

**7 – 8 JULY 2018**

**REGIONAL POOL, PETERBOROUGH**

**SUMMER**

**SPRINTASTIC**

**2018**



**City of Peterborough Swimming Club**

**COPS Summer Sprintastic Meet**

**(Licence Number : 3ER181166 Level 3 Meet)**

Saturday 7th / Sunday 8th July 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+yrs  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 Open Final. |
| Events: | 50m - All 4 Strokes  100m - All 4 Strokes & Individual Medley  200m - All 4 Strokes & 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 Pratt  [galas@copsclub.co.uk](mailto:galas@copsclub.co.uk) |

**Closing Date for Entries: Received by 6pm on 16th June 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 **8th July 2018**
3. The events are:

|  |  |  |
| --- | --- | --- |
| 50m | All 4 Strokes | All Age Groups |
| 100m | All 4 Strokes + IM | 10yrs and over |
| 200m | All 4 Strokes + IM | All Age Groups |

1. The age groups are:

|  |  |
| --- | --- |
| 100m events | 10yrs, 11/12yrs, 13/14yrs, 15+yrs |
| All other events | 9/10yrs, 11/12yrs, 13/14yrs, 15+yrs |

1. All events are heat declared winner. Finals will be held as 13 & Under and 14 & Over for all 50m Events.   The fastest 6 swimmers within the age range will be invited to swim in the finals.
2. 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.
3. 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.
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 16th June 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 £25. 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

|  |  |
| --- | --- |
| DAY ONE - SATURDAY  (7th July 2018)  Warm Up 14:00 | DAY TWO - SUNDAY  (8th July 2018)  Warm Up 11:00 |
| Afternoon | Morning |
| 200m Freestyle  50m Butterfly  100m Backstroke  100m Individual Medley  50m Butterfly FINALS | 200m Individual Medley  50m Backstroke  100m Breaststroke  200m Butterfly  50m Backstroke FINALS |
| Evening  Warm Up TBC | Afternoon  Warm Up TBC |
| 200m Backstroke  50m Breaststroke  100m Freestyle  50m Breaststroke FINALS | 200m Breaststroke  50m Freestyle  100m Butterfly  50m Freestyle FINALS |

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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 | 25.21 |
| 100m Freestyle | Slower |  | 1.03.60 | 1.02.60 | 58.10 | 56.23 |
| 200m Freestyle | Slower | 2.20.20 | 2.20.20 | 2.18.20 | 2.08.96 | 2.04.18 |
| 50m Breaststroke | Slower | 37.23 | 37.23 | 37,23 | 33.94 | 30.52 |
| 100m Breaststroke | Slower |  | 1.23.48 | 1.20.48 | 1.16.96 | 1.08.69 |
| 200m Breaststroke | Slower | 3.01.41 | 3.01.41 | 2.59.41 | 2.40.99 | 2.28.58 |
| 50m Fly | Slower | 31.99 | 31.99 | 31.99 | 29.21 | 27.03 |
| 100m Fly | Slower |  | 1.15.35 | 1.11.35 | 1.05.53 | 1.00.89 |
| 200m Fly | Slower | 2.57.59 | 2.57.59 | 2.45.59 | 2.26.14 | 2.12.15 |
| 50m Backstroke | Slower | 32.49 | 32.49 | 32.49 | 29.56 | 27.07 |
| 100m Backstroke | Slower |  | 1.11.67 | 1.10.67 | 1.04.75 | 1.00.87 |
| 200m Backstroke | Slower | 2.35.01 | 2.35.01 | 2.30.01 | 2.20.66 | 2.10.43 |
| 100m Individual Medley | Slower |  | 1.25.00 | 1.08.00 | 1.05.00 | 1.02.00 |
| 200m Individual Medley | Slower | 2.38.10 | 2.38.10 | 2.33.10 | 2.20.68 | 2.12.59 |

**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 | 23.21 |
| 100m Freestyle | Slower |  | 1.03.60 | 1.02.60 | 57.10 | 51.23 |
| 200m Freestyle | Slower | 2.20.20 | 2.20.20 | 2.16.00 | 2.04.96 | 1.51.00 |
| 50m Breaststroke | Slower | 37.23 | 37.23 | 36.23 | 32.52 | 28.50 |
| 100m Breaststroke | Slower |  | 1.23.48 | 1.18.48 | 1.10.96 | 1.03.69 |
| 200m Breaststroke | Slower | 3.01.41 | 3.01.41 | 2.54.41 | 2.37.99 | 2.18.58 |
| 50m Fly | Slower | 31.99 | 31.99 | 30.99 | 27.71 | 24.50 |
| 100m Fly | Slower |  | 1.15.35 | 1.11.35 | 1.01.50 | 54.89 |
| 200m Fly | Slower | 2.57.59 | 2.57.59 | 2.48.59 | 2.15.14 | 2.00.15 |
| 50m Backstroke | Slower | 32.49 | 32.49 | 31.49 | 28.50 | 25.50 |
| 100m Backstroke | Slower |  | 1.11.67 | 1.08.67 | 1.02.75 | 54.87 |
| 200m Backstroke | Slower | 2.35.01 | 2.35.01 | 2.28.01 | 2.16.66 | 1.57.43 |
| 100m Individual Medley | Slower |  | 1.25.00 | 1.06.00 | 1.02.00 | 58.50 |
| 200m Individual Medley | Slower | 2.38.10 | 2.38.10 | 2.32.10 | 2.20.68 | 2.02.59 |

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 |  |
| 50m Backstroke |  | 50m Butterfly |  |
| 100m Backstroke |  | 100m Butterfly |  |
| 200m Backstroke |  | 200m Butterfly |  |
|  |  | 100m Individual Medley |  |
|  |  | 200m Individual Medley |  |
|  |  |  |  |
| Total Number of Entries | | |  |
| Total Entry Fee £5 per event + £1 Admin Fee | | |  |

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.

**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 | Saturday 7th July (PM) |  |
| Session 2 | Saturday 7th July (Evening) |  |
| Session 3 | Sunday 8th July (AM) |  |
| Session 4 | Sunday 8th July (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 £25. 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 |  |  |  |