**City of Peterborough Swimming Club**

**COPS Summer Sprintastic Meet**

**(Licence Number : 3ER200748 Level 3 Meet)**

Sunday 12th July 2020

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: All other events – 9/10yrs, 11/12yrs, 11/12yrs, 13/14yrs, 15+yrs

Awards: Awards will be given to the top 3 placed swimmers in each age group, in each individual event.

Cash awards for 1st/2nd/3rd in Senior Final. Awards for Junior Final.

Events: 50m - All 4 Strokes

100m Individual Medley

SKINS based and qualifying on entry from the 100m IM only

25m Freestyle CASH SPLASH Challenge

Qualifying Times Swimmers must be slower than the qualifying times

Fees: Race Entry Fee: £6.00 per event (£1 admin fee per swimmer)

OR, £30.00 if you enter ALL events (Four 50’s, plus the 100m IM) and receive free entry in to the 25m FR CASH SPLASH race (Plus £1 admin fee per swimmer)

Spectator Entry: TBC

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](mailto:galas@copsclub.co.uk)

**Closing Date for Entries: Received by 6pm on 18th June 2020**

Meet Rules and Information

1. This competition will be held under Swim England Laws and Swim England Technical Rules of Swimming and the event is LICENCED by the Swim England for entry into County and Regional Championships.

2. Age as at **12th July 2020**

3. The events are: 50m EVENTS Butterfly, Backstroke, Breaststroke, Freestyle

100m Individual Medley

25m Freestyle CASH SPLASH! Entry only via full entry of the 5 main events

Medley SKINS Selected by the fastest 6 qualifiers in the 100m IM

4. The age groups are: All events 9/10yrs, 11/12yrs, 13/14yrs, 15+yrs

5. All events are heat declared winner. Finals will be held as Female 13 & Under and 14 & Over and Male 14 & under and 15 & Over for all 50m Events. The fastest 6 swimmers within the age range will be invited to swim in the finals. Skins will be 13yrs and Under, and 14yrs and Over, with the top 6 swimmers from the 100IM

6. Finalists will be published shortly after the heats have been completed and will be announced together with the heat results. A competitor must notify the promoter of their intention to swim within 10 minutes of the publication of results, otherwise their final place may be offered to a reserve finalist. A competitor is expected to swim in the final, unless there are medical or other exceptional circumstances notified to the promoter.

7. 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.

8. Heats will be swum with all age groups combined and swimmers seeded by entry times. All heats will be spearheaded.

9. 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. The start will be on a buzzer with a single strobe for all events.

10. 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

11. The entry fee is £6.00 per event plus £1 admin fee per swimmer. All swimmers entering all 5 events (Four 50m events, plus the 100m IM) will be automatically entered in to the 25m Fr BIG SPLASH event. You can opt out in the entry form. 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.

12. There will be no refunds for withdrawals after the closing date other than withdrawals for medical reasons that are accompanied by the appropriate certification. Any refunds will exclude the entry admin fee.

13. Entries will be on a first come, first served basis with the final date for receipt of entries being Saturday 15th June 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/)

14. 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.**

15. 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.

16. 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

17. 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.

18. Coaches’ passes are available to coaches supporting competing swimmers at a cost of £20. It is recommended that clubs maintain a ratio of 1:10 Coach to Swimmer

19. The passes include a programme and food on Saturday & Sunday. 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.

20. 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 after the event](http://www.copsclub.co.uk/)

21. 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.

22. For Health and Safety reasons only small rucksack bags will be allowed poolside. Lockers are available

23. There will be no glass items allowed on poolside

24. The promoters reserve the right to refuse admission to any competitor, participant, coach or spectator

25. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you.  Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018.  Consent to process such personal data is deemed to have been given by the submission of the entry. 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.

26. 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.

27. 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.

28. 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.

**Program of Events and Running Order**

|  |  |  |  |
| --- | --- | --- | --- |
| **Session 1 – Warm Up 09:30** | | | |
| Male | 100m | Individual Medley |  |
| Female | 100m | Individual Medley |  |
| Male | 50m | Butterfly |  |
| Female | 50m | Butterfly |  |
| Male | 50m | Backstroke |  |
| Female | 50m | Backstroke |  |
| **15 mins break** | | | |
| Male | 50m | Butterfly | Junior/Senior Finals |
| Female | 50m | Butterfly | Junior/Senior Finals |
| Male | 50m | Backstroke | Junior/Senior Finals |
| Female | 50m | Backstroke | Junior/Senior Finals |
| Male |  | Skins | 13 & Under / 14 & Over |
| Female |  | Skins | 13 & Under / 14 & Over |

|  |  |  |  |
| --- | --- | --- | --- |
| **Session 2 – Warm Up TBC** | | | |
| Male | 25m | Freestyle (Splash for Cash) | HDW |
| Female | 25m | Freestyle (Splash for Cash) | HDW |
| Male | 50m | Breaststroke |  |
| Female | 50m | Breaststroke |  |
| Male | 50m | Freestyle |  |
| Female | 50m | Freestyle |  |
| **15 mins break** | | | |
| Male | 50m | Breaststroke | Junior/Senior Finals |
| Female | 50m | Breaststroke | Junior/Senior Finals |
| Male | 50m | Freestyle | Junior/Senior Finals |
| Female | 50m | Freestyle | Junior/Senior Finals |

Qualifying Times

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **FEMALE** |  | **Must be slower than** | | | | |
| **Event** |  | **9yrs** | **10yrs** | **11/12yrs** | **13/14yrs** | **15yrs+** |
| 50m Freestyle | Slower | 28.38 | 28.38 | 28.38 | 26.48 | 25.21 |
| 50m Breaststroke | Slower | 37.23 | 37.23 | 36.02 | 33.94 | 30.52 |
| 50m Butterfly | Slower | 31.99 | 31.99 | 31.11 | 29.21 | 27.03 |
| 50m Backstroke | Slower | 32.49 | 32.49 | 32.01 | 29.56 | 27.07 |
| 100m Individual Medley | Slower | n/a | 1.23.00 | 1.08.00 | 1.05.00 | 1.02.00 |
|  |  |  |  |  |  |  |
| **MALE** |  | **Must be slower than** | | | | |
| **Event** |  | **9yrs** | **10yrs** | **11/12yrs** | **13/14yrs** | **15yrs+** |
| 50m Freestyle | Slower | 28.38 | 28.38 | 27.02 | 25.06 | 23.05 |
| 50m Breaststroke | Slower | 37.23 | 37.23 | 34.22 | 31.55 | 28.05 |
| 50m Butterfly | Slower | 31.99 | 31.99 | 30.02 | 27.88 | 24.98 |
| 50m Backstroke | Slower | 32.49 | 32.49 | 30.92 | 28.22 | 25.51 |
| 100m Individual Medley | Slower | n/a | 1.21.00 | 1.07.55 | 1.02.35 | 57.53 |

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 ASA Number

Email Address Gender Male / Female

|  |  |  |
| --- | --- | --- |
| **EVENT** | **Entry Time** | |
| 50m Freestyle |  | |
| 50m Breaststroke |  | |
| 50m Butterfly |  | |
| 50m Backstroke |  | |
| 100m Individual Medley |  | |
|  | | |
| Total number of events entered |  | |
| Total amount payment @ £6 per event + 1 admin fee per swimmer |  | |
|  |  |  |
| 25m Freestyle Cash splash! | **Yes** | **No** |
| Do you wish to enter? Please tick yes or no |  |  |
| You can only enter the cash splash if you enter all 5 events above |  |  |

Forms should be sent to:

COPS Summer Sprintastic Co-ordinator, City Of Peterborough Swimming Club.

The Regional Fitness & Swimming Centre, Bishops Road,

Peterborough. PE1 5BW.

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 12th July

Session 2 Sunday 12th July (PM)

Name Address Qualification

ASA Registration Number

Email Address

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

Coaches’ passes are available to coaches supporting competing swimmers at a cost of £20. 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