surname	First Name(s)	Age	Sex (M/F)	25 Free	50 Free	25 Back	50 Back	25 Breast	25 Fly	Any additional info and/or special requirements
Towy Valley Club	Smith	John	17	M		00:37.00			00:41.16		End lane required.
Towy Valley Club	Thomas	Mary	18	F	00:45.19		NT		00:59.33		Visually Impaired. Needs tapper.
Towy Valley Club	Williams	Michael	14	M	00:33.47		01:17.36	01:45.55			

**Please note: Entries must be submitted in the spreadsheet provided to [robwilliams1145@gmail.com](mailto:robwilliams1145@gmail.com) by 31<sup>st</sup> October.**