



10th WELSH CAPITAL MASTERS SWIM MEET 2010

Saturday 8th May

Cardiff International Pool Cardiff International Sports Village Cardiff

Hosted by Cardiff Masters Swimming Club

- **WASA Licensed (10WLM-017)**
- **10 lane – 50m Long Course Pool**
- **Anti-turbulence lanes**
- **Electronic timing and display**
- **Computer based programme**
- **Computer listed results available**
- **Age groups from 18 to 80+**
- **No limit to events you can enter**
- **Held under Swim Wales rules**
- **No qualifying times**

Further information from:

Terry John. 13 Coed Glas Road, Llanishen, Cardiff. CF14 5EJ.

Email: gala@cardiffmasters.co.uk

Tel: 07710 648 958

Entry forms available from: www.cardiffmasters.co.uk

closing date for entries 10th April 2010

PROGRAMME OF EVENTS

£4.00 per individual event
£6.00 per team event

Session One:

Warm up 09:00 – 09:50
Start 10:00

Event:

01. Mixed 400M Freestyle
02. Men 50m Backstroke
03. Women 50m Backstroke
04. Men 100m Butterfly
05. Women 100M Butterfly
06. Men 200m Medley Relay
07. Women 200m Freestyle Relay

Session Two:

Warm up 12:00 – 12:40
Start 12:50

Event:

08. Men 200m IM
09. Women 200m IM
10. Men 50m Breaststroke
11. Women 50m Breaststroke
12. Men 100m Backstroke
13. Women 100m Backstroke
14. Men 100m Freestyle
15. Women 100m Freestyle
16. Mixed 200m Freestyle Relay
17. Women 200m Medley Relay

Session Three:

Warm up 15:30 – 16:00
Start 16:10

Event:

18. Men 200m Freestyle
19. Women 200m Freestyle
20. Men 50m Butterfly
21. Women 50m Butterfly
22. Men 100m Breaststroke
23. Women 100m Breaststroke
24. Men 50m Freestyle
25. Women 50m Freestyle
26. Mixed 200m Medley Relay
27. Men 200m Freestyle Relay

Please Note:

Warm Up and Start times are subject to change depending on entry levels.
Please check your competitor letter for details.



Welsh Capital Masters Swim Meet

contact: Terry John

address: 13 Coed Glas Road,
Llanishen, Cardiff.
CF14 5EJ

tel.: 07710 648 958

Saturday May 8th 2010

gala@cardiffmasters.co.uk

Dear Swimmer,

Please find enclosed the entry form for the 2010 Welsh Capital Masters Swim Meet, to be held at the 50m pool in the Cardiff International Sports Village. This one day event is open to all swimmers over the age of 18 so long as they are affiliated to their national body. We hope you will consider attending this Swim Wales Licensed meet, hosted by Cardiff Masters Swimming Club. We would also be appreciative if you could display the front page of this entry pack on your club notice board.

The event aims to attract all abilities and provide a quality and good value event with a friendly and social atmosphere. Competitors may start in the water if they are unable to do a racing dive and officials and timing will be in place to qualify any master's records that may be broken. All events are "Heat declared winner", so swimmers will only swim in heats against those who have submitted similar times. Results within age classification will be displayed at the event and shortly after, will be available for competitors in hard copy or delivered by email or downloaded from the cardiffmasters.co.uk web site.

Entries must be accompanied by a stamped addressed envelope so that event details and entry confirmation can be sent out. This is important as Warm Up and Start times are subject to change. It is vitally important to include your governing body membership number. Any entry received without a stamped-addressed envelope of the appropriate size or without a membership number may be rejected.

Entries from the same club may be submitted together. Please submit a time for each event you wish to enter, even if it is only an estimate. Please do not leave submission of your entry form to the last minute as over subscription may lead to an early closing of entries (although we will make every effort not to cause disappointment). The gala will operate an "automatic entry" system and swimmers will be required to provide notification of withdrawal from an event, should this be required.

In a change to previous years, relay teams must now be submitted in advance.

If you require any further information (directions, accommodation, etc.) or have any feed back, please do not hesitate to contact us.

Yours sincerely

The organising committee.



Welsh Capital Masters Swim Meet 2010
Saturday 8th May
Cardiff International Sports Village, Cardiff.

ENTRY FORM (Clear Capitals Please)

Mr/Mrs/Miss: _____ First name: _____ Surname: _____

Club Name: _____ Reg #: _____

House no. & Street: _____ Area: _____

Town/City: _____ Post Code: _____ Tel: _____

Date of Birth: _____ email: _____

Please circle the age group for your **age at 31/12/2010**.

18-24 competitors must be aged 18 years or over on the day of competition

Age	18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
Group	X	A	B	C	D	E	F	G	H	J	K	L	M	N

Each competitor may enter any number of events.

Individual Events: Please enter times for your events in the boxes below (mm:ss.hh), even if estimated.

Dist.	Event	Butterfly	Event	Backstroke	Event	Breaststroke	Event	Freestyle	Event	I/M
50m	20/21		02/03		10/11		24/25			
100m	04/05		12/13		22/23		14/15			
200m							18/19		08/09	
400m							01			

I have checked the information supplied is correct and agree to abide by any conditions laid down by the organisers. I confirm I will be responsible for declaring myself to be in a fit and healthy condition to compete and that I am responsible for my own insurance.

Signed: _____ Date: _____

The organisers reserve the right to combine events at their discretion and to close entries prior to the stated closing date in the event of the gala being over subscribed.

NB - Entries will be refused if your membership number of your governing body is not entered.

Closing date for entries 10th April 2010

Individual entry fee is £4.00 per event. Number of events entered: amount: _____

(Enter 5 individual events – get 6th individual event free)

I enclose a cheque (payable to Cardiff Masters Swimming Club) for: £ _____

**Please return entry forms with an A4 appropriately stamped self addressed envelope to:
Terry John. 13 Coed Glas Road, Llanishen, Cardiff. CF14 5EJ.**

Your details will be stored electronically for the use of the Welsh Capital Masters Gala only.



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 Saturday 8th May
 Cardiff International Sports Village, Cardiff.

RELAY TEAM ENTRY FORM (Clear Capitals Please)

This form must be submitted in advance.
A separate form will be required for each relay event entered.

Please note:

All relay team members must be aged at least 25 on 31/12/10.
 A relay team in the 72-99 category can only contain swimmers aged 18-24.
 Each swimmer in a 72-99 must be at least 18 on the day of competition.
 Mixed teams must consist of 2 men and 2 women.
 All relays will be ranked by time within age groups.
 There will be no medals for this event.

Competitor Name	Club*	Age (on 31/12/10)
Total age		

* only single club teams can effect records

Team name: _____ (e.g. "club name" A)

Please circle age group

Total Age	72-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
Group	NM	1	2	3	4	5	6	7

Relay Team	Event number	Approximate time.
4 x 50m Mixed Medley	26	
4 x 50m Men's Medley	06	
4 x 50m Women's Medley	17	
4x50m Mixed Freestyle	16	
4x50m Men's Freestyle	27	
4x50m Women's Freestyle	07	

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.Competitor Information

Entrants	The meet will be run under the ASA Laws and Technical Rules and is open to Masters swimmers of all abilities.
Entries	Automatic entry system and no entry cards - please check your competitor letter.
Relay Entries	Entries must be submitted in advance
Withdrawals	Please contact us immediately if you intend to withdraw from an event.
Sessions	The sessions are due to start at 10:00, 12:50 and 16:10 – these are subject to change - please check your competitor letter.
Warm up	Warm Ups are due to start at 09:00, 12:00 and 15:30 - please check your competitor letter and follow guidelines on the day.
Seeding	Heats within events will be seeded according to submitted times. These will be available within the program and posted on the pool side.
Marshalling	Please present yourself to the marshalling area several heats in advance of your own.
Starts	The "One Start" rule will be in place. Over the top starts may be used. If you are not proficient at starting off the blocks, please inform your lane judge who will start you in the water.
Electronics	Omega timing system with active display.
Records	Officials and timing will be in place to qualify any masters records
Results	This meeting is being run using Hy-Tek meet manager. Results are by heat declared finals and will be displayed on the side of the pool. Awards will be given to 1 st , 2 nd and 3 rd places in each age group. Electronic and printed results can be obtained following the meet.
Appeals	Appeals should be made to the pool side office.
Seating	Seating is in the spectator area - please do not use outdoor footwear on poolside.
Health and Safety	It is the responsibility of the competitor to declare to the organising committee any disability or medical condition that could present any foreseeable complications. By taking part in this event, you are declaring that you are physically fit and able to compete at the event and have not been advised otherwise by any medical advisor. Competitors should organise emergency contact information within their attending group. If you are a sole entry from a club, you can leave any information you wish with a member of the organising committee.
Mobile Phones	Please turn off mobile phones on the pool side as they can interfere with the sound equipment.
Cameras	Please make sure you have the permission of all subjects you are photographing. Should any complaints be received you may be required to surrender your equipment to the organising committee.
Complaints	Complaints should be made to a member of the organising committee at the earliest opportunity. We will do our best to resolve any problems that you may have encountered.
Prizes	Prizes will be available to the 'Best Visiting Club', the 'Best Female' and 'Best Male' competitors. These will be calculated on a points system with individual events scoring 10, 8, 6, 5, 4, 3, 2, 1 points for the first 8 places and team events scoring double points for the first 6

	places.
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Officials

As most of you know Competitions rely heavily on the goodwill of officials. It is vitally important to the success of every competition that sufficient, able officials are present. This is sometimes quite difficult to achieve in a period when competitions are in abundance.

Should anyone attending the event be a qualified official (or have friends who are qualified) and are willing to help out at the event, please let us know by providing:

- your membership number
- your qualification level
- the session(s) you are willing to officiate

Please ensure that you bring appropriate uniform and equipment.

Hotels in Cardiff

The easiest way to find a hotel is to search the net, because you can only get prices from there.

But here are some of the results:-

Future Inn Cardiff Bay

Hemingway Road
Cardiff
CF10 4AU
Tel: +44 (0)845 094 5487

Jolyons Hotel Cardiff,

Bute Crescent,
Cardiff,
CF10 5AN
Tel No: +44 (0)2920 488775

The Lincoln House Hotel

118 Cathedral Road
Cardiff
CF11 9LQ
Tel: + 44 (0)29 20395558

Express By Holiday Inn

Cardiff Bay
Longueil Close
Cardiff
CF10 4EE
Tel No: +44 (0)2920-449000

St David's Hotel & Spa

Havannah Street,
Cardiff
CF10 5SD
Tel: +44 (0)2920 454045

Novotel

Schooner Way
Atlantic Wharf
Cardiff
CF10 4RT
Tel : (+44)29 2047 5000

The Big Sleep

Bute Terrace
Cardiff
Tel No: +44(0) 8454 566 399

Hilton

Kingsway
Cardiff
Tel No: +44(0) 8454 566 399

Ibis

Churchill Way
Cardiff