

**City of Peterborough Swimming Club**

**COPS Last Chance Regional Qualifier**

**(Licence Number : 3ER180754- Level 3 Meet)**

Friday 13th to Sunday 15th April 2018

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

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| --- | --- |
| Venue: | Peterborough Regional Pool, Bishop Road, Peterborough, PE1 5BW |
| Pool: | 6 Lane, 25m Pool, Electronic Timing |
| Age Groups: | 100m events - 10yrs, 11/12yrs, 13/14yrs, 15/16yrs 17+yrsAll other events - 10yrs & under, 11/12yrs, 11/12yrs, 13/14yrs, 15/16yrs 17+yrs |
| Awards: | Awards will be given to the top 3 placed swimmers in each age group, in each individual event. |
| Events: | 50m - All 4 Strokes100m - All 4 Strokes200m - All 4 Strokes & Individual Medley400m - Freestyle & Individual Medley |
| Qualifying Times | Swimmers must be slower than the qualifying times |
| Fees: | Race Entry Fee: £5.00 per event (£1 admin fee)Spectator Entry: TBC |
| Entries To: | City of Peterborough Swimming Club. The Regional Fitness & Swimming Centre, Bishops Road, Peterborough. PE1 5BW. |
| Promoter: | Mr Nick Prattgalas@copsclub.co.uk |

**Closing Date for Entries: Received by 6pm on 17th March 2018**

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 **15th April 2018**
3. The events are:

|  |  |  |
| --- | --- | --- |
| 50m | All 4 Strokes | All Age Groups |
| 100m | All 4 Strokes | 10yrs and over |
| 200m | All 4 Strokes | All Age Groups |
| 200m | Individual Medley | All Age Groups |
| 400m | Freestyle | All Age Groups |
| 400m | Individual Medley | All Age Groups |

1. The age groups are:

|  |  |
| --- | --- |
| 100m events | 10yrs, 11/12yrs, 13/14yrs, 15/16yrs 17+yrs |
| All other events | 10yrs & Under, 11/12yrs, 13/14yrs, 15/16yrs 17+yrs |

1. All events are heat declared winner
2. 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.
3. In addition to the individual awards, there will be a Top Visiting Club Award and an Overall Top Boy and Top Girl Awards, calculated by means of a FINA points scoring system
4. Heats will be swum with all age groups combined and swimmers seeded by entry times. All heats will be spearheaded.
5. 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
6. 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
7. The entry fee is £5.00 per event plus £1 admin fee per swimmer. 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.
8. 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.
9. Entries will be on a first come, first served basis with the final date for receipt of entries being Saturday 17th March 2018. 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). .
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 warm-up for each session.
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 £30. It is recommended that clubs maintain a ratio of 1:10 Coach to Swimmer
15. 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.
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

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| --- | --- | --- |
| DAY ONE – FRIDAY(13 April 2018)Warm Up 18:30 | DAY TWO - SATURDAY(14th April 2018)Warm Up 09:30 | DAY THREE - SUNDAY(15th April 2018)Warm Up 09:30 |
| Evening | Morning | Morning |
| M 400m FreestyleW 400m FreestyleM 200m BreaststrokeW 200m Breaststroke | M 400m Individual MedleyF 100m FreestyleM 100m FreestyleF 50m BackstrokeM 50m BackstrokeF 200m ButterflyM 200m Butterfly | F 400m Individual MedleyM 100m ButterflyF 100m ButterflyM 50m BreaststrokeF 50m BreaststrokeM 200m FreestyleF 200m Freestyle |
| Afternoon | Afternoon |
| M 100m BreaststrokeF 100m BreaststrokeM 200m BackstrokeF 200m BackstrokeM 50m ButterflyF 50m Butterfly | F 100m BackstrokeM 100m BackstrokeF 200m Individual MedleyM 200m Individual MedleyF 50m FreestyleM 50m Freestyle |

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# Qualifying Times

**FEMALE QUALIFYING TIMES        *Entry Times to be slower than***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Event |  | 9 | 10 | 11/12 | 13/14 | 15+ |
| 50m Freestyle | Slower | 28.38 | 28.38 | 28,38 | 26.48 | 26.21 |
| 100m Freestyle | Slower |  | 1.03.60 | 1.02.60 | 58.10 | 57.23 |
| 200m Freestyle | Slower | 2.20.20 | 2.20.20 | 2.18.20 | 2.08.96 | 2.05.18 |
| 400m Freestyle | Slower | 4.58.00 | 4.58.00 | 4.53.00 | 4.32.76 | 4.19.93 |
| 50m Breaststroke | Slower | 37.23 | 37.23 | 37,23 | 33.94 | 31.52 |
| 100m Breaststroke | Slower |  | 1.23.48 | 1.20.48 | 1.16.96 | 1.15.69 |
| 200m Breaststroke | Slower | 3.01.41 | 3.01.41 | 2.59.41 | 2.40.99 | 2.32.58 |
| 50m Fly | Slower | 31.99 | 31.99 | 31.99 | 29.21 | 28.03 |
| 100m Fly | Slower |  | 1.15.35 | 1.11.35 | 1.05.53 | 1.01.89 |
| 200m Fly | Slower | 2.57.59 | 2.57.59 | 2.45.59 | 2.26.14 | 2.16.15 |
| 50m Backstroke | Slower | 32.49 | 32.49 | 32.49 | 29.56 | 28.07 |
| 100m Backstroke | Slower |  | 1.11.67 | 1.10.67 | 1.04.75 | 1.01.87 |
| 200m Backstroke | Slower | 2.35.01 | 2.35.01 | 2.30.01 | 2.20.66 | 2.13.43 |
| 200m Individual Medley | Slower | 2.38.10 | 2.38.10 | 2.33.10 | 2.20.68 | 2.15.59 |
| 400m Individual Medley | Slower | 5.46.00 | 5.46.00 | 5.30.00 | 5.05.58 | 4.48.47 |

**MALE QUALIFYING TIMES         *Entry Times to be slower than***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Event |  | 9 | 10 | 11/12 | 13/14 | 15+ |
| 50m Freestyle | Slower | 28.38 | 28.38 | 27.38 | 24.98 | 24.21 |
| 100m Freestyle | Slower |   | 1.03.60 | 1.02.60 | 57.1 | 54.23 |
| 200m Freestyle | Slower | 2.20.20 | 2.20.20 | 2.16.00 | 2.04.96 | 1.55.00 |
| 400m Freestyle | Slower | 4.58.00 | 4.58.00 | 4.48.00 | 4.27.76 | 4.08.93 |
| 50m Breaststroke | Slower | 37.23 | 37.23 | 36.23 | 32.52 | 29.00 |
| 100m Breaststroke | Slower |   | 1.23.48 | 1.18.48 | 1.10.96 | 1.05.69 |
| 200m Breaststroke | Slower | 3.01.41 | 3.01.41 | 2.54.41 | 2.37.99 | 2.26.58 |
| 50m Fly | Slower | 31.99 | 31.99 | 30.99 | 27.71 | 26.50 |
| 100m Fly | Slower |   | 1.15.35 | 1.11.35 | 1.01.50 | 57.00 |
| 200m Fly | Slower | 2.57.59 | 2.57.59 | 2.48.59 | 2.15.14 | 2.05.15 |
| 50m Backstroke | Slower | 32.49 | 32.49 | 31.49 | 28.50 | 26.50 |
| 100m Backstroke | Slower |   | 1.11.67 | 1.08.67 | 1.02.75 | 57.87 |
| 200m Backstroke | Slower | 2.35.01 | 2.35.01 | 2.28.01 | 2.16.66 | 2.03.43 |
| 200m Individual Medley | Slower | 2.38.10 | 2.38.10 | 2.32.10 | 2.20.68 | 2.06.59 |
| 400m Individual Medley | Slower | 5.46.00 | 5.46.00 | 5.30.00 | 4.58.58 | 4.39.47 |

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** | **Event** | **Entry Time** |
| 50m Freestyle |  | 50m Breaststroke |  |
| 100m Freestyle |  | 100m Breaststroke |  |
| 200m Freestyle |  | 200m Breaststroke |  |
| 400m Freestyle |  | 50m Butterfly |  |
| 50m Backstroke |  | 100m Butterfly |  |
| 100m Backstroke |  | 200m Butterfly |  |
| 200m Backstroke |  | 200m Individual Medley |  |
|  |  | 400m Individual Medley |  |
|  |  |  |  |
| Total Number of Entries |  |
| Total Entry Fee £5 per event + £1 Admin Fee |  |

Forms should be sent to:

Last Chance Regional Qualifier 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. 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

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| Please tick box for all sessions you are available |
| Session 1 | Friday 13th April |  |
| Session 2 | Saturday 14th April (AM) |  |
| Session 3 | Saturday 14th April (PM) |  |
| Session 4 | Sunday 15th April (AM) |  |
| Session 5 | Sunday 15th April (PM) |  |

|  |  |
| --- | --- |
| 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 £30. 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 |  |  |  |