



SWIM WALES
NOFIO CYMRU



Swim Wales Regional Racing Series

2026 – North

Friday 6th (Evening) – Sunday 8th February 2026
License No: 1WL26xxxx

at

Liverpool Aquatics Centre, Wavertree Sport Centre
L15 4LE

Meet Information Pack

CLOSING DATE:
Friday, 16th January at 5:00pm

#SWRRS

Meet Summary

The Swim Wales Regional Long Course Championships is a closed event and is aimed at developing Welsh swimmers offering an opportunity to compete regionally.

Event webpage:

<https://bit.ly/48FMUAI>

License number: TBC

Venue: Liverpool Aquatics Centre, Wavertree Sports Park L15 4LE

Please use the following web link for all information relating to the venue:

<https://lifestyles.liverpool.gov.uk/centres/liverpool-aquatics-centre/>

1. Meet conditions

- 1.1 This event will be swum under the World Aquatics and will all be Heat Declared Winner (HDW).
- 1.2 **Age groups** for the **individual** are 11-12, 13-14, 15-16, 17+ years.
- 1.3 **Age groups** for the **relays** are 11-12, 13-14, 15-16, 17+ years.
- 1.4 **Heats** will be swum seeded by time regardless of age.

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.

Participation of Russian and Belarussian sportspeople

In circumstances where swimmers 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:

- a. 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
- b. 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
- c. 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.

2. Entry Conditions

- 2.1 This is a closed Swim Wales event. Entries will be accepted from active Swim Wales club members.
- 2.2 Competitors can only compete for one club for the duration of the competition.
- 2.3 Competitors must hold either primary or multi club registration Swim Wales membership within the North Wales Region.
- 2.4 Competitors who compete in Swim England County Championships (or another home nation equivalent events) will not be accepted to swim in the following Swim Wales regional based competitions within the season. It is the clubs responsibility to ensure their swimmers comply with this rule;
 - 2.4.1 Swim Wales Regional Short Course Championships
 - 2.4.2 Swim Wales Regional Racing Series
- 2.5 All decisions made by the regional event management will be final and binding.
- 2.6 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.
- 2.7 In the event of over subscription, scratches will be made at the discretion of regional event management and will be based on entry times (with the slowest swimmers being scratched first). Refunds for scratched entries and purchased spectator tickets will be processed.
- 2.8 Entries are not confirmed until published, 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.
 - 2.8.1 Refunds will only be given for entry fees, spectator tickets and poolside passes.
- 2.9 **Both qualifying and consideration standards will be used for this meet and these are included in this meet pack.**

Please note that there are no qualifying or consideration times for Para swimmers.

- 2.9.1 Entry times can be submitted individually or via a bulk club entry. The event management reserve the right to request validation of any stated submitted entry times. **Please state if you are entering any para swimmers**
- 2.9.2 Times will be considered from level 1, 2 and 3 licensed competitions only.
- 2.9.3 Times will be taken at the point of entry and will not be updated, amended or refunded (unless medical) after entry is submitted.
- 2.9.4 We do not accept split, relay times or 'no time (NT)' entries.
- 2.9.5 50m pool times or conversions to 50m pool times will be accepted for this meet; (be that an actual 50m achieved time or a 25m 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/>
- 2.9.6 All times will be accepted from the **1st January 2025**.

- 2.10 All competitors must have equaled or bettered the published qualifying standards or consideration standards in a designated or licensed meet (Swim Wales, Swim England, Scottish Swimming and British Swimming).
- 2.11 It is the competitors responsibility to check the draft entry list and inform the regional event management of discrepancies or errors. This must be raised within 48 hours of the confirmed entry list being published.
- 2.12 Entries: Please see details of entry process and method of payment on the following page.
- 2.13 **Entries will close on Friday 16th January at 5.00pm.**
- 2.14 Electronic individual event entry via club cost: £10.00. Paper entry £11.50
- 2.15 Age of competitors will be taken as 31st December 2026.
- 2.16 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.
- 2.17 By entering this event, you / your child agrees to be bound by the British Swimming Anti-doping Rules for a period of 12 months 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](#).

2.18 Relays:

Clubs may enter 1xA and 1xB relay teams per event, but competitors are only allowed to compete in either team A or team B.

- 1.1.1 **Relay event entry cost: £13.50.**
- 1.1.2 Relays are entered via your clubs entry file.
- 1.1.3 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.
- 1.1.4 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.
- 1.1.5 Relay forms can be accessed on the event web page or at the end of this meet pack.

Entries

Where possible, entries should be made via clubs ONLY and should be sent electronically using Hy-Tek Team Manager or Swim Manager. The events file for use with TM and SM will be available from both the Swim Wales website and on the North Wales site at:

Electronic entries should be emailed to:

SwimWalesNorth@Outlook.com

Payment summary sheets, etc should also be emailed to: SwimWalesNorth@Outlook.com

Entry fees may be paid by BACS and this is the preferred:

Name: Swim Wales N Wales Reg
Account No: 02737594
Sort Code: 30-92-49

Reference: Please use “**NWLC26**” followed by your four digit team code. e.g for Llandudno the reference would be “NWLC26LNDY”

Please confirm payment by email to swimwales-finance@swimming.org plus a copy to SwimWalesNorth@Outlook.com using the above reference and stating amount paid and date of payment to Swim Wales

Alternatively, fees may be paid by a single club cheque to cover all entries and coach/chaperone poolside passes. Cheques should be payable to “Swim Wales Ltd - North Wales Region” and sent to Chirk Dragons, c/o Chirk Leisure Centre, Chapel Lane, Chirk, Wrexham, LL14 5NF

Please note that entries will be refused if:

- they are received without the relevant fee being paid
- they are completed incorrectly (Membership number must be included)
- they are received after the closing date of Friday 16th January at 5.00pm
- submitted entry times are slower than the consideration times or if a time of NT is submitted. Please note that in both of these situations NO entry fees will be refunded.

All submitted times will be checked against the ASA Rankings Database. Entry times which cannot be confirmed in the database will be refused and NO entry fees will be refunded.

3. Medals

- 3.1 Medals will be awarded to first, second and third place in individual events (HDW) in the following age groups: 11-12, 13-14, 15-16 and 17+ years.
- 3.2 Medals will be awarded to first, second and third place in relay events (HDW) in the following age groups: 11-12, 13-14, 15-16 and 17+ years.
- 3.3 Para Swimming medals;
 - 3.3.1 Para competitors can win medals based on outright performance.
 - 3.3.2 There will be a para swimming points leader board published throughout the event showing all para competitor results based on British Para Swimming points.
 - 3.3.3 At the end of the meet, medals will be awarded to the para competitors with the highest British Para Swimming points scored in a single event (British para events only) in each age group band (same age group bands as above) on a multi class, multi event basis.

4. Withdrawals & Refunds

- 4.1 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, **Monday 3rd February**

To do this, please contact SwimWalesNorth@Outlook.com stating your/the competitor's membership number, club, full name and event(s) to be withdrawn.

- 4.2 Any competitor who has been withdrawn will not be re-entered into the event(s).
- 4.3 Refunds will not be processed for withdrawals on non-medical grounds.
- 4.4 Specifically, for medical withdrawals, refunds for entry fees only will be processed on the receipt of a completed medical withdrawal application accompanied with a valid doctor's note (signed by an appropriate consultant/doctor on headed paper). Additionally, to qualify for a refund, medical withdrawals must be received the day before the event is due to take place.
- 4.5 Email swimwales-events@swimming.org to receive a medical withdrawal form and apply for a refund.

5. Marshalling

- 5.1 Competitors must report to poolside marshalling located adjacent to the changing village entrance.
- 5.2 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.
- 5.3 Marshals are in place to guide competitors only, and are not responsible for ensuring competitors swim their race(s).

6. Poolside Passes

- 6.1 Cost £12 per application for a weekend pass and £7.50 for a day pass (both include the Friday session).
- 6.2 Applications will be available to access on the event webpage/events portal in the Swim Wales Just Go membership system until **Monday, 26th January at 5.00pm**.
- 6.3 Applications must be submitted and paid in full.
- 6.4 Applicants must have a **valid DBS and Safeguarding Qualification uploaded onto their Just Go account and an active membership in the role of Coach or Team Manager**.
- 6.5 Late submissions (**applications submitted after 5.00pm on Monday 26th January**) will result in an additional £5 administration charge.
- 6.6 Passes include full event access, event accreditation, and refreshments.
- 6.7 As part of Swim Wales' 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.
- 6.8 Seeded heat sheets will be sent out to clubs in advance.
Seeded sheets will **NOT** be available to collect with your poolside pass.
- 6.9 Poolside passes are strictly for use for the named individual only and are not transferable; misuse will result in removal of your pass.

7. Spectator Admission Tickets

- 7.1 Access to purchase spectator tickets will be available from **Monday 19th January at 10:00am** via the event webpage.
- 7.2 Ticket costs:
 - 7.2.1 Adults (aged 18+ years) - £4.50 per session
 - 7.2.2 Children (aged 5 – 17 years) & Concessions (60 years and over) - £3.50 per session
 - 7.2.3 Adults (aged 18+ years) - £8.00 per day
 - 7.2.4 Children (aged 5 – 17 years) & Concessions (60 years and over) - £5.50 per day.
 - 7.2.5 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
 - 7.2.6 Adults (aged 18+) - £16.40 Whole Event
 - 7.2.7 Children (5-17 years) & Concessions (60 years and over) - £13.20 Whole event.
 - 7.2.8 Children (under 5 years) – FREE
- 7.3 Discounts are available if you have a Swim Wales supporters membership
- 7.4 Spectators may be restricted due to site capacity and safety mitigations.
- 7.5 Full information and access to seeded heat sheets will be available for FREE and accessed via the dedicated/relevant event webpage.

Swim Wales Film and Photography Policy

Please be advised that photographs may be taken at this event by a professional photographer.

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.

If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team situated at the front of house 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 swimwales-events@swimming.org.

General Information

Officials and Volunteers:

Swim Wales invites and welcomes officials and volunteers to support this meet, please indicate your availability for sessions using the links below:

Officials: <https://swim-meet.com/Availability/?m=8329>

Volunteers: <https://swim-meet.com/Availability/?m=8330>

Clubs who have entered more than 10 competitors into the event are expected to provide at least 2 officials, for every additional 10 competitors, 2 further officials should be provided.

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 (see link above on page 2).

Car Park:

The car park has ample spaces, with additional spaces in an overflow parking.

<https://www.google.co.uk/maps/dir//Wavertree+Sports+Park,+Wellington+Rd,+Liverpool+L15+4LE/@53.3981963,-3.0074838,12z/data=!4m8!4m7!1m0!1m5!1m1!1s0x487b204cc5349159:0xdc3fb8380c8bf9d6!2m2!1d-2.9250837!2d53.3982247?entry=ttu>

Seating:

The pool has 250 seats for spectators, coaches and competitors. 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.

Changing village:

The changing village is for competitors only, parents 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 pool lifeguards
- If you see something that could cause an accident, please alert the leisure centre staff/lifeguards 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 #SWRRS @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.

Behavior and Attitude:

Swim Wales has a zero tolerance policy on negative behavior at meets. Disrespectful and poor attitude resulting in unacceptable behavior will not be

tolerated. All those on site including competitors, parents, coaches and clubs are expected to behavior 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. Refund 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 that you remind your competitors of the above policy and remain vigilant throughout the meet. Please report any inappropriate behavior to a member of staff on site.

Jewelry:

For safety and security reasons, the wearing of jewelry 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). Swim Wales will not be responsible for any jewelry brought to events and will not be liable if such jewelry 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. Swim Wales is an equal opportunities employer and aims to provide a discrimination-free working environment. We are committed to an action plan and policy in line with the Equality Act 2010, which ensures that no job applicant or employee receives less favorable treatment because of a protected characteristic. The full equality policy can be viewed by emailing swimwales-events@swimming.org.

Swim Wales Regional Racing Series 2026: Event Schedule

| Friday evening | | | Saturday | | | Sunday | | |
|-----------------------|-------------|------------|--------------------------------------|-------------|------------|--------------------------------------|-------------|------------|
| Session 1 | Warmup: TBC | Start: TBC | Session 2 | Warmup: TBC | Start: TBC | Session 5 | Warmup: TBC | Start: TBC |
| 111 M 50m Butterfly | | | 211 M 200m IM | | | 311 F 200m IM | | |
| 112 F 1500m Freestyle | | | 212 F 400m IM | | | 312 M 400m IM | | |
| 113 M 50m Backstroke | | | 213 M 100m Breaststroke | | | 313 F 100m Breaststroke | | |
| 114 F 50m Butterfly | | | 214 F 200m Backstroke | | | 314 M 200m Backstroke | | |
| 115 M 1500m Freestyle | | | 215 M 50m Freestyle | | | 315 F 50m Freestyle | | |
| 116 F 50m Backstroke | | | 216 F 11/12 4 x 200m Freestyle Relay | | | 316 M 11/12 4 x 200m Freestyle Relay | | |
| | | | 217 F 13/14 4 x 200m Freestyle Relay | | | 317 M 13/14 4 x 200m Freestyle Relay | | |
| | | | 218 F 15/16 4 x 200m Freestyle Relay | | | 318 M 15/16 4 x 200m Freestyle Relay | | |
| | | | 219 F 17/Ov 4 x 200m Freestyle Relay | | | 319 M 17/Ov 4 x 200m Freestyle Relay | | |
| Session 3 | | | Session 6 | Warmup: TBC | Start: TBC | Session 7 | Warmup: TBC | Start: TBC |
| | | | 221 M 100m Backstroke | | | 321 F 100m Backstroke | | |
| | | | 222 F 800m Free | | | 322 M 800m Free | | |
| | | | 223 M 100m Freestyle | | | 323 F 100m Freestyle | | |
| | | | 224 F 200m Breaststroke | | | 324 M 200m Breaststroke | | |
| | | | 225 M 11/12 4 x 100m Freestyle Relay | | | 325 F 11/12 4 x 100m Freestyle Relay | | |
| | | | 226 M 13/14 4 x 100m Freestyle Relay | | | 326 F 13/14 4 x 100m Freestyle Relay | | |
| | | | 227 M 15/16 4 x 100m Freestyle Relay | | | 327 F 15/16 4 x 100m Freestyle Relay | | |
| | | | 228 M 17/Ov 4 x 100m Freestyle Relay | | | 328 F 17/Ov 4 x 100m Freestyle Relay | | |
| Session 4 | | | Session 7 | Warmup: TBC | Start: TBC | Session 8 | Warmup: TBC | Start: TBC |
| | | | 231 F 50m Breaststroke | | | 331 M 50m Breaststroke | | |
| | | | 232 M 200m Butterfly | | | 332 F 200m Butterfly | | |
| | | | 233 F 100m Butterfly | | | 333 M 100m Butterfly | | |
| | | | 234 M 400m Freestyle | | | 334 F 400m Freestyle | | |
| | | | 235 F 200m Freestyle | | | 335 M 200m Freestyle | | |
| | | | 236 M 11/12 4 x 100m Medley Relay | | | 336 F 11/12 4 x 100m Medley Relay | | |
| | | | 237 M 13/14 4 x 100m Medley Relay | | | 337 F 13/14 4 x 100m Medley Relay | | |
| | | | 238 M 15/16 4 x 100m Medley Relay | | | 338 F 15/16 4 x 100m Medley Relay | | |
| | | | 239 M 17/Ov 4 x 100m Medley Relay | | | 339 F 17/Ov 4 x 100m Medley Relay | | |

Swim Wales Regional Racing Series
Long Course Qualification Standards

Age as of 31st December in year of competition

| MALE | | | | | | | | FEMALE | | | | | | |
|---------|---------|---------|---------|---------|---------|---------|-------------|---------|---------|---------|---------|---------|---------|---------|
| 11 | 12 | 13 | 14 | 15 | 16 | 17+ | EVENT | 11 | 12 | 13 | 14 | 15 | 16 | 17+ |
| 00:38.8 | 00:37.0 | 00:35.1 | 00:32.7 | 00:31.1 | 00:30.1 | 00:29.4 | 50m Free | 00:39.7 | 00:37.8 | 00:36.7 | 00:34.3 | 00:33.1 | 00:32.1 | 00:31.5 |
| 01:24.0 | 01:20.0 | 01:14.8 | 01:10.2 | 01:06.1 | 01:04.6 | 01:02.6 | 100m Free | 01:25.6 | 01:21.5 | 01:18.9 | 01:13.9 | 01:11.2 | 01:09.3 | 01:08.1 |
| 03:03.5 | 02:54.8 | 02:45.5 | 02:35.4 | 02:26.7 | 02:23.0 | 02:19.3 | 200m Free | 03:05.3 | 02:56.4 | 02:50.8 | 02:40.3 | 02:34.7 | 02:29.5 | 02:26.9 |
| 06:25.1 | 06:06.7 | 05:48.8 | 05:26.9 | 05:09.4 | 05:00.6 | 04:52.3 | 400m Free | 06:29.4 | 06:10.8 | 05:59.0 | 05:37.2 | 05:26.8 | 05:15.9 | 05:10.4 |
| 13:17.8 | 12:39.8 | 11:59.8 | 11:12.7 | 10:34.8 | 10:17.9 | 10:00.5 | 800m Free | 13:35.2 | 12:56.4 | 12:30.5 | 11:48.1 | 11:25.0 | 11:05.5 | 10:53.7 |
| 23:15.7 | 23:15.7 | 23:15.7 | 21:51.6 | 20:37.8 | 20:05.6 | 19:32.4 | 1500m Free | 23:20.2 | 23:20.2 | 23:20.2 | 22:18.8 | 21:28.0 | 20:50.9 | 20:27.5 |
| 00:50.5 | 00:48.1 | 00:45.4 | 00:41.9 | 00:39.3 | 00:38.3 | 00:37.2 | 50m Breast | 00:51.5 | 00:49.1 | 00:47.6 | 00:44.6 | 00:43.0 | 00:41.7 | 00:41.0 |
| 01:49.6 | 01:44.4 | 01:38.8 | 01:30.9 | 01:25.7 | 01:23.4 | 01:21.0 | 100m Breast | 01:53.3 | 01:47.9 | 01:43.2 | 01:36.5 | 01:33.4 | 01:29.9 | 01:28.8 |
| 03:56.5 | 03:45.3 | 03:32.2 | 03:18.7 | 03:08.2 | 03:02.1 | 02:57.2 | 200m Breast | 04:01.3 | 03:49.8 | 03:41.8 | 03:29.4 | 03:23.0 | 03:16.4 | 03:12.9 |
| 00:43.7 | 00:41.6 | 00:39.3 | 00:35.7 | 00:33.9 | 00:32.9 | 00:31.9 | 50m Fly | 00:44.5 | 00:42.4 | 00:40.9 | 00:37.6 | 00:36.3 | 00:35.4 | 00:34.7 |
| 01:36.0 | 01:31.4 | 01:24.8 | 01:18.8 | 01:14.7 | 01:12.1 | 01:10.1 | 100m Fly | 01:39.4 | 01:34.7 | 01:30.9 | 01:24.5 | 01:21.8 | 01:18.8 | 01:17.3 |
| 03:30.9 | 03:20.9 | 03:09.2 | 02:54.4 | 02:45.9 | 02:39.3 | 02:35.1 | 200m Fly | 03:37.3 | 03:26.9 | 03:17.2 | 03:04.7 | 02:58.7 | 02:52.5 | 02:49.3 |
| 00:45.0 | 00:42.9 | 00:40.9 | 00:37.4 | 00:35.0 | 00:34.3 | 00:33.4 | 50m Back | 00:46.8 | 00:44.6 | 00:42.7 | 00:39.8 | 00:38.3 | 00:37.1 | 00:36.2 |
| 01:36.8 | 01:32.2 | 01:26.9 | 01:19.7 | 01:15.5 | 01:13.0 | 01:11.1 | 100m Back | 01:38.4 | 01:33.7 | 01:30.5 | 01:24.7 | 01:22.1 | 01:19.4 | 01:18.1 |
| 03:26.6 | 03:16.8 | 03:05.7 | 02:53.5 | 02:44.1 | 02:40.2 | 02:35.7 | 200m Back | 03:33.2 | 03:23.1 | 03:15.9 | 03:02.8 | 02:56.2 | 02:50.4 | 02:47.4 |
| 03:32.3 | 03:22.2 | 03:10.3 | 02:58.2 | 02:49.0 | 02:44.1 | 02:39.8 | 200m IM | 03:36.0 | 03:25.7 | 03:18.2 | 03:08.2 | 03:01.9 | 02:56.0 | 02:52.9 |
| 07:28.0 | 07:06.7 | 06:42.5 | 06:18.6 | 05:57.2 | 05:47.1 | 05:38.7 | 400m IM | 07:30.7 | 07:09.2 | 06:54.4 | 06:34.7 | 06:23.1 | 06:09.7 | 06:03.3 |

Swim Wales Regional Long Course Championships
Long Course Consideration Standards

Age as of 31st December in year of competition

| MALE | | | | | | | EVENT | FEMALE | | | | | | |
|-------------|-----------|-----------|-----------|-----------|-----------|------------|--------------------|---------------|-----------|-----------|-----------|-----------|-----------|------------|
| 11 | 12 | 13 | 14 | 15 | 16 | 17+ | | 11 | 12 | 13 | 14 | 15 | 16 | 17+ |
| 00:43.08 | 00:41.03 | 00:38.95 | 00:36.26 | 00:34.55 | 00:33.46 | 00:32.60 | 50m Free | 00:44.10 | 00:42.00 | 00:40.78 | 00:38.10 | 00:36.75 | 00:35.65 | 00:34.92 |
| 01:33.21 | 01:28.77 | 01:23.03 | 01:17.90 | 01:13.38 | 01:11.67 | 01:09.47 | 100m Free | 01:35.00 | 01:30.48 | 01:27.55 | 01:22.05 | 01:19.00 | 01:16.92 | 01:15.58 |
| 03:23.72 | 03:14.02 | 03:03.76 | 02:52.53 | 02:42.88 | 02:38.73 | 02:34.58 | 200m Free | 03:25.64 | 03:15.85 | 03:09.62 | 02:57.90 | 02:51.67 | 02:45.93 | 02:43.00 |
| 07:07.44 | 06:47.08 | 06:27.18 | 06:02.88 | 05:43.47 | 05:33.70 | 05:24.42 | 400m Free | 07:12.18 | 06:51.60 | 06:38.53 | 06:14.24 | 06:02.76 | 05:50.67 | 05:44.57 |
| 14:45.51 | 14:03.34 | 13:19.02 | 12:26.64 | 11:44.64 | 11:25.84 | 11:06.54 | 800m Free | 15:04.87 | 14:21.78 | 13:53.09 | 13:05.96 | 12:40.32 | 12:18.71 | 12:05.64 |
| 25:49.20 | 25:49.20 | 25:49.20 | 24:15.92 | 22:53.99 | 22:18.22 | 21:41.34 | 1500m Free | 25:54.21 | 25:54.21 | 25:54.21 | 24:46.08 | 23:49.67 | 23:08.52 | 22:42.51 |
| 00:56.03 | 00:53.36 | 00:50.43 | 00:46.52 | 00:43.59 | 00:42.49 | 00:41.27 | 50m Breast | 00:57.18 | 00:54.46 | 00:52.87 | 00:49.45 | 00:47.74 | 00:46.28 | 00:45.54 |
| 02:01.67 | 01:55.87 | 01:49.65 | 01:40.85 | 01:35.12 | 01:32.55 | 01:29.87 | 100m Breast | 02:05.77 | 01:59.78 | 01:54.53 | 01:47.08 | 01:43.66 | 01:39.76 | 01:38.53 |
| 04:22.56 | 04:10.06 | 03:55.53 | 03:40.51 | 03:28.91 | 03:22.08 | 03:16.70 | 200m Breast | 04:27.82 | 04:15.07 | 04:06.15 | 03:52.48 | 03:45.27 | 03:37.95 | 03:34.16 |
| 00:48.46 | 00:46.15 | 00:43.59 | 00:39.68 | 00:37.61 | 00:36.51 | 00:35.41 | 50m Fly | 00:49.36 | 00:47.01 | 00:45.42 | 00:41.76 | 00:40.29 | 00:39.32 | 00:38.46 |
| 01:46.54 | 01:41.47 | 01:34.14 | 01:27.42 | 01:22.91 | 01:19.98 | 01:17.78 | 100m Fly | 01:50.38 | 01:45.13 | 01:40.85 | 01:33.77 | 01:30.84 | 01:27.42 | 01:25.84 |
| 03:54.10 | 03:42.95 | 03:30.01 | 03:13.53 | 03:04.13 | 02:56.80 | 02:52.16 | 200m Fly | 04:01.15 | 03:49.67 | 03:38.93 | 03:25.01 | 03:18.41 | 03:11.45 | 03:07.91 |
| 00:50.00 | 00:47.62 | 00:45.42 | 00:41.51 | 00:38.83 | 00:38.10 | 00:37.12 | 50m Back | 00:51.92 | 00:49.45 | 00:47.37 | 00:44.20 | 00:42.49 | 00:41.15 | 00:40.17 |
| 01:47.44 | 01:42.32 | 01:36.46 | 01:28.52 | 01:23.76 | 01:21.07 | 01:18.88 | 100m Back | 01:49.23 | 01:44.03 | 01:40.49 | 01:34.02 | 01:31.09 | 01:28.16 | 01:26.69 |
| 03:49.36 | 03:38.44 | 03:26.10 | 03:12.55 | 03:02.17 | 02:57.78 | 02:52.77 | 200m Back | 03:56.67 | 03:45.40 | 03:37.46 | 03:22.93 | 03:15.60 | 03:09.13 | 03:05.84 |
| 03:55.64 | 03:44.42 | 03:31.23 | 03:17.80 | 03:07.55 | 03:02.17 | 02:57.41 | 200m IM | 03:59.74 | 03:48.33 | 03:40.02 | 03:28.91 | 03:21.95 | 03:15.36 | 03:11.94 |
| 08:17.31 | 07:53.63 | 07:26.76 | 07:00.27 | 06:36.46 | 06:25.23 | 06:15.95 | 400m IM | 08:20.26 | 07:56.43 | 07:39.95 | 07:18.09 | 07:05.27 | 06:50.38 | 06:43.30 |

ENTRY FORM FOR PAPER ENTRIES

Last Name:..... First Name:..... Club Name:.....

Age (31/12/2026): Date of Birth: DD / MM / YYYY Male/Female:.....

Address:

.....

Post Code:..... Tel No:.....

Swim Wales Membership Number:.....

Email:.....

Both long course and short course times are accepted for entry in this meet. Please tick as appropriate.

| EVENT | EVENT NO | ENTRY TIME | SC ✓ | LC ✓ | EVENT | EVENT NO | ENTRY TIME | SC ✓ | LC ✓ |
|-----------|----------|------------|---------|---------|------------|----------|------------|---------|---------|
| | | | | | 50 Breast | | | | |
| 50 Free | | | | | 100 Breast | | | | |
| 100 Free | | | | | 200 Breast | | | | |
| 200 Free | | | | | | | | | |
| 400 Free | | | | | 50 Fly | | | | |
| 800 Free | | | | | 100 Fly | | | | |
| 1500 Free | | | | | 200 Fly | | | | |
| | | | | | | | | | |
| 50 Back | | | | | 200 IM | | | | |
| 100 Back | | | | | 400 IM | | | | |
| 200 Back | | | | | | | | | |

Total number of swims@ £10.00 (via club) or £11.50 (paper entry). Total Payable £.....

I declare that the above information is correct and agree to abide by the Meet conditions.

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

Signature of Competitor/Parent/Coach:..... Date:.....

Closing Date: Friday 16th January at 5:00pm

North Wales Region

Relay Team Registration

| | |
|-----------|--|
| Event No: | |
|-----------|--|

| | |
|-------|--|
| Club: | |
|-------|--|

| | |
|------------|--|
| Team (A/B) | |
|------------|--|

Medley or Freestyle

GIRLS or BOYS or MIXED

11/12 13/14 15/16 17/Ov

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

Name

Swim Wales ID Number

Date of Birth

1.

2.

3.

4.

North Wales Region

Relay Team Registration

| | |
|-----------|--|
| Event No: | |
|-----------|--|

| | |
|-------|--|
| Club: | |
|-------|--|

| | |
|------------|--|
| Team (A/B) | |
|------------|--|

Medley or Freestyle

GIRLS or BOYS or MIXED

11/12 13/14 15/16 17/Ov

NAMES MUST BE ENTERED IN THE ORDER OF SWIMMING

Name

Swim Wales ID Number

Date of Birth

1.

2.

3.

4.

Payment Summary Sheet

Please return this form electronically to SwimWalesNorth@Outlook.com together with:

1. Hy-Tek entry file
2. Cheque/s made payable to "**Swim Wales Ltd – North Wales Region**" or payment made via BACS

| | | | |
|------------------|--|--------|--|
| Club | | | |
| Name | | | |
| Address | | | |
| Post Code | | Tel No | |
| Email | | | |
| Position in Club | | | |

Summary

| | Number | | |
|---|--------|----------------------------|-----------------|
| Total Individual Electronic Entries | | @ £10.00 | £ |
| Total Paper Entries (Individual) | | @ £11.50 | £ |
| Relay Entries | | @ £13.50 | £ |
| Swim Wales Annual Coach Pass | | Please indicate attendance | No Charge |
| Total Coaches Passes (per weekend) | | Numbers for catering | |
| Total Chaperone Passes (per weekend) | | Numbers for catering | |
| Please see Page 5 of this document for BACS payment details, etc. | | | Total: £ |

I confirm all swimmers are current members of Swim Wales 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 North Wales Region Meet Management Committee for this event.

Signature Date:

Closing Date: Friday 16th January at 5.00pm