

Swim Wales Summer Meet 2025

Meet Pack

Thursday 1st – Monday 5th August

Wales National Pool Swansea

#SWSM25

Contents

Event Webpage and venue information.....	4
Summer Meet information	5
Qualifying Window for all Summer Meets.....	5
Interim Rankings Lists.....	5
Swim Wales Entry Phases	5
Phase 1 – Invited Entries	5
Phase 2 – Open Entry:	6
Entry Conditions.....	7
Consideration Standards (phase 2 only)	7
Para consideration Standards	8
Entry Prices	8
Relay Information.....	8
2024 entry to the 50m form strokes (does not affect 50m freestyle)	8
Participation of Russian and Belarussian sportspeople.....	9
Meet Conditions	10
Para Swimming Multi-class (MC) Finals.....	10
Medals.....	11
Withdrawals and Refunds	11
Pre event	11
During the event (for Finalists and reserves).....	12
Marshalling	12
Heats	12
Finals	13
Poolside Passes.....	13
Spectator Tickets	14
Swim Wales Summer Meet 2025 – Event Schedule	15
General event and venue information	16
Swim Wales Film and Photography Policy:	16
Officials and Volunteers:	16
Car Parking:	16
Merchandise:	17
Café:	17
Seating:.....	17
Changing village:.....	17
Health and Safety:.....	18

Social Media:	18
Behaviour and Attitude:.....	18
Jewellery:	19
Equality:	19

Event Webpage and venue information.

Website link –

<https://swimwales.justgo.com/workbench/public/events?ref=706717FDB6511CC80587F231ED0EED9366F91AB0>

Licence number – 1WL250566

Venue – Venue: Wales National Pool Swansea, Sketty Lane, Swansea, SA2 8QG.

Please use the following web link for all information relating to the venue including car parking fees, on site facilities and general venue information:

<https://www.swanseabaysportspark.wales/swim-at-wales-national-pool-swansea/>

Summer Meet information

Qualifying Window for all Summer Meets

The qualifying window for the Aquatics GB NextGen and all Home Nations Summer Meets will open on Friday 7th March and will close Sunday 11th May 2025 (inclusive).

Interim Rankings Lists

This year, weekly rankings lists will be published on a twice weekly basis (Tuesday and Friday) once the qualifying window opens. A final draft rankings list will be produced on 13th May 2025, once the window has closed. If it is believed that any of the data contained in the interim lists is incorrect or there are missing results, please report it by emailing britishevents@swimming.org

Swim Wales Entry Phases

Phase 1 – Invited Entries

- For registered Welsh competitive members or those with Wales as their country of representation (see detailed membership eligibility conditions below on Page 5), ranked top 16 in all events with the exception of the 400m IM, 800m & 1500m freestyle which will be top 8, who.
 - ✓ have not been invited to the Aquatics GB NextGen Championships **and**.
 - ✓ who have achieved times at a 50m competition (level 1 licensed meet) during the qualifying window March 7th – May 11th, 2025, as published on the rankings database system.
- **Entries open on Monday 19th May 2025 at 10am and close on Monday 9th June at midnight.**
- If you are invited in phase 1 entries **must** be submitted in this window via the online entry system. You **will not** be able to enter any events you have been invited too after 9th June closing date.
- Swimmers who are entering the meet based to their country of representation and not their ranked club **MUST** have completed the Home Nations Meet Choice Form.
- Following the closure of the qualifying window on **Sunday 11th May 2025**, a final draft rankings list will be produced on 13th May 2025 entry invitations will be emailed out to the registered email addresses (on their membership account/profile) of all qualifying competitors after this date.

Phase 2 – Open Entry:

- This open entry phase is for Welsh competitive members or those with Wales as their country of representation (see detailed membership eligibility conditions below on Page 5) who have not been invited to the British, Welsh, Scottish, or English summer competitions in that particular event(s).
- Swimmers who are entering the meet based to their country of representation and not their ranked club **MUST** have completed the Home Nations Meet Choice Form.
- **Entries open on Wednesday 11th June 2024 at 10am and close on Friday 4th July 2024 at midnight.**
- Competitors must have achieved the published long course consideration standards between **1st September 2024** and the closing date of entry (LC and SC>LC converted times are accepted from level 1, level 2 and level 3 licensed meets as published on the rankings database system).

Entry Conditions

This is a closed Swim Wales event. Entries will be accepted from:

- ✓ active Swim Wales Competitive Club members **or**
 - ✓ active Swim Wales Competitive Individual members **with** Wales as their country of representation **or**
 - ✓ individuals with Wales as their country of representation as evidenced on the British Swimming rankings database.
- A. Competitors can only compete for one club for the duration of the competition.
 - B. Entries will not be taken on a first come first served basis for this event. All entries submitted will be considered and a confirmed entry list will be published after close of entry.**
 - C. It is the competitor's responsibility to check the draft entry list and inform event management (events@swimwales.org) of discrepancies or errors. This must be raised within 48 hours of the confirmed entry list being published.
 - D. In the event of over subscription scratches will be made at the discretion of event management and will be based on entry times. Refunds for scratches will be processed. Scratches will only be made from phase 2 entries.
 - E. Entries are not confirmed until published by Swim Wales, we therefore advise attendees to book flexible/refundable travel and/or accommodation arrangements. Swim Wales are not responsible for accommodation/travel and other related costs incurred as a result of event cancellation/venue changes.**
 - F. Refunds will only be given for entry fees, spectator tickets and poolside passes.**
 - G. All competitors entering phase 2 (with the exception of para competitors, see separate conditions for para competitors below) must have bettered or equaled the published consideration standards in a designated or licensed meet (Swim Wales, Swim England, Scottish Swimming and British Swimming).

Consideration Standards (phase 2 only)

- A. The most current time available on rankings will be used for entry.
- B. Times will be considered from level 1, 2 and 3 licensed competitions.
- C. Times will be taken at the point of entry from rankings and will not be updated, amended or refunded (unless medical) after entry is submitted.
- D. We do not accept split or relay times.
- E. 50m pool times or conversions to 50m pool times will be accepted for this meet; **the quickest 50m time (be that an actual 50m achieved time or a conversion to a 50m time) will be taken. The time converter used in the entry system that is publicly available for use can be found here:** <https://www.swimmingresults.org/downloads/equivalent-time/>
- F. Times will be accepted from the **1st of September 2024.**

Consideration standards are available on the dedicated event webpage (see link above on page 4).

Para consideration Standards

- A. In addition to meeting the general entry criteria, para competitors must have an authorised S1-S14 World Para Swimming (WPS), British Swimming, Virtus (INAS-FID, Sport Excel or British Blind Sport (British Paralympic Association) classification, which is held on the Home Nation Membership, Virtus master list or WPS Classification database at the time of entry.
- B. All para competitors can enter during phase 2 and must have bettered or equaled 150 para points for each event they wish to enter in a designated or licensed meet (Swim Wales, Swim England, Scottish Swimming and British Swimming). Exceptions may be made at the discretion of the event management team.**

Entry Prices

- A. Entries (including para competitors) are submitted via the online entry system. Payment for entries will be taken at the point of entry online via PayPal using debit/credit card.**
- B. Individual event entry cost: £12.80**
- C. Age of competitors will be taken as 31st December 2025.
- D. By entering this event, you / your child agrees to be bound by the British Swimming Anti-doping Rules from the commencement of the event. You also agree to abide by the British Swimming & UKAD Anti-Doping Rules. For further information, See [Anti-Doping | British Swimming](#)

Relay Information

- A. Clubs may enter 1xA and 1xB relay teams per event, but competitors are only allowed to compete in either team A or team B.
- B. Relay event entry cost: £15.**
- C. Relays are entered online via the entry system.
- D. Relay forms, specifying the competitor's information, must be submitted to the timing management team (control room) by the end of warm up of the session that the relay takes place. Failure to submit the relay form in time will result in disqualification. These can be accessed the dedicated event webpage (see link on page 4 above).
- E. Relay forms should be submitted in the order in which the team will swim; teams who fail to swim in the submitted order face disqualification.

2024 entry to the 50m form strokes (does not affect 50m freestyle)

The 50m Breast/Fly/Back events entry will be based on the following condition (does not affect 50m freestyle, there will be consideration standards for each age group for the 50m freestyle event.):

If invited (in phase 1) or enter via open entry (in phase 2) for the respective 100m event (100m Breast/Fly/Back), competitors are eligible to enter the 50m equivalent event.

- 50m condition for phase 1 (Invited Entry): competitors times taken from March-May window only (if not available a manual, most recent time will be inputted from the rankings database system).
- 50m condition for phase 2 (Open Entry): competitors times taken from 1st September 2024 to closing date of entries – there are no consideration standards for the 50m breast, 50m fly, 50m bk.

17 and 18+ age group – 50m Breast/Fly/Back events are not included in the conditions stated above.

13 and 14 age groups – As there is no opportunity for competitors in these age groups to swim 50m events at the Aquatics GB NextGen Championships, a competitor who has qualified and accepted their place at the Aquatics GB summer meet for the respective 100m event and can swim the equivalent 50m event at the Welsh Summer Meet. To do this the competitor will need to manually enter in Phase 2 by contacting Swim Wales Event Team.

Participation of Russian and Belarussian sportspeople

- In circumstances where competitors have a registered World Aquatics sport nationality as Russia or Belarus, athletes will be permitted to participate provided that that, Swim Wales as the meet organiser, has written confirmation from the athlete that:
 - They are not doing so as a representative of the Russian or Belarussian state, i.e. they are competing as a neutral, or under an alternative passport/dual nationality; and
 - They are not in receipt of funding aligned to the Russian or Belarussian state, including sponsorship from companies operated or controlled by persons with strong links to the Russian state; and
 - They have not, and do not intend to, express support for the invasion of Ukraine, the Russian or Belarussian regimes, or their leadership in any way as part of their participation in the event.

Meet Conditions

- A. This event will be swum under World Aquatic Rules and World Para Swimming Rules.
- B. **Age groups** for the **individual events** are 12, 13, 14, 15, 16, 17, 18+ years.
- C. **Age groups** for the **relay events** are 12/13, 14/16 and 17+ year.
- D. **Heats** will be swum seeded by time regardless of age as follows:
 - E. 15+ years morning heats
 - F. 12-14 years afternoon heats
- G. For both males and females, the 400m I.M, 400m Freestyle, 800m Freestyle and 1500m Freestyle events will be swum as heat declared winner (HDW).
- H. **Finals** will be swum as follows for male and female:
 - 12 years final
 - 13 years final
 - 14 years final
 - 15 years final
 - 16 years final
 - 17 years final
 - 18+ years Final
- I. **Relays** will be swum during the final's sessions of each event day (***please see event schedule detailing the types of relays available for entry.***)

N.B. Time trials/exhibition swims will not be permitted at this event. Should a competitor fail to report for their race, the lanes will remain empty as no on-the-day entries can be accepted.

Para Swimming Multi-class (MC) Finals

- A. Para competitors can qualify for age group finals based on outright performance by time.
- B. Regardless of age, the top 8 competitors, based on British Para Swimming points, from heats, will qualify for the multi class para finals.
- C. The following para events (for both males and females) will have the opportunity to have their own multi-class finals:

Freestyle	50m	S1 -S13
	100m	S1 -S14
	200m	S1 - S5 & S14
	400m	S6 - S13
Backstroke	50m	S1 - S5
	100m	S1-S14
Breaststroke	50m	SB1 - SB3
	100m	SB4 - SB9, SB11 - SB14
Butterfly	50m	S1 - S7
	100m	S8 - S14
Individual Medley	150m	SM1 - SM4
	200m	SM5 - SM14

Medals

- A. Medals will be awarded to first, second and third place in individual events in the following age groups for HDW events: 12, 13, 14, 15, 16, 17 and 18+ years age groups.
- B. For all individual events with finals, medals will be awarded to the top three finishers in the 12, 13, 14, 15, 16, 17 and 18+ years age groups.
- C. Medals for the relay events will be determined by the top three swims for the following age groups 12/13, 14/16 and 17+ years.
- D. Para Swimming medals.
 - a. Para competitors can win medals based on outright performance in events that do not have a multi class final.
 - b. Medals will be awarded to the top 3 competitors in Para finals based on a multi class basis - the medals are based on British Para swimming points.

Withdrawals and Refunds

Pre event

- A. To ensure we fill as many lane spaces as possible and provide the best opportunity to those on reserve entry lists, please inform us of **any withdrawals**, prior to the heats being seeded, by **midnight on Sunday 20th July 2025**. To do this, please contact events@swimwales.org stating your/the competitor's membership number, club, full name and event(s) to be withdrawn.

- B. Any competitor who has been withdrawn by the deadline will not be re-entered into the event(s).
- C. Refunds will not be processed for withdrawals on non-medical grounds.
- D. Specifically, for medical withdrawals, refunds for entry fees will only be processed on the receipt of a completed medical withdrawal application accompanied with a valid note from a medical professional. Additionally, to qualify for a refund, medical withdrawals must be received by midnight before the event is due to take place.
- E. Email events@swimwales.org to receive a medical withdrawal form and apply for a refund.

During the event (for Finalists and reserves)

- A. The withdrawals desk is located on poolside underneath the scoreboard.
- B. Withdrawals only need to be made by those who have qualified for finals (including reserves).
- C. Whilst the withdrawals desk opens after the first heat of each session, the desk will also remain open for 20 minutes at the end of each session.
- D. To withdraw from a finals race, finalist competitors must ensure they provide the required information at the withdrawals desk before it closes.
- E. Those competitors aged under 18 years must ask for a coach or a team manager's signature to evidence the withdrawal.
- F. Those competitors aged 18 years and over can provide their own signature to evidence the withdrawal.
- G. A competitor who fails to adhere to the above withdrawal conditions and thereby does not swim their finals race, risks being fined £50 and this charge may be issued at the discretion of the event management. It is the responsibility of the competitor and their club to decide whether the incurred charge is paid by the competitor or by the club.

Marshalling

Heats

- A. Competitors must report to the lead poolside marshals located adjacent to the changing village entrance.
- B. Competitors should follow the directions given by the marshals. It is the competitors, coaches, and team managers' responsibility to ensure the competitors report in plenty of time.
- C. Marshals are in place to guide competitors only and are not responsible for ensuring competitors swim their race(s).

Finals

- A. Call room marshalling for finals is in the middle of the changing village. Competitors should familiarise themselves of the location prior to the Finals' Session.
- B. Competitors must report to the signing-in official, who will be located at the entry door to the call room, prior to entering the room. Once signed-in and entering the call room, competitors may not leave until their race is called.
- C. It is the competitors', coaches,' and team managers' responsibility to ensure that competitors report to the call room and sign-in with the designated official a minimum of 10 minutes prior to the published time of their race. Failure to do this will result in the competitor being excluded from the final and not being allowed to swim. Their place may be offered to the relevant reserve who has signed in.
- D. Competitors who are reserves should attend the call room (adhering to the above) where an opportunity to race may arise. Where a reserve is brought in at short notice, the reserve may occupy the vacant lane if the event cannot be re-seeded.
- E. Only competitors and designated personnel are allowed in the control room. Coaches and Team Managers should have no contact with competitor(s) between the time the competitor(s) signs into the call room and the start of their race.

Poolside Passes

- A. Cost £25 per application.
- B. Applications will be available to access on the event webpage/events portal in the Swim Wales Just Go membership system at **10:00 on Monday 7th July 2025.**
- C. Applications must be submitted and paid in full by **midnight on Wednesday 23rd July 2025.**
- D. Applicants must have **a valid DBS, an active membership, and the relevant role related qualifications. e.g., Coaches' qualification or a Team Manager qualification.**
- E. Late submissions (**applications submitted after Wednesday 23rd July 2025 at midnight**) may result in an additional £5 administration charge.
- F. Passes include use of the refreshments and lunch provision on the upper level of the facility, full event access, event accreditation, seeded finals sheets and both a virtual coach/team manager briefing (Monday 28th July, time TBC) and in-person briefing on the morning of the first event day, Wednesday 30th July (TBC).
- G. **As part of Swim Wales's efforts to contribute to sustainability and a greener environment, seeded heat programmes will be available to download from the event webpage/events portal in the new Swim Wales Just Go membership system. These will NOT be available to collect with your poolside passes.**
- H. Poolside passes are intended for use for the named individual only; misuse may result in removal of your pass.
- I. Chaperone poolside passes are available, please contact the team on events@swimwales.org for further information and to apply for this type of pass.

Spectator Tickets

- A. Access to purchase spectator tickets if you have a **Supporter Membership** will be available from **10:00am Monday 7th July 2025** via the event webpage.
- B. Access to purchase spectator tickets if you **DO NOT** have a Supporter Membership will be available from **10:00 on Monday 14th July 2025** via the event webpage.
- C. Ticket costs:
 - i. Adults (aged 18+ years) - **£4.50 per session** (finals are free of charge, FOC) (**£3.83** for Supporter Members)
 - ii. Children (aged 5 – 17 years) & Concessions (60 years and over) - **£3.50 per session** (finals are FOC)
 - iii. Adults (aged 18+ years) - **£8.00 per day** (finals are FOC) (**£6.80** for Supporter members)
 - iv. Children (aged 5 – 17 years) & Concessions (60 years and over) - **£5.50 per day** (finals are FOC)
 - v. Family package for 4 people (must be at least 2 adults with any combination of other adults/children/concessions for the other 2 tickets) - **£23.00 per day** (finals are FOC)
 - vi. Adults (aged 18+) - **£27.50 whole event ticket** (finals are FOC) (**£23.28** for Supporter members)
 - vii. Children (aged 5-17 years) - **£18.50 whole event ticket** (finals are FOC)
 - viii. Family package for 4 people (must be at least 2 adults with any combination of other adults/children/concessions for the other 2 tickets): **£80 whole event ticket** (finals are FOC)
 - ix. **Children (under 5 years): FREE**
- D. Spectators may be restricted due to site capacity and safety mitigations.
- E. Full event seeded heat sheets will be available online for FREE and accessed via the event webpage.

Swim Wales Summer Meet 2025 – Event Schedule				
Day 1 – Wednesday	Day 2 – Thursday	Day 3 – Friday	Day 4 – Saturday	Day 5 – Sunday
Session 1 – heats (15+ years)	Session 4 – heats (15+ years)	Session 7 – heats (15+ years)	Session 10 – heats (15+ years)	Session 13 – heats (15+ years)
111 M 200m Freestyle 112 F 200m Freestyle 113 M 50m Breaststroke 114 F 50m Breaststroke 115 M 100m Backstroke 116 F 100m Backstroke 117 M 400m IM (HDW) 118 F 400m IM (HDW)	211 F 200m Butterfly 212 M 200m Butterfly 213 F 100m Freestyle 214 M 100m Freestyle 215 F 200m Breaststroke 216 M 200m Breaststroke 217 F 800m Freestyle (HDW)	311 F 200m IM 312 M 50m Freestyle 313 F 50m Freestyle 314 M 100m Breaststroke 315 F 100m Breaststroke 316 M 1500m Freestyle (HDW)	411 M 200m IM 412 F 50m Butterfly 413 M 50m Butterfly 414 F 200m Backstroke 415 M 200m Backstroke 416 F 1500m Freestyle (HDW) 417 M 400m Freestyle (HDW)	511 F 50m Backstroke 512 M 50m Backstroke 513 F 100m Butterfly 514 M 100m Butterfly 515 F 400m Freestyle (HDW) 417 M 800m Freestyle (HDW)
Session 2 – heats (12-14 years)	Session 5 – heats (12-14 years)	Session 8 – heats (12-14 years)	Session 11 – heats (12-14 years)	Session 14 – heats (12-14 years)
121 M 200m Freestyle 122 F 200m Freestyle 123 M 50m Breaststroke 124 F 50m Breaststroke 125 M 100m Backstroke 126 F 100m Backstroke 127 M 400m IM (HDW) 128 F 400m IM (HDW)	221 F 200m Butterfly 222 M 200m Butterfly 223 F 100m Freestyle 224 M 100m Freestyle 225 F 200m Breaststroke 226 M 200m Breaststroke 227 F 800m Freestyle (HDW)	321 F 200m IM 322 M 50m Freestyle 323 F 50m Freestyle 324 M 100m Breaststroke 325 F 100m Breaststroke 326 M 1500m Freestyle (HDW)	421 M 200m IM 422 F 50m Butterfly 423 M 50m Butterfly 424 F 200m Backstroke 425 M 200m Backstroke 426 F 1500m Freestyle (HDW) 427 M 400m Freestyle (HDW)	521 F 50m Backstroke 522 M 50m Backstroke 523 F 100m Butterfly 524 M 100m Butterfly 525 F 400m Freestyle (HDW) 526 M 800m Freestyle (HDW)
Session 3 – Finals	Session 6 – Finals	Session 9 – Finals	Session 12 – Finals	Session 15 – Finals
M, F, Para 200m Freestyle M, F, Para 50m Breaststroke M, F, Para 100m Backstroke	F 200m Butterfly M 200m Butterfly F, M, Para 100m Freestyle F 200m Breaststroke M 200m Breaststroke Mixed 4x100m mixed Freestyle relay	F 200m IM F 200 I.M Para M, F & Para 50m Freestyle M, F, Para 100m Breaststroke Mixed 4x200m mixed Freestyle relay	M 200m IM M 200 I.M Para F, M, Para 50m Butterfly F 200m Backstroke M 200m Backstroke	F, M, Para 50m Backstroke M, F, Para 100m Butterfly Mixed 4x100m mixed Medley relay

General event and venue information

Swim Wales Film and Photography Policy:

Swim Wales are aware 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 an individual which may present a risk of harm to the individual concerned. The use of such equipment is difficult to control but we can all be vigilant. Swim Wales may use photographs taken at this event as promotional material and used across public forums including their website and social media accounts, and possibly the local press and television.

The use of professional camera equipment and flash photography is prohibited at the event:

If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team situated at the event information desk on the day of the event. Should you wish to refuse photographic permission please contact the event management team on site. Post event, if at any time an individual wishes an image of themselves to be removed from the public platform, 7 days' notice must be given to Swim Wales after which the data will be removed. The full Swim Wales film and photography guidance can be found at the front of house desk or accessed by emailing events@swimwales.org.

Officials and Volunteers:

Swim Wales invites and welcomes officials and volunteers to support this meet and all are asked, initially, to send an email confirming your interest, membership number and qualification level to support the Swim Wales National Championships to events@swimwales.org.

Clubs who have entered more than 10 competitors into the event are expected to provide a minimum of 2 officials.

All of our volunteers and officials are provided with event kit, refreshments, meals and expenses claims. The Swim Wales volunteer expenses policy will be available on the event webpage.

Car Parking:

The car park is large with plenty of spaces. However please be aware, despite our best efforts – the car park is busy and fills quickly. To avoid disappointment, please arrive early. The car park will be managed by security staff, please treat

them with respect. Disrespectful or inappropriate behaviour towards staff will not be tolerated and you may be asked to leave the competition.

The carpark uses a ANPR camera system will be in place for the duration of the competition, therefore, please ensure you have paid and displayed at the ticket machines to avoid a parking penalty fine.

Where possible please arrange to car share or drop offs to help ease congestion. Alternatively, there are 3 nearby pay and display car parks we recommend:

Foreshore Car Park: 4 Mumbles Rd, Sketty, Swansea SA3 5AU – 0.6 miles 12-minute walk

Recreation Ground Car Park: Mumbles Rd, Brynmill, Swansea SA2 0AU – 0.9-mile 19-minute walk

Blackpill Area Car Park: 266 Derwen Fawr Rd, Sketty, Swansea SA3 5AT – 0.8-mile 15-minute walk

Merchandise:

Merchandise will be available for pre order before the event and any remaining stock will be sold at the event. The Swim Wales shop will be available onsite in the reception area. Payments can only be taken by card.

Café:

The Café will be open each day (times will be published on the pools website) with a selection of food and drink. There is seating available in the café area.

Seating:

The pool has approximately 1200 seats for spectators, coaches and competitors. Seating areas for coaches/team manager/swimmers and spectators will be clearly identified.

A limited number of seats have been reserved at the top of each section for access users (disabled, wheelchairs etc.) please refrain from using these seats unless required, you may be asked to move.

We ask competitors to remain on the bottom 7 rows of chairs to avoid making the stairs and upper balcony wet and slippery. We ask parents remain on the higher seating (7 rows and above).

Changing village:

The changing village is for competitors only, non-competitors are not permitted in the changing area and will be asked to leave. Competitors are politely asked

not to change poolside and use the facilities available. Cameras and phones are **strictly prohibited** in the changing area.

Health and Safety:

We hope you enjoy the competition, here are some tips to ensure you have a fun and safe experience.

Event days are long and can be tiring, please drink plenty of water, eat sensibly and rest, when possible, to ensure you are fit and ready for the sessions.

If you feel unwell at any stage, please seek medical support from the facility staff.

When using the pool stairs please ensure you hold the rail, the steps can become wet and slippery during the competition.

If you see something that could cause an accident, please alert the facility staff or an event team member immediately so that it can be dealt with.

The lift is for individuals who have difficulties using stairs; please ensure the lift is used appropriately and safely. Children are not permitted to use the lift unaccompanied.

Social Media:

Swim Wales would like to share your experience with us on social media, tweet and tag us in your photos and results using #SWSM25 @SwimWales

Photos may be used in Swim Wales communications including newsletters, website and social media.

By attending Swim Wales Meets, individuals are agreeing to adhere to the Swim Wales Media policy. This ensures that the use of social media whilst attending the meet is appropriate and safe. Clubs are responsible for the behaviour of their member, competitors and supporters. Inappropriate behaviour will be dealt with accordingly.

Behaviour and Attitude:

Swim Wales has a zero-tolerance policy on negative behaviour at meets. Disrespectful and poor attitude resulting in unacceptable behaviour will not be tolerated. All those on-site including competitors, parents, coaches and clubs are expected to behave in an appropriate manner, respectful of officials, volunteers, staff and others. Swim Wales holds the right to ask those behaving inappropriately to leave the event and/or meet if deemed necessary. Refunds will not be issued for dismissal from an event. The right to remove competitors and/or clubs from the meet is held by the meet manager and senior team of officials. We ask all to adhere to the above and remain vigilant throughout the meet. Please report any inappropriate behaviour to a member of staff on site.

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, earrings (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.

Equality:

Swim Wales promotes inclusion and diversity and welcomes participation from everyone. If you have any particular requirements in respect of participating, officiating or volunteering then please mention this, in confidence if required, to our Events and Volunteers Manager.



SUMMER MEET