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Active Swansea Junior Novice Competitors Swimming Gala 2009

Saturday 4 July 2009

Penlan Leisure Centre, Swansea, 1.00pm - 6.00pm

CLOSING DATE FOR ENTRIES: Friday 12 June 2009

Gala Nofio Cystadleuwyr Nofio Nofis Iau Abertawe Actif 2009

Dydd Sadwrn 4 Gorffennaf 2009

Canolfan Hamdden Penlan, Abertawe, 1.00pm - 6.00pm

DYDDIAD CAU AR GYFER Y CAIS: Dydd Gwener 12 Mehefin 2009

My Swansea
Fy Abertawe

City and County of Swansea
Dinas a Sir Abertawe



Active Swansea Junior Novice Competitors Swimming Gala 2009

Meet information

The Active Swansea Junior Meet is for novice competitors. The cut off times listed in the table below are the fastest times accepted. If a swimmer completes the race in a faster time their time will not count during the competition (This rule does not apply to the kick race).

Age	25m Freestyle	25m Backstroke	25m Breaststroke	25m Butterfly
8 years	25 seconds	30 seconds	38 seconds	28 seconds
9 years	23.5 seconds	28.5 seconds	36.5 seconds	26.5 seconds
10 years	22 seconds	27 seconds	35 seconds	25 seconds
11 years	20.5 seconds	25.5 seconds	33.5 seconds	23.5 seconds

This Meet will be swum under the Swim Wales Rules and Disciplinary Code.

1. The entry fee for the Junior Novice Competitors Swimming Gala is £5. The fee covers all five swims (the four above plus the kick race). No reduction will be given for swimmers who enter less than five swims.
2. **In order to qualify for overall placing in the kick race, swimmers need to enter the four stroke events and the Individual Medley.** Swimmers who enter less than five events will be swimming for a time only.
3. Age shall be as on the day of the meet. i.e. 4 July 2009.
4. Entries may only be accepted from residents of the City & County of Swansea or children who attend schools within the City & County of Swansea or attend swimming lessons within the City and County of Swansea.
5. Swimmers who have not achieved the Competitive Start Award must start in the water.
6. Swimmers must have achieved the standard of the Competitive Start Award in order that they start the events by a dive either from the side of the pool or the starting blocks.
7. In the event of a disqualification, the swimmer will be given the time of the slowest swimmer in that event (including disqualified swimmers) plus 5 seconds.
8. When all swims have been completed, each swimmers' time for the 5 events will be totalled up and ranked from fastest to slowest.
9. No alcohol or tobacco advertising is permitted on any clothing.
10. All decisions made by the Gala Director will be final and binding.

Gala Nofio Cystadleuwyr Nofis lau Abertawe Actif 2009

Gwybodaeth am gwrdd

Mae Cwrdd lau Abertawe Actif ar gyfer cystadleuwyr nofis. Yr amseroedd a restrir yn y tabl isod yw'r amseroedd cyflymaf a dderbynnir. Os yw nofiwr yn gorffen y ras mewn amser cyflymach, ni fydd ei amser yn cyfrif yn ystod y gystadleuaeth (Nid yw'r rheol hon yn gymwys i'r ras gicio).

Oedran	25m Dull Rhydd	25m Nofio ar y cefn	25m Nofio dull broga	25m Pili-pala
8 oed	25 eiliad	30 eiliad	38 eiliad	28 eiliad
9 oed	23.5 eiliad	28.5 eiliad	36.5 eiliad	26.5 eiliad
10 oed	22 eiliad	27 eiliad	35 eiliad	25 eiliad
11 oed	20.5 eiliad	25.5 eiliad	33.5 eiliad	23.5 eiliad

Caiff y cwrdd hwn ei nofio o dan Reolau a Chôd Disgyblaethol Nofio Cymru.

1. Y ffi mynediad ar gyfer Cystadleuwyr Nofis lau'r Gala Nofio yw £5. Mae'r ffi'n talu am y pum nofiad (y pedwar uchod a'r ras gicio). Ni roddir gostyngiad i nofwyr sy'n rhoi cynnig ar lai na phum nofiad.
2. **Er mwyn cymhwyso ar gyfer lle cyffredinol yn y ras gicio, mae angen i nofwyr roi cynnig ar y pedwar digwyddiad strôc a'r Ras Gymysg Unigol.** Dim ond am beth amser y bydd nofwyr yn nofio os ydyn nhw'n rhoi cynnig ar lai na phum digwyddiad.
3. Yr oedran fydd yr oedran ar ddiwrnod y cwrdd, h.y. 4 Gorffennaf 2009.
4. Gellir derbyn cynigion dim ond gan breswylwyr Dinas a Sir Abertawe neu blant sy'n mynd i ysgolion yn Ninas a Sir Abertawe neu'n mynd i wersi nofio yn Ninas a Sir Abertawe.
5. Bydd rhaid i nofwyr sydd heb gyflawni'r Dyfarniad Dechrau Cystadleuol ddechrau yn y dŵr.
6. Mae'n rhaid i nofwyr fod wedi cyflawni safon y Dyfarniad Dechrau Cystadleuol er mwyn dechrau'r digwyddiadau naill ai trwy blymio o ochr y pwll neu'r blociau cychwyn.
7. Os bydd gwaharddiad, caiff y nofiwr amser y nofiwr arafaf yn y digwyddiad hwnnw (gan gynnwys nofwyr wedi'u gwahardd) ynghyd â 5 eiliad.
8. Pan fydd yr holl nofiadau wedi'u cwblhau, caiff amser pob nofiwr ar gyfer y 5 digwyddiad ei gyfansymio a'i raddio o'r cyflymaf i'r arafaf.
9. Ni chaniateir hysbysebu alcohol na thybaco ar unrhyw ddillad.
10. Bydd yr holl benderfyniadau gan Gyfarwyddwr y Gala'n derfynol ac yn gyfrwymol.

Active Swansea Junior Novice Competitors Swimming Gala 2009

Event No	Session 1 Ages as at 4 July 2009
1	Boys 12 Years 25m Backstroke
2	Girls 11 Years 25m Breaststroke
3	Boys 11 Years 25m Butterfly
4	Girls 10 Years 25m Freestyle
5	Girls 9 Years 25m Kick
6	Boys 8/9 Years 25m Kick
7	Boys 12 Years 25m Breaststroke
8	Girls 11 Years 25m Breaststroke
9	Boys 11 Years 25m Freestyle
10	Girls 10 Years 25m Butterfly
11	Boys 10 Years 25m Kick
12	Girls 8 Years 25m Kick
Event No	Session 2 Ages as at 4 June 2009
13	Boys 12 Years 25m Kick
14	Boys 11 Years 25m Backstroke
15	Girls 10 Years 25m Breaststroke
16	Boys 10 Years 25m Freestyle
17	Girls 9 Years 25m Butterfly
18	Boys 8/9 Years 25m Breaststroke
19	Girls 8 Years 25m Backstroke
20	Girls 11 Years 25m Kick
21	Boys 11 Years 25m Breaststroke
22	Girls 10 Years Backstroke
23	Boys 10 Years Butterfly
24	Girls 9 Years Freestyle
25	Boys 8/9 Years 25m Backstroke
26	Girls 8 Years 25m Breaststroke
Event No	Session 3 Ages as at 4 June 2009
27	Boys 12 Years 25m Butterfly
28	Girls 11 Years 25m Freestyle
29	Boys 11 Years 25m Kick
30	Boys 10 Years 25m Backstroke
31	Girls 9 Years 25m Breaststroke
32	Boys 8/9 25m Butterfly
33	Girls 8 Years 25m Freestyle
34	Boys 12 Years 25m Freestyle
35	Girls 11 Years 25m Butterfly
36	Girls 10 Years 25m Kick
37	Boys 10 Years 25m Breaststroke
38	Girls 9 Years 25m Backstroke
39	Boys 8/9 Years 25m Freestyle
40	Girls 8 Years 25m Butterfly

Cystadleuwyr Nofis Iau Abertawe Actif Gala Nofio 2009

Rhif y digwyddiad	Sesiwn 1 Oedrannau ar 4 Gorffennaf 2009
1	Nofio ar y cefn 25m Bechgyn 12 oed
2	Nofio dull broga 25m Merched 11 oed
3	Pili-pala 25m Bechgyn 11 oed
4	Dull rhydd 25m Merched 10 oed
5	Ras gicio 25m Merched 9 oed
6	Ras gicio 25m Bechgyn 8/9 oed
7	Nofio dull broga 25m Bechgyn 12 oed
8	Nofio dull broga 25m Merched 11 oed
9	Dull rhydd 25m Bechgyn 11 oed
10	Pili-pala 25m Merched 10 oed
11	Ras gicio 25m Bechgyn 10 oed
12	Ras gicio 25m Merched 8 oed
Rhif y digwyddiad	Sesiwn 2 Oedrannau ar 4 Mehefin 2009
13	Ras gicio 25m Bechgyn 12 oed
14	Nofio ar y cefn 25m Bechgyn 11 oed
15	Nofio dull broga 25m Merched 10 oed
16	Dull rhydd 25m Bechgyn 10 oed
17	Pili-pala 25m Merched 9 oed
18	Nofio dull broga 25m Bechgyn 8/9 oed
19	Nofio ar y cefn 25m Merched 8 oed
20	Nofio dull broga 25m Bechgyn 11 oed
21	Ras gicio 25m Merched 11 oed
22	Nofio ar y cefn Merched 10 oed
23	Pili-pala Bechgyn 10 oed
24	Dull rhydd Merched 9 oed
25	Nofio ar y cefn 25m Bechgyn 8/9 oed
26	Nofio dull broga 25m Merched 8 oed
Rhif y digwyddiad	Sesiwn 3 Oedrannau ar 4 Mehefin 2009
27	Pili-pala 25m Bechgyn 12 oed
28	Dull rhydd 25m Merched 11 oed
29	Ras gicio 25m Bechgyn 11 oed
30	Nofio ar y cefn 25m Bechgyn 10 oed
31	Nofio dull broga 25m Merched 9 oed
32	Pili-pala 25m Bechgyn 8/9 oed
33	Dull rhydd 25m Merched 8 oed
34	Dull rhydd 25m Bechgyn 12 oed
35	Pili-pala 25m Merched 11 oed
36	Ras gicio 25m Merched 10 oed
37	Nofio dull broga 25m Bechgyn 10 oed
38	Nofio ar y cefn 25m Merched 9 oed
39	Dull rhydd 25m Bechgyn 8/9 oed
40	Pili-pala 25m Merched 8 oed

Girls

- **Aged 8 years on 4 July 2009**
25m freestyle, butterfly, backstroke, breaststroke and kick race
- **Aged 9 on 4 July 2009**
25m freestyle, butterfly, backstroke, breaststroke and kick race
- **Aged 10 on 4 July 2009**
25m freestyle, butterfly, backstroke, breaststroke and kick race
- **Aged 11 on 4 July 2009**
25m freestyle, butterfly, backstroke, breaststroke and kick race

Boys

- **Aged 8 on 4 July 2009**
25m freestyle, butterfly, backstroke, breaststroke and kick race
- **Aged 9 on 4 July 2009**
25m freestyle, butterfly, backstroke, breaststroke and kick race
- **Aged 10 on 4 July 2009**
25m freestyle, butterfly, backstroke, breaststroke and kick race
- **Aged 11 on 4 July 2009**
25m freestyle, butterfly, backstroke, breaststroke and kick race

Medals and awards

In the Individual Events, awards will be given to the swimmers ranked from 1st to 8th on the ranking list produced for each age group for boys and girls, when the cumulative times from all five events have been collated.

Entries

Please complete the entry form (we accept photocopy forms) and send with a cheque and stamped addressed envelope (to be sent information of session times) to:

Active Swansea Junior Novice Competitors Swimming Gala
FAO Christine George (Swimming Co-ordinator)
C/O Penlan Leisure Centre
Penlan
Swansea
SA5 7BU.

Cheques should be made payable to City and County of Swansea.

Please note that entries will be refused if:

- they are received without the relevant fee.
- they are completed incorrectly.
- they are received after the closing date of Friday 12 June 2009.

Merched

- **8 oed ar 4 Gorffennaf 2009**
Dull rhydd, pili-pala, nofio ar y cefn, nofio dull broga a ras gicio 25 metr
- **9 oed ar 4 Gorffennaf 2009**
Dull rhydd, pili-pala, nofio ar y cefn, nofio dull broga a ras gicio 25m
- **10 oed ar 4 Gorffennaf 2009**
Dull rhydd, pili-pala, nofio ar y cefn, nofio dull broga a ras gicio 25m
- **11 oed ar 4 Gorffennaf 2009**
Dull rhydd, pili-pala, nofio ar y cefn, nofio dull broga a ras gicio 25m

Bechgyn

- **8 oed ar 4 Gorffennaf 2009**
Dull rhydd, pili-pala, nofio ar y cefn, nofio dull broga a ras gicio 25m
- **9 oed ar 4 Gorffennaf 2009**
Dull rhydd, pili-pala, nofio ar y cefn, nofio dull broga a ras gicio 25m
- **10 oed ar 4 Gorffennaf 2009**
Dull rhydd, pili-pala, nofio ar y cefn, nofio dull broga a ras gicio 25m
- **11 oed ar 4 Gorffennaf 2009**
Dull rhydd, pili-pala, nofio ar y cefn, nofio dull broga a ras gicio 25m

Medalau a gwobrau

Yn y Digwyddiadau Unigol, caiff gwobrau eu rhoi i'r nofwyr sydd wedi'u graddio o 1af i 8fed ar y rhestr raddio a grëir ar gyfer pob grŵp o fechgyn a merched, pan fydd yr amseroedd cronol o bob un o'r pum digwyddiad wedi'u coladu.

Ymgeiswyr

Llenwch y ffurflen gynnig (rydym yn derbyn ffurflenni wedi'u llungopio) ac anfonwch hi gydag amlen â stamp a chyfeiriad arni (i gael gwybodaeth am amseroedd y sesiynau ei hanfon atoch) i:

Gala Nofio Cystadleuwyr Nofis Iau Abertawe Actif
At sylw Christine George (Cydlynnydd Nofio)
D/O Canolfan Hamdden Penlan
Penlan
Abertawe
SA5 7BU.

Dylid gwneud sieciau'n daladwy i Dinas a Sir Abertawe.

Sylwer y bydd cynigion yn cael eu gwrthod os:

- cânt eu derbyn heb y ffi berthnasol.
- ydynt wedi'u llenwi'n anghywir.
- cânt eu derbyn ar ôl y dyddiad cau, sef dydd Gwener 12 Mehefin 2009.

Use of cameras

The use of all photographic equipment is controlled at this Meet and everyone is reminded that such equipment should not be used without a pass. Passes can be obtained (free of charge) from the entry desk **upon proof of identity** (photographic driving license, passport, household bill for proof of address). On production of your proof of identity you will be issued with a tag, this will need to be attached to your equipment for the duration of the Meet. All camera users will be recorded and kept for information by the City and County of Swansea.

By entering this competition, the swimmers parent or guardian should be made aware that there will be photographs taken by an accredited professional photographer working for the City and County of Swansea. You will be asked to fill in a form on arrival for permission to photograph your child and these photos will be used for promotional materials only.

Mobile phones

Mobile phones must **not** be used at all in the building.

Spectators

There will be an admission charge of £2.00 per person.

Health and safety

The staff of the City and County of Swansea's Indoor Leisure Department will marshal the event.

All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times. It is the responsibility of the swimmer and/or parent/guardian to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists, swimmers must produce a medical note confirming that their participation presents no health or safety problems.

Data protection

The Region, along with the Governing Body will 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.

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

Defnyddio camerâu

Mae defnyddio unrhyw gyfarpar ffotograffig wedi'i reoli yn y cwrdd hwn ac atgoffir pawb na ddylid defnyddio'r fath offer heb warant. Ceir gwarantau (yn rhad ac am ddim) o ddesg y dderbynfa **ar ôl dangos prawf hunaniaeth** (trwydded yrru gyda ffoto, pasbort, bil annedd ar gyfer prawf cyfeiriad). Ar ôl dangos eich prawf hunaniaeth, cewch dag. Bydd angen clymu hwn wrth eich offer am hyd y cwrdd. Bydd Dinas a Sir Abertawe'n cadw cofnodion o'r holl ddefnyddwyr camera er gwybodaeth.

Trwy roi cynnig ar y gystadleuaeth hon, dylai rhiant neu warcheidwad y nofiwr gael ei hysbysu y bydd ffotograffwr proffesiynol achrededig yn tynnu lluniau i Ddinas a Sir Abertawe. Ar ôl i chi gyrraedd, gofynnir i chi lenwi ffurflen am ganiatâd i dynnu llun o'ch plentyn a chaiff y lluniau hyn eu defnyddio ar gyfer deunyddiau hyrwyddiadol yn unig.

Ffonau symudol

Mae'n rhaid **peidio** â defnyddio ffonau symudol yn yr adeilad o gwbl.

Gwylwyr

Codir tâl mynediad £2.00 yr un.

Iechyd a diogelwch

Iechyd a Diogelwch Staff Adran Hamdden Dan Do Dinas a Sir Abertawe fydd yn marsialu'r digwyddiad.

Gofynnir i'r holl gystadleuwyr sicrhau eu bod yn arsylwi ar yr holl gyhoeddiadau diogelwch ac yn ymddwyn gan ystyried diogelwch ar bob adeg. Cyfrifoldeb y nofiwr a/neu'r rhiant/gwarcheidwad yw datgan i'r dyfarnwr unrhyw anabledd neu gyflwr meddygol a allai gyflwyno risg iechyd neu ddiogelwch. Os oes y fath anabledd neu gyflwr meddygol gan nofiwr, dylai roi nodyn meddygol sy'n cadarnhau nad yw eu cyfranogaeth yn cyflwyno'r un broblem iechyd neu ddiogelwch.

Diogelu data

Bydd y Rhanbarth, yn ogystal â'r Corff Llywodraethol yn defnyddio cyfrifiaduron i gofnodi amseroedd cynigion a chanlyniadau. Trwy gyflwyno cynigion, rydych yn derbyn yr amodau a rhoddir caniatâd i gadw gwybodaeth bersonol sy'n gysylltiedig â'r fabolgamp, sef Nofio yn unol â'r Ddeddf Diogelu Data gyfredol.

Mae'r trefnwyr yn cadw'r hawl i ddiwygio'r amodau hyn, heb rybudd.

Information for spectators with a 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 Meet Office where you will be able to pay your entry fee and collect your programme. 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 championship team will endeavour to assist you.

As you may be aware we are only allowed, by Health & Safety regulations, to admit a total of 300 spectators onto the balcony. We would therefore appreciate, that if you do require assistance, to arrive at the start of the warm up session thus ensuring a suitable seat is available.

Gwybodaeth i Wylwyr ag Anabledd

Ydych chi wedi cofrestru fel anabl neu oes gennych anabledd sy'n ei gwneud yn anodd i chi giwio cyn talu mynediad fel gwylwr? Os felly, ar ôl cyrraedd y pwll, ewch i swyddfa'r cwrdd lle gallwch dalu'ch ffi mynediad a chasglu'ch rhaglen. Yna, gallwch gael mynediad at y balconi trwy fynd yn y lifft neu'n uniongyrchol ar y grisiau. **NI** fydd angen ciwio.

Os oes gennych unrhyw gwestiynau neu ymholiadau yn ystod y digwyddiad, bydd aelod o dîm y bencampwriaeth yn ymdrechu i'ch cynorthwyo.

Efallai'ch bod yn gwybod y gallwn ganiatâu cyfanswm o 300 o wylwyr yn unig ar y balconi, yn unol â rheoliadau lechyd a Diogelwch. Felly os oes angen cymorth arnoch, byddem yn gwerthfawrogi i chi gyrraedd erbyn dechrau'r sesiwn gynhesu, gan sicrhau bod sedd addas ar gael.

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Gallwch fwynhau...



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Canolfan Hamdden Cefn Hengoed

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Swansea Tennis Centre
Canolfan Tennis Abertawe



Penlan Leisure Centre

Heol Gwyrosydd, Penlan, Swansea, SA5 7BU.

Canolfan Hamdden Penlan

Heol Gwyrosydd, Penlan, Abertawe, SA5 7BU.

☎ 01792 588079

✉ Penlan.lc@swansea.gov.uk

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Mae'r holl fanylion yn gywir wrth fynd i'r wasg.

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Os hoffech gael y daflen hon mewn fformat arall,
cysylltwch â Marchnata ar **☎ 01792 635458**.