

**COPS DISTANCE MEET**

**2019/20**

**Level 3 No. 3ER**

Sunday 15th December 2019

**Peterborough Regional Pool**

**City of Peterborough Swimming Club**

**DISTANCE Meet 2019**

 **(Licence Number: 3ER- Level 3 Meet)**

Sunday 15th December 2019

Under ASA Laws & Technical Rules: Affiliated to the East Region ASA

|  |  |
| --- | --- |
| Venue: | Peterborough Regional Pool, Bishop Road, Peterborough, PE1 5BW |
| Pool: | 6 Lane, 25m Pool, Electronic Timing |
| Age Groups: | 10-11yrs, 12yrs, 13yrs, 14yrs, 15+yrs |
|  |  |
| Awards: | Awards will be given to the top 3 placed swimmers in each age group, in each |
|  | Individual event.***£10 CASH PRIZE*** for the best turn skills in both events! |
| Events: | Male 1500m FreestyleFemale 800m Freestyle |
| Qualifying Times | Swimmers must be slower than the qualifying times |
| Fees: | Race Entry Fee: £10.00 per event  |
|  | Spectator Entry: £5.00 for adult. £2 for O.A.P or children |
| Entries To: | City of Peterborough Swimming Club. The Regional Fitness & Swimming |
|  | Centre, Bishops Road, Peterborough. PE1 5BW. |
| Promoter: | Mr Nick Pratt |
|  | galas@copsclub.co.uk |
|  |  |
|  |  |
|  |  |
|  |  |  |

**Closing Date for Entries: Received by 6pm on 2nd December 2019**

Meet Rules and Information

1. This competition will be held under ASA Laws and ASA Technical Rules of Swimming and the event is LICENCED by the ASA for entry into County and Regional Championships.
2. Age as at ​**31st December 2019**
3. The events are:

|  |  |  |
| --- | --- | --- |
| 1500m  | Freestyle | 10yrs+ |
| 800m | Freestyle | 10yrs+ |

4. The age groups are: 10-11yrs, 12yrs, 13yrs, 14yrs, 15yrs+

1. All events are heat declared winner. ​
2. “Upper Limit Times” and “Qualifying Times” have been published, and entries outside these times will not be accepted. All entry times should be converted to 25m pool times. Entries will only be accepted from swimmers who are slower than the event cut-off times. No entries will be accepted after the closing date or during the meet unless due to promoters error or omission
3. Overhead starts may be used at the Promoter’s discretion.
4. Awards will be given to the top 3 placed swimmers in each age group, in each individual event. There will be no presentations. Awards can be collected from the award collection point when the results have been announced. Awards will not be sent out after the completion of the event.
5. Heats will be swum with all age groups combined and swimmers seeded by entry times. All heats will be spearheaded.
6. Pool length is 25m (6 lanes) and is equipped with electronic timing and anti-wave lane ropes. All events start and finish at the deep end of the pool
7. The entry fee is £10.00 per event. All paper entries must be on the official form (photocopies accepted) and must include the entrant’s ASA Identity Number together with all entry fees. For electronic entries, please follow information which can be found in a downloadable zip file available from [www.copsclub.co.uk](http://www.copsclub.co.uk/)​ Cheques payable to City of Peterborough SC please, or bank transfer available upon request..
8. Entries will be on a first come, first served basis with the final date for receipt of entries being Sunday 2nd December 2019. Once each event is fully subscribed, any further entries received for those events will be rejected. Confirmation of any entry will be posted on [​www.copsclub.co.uk](http://www.copsclub.co.uk/)​.
9. No refunds will be given for cancellation of accepted entries.
10. The confirmation of entry will be posted on the Club’s website ([​www.copsclub.co.uk](http://www.copsclub.co.uk/)​). ​**Please check this for** **accuracy and contact the promoter if any alterations need to be made.**
11. Competitors that do not intend to compete in an event must notify their withdrawal from the event by the commencement of the warm-up.
12. Competitors must report to the Competitor’s Stewards when their event or heat is called. Any competitor not reporting on time for their event may be excluded from that event
13. Competitors will only be allowed poolside for the session in which they are competing and will only be allowed in the spectators area if wearing appropriate clothing and footwear.
14. Coaches’ passes are available to coaches supporting competing swimmers at a cost of £12. It is recommended that clubs maintain a ratio of 1:10 Coach to Swimmer
15. The Coaches’ passes include a programme and refreshments. No person will be allowed on poolside without a pass. Only competing swimmers and officials will be allowed in the area behind the starting blocks at the deep end of the pool during the event.
16. Results sheets will be posted on poolside and the spectators area on the day and will be available to download from [www.copsclub.co.uk](http://www.copsclub.co.uk/)​after the event
17. The City of Peterborough Swimming Club, Peterborough City Council or Vivacity shall not be held responsible for loss or damage to spectators’ or competitors’ property. Competitors are advised to use the lockers in the changing rooms and not to leave belongings unattended.
18. For Health and Safety reasons only small rucksack bags will be allowed poolside. Lockers are available
19. There will be no glass items allowed on poolside
20. The promoters reserve the right to refuse admission to any competitor, participant, coach or spectator
21. City of Peterborough Swimming Club uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, 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
22. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and report any issues immediately to a member of pool staff or to the Meet Promoter.
23. Warm Up protocol: Strictly no diving during any warm-up session, except in the designated sprint lanes. Odd lanes will swim clockwise (1,3,5), even lanes will swim counter clockwise (2,4,6). All swimmers must leave the water by the side of the pool and not over the timing pads.
24. Any ​matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing.

Programme of events and running order

Session One – Warm up 5.30pm for 1500m Fr, Start at 6.00pm. Warm up for 800m Fr 7.15pm, Start 7.30pm

Event 1 Male 1500m Freestyle

Event 2 Female 800m Freestyle

**Qualifying Times**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Male**  |  |  |  |  |  |
| **1500m FR** | **10-11yrs** | **12yrs** | **13yrs** | **14yrs** | **15yrs+** |
| **QT** | 28:00.0 | 26:00:00 | 23:00:00 | 21:00:00 | 20:00:00 |
| **ULT** | 19:10.0 | 18:00:00 | 17:30:00 | 16:55:00 | 15:45:00 |
|  |  |  |  |  |  |
| **Female**  |  |  |  |  |  |
| **800m FR** | **10-11yrs** | **12yrs** | **13yrs** | **14yrs** | **15yrs+** |
| **QT** | 15:00.0 | 13:00:00 | 12:30:00 | 11:50:00 | 11:20:00 |
| **ULT** | 09:45.0 | 09:30:00 | 09:15:00 | 09:00:00 | 08:45:00 |

QT: Qualifying time (must be faster than)

ULT: Upper limit time (must be slower than)

MANUAL ENTRY FORM - COPS DISTANCE MEET 2019

Entries should be submitted by clubs electronically. This form should be used for individual entries only.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Swimmers Name |  |  | Date of Birth |  |  |  |
|  |  |  |  |  |  |  |  |
| Club |  |  |  | ASA Number |  |  |  |
|  |  |  |  |  |  |  |
| Email Address |  |  | Gender |  | Male / Female |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| **Event** |  |  | **Entry Time** | **Event** |  |  |  | **Entry Time** |
|  |  |  |  |  |
| Male 1500m Freestyle |  | Female 800m Freestyle |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  | Total Number of Entries |  |
|  |  |  |  |  |
|  |  |  | Total Entry Fee £10 per event  |  |
|  |  |  |  |  |  |  |
| Forms should be sent to : |  |  |  |  |  |  |
|  |  |  | COPS Winter Meet Co-ordinator, |
|  |  |  | 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. Clubs entering 6 or more swimmers are expected to provide officials across all the session.



Name

Address

Qualification

ASA 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 £12. 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

ASA Number

DBS Check Number