



WELSH CAPITAL MASTERS SWIM MEET 2007

Saturday 12th May
Welsh Institute of Sport, Sophia Gardens,
Cardiff.

Hosted by Cardiff Masters Swimming Club

- WASA Licensed [07WLM-004]
- Five lane, 25m short course pool
- Anti-turbulence lanes
- Electronic timing and display
- Computer based programme
- Computer listed results available
- Age groups from 19 to 80+
- No limit to events you can enter
- Held under W.A.S.A. rules
- No qualifying times
- Flexible relay team entries

PROGRAMME OF EVENTS

Session One:

Split warm up 10.00 / 10:15am
Start 10.30am

Event:

01. Mens 200m IM
02. Womens 200m IM
03. Men 50m Backstroke
04. Womens 50m Backstroke
05. Mens 100m Freestyle
06. Womens 100m Freestyle
07. Mens 50m Butterfly
08. Womens 50m Butterfly
09. Mens 100m Breaststroke
10. Womens 100m Breaststroke

4 x 50m Relay Events:

11. Mixed Medley
12. Mens Medley
13. Womens Medley

Session Two:

Split warm up 1.30pm / 1:45pm
Start 2.00pm (approx.)

Event:

14. Mens 200m Freestyle
15. Womens 200m Freestyle
16. Mens 100m IM
17. Womens 100m IM
18. Mens 50m Breaststroke
19. Womens 50m Breaststroke
20. Mens 100m Butterfly
21. Womens 100m Butterfly
22. Mens 100m Backstroke
23. Womens 100m Backstroke
24. Mens 50m Freestyle
25. Womens 50m Freestyle

4 x 50m Relay Events:

26. Mixed Freestyle
27. Mens Freestyle
28. Womens Freestyle

Further information or entry forms available from:

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

Email: gala@cardiffmasters.co.uk

Tel: 07710 648 958

**www.cardiffmasters.co.uk, www.welshasa.co.uk, www.nofiocymru.co.uk,
www.britishswimming.org/sports/masters/calendar**

closing date for entries 21st April 2007



Welsh Capital Masters Swim Meet

contact: Terry John

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

tel.: 07710 648 958

gala@cardiffmasters.co.uk

Saturday May 12th 2007

14th May 2006

Dear Swimmer,

Please find enclosed the entry form for the 2007 Welsh Capital Masters Swim Meet, to be held at the Welsh Institute of Sport (WIS). This one day event is open to all swimmers over the age of 19 so long as they are affiliated to their national body. We hope you will consider attending this WASA 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 masters 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. 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. Relay teams can be submitted on the day, but please can one person from each team take responsibility for entering the team.

There is plenty of B+B accommodation available within walking distance of the WIS (on Cathedral road) though we advise early booking. The canteen at the WIS will be serving food throughout the day.

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.

Useful web addresses:

www.sports-council-wales.co.uk (Welsh Institute of Sport information / location / accommodation)

www.smoothhound.co.uk, www.visitcardiff.info (accommodation)



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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 31/12/2007**. All competitors must be aged 19 years or over on 31/12/2007.

Age	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Group	S	A	B	C	D	E	F	G	H	J	K	L	M+

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	07/08		03/04		18/19		24/25			
100M	20/21		22/23		09/10		05/06		16/17	
200M							14/15		01/02	

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.

Closing date for entries 21st April 2007

Individual entry fee is £3.00 per event. Number of events entered: amount: _____

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

**Please return entry forms with a 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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RELAY TEAM ENTRY FORM (Clear Capitals Please)

This form can be submitted on the day or in advance.

A separate form will be required for each relay event entered.

Please note; Masters relay team members must be aged at least 25 on 31/12/07.

A non-Masters team, with members aged at least 19 on 31/12/07, can be entered in the 76+ category.

Mixed teams must consist of 2 men and 2 women.

All relays will be ranked by time within age groups.

Relay events 12/13 and 27/28 may be combined.

There will be no medals for this event.

Competitor Name	Club*	Age (on 31/12/07)
Total age		

* only single club teams can effect records

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

Please circle age group

Total Age	76+	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	11	
4 x 50m Mens Medley	12	
4 x 50m Womens Medley	13	
4x50m Mixed Freestyle	26	
4x50m Mens Freestyle	27	
4x50m Womens Freestyle	28	

Please submit this form, together with £4 / event fee, either by post in advance or to the pool side reception table at the earliest opportunity.

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 entry on receipt.
Relay Entries	Entries for Relay events will be accepted on the day. Please submit morning session entries on arrival and afternoon session entries by the end of the morning session.
Withdrawals	Please contact us immediately if you intend to withdraw from an event.
Sessions	The morning session will start at 10:00 am. the afternoon session will start at approximately 1:30 pm.
Warm up	The warm up will be split into two 15 minutes sessions, the first for male and the second for female swimmers to avoid congestion. Lane 1 will be reserved for starts, please swim in one direction only. Other lanes will be graded according to speed.
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 lane judge immediately prior to your heat.
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	Colorado 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 mainly pool side, please do not use outdoor footwear.
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.

<http://www.sports-council-wales.co.uk> (for Welsh Institute of Sport information)



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Arrival Information

The changing rooms and pool will be well sign posted from the front door of the Welsh Institute of sport. Please make your way to the changing rooms on arrival. Please do not enter the pool until the warm up is officially started.

Car Parking: Please allow plenty of time to park your car, particularly if you intend arriving in the afternoon. Please arrive early.

Directions

Arrival by Train at either Queen Street or Cardiff Central:

From Central, head past the bus terminal to the main road (Wood Street) and turn left to cross the river. Immediately after crossing the river turn right and follow the river bank footpath (opposite bank to Millennium stadium) all the way to the next main road (cowbridge road). Cross the road and carry on the river bank foot path through the park (Sophia gardens) to the Welsh Institute of Sport. This should take approximately 15 minutes.

From Queens street station turn right and head to the major road junction. Turn left, crossing the road and heading down the pedestrianised shopping street (Queens street). At the end of the pedestrianised section continue past Cardiff Castle until you cross the river. Immediately turn right into the park (Sophia gardens) and follow the riverside foot path to the Welsh Institute of Sport. This should take approximately 20 minutes.

Arrival by Car from the M4 Junction 29a or Junction 32/A470:

From Junction 29a take the A48M which becomes the A48. You will pass four junctions, after which you will pass a permanent speed camera and then pass a fifth junction (Gabalfa interchange).

Go straight ahead at a set of traffic lights passing Tesco on your left and then crossing the river.

Take the next left slip road (before you reach the cross roads) and turn left again at the lights.

Move into the left lane to turn left at the cross roads, follow road as it goes down hill and bends to the right (you are now in Cathedral road).

The Welsh Institute of Sport is signposted left at the next set of traffic lights.

From Junction 32 take the A470 south towards Cardiff.

After several sets of traffic lights you will come to the junction with the A48 (Gabalfa interchange). Do not take the flyover, but keep left to reach the roundabout and turn right onto the A48.

Follow instruction above as you pass Tesco

Arrival by Air:

Cardiff International Airport + 44 (0) 1446 711111 www.cardiffairportonline.com

The Airbus X91, X45 and 345 services operate between the airport and Cardiff city centre every 30 minutes, Monday to Saturday, between the hours of 0653 and 1858. Then every 60 minutes between 1936 and 2236. The X5 service operates hourly on Sundays between 0815 and 2135. Journey time to Cardiff from the airport is approximately 40 minutes. Bus fare is approximately £2.70. Cardiff Air Taxis

have a desk located in the arrivals hall. Taxis are available upon arrival or can be booked in advance on +44 (0) 1446 710 693 or by logging on to www.cardiff-airport-taxis.co.uk. Approximate fare to Cardiff city centre is £18.



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Accommodation Information

You are advised to book accommodation early in case of coinciding events at the Millennium Stadium.

Competitors (and their guests) can stay in the Welsh Institute of Sport Accommodation for £25.50 (guests £27.50) which includes breakfast. This accommodation is **only** available to participants of events at the Welsh Institute of Sport and so you should make it clear you are competing at the Welsh Capital Masters Swim Meet. Please telephone 029 2030 0500

Accommodation in approximate distance order from the Welsh Institute of sport (all within 10 minutes walking distance):

Kayo Arms	Pub B+B with food ~£45 + Breakfast	36 Cathedral Road. CF11 9LL	029 2039 1910
Cathedral Hotel	Hotel with Restaurant and Bar (Car park)	47-49 Cathedral Road. CF11 9HD	029 2023 6511 www.cathedral-hotel.com
Beaufort House	4★ Guest house B+B (car park) 9r s,d,t,f £45-£95	65 Cathedral Road. CF11 9HE	029 2023 7003 geoff@beauforthousecardiff.co.uk
Crowndale	B+B (car park) ~£52 ensuite	58 Cathedral Road. CF11 9LL	029 2034 4060
Carlton House	Hotel B+B	73 Cathedral Road. CF11 9HE	029 2037 3722
The Town House	3★ guest house B+B (car park). 8r s,d,t,f £45-£99	70 Cathedral Road. CF11 9LL	029 2023 9399 www.thetownhousecardiff.co.uk
The Beverly	Pub B+B with evening meals ~£49 - £90	75 Cathedral Road. CF11 9PG	029 2034 3443
The Regan	Hotel B+B	81 Cathedral Road. CF11 9PG	029 2038 3660
Courtfield	2★ Hotel 10r s,d £25-£80	101 Cathedral Road. CF11 9PH	029 2022 7701 www.courtfieldhotel.co.uk
Jollys Lodge	Guest House	109 Cathedral Road. CF11 9PH	029 2022 1495
The Penrhys	2★ Hotel B+B (car park), 19r s,d,t,f £35-£90	127 Cathedral Road. CF11 9PJ	029 2023 0548 www.penrhyshotel.com
Lincon House	3★ Hotel (car park) 23r s,d,t £52-£85	118-120 Cathedral Road. CF11 9LQ	029 2039 5558 reservations@linconhotel.co.uk
Church Hotel	B+B 9r s,d,t,f £25-£65	126 Cathedral Road. CF11 9LQ	029 2034 0881 www.churchhotelcardiff.com
Briars Hotel	B+B	128 Cathedral Road. CF11 9LQ	029 2023 0122 johnpottinger@btconnect.com
Jolean's	Guest house	143 Cathedral Road. CF11 9PJ	029 2037 4494
Abbey Hotel	Hotel 25r s,d,t,f £25-£90	151 Cathedral Road. CF11 9PJ	029 2039 0896

Gwesty Anedd Lon	B+B	157 Cathedral Road. CF11 9PL	029 2022 3349
St Hilary	2★Hotel B+B s,d,t,f £20-£50	144 Cathedral Road. CF11 9JB	029 2034 0303 sthilary.hotel@virgin.net
Maxines	2★ guest house B+B 10r s,d,t,f 330-£90	150 Cathedral Road. CF11 9JB	029 2022 0288
Rosanna	Guest House	175 Cathedral Road. CF11 9PL	029 2022 9780
Georgian	2★Hotel	179 Cathedral Road. CF11 9PL	029 2023 2594
Preste Gaarden	2★ guest house B+B 10r s,d,t,f £32-£80	181 Cathedral Road. CF11 9PN	029 2022 8607 stay@cosycardiffhotel.co.uk
Acorn Hotel	Hotel B+B	182 Cathedral Road. CF11 9JE	029 2022 1373
Austins	2★guest house 11r £20-£65	11 Coldstream Terr. CF11 6LJ	029 2037 7148 austins@hotelcardiff.com
Riverside	B+B 3r £50	1 Coldstream Terr. CF11 6LJ	029 2021 0378 irenahinc@hotmail.com
The Angel Hotel	4★Hotel £75-£184	Castle Street CF10 1SZ	029 2064 9200 www.paramount-hotels.co.uk

Further afield (a healthy walk)

:

Holiday Inn Cardiff	3★ Hotel	Castle street CF10 1XD	029 2078 5891 www.marriot.co.uk/cwdt
Crest Hotel	Hotel	Castle Street	029 2023 8929
Forte Post House	Hotel	Castle Street	029 2038 8681
Cardiff Marriot	Hotel	Mill Lane	029 2039 9944
The Big Sleep	2★Hotel 81r £45	Bute Terrace CF10 2FE	029 2063 6363

[r=rooms, s=single, d=double/twin, t=triple, f=family] note ★classification either hotel or guest house

You can also refer to the following web sites for accommodation information:

www.yell.co.uk

www.smoothhound.co.uk (gives links to web pages of establishments)

www.visitcardiff.info

Please inform us if you find any of the above information incorrect. Please note, we have not vetted any of the above establishments, we provide this as information only. If, however, you do have any problems, please let us know.