



# LAST CHANGE

AGE GROUP REGIONAL QUALIFIER

**12 - 14 APRIL 2019**  
REGIONAL POOL, PETERBOROUGH.

#COPSSWIMFAST  
[WWW.COPSClub.CO.UK](http://WWW.COPSClub.CO.UK)

**City of Peterborough Swimming Club**  
**COPS Last Chance Age Group Regional Qualifier**  
**(Licence Number : 3ERxxxxxx- Level 3 Meet)**

Friday 12th to Sunday 14th April 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:	100m events - 10yrs, 11/12yrs, 13/14yrs, 15/16yrs 17+yrs All other events - 9yrs, 10yrs, 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 Strokes 100m - All 4 Strokes 200m - All 4 Strokes & Individual Medley 400m - 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 Pratt <a href="mailto:galas@copsclub.co.uk">galas@copsclub.co.uk</a>

**Closing Date for Entries: Received by 6pm on 16<sup>th</sup> March 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 **14th April 2019**
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

4. The age groups are:

100m events	10yrs, 11/12yrs, 13/14yrs, 15/16yrs 17+yrs
All other events	9yrs, 10yrs, 11/12yrs, 13/14yrs, 15/16yrs 17+yrs

5. All events are heat declared winner
6. 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.
7. 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
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
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 £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.
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 16th March 2019. Once each event is fully subscribed, any further entries received for those events will be rejected.
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 £25. 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](http://www.copsclub.co.uk) after the event
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. 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
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.

## Programme of events and running order

<b>DAY ONE – FRIDAY</b> (12 April 2019) Warm Up 18:30	<b>DAY TWO - SATURDAY</b> (13 <sup>th</sup> April 2019) Warm Up 09:30	<b>DAY THREE - SUNDAY</b> (14 <sup>th</sup> April 2019) Warm Up 09:30
Evening	Morning	Morning
M 400m Freestyle W 400m Freestyle M 200m Breaststroke W 200m Breaststroke	M 400m Individual Medley F 100m Freestyle M 100m Freestyle F 50m Backstroke M 50m Backstroke F 200m Butterfly M 200m Butterfly	F 400m Individual Medley M 100m Butterfly F 100m Butterfly M 50m Breaststroke F 50m Breaststroke M 200m Freestyle F 200m Freestyle
	Afternoon	Afternoon
	M 100m Breaststroke F 100m Breaststroke M 200m Backstroke F 200m Backstroke M 50m Butterfly F 50m Butterfly	F 100m Backstroke M 100m Backstroke F 200m Individual Medley M 200m Individual Medley F 50m Freestyle M 50m Freestyle

# 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	27.38	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	36.23	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	30.99	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	31.49	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 Age Group 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

Please tick box for all sessions you are available		
Session 1	Friday 12 <sup>th</sup> April	
Session 2	Saturday 13 <sup>th</sup> April (AM)	
Session 3	Saturday 13 <sup>th</sup> April (PM)	
Session 4	Sunday 14 <sup>th</sup> April (AM)	
Session 5	Sunday 14 <sup>th</sup> 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 £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			