



LEN THOMAS MEMORIAL SPRINT MEET

(Swum under Swim Wales Rules and Disciplinary Code)

Llandudno Swimming Centre

8 lane 25 metre pool, with DaKtronics electronic timing

Sunday June 8th 2025

Warm up TBC

LEVEL 3

Licence No: 3WL250911

CLOSING DATE 11th May 2025

EVENT INFORMATION AND ENTRY FORM

LEN THOMAS MEMORIAL MEET

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(Swum under Swim Wales Laws and Disciplinary Code)

MEET INFORMATION

No Upper cut off times. Entries will be on a first come basis. In the event of oversubscription, the fastest swimmers will be scratched.

Entries should be made via clubs ONLY and should be sent electronically using Hy-Tek Team Manager.

Electronic entries should be emailed to:- nofio.swimming.gala@gmail.com

Paper entries will be charged £7.50 per entry.

Completed forms should be sent to: *Olwen Catherall c/o Llandudno Swimming Centre. Mostyn Broadway. Llandudno LL30 1YR*

Entries from clubs should be accompanied by a Payment Summary Sheet and a SINGLE cheque to cover all entries and coach/chaperone poolside passes. Cheques should be payable to *Swim Conwy* or by BACS

Account Name: Swim Conwy

Sort Code 40-18-08

A/c Number 41482815

Reference Len Thomas

Please note that entries will be refused if: -

- They are received without the relevant fee
- They are completed incorrectly (Membership number must be included)
- They are received after the closing date of 11th May 2025

Age Groups

Ages are on the day of 8th June 2025

Age groups for boys - 9,10,11,12,13,14,15,16, 17&over

Age groups for girls - 9,10,11,12, 13,14,15,16, 17&over

Entry Fee

Entry fee is £7.50 per event

Relays 10.00 per relay

Medals and Awards

Medals will be awarded for 1st 2nd & 3rd place in all age groups. Also awards to be made to Best Boy and Best Girl and a Top Team Trophy

Officials

It would be appreciated if your club could supply a minimum of 2 qualified officials (judges) to help with the running of the event. Lunch and refreshments will be provided, and car parking fees will be reimbursed. Free poolside pass for an official. More than one official, all poolside passes are free.

Spectators

Admission charges: -
£4.00 per session
£7.00 per day

Car Parking

The Swimming Centre is situated next to a Council Car Park. The current charges applicable are, there is limited free parking close to the centre on Mostyn Broadway.

Meet Office

A Meet Office will be open for the duration of the Meet and can be contacted via Reception. Please note that this number will be active during the meet.

Session Times

To be confirmed following receipt of entries.

General Conditions

The Meet will be swum under: -

- FINA Technical Rules & Swim Wales Rules and Disciplinary Code.
- No alcohol or tobacco advertising is permitted on any clothing.
- Entries may only be accepted from competitors registered as members of Affiliated Clubs, holding either primary or multi registration membership.
- Swimmers must only swim for one club during this Meet.
- Competitors must have been registered members of the Club in whose name they are
- Entered at least 30 days prior to closing date.
- All decisions made by the Meet Director will be final and binding.

Events

Events will be held as shown on the attached programme of events.
Time trials will not be permitted.

Entry Times

The Organisers may request validation of any stated Entry Time.
In any event where entries exceed capacity, the meet organisers reserve the right to limit entries with the faster swimmers in each event being given priority. Any swimmers not accepted will have their fees returned.

Presentation Medals will either be presented or be ready collection during the session

A swimmer unable to pick up their medal personally should send a deputy to pick up the medal on their behalf.

Meet Procedure Heats

Competitors will be seeded according to submitted times, **slowest to fastest**. Coaches should ensure that swimmers make themselves available for marshalling at least 2 events prior to the event they are competing in.

Other conditions Starts

Over the top starts will, where necessary or appropriate, be used during the Meet.

Passes

All Coaches and Chaperones, who will be on the poolside at any time during the competition, must have individual accreditation obtained by completing the official form enclosed in this Information Pack. Due to space poolside, we ask clubs to work on 1 coach/team manager to 10 swimmers.

Accredited coaches and chaperones **from the same club** may use purchased poolside passes 'on rota', although the number of coaches and/or chaperones on poolside at any one time must not exceed the number of passes that have been paid for. **Lunch will be included.** Passes will need to be worn at all times. Anyone without a pass will be asked to leave poolside/changing area.

***If a club provided an official, they get a pool pass free of charge. If they provide more than one official, they get all their pool passes free of charge.**

The closing date for passes will be the same as the closing date for entries.

Applications will not be accepted on the day.

HEALTH & SAFETY

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.

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 the meet

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. The rules include, but are not limited to:

- **Hot drinks are only permitted on poolside if they are in a sealed container.** (This does not include paper cups that if dropped will burst open).
- Users must **NOT** access poolside or the spectator gallery by going over the barriers dividing the two areas.
- Clubs are responsible for the cleanliness and hygiene of the competitor seating area. This area will only be cleaned at the end of the day.

Unacceptable Behavior

Behavior becomes “unacceptable” when it is considered “Offensive” to others; this includes, but is not limited to, the following:

Theft, willful damage to property and / or equipment, acts of vandalism, abuse of alcohol and / or drugs, bullying, offensive language, aggressive / violent acts, threatening behavior, all breaches of safety practices, failure to comply with instructions / directions, actions that bring the sport of swimming into disrepute.

Competitive Start Award

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.

Video and Photography.

We follow Swim Wales and Ffit Conwy Guidance.

Protection Act

The organisers retain the right to amend these conditions if necessary, without notice.

Information for Spectators with Disability

Are you a Registered Disabled person or have a disability that makes it difficult or uncomfortable for you to queue prior to paying entry as a spectator? If so: -

- On arrival at the pool please go to the reception where you will be advised on access.
- You will then be able to access the balcony via the lift or stairs directly.
- NO queuing will be necessary.

If you have any questions or queries during the event a member of the Meet Team will endeavour to assist you.

Within the spectators gallery we have 7 designated Wheel Chair access.

We are only allowed by Health & Safety regulations to admit on to the balcony 427 it would be appreciated therefore, that spectators who need assistance would arrive at the start of the warm up session thus ensuring a suitable seat is available.

(It is difficult to allocate a specific area on the balcony seating area for spectators with a disability as it might not be where they would choose to sit.

Also, if there are no disabled spectators present then we would have seating which cannot be used).

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Llandudno Swimming Centre

8 lane 25 metre pool, with Daktronics electronic timing

Sunday June 8th 2025

	Sunday June 1st 2025
Morning	Session 1
	Boys 200m IM
	Girls 50m Backstroke
	Boys 100m Breaststroke
	Girls 100m Butterfly
	Boys 50m Freestyle
	Girls 50m Breaststroke
	Boys 100m Backstroke
	Girls 100m Freestyle
	Boys 50m Butterfly
	Mixed 9-14yrs 4x50m Free Relay
	Mixed 15&O 4X50m Free Relay
Afternoon	Session 2
	Girls 200m IM
	Boys 50m Backstroke
	Girls 100m Breaststroke
	Boys 100m Butterfly
	Girls 50m Freestyle
	Boys 50m Breaststroke
	Girls 100m Backstroke
	Boys 100m Freestyle
	Girls 50m Butterfly
	Mixed 9-14yrs 4x50m Med Relay
	Mixed 15&O 4x50m Med Relay

LEN THOMAS MEMORIAL MEET 2024

Llandudno Swimming Centre

June 8th 2025

ENTRY FORM

Name			Club/AS A No	
Address			DOB	
Phone		Age 08/06/25	M/F	
please enter entry times below				
50m Backstroke		100m Backstroke		
50m Breaststroke		100m Breaststroke		
50m Butterfly		100m Butterfly		
50m Freestyle		100m Freestyle		
100m IM		Mixed 4x50m Medley Relay		
Mixed 4x50m Freestyle Relay		Total Number of Entries @£7.50		

I declare that the above particulars are correct and agree to abide by the Meet conditions. **I accept that there will be no refund of entry fees unless the Meet is oversubscribed.**

Signature of Competitor: Date:.....

SWIMMERS ARE WARNED THAT RANDOM DOPING CONTROL MAY TAKE PLACE DURING THIS MEET. All competitors, and if competitors are under the age of 18 years on the first day of competition, parents guardians or persons with parental responsibility as defined by the Children Act 1989 are reminded that a condition of membership of Swim Wales is that a swimmer must consent to being drug tested if required.

TO BE COMPLETED BY PARENT/GUARDIAN IF SWIMMER IS UNDER THE AGE OF 18 ON FIRST DAY OF COMPETITION. I confirm that I am a person having parental responsibility in accordance with the Children Act 1989 and that I have read and accept the Championship Information and Conditions.

I also confirm that the above competitor has achieved the ASA Competitive Start Award.

Signature of Parent/Guardian: Date:.....

Print Name.....

PLEASE NOTE ONLY MEMBERS REGISTERED WITH SWIM
WALES/ASA AND HAVING A DBS CHECK

(If required by governing body) ARE ELIGIBLE FOR COACH/CHAPERONE PASS

LEN THOMAS MEMORIAL SPRINT MEET 2025

Llandudno Swimming Centre

June 8th 2025

PAYMENT SUMMARY SHEET

Please return this form together with:

Entry Forms & Cheque made payable to *SWIM CONWY* or *Confirmation of BACS payment*

Club	
Name	
Address	
Post Code	
Tel Home	
Tel Mobile	
Email	
Position in Club	

Summary	Number		
Total Individual Entries Relays		@ £7.50 @10.00	£
Total Poolside Passes		@ £12.00*	£
Total made payable to SWIM CONWY			£

***If your club provides an official they get one free poolside pass. More than one official there will be no charge for poolside passes.**

It is requested that a single cheque for the complete club entry is submitted.

I confirm all swimmers are current members and have paid the appropriate membership fee.

I declare that only our team members who have reached the standard of the ASA Competitive Start Award will be permitted to start from the poolside. Those who have not will start in the water.

I confirm all the Meet Conditions have been brought to the attention of swimmers, parents/guardians and coaches including the rules regarding photography.

I agree to abide by the conditions laid down by the Swim Conwy Meet Organisers for this event.

SignatureDate:.....

Return to: *Olwen Catherall, c/o Llandudno Swimming Centre, Mostyn Broadway, Llandudno. LL30 1YR*

Email:

Nofio.swimming.gala@gmail.com

Closing Date: 11th May 2025

OFFICIALS

If there are any qualified officials within your club who are coming to the gala and are willing to offer their services on the day, we would be most grateful for their assistance.

We will provide lunch and parking refunds for any official covering 2 or more sessions.

If you provide an official you get one free poolside pass. More than one official, all poolside passes are free.

If you can assist, please register your availability on [Swim-Meet](#)

Full Name						
Qualification (please tick)						R e f e r e e
	Timekeeper	Judge 1	Judge 2	Judge 2(S)		
Address						
					Post Code	
Tel No:-						
Email						
Swim Wales/ASA No						
DBS No			Date			
Sessions Available						

PLEASE NOTE ONLY MEMBERS REGISTERED WITH SWIM
WALES/ASA AND HAVING A DBS CHECK
(If required by governing body)
ARE ELIGIBLE FOR COACH/CHAPERONE PASS

