



LEN THOMAS MEMORIAL SPRINT MEET

Llandudno Swimming Centre
8 lane 25 metre pool, with DaKtronics electronic timing
and cooldown pool

Sunday July 5th 2026

LEVEL 3
Licence No: 3WL260965

CLOSING DATE Friday 29th May 2026

EVENT INFORMATION AND ENTRY FORM

LEN THOMAS MEMORIAL MEET

Sunday 5th July 2026

(Swim Wales Laws and Disciplinary Code)

Entries will be on a first come basis. If oversubscribed, closing date may be brought forward.

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

Electronic entries should be emailed to:- secretaryswimconwy@gmail.com

Entry fee is 9.00 per event

Account Name: Swim Conwy

Sort Code 40-18-08

A/c Number 41482815

Reference: LenThomas26

Paper entries will be charged £9.50 per event

Completed hard copy forms should be sent to: [Teresa Scott, 17 Marine View, Rhos-on-Sea, Conwy LL28 4PQ](#)

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 29th May 2026

Age Groups

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

- Ages are as at 5th July 2026

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 qualified or trainee official(s) at a minimum ratio of 1 – 10 to help with the running of the event. Lunch and refreshments will be provided, and car parking fees will be reimbursed. One official attending = one half price poolside pass. More than one official = all poolside passes half price.

Spectators

Admission charges: -
£5.00 per session
£8.50 for the 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.
- 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.
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 a poolside pass.

Lunch will be included.

***If a club provides an official, they get a pool pass at half price. If they provide more than one official, they get all their pool passes at half price.**

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

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.

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

Registered Disabled persons or those who have a disability that makes it difficult or uncomfortable to queue prior to paying entry:

- 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 facilities team will endeavour to assist you.

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

LEN THOMAS MEMORIAL MEET

(Swum under FINA and Swim Wales Rules and Disciplinary Code)

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Sunday July 5th 2026

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<h2>Morning</h2>	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
<h2>Afternoon</h2>	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

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ENTRY FORM

Name		Club/ASA No	
Address		DOB	
Phone		Age as at 5th July 2026	M/F
<i>please enter entry times below</i>			
50m Backstroke		100m Backstroke	
50m Breaststroke		100m Breaststroke	
50m Butterfly		100m Butterfly	
50m Freestyle		100m Freestyle	
200IM			
		Total Number of Entries @£9.00	

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

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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		@ £9.00	£
Total Poolside Passes		@ £12.00*	£
Total made payable to SWIM CONWY			£

***If your club provides an official they get one half price poolside pass. More than one official = all poolside passes will be half price.**



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.

Signature Date:.....

Hard copy return to: Teresa Scott, 17 Marine View, Rhos-on-Sea, Conwy LL28 4PQ

Email:

secretaryswimconwy@gmail.com

Closing Date: Friday 29th May 2026

