

Parkside Swimming Pools, Cambridge.

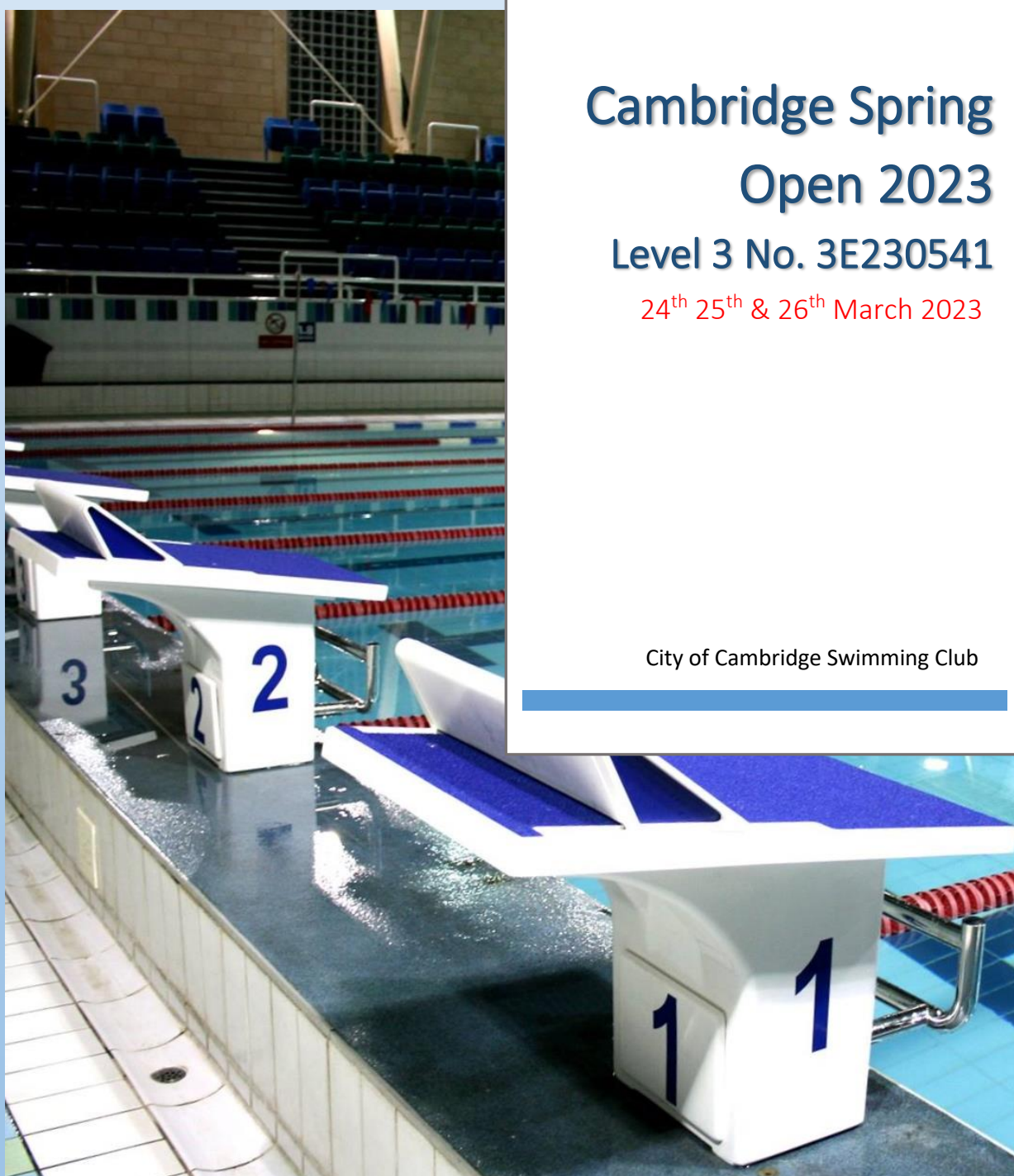


# Cambridge Spring Open 2023

Level 3 No. 3E230541

24<sup>th</sup> 25<sup>th</sup> & 26<sup>th</sup> March 2023

City of Cambridge Swimming Club



City of Cambridge Swimming Club  
Cambridge Spring Open 2023  
(License Number: 3ER230541)

24<sup>th</sup> 25<sup>th</sup> & 26<sup>th</sup> March 2023

Affiliated to the Swim England East Region  
Under Swim England Laws and Regulations and Swim England Technical Rules of Swimming

- Venue: Parkside Swimming Pool, Gonville Place, Cambridge, CB1 1LY
- Pool: 8 Lane, 25m Pool, Electronic Timing, Olympic standard blocks.  
Backstroke ledges will be available.  
A secondary strobe will also be available
- Age Groups: 9, 10, 11, 12, 13, 14, 15, 16 and over. For event restrictions see qualifying times table.
- Awards: Heat Declared Winners with awards to top three in each age group.
- Events: 50m, 100m and 200m all strokes, 400m Freestyle and 200m and 400m IM.
- Fees: Race Entry Fee: £6.50 per event  
Spectator Entry £5.50 per session or £9.00 all day.
- Entries to: Meets Secretary,  
City of Cambridge Swimming Club, Parkside Pools, Gonville Place, Cambridge, CB1 1LY

Closing Date for Entries: 24<sup>th</sup> Feb 2023.

*Please note that we hope and intend to run this gala without any COVID restrictions. However, we will need to fully comply with any guidance from UK Government, Swim England or our Pool Operator that is applicable at the time of the meet. Any amendments to our Meet Conditions will be communicated on our website as soon as we learn of them.*

*You can enter the gala in confidence – should we have to cancel or reduce swimmer numbers at a later date then we guarantee a full refund of any payment.*

Enquiries can be e-mailed to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk)

---

## Meet Programme

### Session 1

Friday 24<sup>th</sup> March

Warm-up 6.00pm

Start 6:45 pm

101	400m IM	Female
102	400m IM	Male
103	50m Backstroke	Female
104	50m Backstroke	Male
105	50m Freestyle	Female
106	50m Freestyle	Male

### Session 2

Saturday 25<sup>th</sup> March

Warm-up 12pm

Start 1pm

201	100m Freestyle	Female
202	100m Freestyle	Male
203	200m IM	Female
204	200m Butterfly	Male
205	200m Butterfly	Female
206	50m Breaststroke	Male

### Session 4

Sunday 26<sup>th</sup> March

Warm-up 12pm

Start 1pm

401	100m Butterfly	Male
402	100m Butterfly	Female
403	200m IM	Male
404	200m Freestyle	Female
405	200m Freestyle	Male
406	50m Breaststroke	Female

### Session 3

Saturday 25<sup>th</sup> March

Warm-up 4pm

Start 5pm

301	50m Fly	Female
302	50m Fly	Male
303	100m Breaststroke	Female
304	100m Breaststroke	Male
305	200m Backstroke	Female
306	200m Backstroke	Male

### Session 5

Sunday 26<sup>th</sup> March

Warm-up 4pm

Start 5pm

501	400m Freestyle	Male
502	400m Freestyle	Female
503	100m Backstroke	Male
504	100m Backstroke	Female
505	200m Breaststroke	Male
506	200m Breaststroke	Female

***Timings noted above are indicative and may alter slightly.  
Final timings will be confirmed shortly before the meet.***

## Meet Rules and Information

1. This Competition is licensed by Swim England and will be held under Swim England Regulations and Technical Rules of Racing, FINA Technical Rules of Swimming and these Meet Rules.
2. Entrants must be Swim England registered Category 2, belong to an affiliated club and enter in the name of one club only.

3. All entry times must meet the qualifying times and criteria stated on the qualifying times table.
4. Swimmers in possession of a Swim England Certificate of Swimming Disability or whose Swim England membership record details a disability sport class are welcome to enter the competition with a time slower than the lower limit standard. An entry time must be provided.
5. This is a first come first served meet. The promoter reserves the right to limit entries. Competitors may be rejected if the meet is oversubscribed in order to meet license time guidelines.
6. All entries of three or more swimmers must be made electronically. Electronic SPORTSYSTEMS Entry Manager files are available on request by e-mail to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk) or from the club website at [www.cocsc.org.uk](http://www.cocsc.org.uk). There will be an administration charge of £20 for group entries not submitted electronically.
7. Entry forms and payment must be received by the Promoters before midnight on 24<sup>th</sup> February 2023 and must be fully and correctly completed, or else they may be rejected.
8. The list of accepted and rejected entries will be published/available for download on the club website ([www.cocsc.org.uk](http://www.cocsc.org.uk)) Approximately two weeks prior to the competition. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required.
9. Competitors' ages shall be as of 26<sup>th</sup> March 2023
10. Swimmers **must** withdraw from events that they no longer wish to swim. All swimmers informed of having accepted entries will be deemed as competing unless they have informed the promoter that they do not wish to swim.
11. CoCSC welcome all officials including trainees. Officials can register directly on line at <https://swim-meet.com/OfficialsSignup/Cambridge/>
12. Swimmers withdrawing from events: Each Club should have their own record of swimmers entered. Swimmers unable to compete must be withdrawn. Withdrawal will be made by coaches or the club representative using the Swim-Meet link sent out prior to the gala and must be submitted anytime up until 5 minutes after the start of each Warmup for the relevant session.
13. Refunds are not available for withdrawals, other than injury with a medical certificate Any competitor that withdraws on medical grounds will not be able to participate in any events for the remainder of that session.
14. Any Swimmer not reporting to the marshalling area in time to swim, will be fined £10 which must be paid before they can join other events they have been entered into.
15. The pool length is 25 metres, 8 lanes with anti-wave ropes and electronic timing and the depth of the pool is 1.2m at the shallow end and 1.8m at the deep end. Dives into depths between 1.2m and 1.35 metres are allowed from the poolside or starting block, as long it is not more than 0.75m above the water
16. Backstroke start devices may be used.
17. A secondary strobe will be available at this meet.
18. All events will be seeded on submitted times and all heats will be spearheaded. The first three swimmers in each event in each age group will receive awards.
19. Spot prizes will be awarded to randomly selected heat winners. A spot prize heat will be identified prior to the start of the race with a ringing bell. All spot prizes will be awarded at the promoter's discretion.
20. Medals will be awarded to the top three in each age group in each event based on heat performance. Age groups as follows 9, 10, 11, 12, 13, 14, 15, 16 and over
21. Coaches/Team Managers will be allowed on poolside if wearing a pre-purchased pass. Coaches and Team Managers must be club trained personnel and clubs are asked to maintain the recommended ratio of helpers to swimmers. Untrained parents without DBS clearance are not allowed poolside.
22. Over the top starts may be used at the referees' discretion.
23. The promoters do not accept responsibility for any property.
24. For Health and Safety reasons only small rucksack bags will be allowed poolside. Lockers are available (refundable £1 coin required). Pool staff will remove any large obtrusive bags.
25. Limited seating poolside will be available for Coaches and swimmers. No additional seating is permitted.
26. No person will be allowed on poolside without a pass.
27. There will be no glass items allowed on poolside.
28. The promoters reserve the right to refuse admission to any competitor, participant, coach or spectator.
29. By submitting and accepting entries to the meet, consent is hereby given, as required by the Data Protection Act 2018, to the holding of personal information on computer. Personal data handled such as name, club, recorded and entered times may be made public during or after the meet.
30. Charges as follows: Race Entry Fees £6.50 per event, Spectator fees £5.50 per session or £9.00 per day, Coach/Team Manager Passes £15.00 per day (including lunch and a programme), except Friday which is free of charge.

31. In accordance with Swim England Child Safety Procedures and Policies all parents or carers of swimmers under the age of 18 who wish to take photographic, or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms. Should you have any concerns about photography or filming at this event then please bring them to the attention of the Meet Promoter, Tracey Jacob
32. Warm up protocol: Strictly no diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim counter clockwise. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches must manage the lanes their swimmers are using during the warm-up sessions. Guidance will be given by the meet announcer.
33. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations and Swim England Technical Rules of Racing.
34. The overall promoter is Tracey Jacob, however there may be different day promoters for individual sessions.

## Para Swimming Conditions

The conditions outlined above shall apply to all para swimmers except where varied by any of the following conditions.

1. Swimmers with S1- S15 classifications will be accepted.
2. All para swimmers must have an internationally authorised classification.
3. Competitors must be registered members of Swim England.
4. Personal care attendants will be permitted for swimmers in all disability classes.
5. A swimmer may have both a coach and a personal care attendant present.
6. The competition format will be based on disability inclusion within the able-bodied programme. Swimmers will be integrated on a time-banded basis in all events.
7. Positions will be determined by each swimmer's times relative to the world record in their own classification.
8. Para swimmers will be included but not placed within the results for the appropriate age group in the able-bodied competition unless their entry times meet the qualifying times for the able-bodied competition. They will also be included in the multi-class results and placed within those results according to their equivalent times.
9. Winners of all events will be heat declared.
10. Competition to be run under IPC Swimming swim rules.
11. Medals shall be awarded on a multi-class basis to 1st, 2nd and 3rd place in each event.

## Qualifying Times

Qualification times must have been achieved at licensed meets since the 1<sup>st</sup> Jan 2022, converted to 25m pool if necessary. All entry times will automatically be checked against British Rankings for validity. If the meet is oversubscribed your entry may be rejected even if meet the qualifying times. Entries with "No Time" will automatically be rejected. Age group is age at 26<sup>th</sup> March 2023

MEN								
entry times must be slower than or equal to those below								
	9y	10y	11y	12y	13y	14y	15y	16y+
50m Free	00:30.00	00:30.00	00:30.00	00:26.98	00:25.11	00:22.35	00:21.75	00:21.15
100m Free	01:08.50	01:08.50	01:08.50	01:02.00	00:56.50	00:52.15	00:50.59	00:49.15
200m Free	02:31.00	02:31.00	02:31.00	02:18.76	02:08.31	01:58.09	01:54.50	01:51.00
400m Free	N/A	05:25.00	05:25.00	05:00.00	04:40.72	04:22.41	04:10.79	04:03.03
50m Fly	00:33.50	00:33.50	00:33.50	00:28.84	00:28.29	00:25.07	00:23.82	00:22.67
100m Fly	01:23.00	01:23.00	01:23.00	01:12.57	01:06.76	01:00.70	00:57.67	00:55.00
200m Fly	N/A	03:37.00	03:37.00	03:07.00	02:47.00	02:24.00	02:13.00	02:08.00
50m Back	00:33.50	00:33.50	00:33.50	00:30.16	00:29.97	00:26.31	00:25.52	00:24.30
100m Back	01:19.50	01:19.50	01:19.50	01:11.00	01:07.09	01:01.00	00:59.50	00:56.40
200m Back	02:56.50	02:56.50	02:56.50	02:38.80	02:28.00	02:15.99	02:13.00	02:08.41
50m Breaststroke	00:39.00	00:39.00	00:39.00	00:35.55	00:33.92	00:30.10	00:28.90	00:27.75
100m Breaststroke	01:32.00	01:32.00	01:32.00	01:23.64	01:16.50	01:10.82	01:08.15	01:06.50
200m Breaststroke	03:17.00	03:17.00	03:17.00	03:00.00	02:49.13	02:38.54	02:32.41	02:30.00
200m IM	N/A	02:57.51	02:57.51	02:40.81	02:27.10	02:17.10	02:11.28	02:04.47
400m IM	N/A	06:20.00	06:20.00	06:05.00	05:35.00	05:10.51	05:10.51	04:55.00
*times must be listed on the Swim England rankings website and to have been achieved since 1/1/22								
WOMEN								
entry times must be slower than or equal to those below								
	9y	10y	11y	12y	13y	14y	15y	16y+
50m Free	00:30.00	00:30.00	00:30.00	00:27.89	00:26.78	00:24.12	00:23.84	00:23.14
100m Free	01:08.50	01:08.50	01:08.50	01:02.62	00:59.47	00:56.00	00:55.50	00:55.00
200m Free	02:31.00	02:31.00	02:31.00	02:19.87	02:14.91	02:05.17	02:04.96	02:02.00
400m Free	N/A	05:25.00	05:25.00	05:05.38	04:50.62	04:35.13	04:31.93	04:30.00
50m Fly	00:33.50	00:33.50	00:33.50	00:29.72	00:30.37	00:27.03	00:26.75	00:25.91
100m Fly	01:23.00	01:23.00	01:23.00	01:13.50	01:10.88	01:05.50	01:04.87	01:04.25
200m Fly	N/A	03:37.00	03:37.00	03:07.00	02:47.00	02:38.00	02:33.00	02:28.00
50m Back	00:33.50	00:33.50	00:33.50	00:30.75	00:30.99	00:28.15	00:27.75	00:27.50
100m Back	01:19.50	01:19.50	01:19.50	01:11.00	01:08.34	01:04.53	01:04.19	01:04.00
200m Back	02:56.50	02:56.50	02:56.50	02:38.80	02:31.70	02:23.10	02:22.00	02:20.00
50m Breaststroke	00:39.00	00:39.00	00:39.00	00:35.55	00:35.68	00:33.25	00:32.53	00:31.76
100m Breaststroke	01:32.00	01:32.00	01:32.00	01:23.64	01:19.36	01:15.46	01:13.50	01:12.50
200m Breaststroke	03:17.00	03:17.00	03:17.00	03:00.00	02:56.19	02:46.42	02:44.04	02:42.25
200m IM	N/A	02:57.51	02:57.51	02:40.81	02:34.74	02:24.60	02:23.00	02:18.78
400m IM	N/A	06:20.00	06:20.00	06:05.00	05:35.00	05:23.50	05:20.00	05:15.00
*times must be listed on the Swim England rankings website and to have been achieved since 1/1/22								



## Individual Entry Form

**PLEASE NOTE: Entries for more than three swimmers should be made electronically.**

Please Use This link: <https://swim-meet.com/Entry/Cambridge/>

**ENTRY DEADLINE: MIDNIGHT ON 24<sup>th</sup> February 2023**

Please make payment by BACS to the following account:

Account Name: City of Cambridge Swimming Club

Account No.: 03013626

Sort code: 20-17-19

Your payment reference should be "Swimmer Surname/SO23"

## Club Summary Entry Form

Please return this completed form by e-mail to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk).

**ENTRY DEADLINE: MIDNIGHT ON 24<sup>th</sup> February 2023**

Club Name:	
Contact Name:	
Postal Address:	
Email Address:	
Telephone No:	

Entry Details:

		No. of Entries/Passes	Cost
Swimmers	@ £6.50 per event		£
Coach/Team Manager Passes	@ £15 per person per day (except Friday)		£
		TOTAL	£

Please make payment by BACS to the following account:

Account Name: City of Cambridge Swimming Club  
 Account No.: 03013626  
 Sort code: 20-17-19

Your payment reference should be "CLUB NAME/SO23"

Checklist – **By the Closing Date of 24<sup>th</sup> February 2023** please ensure you have e-mailed the following information:

- Club Summary Entry Form (this form)
- Coach/Team Manager Form
- SportSys Entry File
- SportSys Meet Entry Report
- BACS transfer details



## Coach/Team Manager Pass Application Form

Club Name: \_\_\_\_\_

Closing date 24<sup>th</sup> February 2023

	Friday (£ FOC)	Saturday (£15 PER PERSON)	Sunday (£15 PER PERSON)
Full Name:			
Position (e.g. Coach):			
Telephone No:			
Email Address:			
DBS Certificate No.:			
Full Name:			
Position (e.g. Coach):			
Telephone No:			
Email Address:			
DBS Certificate No.:			
Full Name:			
Position (e.g. Coach):			
Telephone No:			
Email Address:			
DBS Certificate No.:			
Full Name:			
Position (e.g. Coach):			
Telephone No:			
Email Address:			
DBS Certificate No.:			
Number of passes @ £15 per person per day (except Friday). Total: £			

The above named person(s) is (are) authorised to hold a pass for this club:

Signed \_\_\_\_\_ Club Representative

Coach/Team Manager Passes will not be available on the day. There will be no access to poolside without a pass. Passes include entry to poolside, programme and meal on Saturday and Sunday. All completed forms to be returned by e-mail to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk).

## Officials Request Form

CoCSC welcome all officials including trainees.

We have an on-line signing up page, you just need your Swim England number:

<https://swim-meet.com/OfficialsSignup/Cambridge/>

Please click on the link above to select the sessions that you can help with.

Add any mentoring requests and we will do our best to accommodate.

We provide lunch and refreshments for those doing more than one session and payment for expenses incurred in travel if you do not have a competing swimmer.

Car parking can be a problem around the pool, but we may have parking spaces allocated locally for officials - this will be advised nearer the time.

Any additional questions please email [officials@cocsc.org.uk](mailto:officials@cocsc.org.uk)