



CLWB NOFIO
BANGOR
SWIM CLUB

GO BANGOR DIDDY GALA 2020

Sprint gala with finals

(License No. 3WL200479)

Level 3 Event

Under FINA Technical Rules & Swim Wales Laws

Sunday 05th April 2020

Venue: Llandudno Swim Centre / Canolfan Nofio Llandudno
Mostyn Broadway
Llandudno
CONWY
LL30 1YR

Welcome / Croeso

Clwb Nofio Bangor would like to invite you to enter our **GO Bangor Diddy Gala 2020 at Llandudno Swimming Pool** which this year is on **Sunday 05th April 2020**.

There are **two main sessions, additional breaks may be added depending on final entries**. All events (except for 9 -10 100m IM) will have heats and **finals**. We hope to make the finals exciting for swimmers and give a good experience of this format.

Age is as of date of gala 5th April 2020. The Age Groups are 9,10,11,12 and 13 years old, Boys and Girls.

Enclosed with this pack is a copy of the programme of events, meet information and an entry form. Please feel free to photocopy further forms if needed but please enter boys and girls on separate forms.

We will be using the Hy-Tek system for this gala, which allows us to accept electronic entries direct from clubs, this is the preferred method of entry. Please send your entries to:
clubnofiobangorgala@gmail.com

We will not be using cards for this gala but withdrawal slips will be available on the day.

Our intention is to make available as many entries as possible whilst being able to complete the meet in the time specified and with the permitted number of swimmers on poolside so if oversubscribed we may have to close the gala early.

If you need any more information on the event you can contact me on the above email.

The Club hopes that the gala will continue to be a friendly, competitive and successful Meet.

We look forward to seeing you on the day.

Closing date for entries: Sunday 1st March 2020.

Where necessary please return any paper entry forms to:

**Maggie Hatton-Ellis,
1 Hafod Ruffydd,
Rhosgadfan,
Caernarfon,
Gwynedd.
LL54 7LF**

GO BANGOR DIDDY GALA

(Under FINA Technical Rules & Swim Wales Laws)

Sunday 05th April 2020

Venue – Llandudno Swimming Pool

Age Groups: 9 years, 10 years, 11 years, 12 years, 13 years

Information

Pool

Length of pool: 25 metres, 8 lanes with anti-turbulence ropes and good spectator viewing. Electronic timing will be used with manual timing in event of breakdown.

Events

These are 50m all strokes and 100m IM for all eligible age groups. For full details please see Table 1.

Finals will be run for the eight fastest swimmers after heats in all events except the 100IM in the 9 and 10 age category.

Names of finalists and their club will be announced at the start of each final as they approach the blocks. If a swimmer does not wish to compete in a final a coach or team manager must let the meet organiser know as soon as possible after the results of the prelims are posted.

If there are eight or fewer entries in an event by age there will be no preliminary heat. This will be communicated to clubs in advance of the gala.

Gala Entry Conditions

Age on day of Gala: 5th April 2020

Swimmers must not be faster than the qualifying times (Table 2). Seeding will be slowest to fastest.

Entry Fee is **£5.00** per event. BACS payment to **Clwb Nofio Bangor, account no 71887483, sort code 40-09-03.**

Closing date for entries is **01st March 2020**. This meet is run on a first received first entered basis. Clwb Nofio Bangor reserve the right to bring the closing date forward if the total amount of swimmers allowed on poolside is reached.

Entries will be restricted in over-subscribed events and the organisers reserve the right to alter any part of the programme.

Awards

Medals to top 6 swimmers in each event. Top Boy and Top Girl Award to be awarded in each age group. Most events have finals as described above and indicated in the event schedule.

Other

Each spectator entry fee is £3 per session. All day passes are also available for £5, (OAPs £4). There are two sessions in total. A programme will be available at £1.

Coaches passes available at £10 to include programmes and result sheets. Poolside access will be restricted to competitors, officials and coaches with passes.

Times and positions on the scoreboard are for information only – they are not necessarily the official result.

The organisers will not accept responsibility for any loss of belongings. Please use the lockers provided in the changing rooms.

We kindly request that **2 officials per club per session** are volunteered to help poolside with the running of the day. Unfortunately, we may have to refuse entry to clubs who are unable to provide these officials.

HEALTH & SAFETY

1. The health, safety and wellbeing of all swimmers, officials, volunteers, spectators and visitors is paramount – all Health and Safety rules / regulations/ requirements must be complied with at all times.
2. A full risk assessment must be carried out in accordance with the Swim Wales Meet License Report Pack. A copy of the Pool Operating Procedures and / or the Normal Operating Procedures & Emergency Action Plan for the facility being hired for a meet must be obtained in advance and must be available throughout the duration of meet.
3. All swimmers, officials, volunteers, spectators, 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.
4. Swimmers must have attained the standard of the Competitive Start Award in order to start from the blocks; (this is the responsibility of the club coach). Swimmers who have not attained the standard of the Competitive Start Award must lower themselves into over the side into the water, on the long whistle of the Referee before starting at an appropriate place.
5. Due to potential affects of nut allergies we ask that no nuts or nut products should be taken poolside during this gala.
6. Unacceptable Behavior will not be tolerated. 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.

7. 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, ear-rings (except studs), and rings (except wedding bands). Clwb Nofio Bangor will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.
8. Video and Photography: It is required that any person(s) wishing to engage in any video, zoom or close range photography must register their details with the door stewards at the entrance control **BEFORE** carrying out any such photography – this includes all cameras, video cameras, mobile phone cameras, and PDA's that are camera enabled. Proof of identity shall be required to register e.g. driving license.

Data Protection

The region, along with the governing body, may use computers to record entry times and results. By submitting entries you are accepting the conditions and consent is hereby given for holding personal information relating to the sport of Swimming as required by the current Data Protection Act.

Any conditions not covered in this information pack will be at the discretion of the meet organisers.

GO BANGOR DIDDY GALA
(Under FINA Technical Rules & Swim Wales Laws)

Sunday 05th April 2020

Venue – Llandudno Swimming Pool

Age Groups: 9 years, 10 years, 11 years, 12 years, 13 years (Age on 05th April 2020)

Programme of Events

**Table 1. Events and Age Groups. Session 1: Warm-up – 9:00 am Start – 9.45am
(Timings including additional short breaks will be confirmed following receipt of entries)**

Number	Type	Event no		Stroke	Age
1	Heats	1	Girls	50 m Freestyle	11, 12, 13
2	Heats	2	Boys	50 m Butterfly	11, 12, 13
3	Heats	3	Girls	50 m Backstroke	9, 10
4	Heats	4	Boys	50 m Breaststroke	9, 10
5	Finals	1	Girls	50m Freestyle	11
6	Finals	1	Girls	50m Freestyle	12
7	Finals	1	Girls	50m Freestyle	13
8	Finals	2	Boys	50 m Butterfly	11
9	Finals	2	Boys	50 m Butterfly	12
10	Finals	2	Boys	50 m Butterfly	13
11	Finals	3	Girls	50 m Backstroke	9
12	Finals	3	Girls	50 m Backstroke	10
13	Finals	4	Boys	50 m Breaststroke	9
14	Finals	4	Boys	50 m Breaststroke	10
15	Heats	5	Girls	100 m Individual Medley	11, 12, 13
16	Heats	6	Boys	50 m Backstroke	11, 12, 13
17	Heats	7	Girls	50 m Breaststroke	9, 10
18	Heats	8	Boys	50 m Butterfly	9, 10
19	Heats	9	Boys	100 m Individual Medley	11, 12, 13
20	Heats	10	Girls	50 m Backstroke	11, 12, 13
21	Finals	6	Boys	50 m Backstroke	11
22	Finals	6	Boys	50 m Backstroke	12
23	Finals	6	Boys	50 m Backstroke	13
24	Finals	7	Girls	50 m Breaststroke	9
25	Finals	7	Girls	50 m Breaststroke	10
26	Finals	8	Boys	50 m Butterfly	9
27	Finals	8	Boys	50 m Butterfly	10
28	Finals	10	Girls	50m Backstroke	11
29	Finals	10	Girls	50m Backstroke	12
30	Finals	10	Girls	50m Backstroke	13

Session 2: Warm-up – 12:45pm Start – 13.30pm
(Timings including additional short breaks will be confirmed following receipt of entries)

Number	Type	Event no		Stroke	Age
31	Finals	5	Girls	100m Individual Medley	11
32	Finals	5	Girls	100m Individual Medley	12
33	Finals	5	Girls	100m Individual Medley	13
34	Finals	9	Boys	100m Individual Medley	11
35	Finals	9	Boys	100m Individual Medley	12
36	Finals	9	Boys	100m Individual Medley	13
37	HDW	11	Girls	100 m Individual Medley	9, 10
38	Heats	12	Boys	50 m Freestyle	9, 10
39	Heats	13	Girls	50 m Butterfly	11, 12, 13
40	Heats	14	Boys	50 m Breaststroke	11, 12, 13
41	Heats	15	Girls	50 m Freestyle	9, 10
42	Finals	12	Boys	50 m Freestyle	9
43	Finals	12	Boys	50 m Freestyle	10
44	Finals	13	Girls	50 m Butterfly	11
45	Finals	13	Girls	50 m Butterfly	12
46	Finals	13	Girls	50 m Butterfly	13
47	Finals	14	Boys	50 m Breaststroke	11
48	Finals	14	Boys	50 m Breaststroke	12
49	Finals	14	Boys	50 m Breaststroke	13
50	Finals	15	Girls	50 m Freestyle	9
51	Finals	15	Girls	50 m Freestyle	10
52	HDW	16	Boys	100 m Individual Medley	9, 10
53	Heats	17	Girls	50 m Breaststroke	11, 12, 13
54	Heats	18	Boys	50 m Freestyle	11, 12, 13
55	Heats	19	Girls	50 m Butterfly	9, 10
56	Heats	20	Boys	50 m Backstroke	9, 10
57	Finals	17	Girls	50 m Breaststroke	11
58	Finals	17	Girls	50 m Breaststroke	12
59	Finals	17	Girls	50 m Breaststroke	13
60	Finals	18	Boys	50 m Freestyle	11
61	Finals	18	Boys	50 m Freestyle	12
62	Finals	18	Boys	50 m Freestyle	13
63	Finals	19	Girls	50 m Butterfly	9
64	Finals	19	Girls	50 m Butterfly	10
65	Finals	20	Boys	50 m Backstroke	9
66	Finals	20	Boys	50 m Backstroke	10

Table 2. Upper Limit Qualifying Times

2a. Merched / Girls

Age	50m Free	50m Back	50m Breast	50m Fly	100m IM
9	41.1	47.3	54.2	46.5	1:45.3
10	38.5	43.8	50.0	42.4	1:35.1
11	36.5	41.4	46.7	40.1	1:31.3
12	34.7	39.3	44.0	37.9	1:26.4
13	33.3	37.3	42.1	36.4	1:22.6

2b. Bechgyn / Boys

Age	50m Free	50m Back	50m Breast	50m Fly	100m IM
9	40.7	46.9	53.2	45.9	1:43.8
10	38.0	43.6	49.6	42.4	1:36.2
11	35.9	41.2	46.5	39.6	1:30.9
12	33.9	39.0	43.7	37.5	1:26.0
13	32.1	36.5	40.7	35.3	1:20.7

Clwb Nofio Bangor Swim Club

GO BANGOR DIDDY GALA – 05th April 2020

Qualified officials within your club who are coming to the gala will be provided with refreshments, we request two officials per club per session.

It will help us greatly all officials could complete the slip below and return it with their club entries.

Looking forward to seeing you on the day.

✂.....

Club			
Name of official	Grade	Session 1	Session 2

Please tick the appropriate box(es)