**COPS Sprintastic**

**Sunday 2nd July 2023**

**License Level - 3ER231283**

****

**Regional Fitness & Swimming Centre**

**Bishops Road, Peterborough. PE1 5BW.**

**Short Course (25m)**

**FOR FURTHER DETAILS VISIT:** [**www.copsclub.co.uk**](http://www.copsclub.co.uk)

**MEET PROMOTOR:** Anna Bertou (on behalf of City of Peterborough Swimming Club)

**CONTACT DETAILS:** [Galas@copsclub.co.uk](mailto:Galas@copsclub.co.uk)

**POSTAL ADDRESS:** COPS, Regional Fitness & Swimming Centre, Bishops Road, Peterborough. PE1 5BW.

**Venue:** Regional Fitness and Swimming Centre, Bishops Road, Peterborough. PE1 5BW.

**Affiliation:** City of Peterborough Swimming Club is affiliated to Swim England East Region. The meet will be held under Swim England laws and Regulations and Swim England Technical Rules of racing. The meet is licensed at Level 3 under license number 3ER231283.

**Age-groups:** 9 years, 10-11yrs, 12-13yrs, 14-15yrs & 16yrs & over

**Events:** 50m and 100m of all four strokes and 100m Individual Medley for 10 years and over.

50m of all four strokes and 100m Individual Medley only for 9 years.

There will be finals for the 50m events for 13/u and 14/o allowing the fastest 6 swimmers in these age categories to qualify. All other events will be heat declared winner.

Events will be seeded into heats from submitted times with slowest heats swum first. Heats will be swum in a spearhead formation.

It is the responsibility of swimmers to report to the stewarding area in sufficient time for each event. City of Peterborough SC cannot be held responsible for any swimmer missing the start of their particular heat.

**Awards:** Medals will be awarded for the 1st, 2nd and 3rd place finishes in each event/age-band. Final times will be taken into account along side heat times for the 50m events.

**Entries:** Entry Times must be swum at a Licensed (level 1 – 4) meet and published on British Swimming Rankings. Entries must meet the published minimum qualifying standards and all such entries will be considered. Times need have been achieved from 1st January 2022.

Following the entry deadline, the event promoters will review all entries in accordance with the capacity of the meet permitted at the time, this may result in some swimmers being rejected from the meet despite being inside the qualifying times. Entries will be considered on a first come, first served basis.

**Entries will be accepted from: 8am 20th May 2023**

**The closing date for entries: 6pm 15th June 2023**

City of Peterborough SC reserves the right to close the meet or individual events within the meet earlier than the specified closing date. Details of accepted and rejected entries will be posted on our website at 8am 25th June 2023.

Rejected entries will be refunded. There will be no refunds for withdrawals after the closing date other than withdrawals for medical reasons that are accompanied by the appropriate certification.

Competitors that do not intend to compete in an event must notify their withdrawal from the event by the commencement of warm-up for each session.

The Promoter reserves the right to allow additional entries that are slower than the qualification times if the meet is not full by the closing date for entries.

The submission of entries, either electronically or by entry form indicates acceptance of the Meet Conditions. Entries with long course times (short course conversions will be accepted) should be submitted using the electronic entry file available to download via www.copsclub.co.uk.

Individual entries may also be accepted using the Individual Entry Form also available on our website.

A Start list will be available for printing at 8am on 1st July 2023.

**ENTRY FEES: £6 per event + £1 admin fee per swimmer**

Payment to be in accordance with the instructions on our website. The entry fee includes a levy of 20p per event payable to Swim England East Region. It also includes spectator entry (see below).

**Safeguarding the running of the meet:** All clubs submitting entries are requested to assist in the running of the meet by supplying details of any Licensed officials who are willing to assist at this Gala.

**Poolside passes:** Poolside passes for Coaches are available at a cost of £10 per coach/team manager. Poolside passes include admittance to all sessions, programmes, food/refreshments and results. A free poolside pass will be provided to any club entering 30 swimmers or more or providing licensed officials for both sessions.

**Officials:** Names and contact details for officials should be provided by the person responsible for submitting the entries and forwarded to [admin@copsclub.co.uk](mailto:admin@copsclub.co.uk)

**Parking:** There is limited parking space at the facility. Address: 19 Bishops Road, Peterborough. PE1 5AP. Other parking options will be circulated in advance of the meet.

**Spectators:** There is ample spectator seating at the Regional Fitness and Swimming Centre. Admission for Spectators will cost £5 per session.

**Administration:** For all information regarding this meet, please see www.copsclub.co.uk For queries and submission of electronic entries, individual Entry Forms and application for poolside passes should be sent to: Anna Bertou at [Galas@copsclub.co.uk](mailto:Galas@copsclub.co.uk)

**Health & Safety:** No outdoor shoes to be worn poolside. Swimmers must not leave poolside without wearing clothes and suitable footwear.

**Security:** Persons are requested not to leave belongings unattended. There is plenty of space poolside for bags and kit, however, if you wish to use the facility lockers belongings can be placed in the lockers in the changing area (£1 charge which is refunded on leaving).

**Data Protection:** Entries and results will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required by GDPR, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be available during the meet. Any matter not covered by these conditions or by Swim England laws or technical rules will be at the Promoter’s discretion. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.

**Schedule of events**

**Session One 9.00-9.45am warm up (Est finish 12.50pm)**

F 100m Individual Medley

M 50m Butterfly

F 50m Butterfly

M 100m Backstroke

F 100m Backstroke

M 50m Breaststroke

F 50m Breaststroke

M 100m Freestyle

F 100m Freestyle

5 minute break

Finals

M 50m Butterfly 13/u

M 50m Butterfly 14/o

F 50m Butterfly 13/u

F 50m Butterfly 14/o

M 50m Breaststroke 13/u

M 50m Breaststroke 14/o

F 50m Breaststroke 13/u

F 50m Breaststroke 14/o

**Session Two 1.15-2.00pm warm up (Est finish 5.05pm)**

M 100m Individual Medley

F 50m Backstroke

M 50m Backstroke

F 100m Breaststroke

M 100m Breaststroke

F 50m Freestyle

M 50m Freestyle

F 100m Butterfly

M 100m Butterfly

5 minute break

Finals

F 50m Backstroke 13/u

F 50m Backstroke 14/o

M 50m Backstroke 13/u

M 50m Backstroke 14/o

F 50m Freestyle 13/u

F 50m Freestyle 14/o

M 50m Freestyle 13/u

M 50m Freestyle 14/o

**Qualification Times**

* All swimmers must be register cat 2 members of Swim England
* Category ages are based on age as at Sunday 2nd July 2023
* Entry times can be from short course or long course converted times
* All events will be seeded by submitted times
* A swimmer’s entry time must be recorded in the British ranking system. Entries with incorrect times will be rejected.

**FEMALE QUALIFYING TIMES (Entry times must be slower than)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event | 9 yrs | 10/11yrs | 12/13yrs | 14/15yrs | 16+ |
| 50m Freestyle | 32.00 | 29.00 | 28.00 | 27.00 | 26.00 |
| 100m Freestyle | - | 1.06.00 | 1.03.00 | 59.00 | 57.00 |
| 50m Breaststroke | 43.00 | 39.00 | 36.00 | 33.00 | 32.00 |
| 100m Breaststroke | - | 1.22.0 | 1.18.00 | 1.12.00 | 1.10.00 |
| 50m Fly | 38.00 | 33.00 | 30.00 | 28.00 | 27.50 |
| 100m Fly | - | 1.18.0 | 1.11.00 | 1.04.00 | 1.02.00 |
| 50m Backstroke | 37.00 | 33.00 | 31.00 | 29.00 | 28.00 |
| 100m Backstroke | - | 1.12.00 | 1.07.00 | 1.03.50 | 1.02.00 |
| 100m Individual Medley | 1.20.00 | 1.15.00 | 1.09.00 | 1.04.00 | 1.03.00 |

**MALE QUALIFYING TIMES (Entry times must be slower than)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event | 9 yrs | 10/11yrs | 12/13yrs | 14/15yrs | 16+ |
| 50m Freestyle | 32.00 | 29.00 | 28.00 | 25.00 | 23.90 |
| 100m Freestyle | - | 1.06.00 | 1.00.00 | 54.00 | 52.10 |
| 50m Breaststroke | 43.00 | 39.00 | 36.00 | 29.00 | 28.00 |
| 100m Breaststroke | - | 1.22.00 | 1.15.00 | 1.08.00 | 1.06.00 |
| 50m Fly | 38.00 | 33.00 | 29.00 | 26.00 | 25.00 |
| 100m Fly | - | 1.18.00 | 1.06.00 | 59.00 | 57.00 |
| 50m Backstroke | 37.00 | 32.50 | 30.00 | 27.00 | 25.50 |
| 100m Backstroke | - | 1.11.00 | 1.06.00 | 59.50 | 56.00 |
| 100m Individual Medley | 1.20.00 | 1.14.00 | 1.08.00 | 1.00.00 | 59.00 |

**MANUAL ENTRY FORM**

Entries should be submitted by clubs electronically. This form should be used for individual entries, which will incur a £1 administration fee

|  |  |  |  |
| --- | --- | --- | --- |
| Swimmers Name |  | Date of Birth |  |
| Club |  | Swim England Number |  |
| Email Address |  | Gender | Male / Female |

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Entry Time** | **Event** | **Entry Time** |
| 50m Freestyle |  | 50m Breaststroke |  |
| 100m Freestyle |  | 100m Breaststroke |  |
| 50m Backstroke |  | 50m Butterfly |  |
| 100m Backstroke |  | 100m Butterfly |  |
| 100m Individual Medley |  |  |  |
|  |  | **Total Number of Entries** |  |
|  |  | **Total Entry Fee £7.50 per event + £1 Admin Fee** |  |

Forms should be sent to:

COPS Open Meet

City Of Peterborough Swimming Club.

The Regional Fitness & Swimming Centre,

Bishops Road,

Peterborough.

PE1 5BW.

**OFFICIALS**

This gala can only run if visiting clubs are able to provide officials. We would request that clubs endeavour to provide officials to allow the competition to run efficiently.

Meals are provided for those officials covering both sessions in the day

|  |  |  |
| --- | --- | --- |
| Please tick box for all sessions you are available | | |
| Session 1 | Sunday 2nd July |  |
| Session 2 | Sunday 2nd July |  |

|  |  |
| --- | --- |
| Name |  |
| Address |  |
| Qualification |  |
| SE Registration Number |  |
| Email Address |  |

PLEASE COMPLETE AND RETURN TO Galas@copsclub.co.uk

**Coaches/Team Managers Passes**

Coaches’ passes are available to coaches supporting competing swimmers at a cost of £10. It is recommended that clubs maintain a ratio of 1:10 Coaches to Swimmers.

Coaches passes will only be awarded to those that are DBS Checked.

|  |  |  |  |
| --- | --- | --- | --- |
| Club Name |  | | |
|  | Pass 1 | Pass 2 | Pass 3 |
| Full Name |  |  |  |
| Position at Club |  |  |  |
| Coach/Team Manager |  |  |  |
| SE Number |  |  |  |
| DBS Check Number |  |  |  |