



# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

## Promoters Conditions

### General

1. The promoter is 'Nova Centurion Swimming Club'
2. The meet will be held under the relevant Swim England/FINA/IPC Laws and Technical Rules of Swimming.
3. The competition is open to Swim England or other National Swimming Association registered swimmers only.

### Entries

- 1) All meet information can be downloaded via the website [www.novacenturion.co.uk](http://www.novacenturion.co.uk)
- 2) **Age as at 31<sup>st</sup> December 2023**
- 3) Entry times must meet the published qualifying standards and verified against **GB Ranking from the 1<sup>st</sup> January 2022**. Times are long course 50m pool, conversions allowed. Warm up will be available before the start of each session and during the 10-minute mid-session breaks.
- 4) **The closing date is midnight Sunday 19<sup>th</sup> February 2023.**
- 5) *Should the meet be oversubscribed, every effort will be made to minimize the number of rejections, whilst ensuring the meet remains balanced across all events/age-groups and fits within the available daily swim time. This is likely to be done by applying a maximum number of full heats to oversubscribed events and then raising the relevant meet qualifying times as necessary to achieve this. The Promoter reserves the right to adapt or change this method if necessary. Refunds will be made for rejected entries only.*
- 6) The preferred method of entry is using **SPORTSYSTEMS Entry Manager**. When using Entry Manager, the completed entry file is submitted by email and payment made by BACS.
- 7) Where a number of swimmers are entering from one club it is requested that one person coordinate the entries and submits one entry file.
- 8) Individual manual entries may be submitted by email.
- 9) The entry fee for events 50m/100m/200m & 400m is **£8.00** per swim using Entry Manager or **£8.50** per swim for a manual entry. The 800m & 1500m Freestyle is **£12.00** per swim using Entry Manager or **£12.50** per swim for a manual entry.
- 11) Individual entry forms are not required to be submitted however an entry form has been included in the entry pack for clubs to facilitate collection of swimmers' details.
- 12) Entries are welcome from Para-Swimmers who are of sufficient standard to swim in a 50m pool. Entry times must be submitted for the purposes of seeding, but the times do not need to meet any qualifying standards. Para Swimmers swim inclusive within the able bodied programme and seeded on their entry time. The decision to accept such entries will be at the discretion of the promoter.
- 13) Notification of accepted entries shall be via a list on the website. Day of meet information, confirmation of session times and withdrawal procedures will also be available on the website as soon as possible after the closing date. There will be no other communication of these matters.
- 14) Refunds will only be considered for withdrawals prior to the closing date.
- 15) The promoter reserves the right to return any entry not fulfilling the above requirements.





# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

## Events and Age Groups

16) Events are 50m, 100m & 200m all strokes, 200IM, 400IM and 400m, 800m & 1500m Freestyle.

17) The Mixed 800m & 1500m events shall be **restricted to the fastest 24 swimmers**

(3 heats mixed), with **3 reserves**.

If all 3 reserves are used the heats will operate with empty lanes.

18) All events are open to swimmers 10yrs/over

19) Events are heat declared winners except for 100m events and 200IM which have finals for Junior 14/under & Senior 15/over.





# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

## Awards

- 19) Awards will be presented to the following:
  - a) The top 3 placed swimmers in each age group in HDW events.
  - b) The top 3 placed swimmers in 14/under & 15/over in each event with Finals.
  - c) Para-Swimmers awards will be to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places based on multi-classification using Para-Swimming Points in an open age group, for less than 4 swimmers in any one event the -1 rule will be applied i.e., for 3 swimmers 1<sup>st</sup> & 2<sup>nd</sup> place are awarded, for 2 swimmers only 1<sup>st</sup> place is awarded. Should there only be one swimmer then an award will be made if the swimmer has improved on their entry time.
  - d) The top visiting team using standard points scoring (1st = 8 points, 2nd = 7 points down to 8th = 1 point) on HDW events or finals as appropriate.
  
- 20) Full details of the awards will be announced on the day of meet and published in the meet programme.

## The Competition

- 21) Heats that culminate in a final shall be spearheaded; the last 3 heats being cyclically seeded. All heats of a heat declared winner event shall be spearheaded.
- 22) The names of the finalists and up to 2 reserves shall be published as soon as practical following completion of the event.
- 23) Finalists and reserves who do not wish to swim the final must withdraw within 30mins of the publication of the event result.
- 24) All finalists and reserves must report to the competitor stewards for the final unless they have withdrawn. Reserves may be allowed to swim if a finalist does not show and has failed to withdraw.
- 25) If a reserve is brought in at short notice, then the reserve shall occupy the vacant lane and there shall be no change to the allocations of the other lanes.
- 26) It is the swimmers' responsibility to report to the Competitors' Stewards when their event is called, races will not wait for missing swimmers.
- 27) Over the top/side by side starts may be used at any time at the discretion of the lead referee.
- 28) A secondary stroke will be provided where it is requested by the athlete at the time of entry.

## Withdrawals

- 28) If a swimmer is unable to swim or simply wishes to withdraw then it is important to notify the recorders. This is to ensure the smooth running of the meet by minimising empty lanes.
  
- 29) Known withdrawals prior to the meet should be notified immediately by email and on the day of meet by one of the following options:
  - a) To the recorders at the venue, no later than one hour prior to the start of the session.
  - b) By email to: [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk)





# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

- 30) All other matters regarding the administration and running of this meet shall be decided by the promoter.

## Covid-19 Regulations & Waiver

- 1) An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. By attending or participating in this competition, you voluntarily assume all risks associated with exposure to covid-19 and forever release and hold harmless all associated officers of Nova Centurion Swimming Club, and Nottinghamshire Amateur Swimming Association.
- 2) No liability or claims including personal injury, death or property losses, or any other loss, including, but not limited to claims of negligence or damages can be sought after.
- 3) You should follow the latest government advice.
- 4) If you have displayed symptoms or have tested positive, you should follow government advice. Do not attend the open meet under any circumstances! Instead, you should report your positive test to the governments track and trace system and isolate as advised.
- 5) The Meet Promoter and Referee have final authority at this event and will be working with the Facility Management, Nova Centurion Management Board and volunteers to enforce any safety and Covid-19 guidelines that are deemed necessary for the safe running of our meet.
- 6) Whilst mask wearing is no longer a legal require, we would encourage all attending our meets to consider wearing a mask in a crowded place to ensure everyone can enjoy the return to competition. Anything not covered in these conditions is at the discretion of the meet promoter and Nova Centurion SC. The promoter will communicate to all clubs prior to the open meet taking place.





# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

## Meet Information

- The meet is to be held at the Harvey Hadden Sports Village Swimming Pool in Nottingham.
- The pool is 50mtrs x 8 lanes each 2.5mtrs wide with Colorado timing system and 'wedge' starting blocks. The depth will be a constant 2mtrs.
- The meet is licensed Level 1 for entry into National Competitions.
- Meet Administrator: Paul Wright  
Email: [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk)  
Payments Made to: BACS: 56-00-61 37819313 Reference: MAR23(club name)
- The meet will operate a SPORTSYSTEMS results service. Live start lists and results will be available at [www.novacenturion.co.uk](http://www.novacenturion.co.uk) Result sheets in PDF format will be available to download as soon as possible following the end of each session.
- **NO POOLSIDE ENTRIES WILL BE ACCEPTED**
- Coaches / Team Manager passes are issued subject to holding a current DBS certificate and **must** be applied for in advance, £15 per day, £25 for the weekend. Includes start sheets, lunch and refreshments. We will not produce programmes, these will be available to download individually before the event
- Para-Swimmers, in addition to a coach a personal care assistant may be permitted for classes S1 to S5 & S11. A poolside pass must be applied for in advance and is free of charge, the applicant must hold a current DBS certificate.
- Only authorized persons are allowed on the poolside and must display a valid pass at all times.
- If leaving the poolside for any reason swimmers must dress appropriately and suitable footwear must be worn.
- The entry and exit are via the changing rooms only. No other access points should be used by the swimmers before, during or after the meet.
- The use of mobile phones and the taking of photographs are not permitted on the poolside. Anyone found taking photographs in the changing village or adjacent areas will be immediately excluded from the competition and escorted off the premises.





# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

- All swimmers and other personnel must abide by the Health & Safety rules as laid down by the venue management. Any person contravening these rules may be excluded from taking any further part in the proceedings.
- Admission £17.50 weekend, £10 one day, £7 per individual session 1,2,4,5 and £3 for session 3 only.





# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

## MEET SCHEDULE

Session1	Start 9:00am		Saturday 11 <sup>th</sup> March		Session 4	Start 9:00am		Sunday 12 <sup>th</sup> March
101	Girls Open	400m	Ind. Medley HDW		401	Boys Open	400m	Ind. Medley HDW
102	Boys Open	200m	Ind. Medley		402	Girls Open	200m	Ind. Medley
103	Girls Open	100m	Butterfly		403	Boys Open	100m	Butterfly
104	Boys Open	100m	Freestyle		404	Girls Open	100m	Freestyle
105	Girls Open	100m	Breaststroke		405	Boys Open	100m	Breaststroke
106	Boys Open	200m	Backstroke HDW		406	Girls Open	200m	Backstroke HDW
107	Girls Open	50m	Butterfly HDW		407	Boys Open	50m	Butterfly HDW
108	Boys Open	50m	Backstroke HDW		408	Girls Open	50m	Backstroke HDW
<b>10 min break and then FINALS</b>					<b>10 min break and then FINALS</b>			
109	Girls 14/under	100m	Butterfly		409	Boys 14/under	100m	Butterfly
110	Girls 15/over	100m	Butterfly		410	Boys 15/over	100m	Butterfly
111	Boys 14/under	100m	Freestyle		411	Girls 14/under	100m	Freestyle
112	Boys 15/over	100m	Freestyle		412	Girls 15/over	100m	Freestyle
113	Girls 14/under	100m	Breaststroke		413	Boys 14/under	100m	Breaststroke
114	Girls 15/over	100m	Breaststroke		414	Boys 15/over	100m	Breaststroke
115	Boys 14/under	200m	Ind. Medley		415	Girls 14/under	200m	Ind. Medley
116	Boys 15/over	200m	Ind. Medley		416	Girls 15/over	200m	Ind. Medley
<b>Session 2</b>	<b>Start TBA</b>		<b>Saturday 11<sup>th</sup> March</b>		<b>Session 5</b>	<b>Start TBA</b>		<b>Sunday 12<sup>th</sup> March</b>
201	Boys Open	400m	Freestyle HDW		501	Girls Open	400m	Freestyle HDW
202	Girls Open	200m	Freestyle HDW		502	Boys Open	200m	Freestyle HDW
203	Boys Open	200m	Breaststroke HDW		503	Girls Open	200m	Breaststroke HDW
204	Girls Open	100m	Backstroke		504	Boys Open	100m	Backstroke
205	Boys Open	200m	Butterfly HDW		505	Girls Open	200m	Butterfly HDW
206	Girls Open	50m	Freestyle HDW		506	Boys Open	50m	Freestyle HDW
207	Boys Open	50m	Breaststroke HDW		507	Girls Open	50m	Breaststroke HDW
<b>10 min break and then FINALS</b>					<b>10 min break and then FINALS</b>			
208	Girls 14/under	100m	Backstroke		508	Boys 14/under	100m	Backstroke
209	Girls 15/over	100m	Backstroke		509	Boys 15/over	100m	Backstroke
<b>Session 3</b>	<b>Start TBA</b>		<b>Saturday 11<sup>th</sup> March</b>					
301	Mixed Open	800m	Freestyle HDW					
	<b>10 min break</b>							
302	Mixed Open	1500m	Freestyle HDW					







# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

**Minimum Qualifying Times to be achieved from 1<sup>st</sup> January 2022 – Age as at 31<sup>st</sup> December 2023**  
(Entry times must be equal to or faster than published qualifying times) Based on 50m Pool

BOYS	10/11	12	13	14	15	16	17 +
<b>EVENT</b>							
50m Freestyle	37.0	34.9	33.0	31.3	29.7	28.7	28.4
100m Freestyle	1:17.8	1:13.7	1:08.8	1:06.9	1:04.4	1:02.6	1:01.5
200m Freestyle	2:49.3	2:39.8	2:31.6	2:24.6	2:19.7	2:15.3	2:12.7
400m Freestyle	5:53.0	5:35.1	5:20.8	5:06.0	4:55.6	4:47.5	4:42.6
800m Freestyle	11:30.00	11:30.00	10:58.00	10:24.00	9:56.00	9:48.00	9:35.00
1500m Freestyle	24:34.7	22:10.5	21:06.6	20:19.0	19:27.1	18:57.7	18:39.0
50m Breaststroke	47.2	44.6	41.8	39.7	37.8	36.8	35.8
100m Breaststroke	1:40.5	1:33.7	1:27.8	1:23.6	1:20.4	1:17.9	1:16.0
200m Breaststroke	3:38.1	3:24.2	3:10.5	3:00.5	2:53.4	2:50.6	2:46.0
50m Butterfly	39.8	37.1	34.9	33.0	31.2	30.4	29.6
100m Butterfly	1:27.7	1:21.5	1:16.8	1:12.8	1:09.8	1:07.8	1:06.5
200m Butterfly	3:11.5	2:58.9	2:48.9	2:39.9	2:33.4	2:29.4	2:26.6
50m Backstroke	42.2	39.5	38.2	36.1	34.5	33.5	32.7
100m Backstroke	1:28.8	1:23.1	1:19.2	1:15.0	1:12.2	1:10.3	1:09.3
200m Backstroke	3:11.0	2:59.7	2:49.3	2:41.3	2:35.0	2:30.4	2:27.6
200m Individual Medley	3:10.3	2:58.8	2:48.7	2:40.8	2:34.4	2:29.9	2:27.0
400m Individual Medley	6:42.8	6:18.7	5:58.4	5:41.3	5:28.2	5:19.6	5:14.6
<b>GIRLS</b>	<b>10/11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17 +</b>
<b>EVENT</b>							
50m Freestyle	37.3	35.4	34.0	32.9	32.2	31.9	31.8
100m Freestyle	1:18.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.8	1:08.1
200m Freestyle	2:49.3	2:41.5	2:35.2	2:31.1	2:28.1	2:26.5	2:24.8
400m Freestyle	5:53.4	5:35.8	5:25.3	5:17.0	5:10.8	5:07.2	5:04.3
800m Freestyle	12:07.6	11:35.0	11:08.8	10:52.0	10:41.5	10:32.0	10:30.1
1500m Freestyle	22:30.00	22:30.00	21:45.00	21:03.00	20:38.00	20:15.00	19:45.00
50m Breaststroke	46.8	45.0	43.1	41.5	40.6	40.1	39.8
100m Breaststroke	1:40.6	1:34.2	1:29.8	1:27.5	1:26.5	1:25.1	1:24.2







# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

200m Breaststroke	3:35.6	3:23.9	3:13.5	3:07.5	3:04.7	3:04.8	3:03.0
50m Butterfly	39.7	37.6	35.7	34.7	33.8	33.2	32.7
100m Butterfly	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.8	1:14.0
200m Butterfly	3:11.6	3:00.7	2:52.5	2:47.0	2:44.7	2:42.3	2:40.3
50m Backstroke	42.1	39.9	39.4	38.0	37.0	36.6	36.3
100m Backstroke	1:28.9	1:23.5	1:21.7	1:19.6	1:17.9	1:17.1	1:16.3
200m Backstroke	3:10.0	2:59.6	2:53.3	2:48.8	2:44.8	2:42.9	2:41.8
200m Individual Medley	3:10.3	2:59.3	2:52.8	2:48.3	2:44.9	2:42.9	2:41.5
400m Individual Medley	6:39.3	6:16.9	6:10.6	5:54.0	5:47.2	5:42.8	5:40.7





# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

## VOLUNTEER OFFICIALS WE NEED YOU!

This is a level 1 licensed meet, so the requirement is for all officials to be qualified and licensed for the role undertaken.

### Benefits:

Free admission and programme/start sheets, refreshments and lunch provided.

Travel allowance of 45p per mile, (reduced to 20p if accompanying a swimmer)  
(Maximum claim £50)

Ring side view of the action 😊

Name: .....

S.E No: .....

Contact Email: .....

Phone: .....

Please tick:

Licensed as J1  J2/S  Referee

Please indicate below which sessions you can help at.

Session 1:  Session 2:  Session 3:

Session 4:  Session: 5

**WE DO NEED AND APPRECIATE YOUR HELP  
THANK YOU**





# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules





# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

## COACHES POOLSIDE PASS APPLICATION FORM

<b>CLUB NAME</b>	
<b>CONTACT NAME:</b>	
<b>Email:</b>	
<b>Telephone:</b>	
<b><u>Names of Coaches using poolside pass</u></b>	

**Poolside passes must be applied for in advance and will only be issued to registered club coaches, team managers or personal care assistants. It is the club's own responsibility to ensure coaches have current DBS certificates.**

Please collect passes on the day of meet from the medal table

**Payments as details below:**

BACS: 56-00-61 37819313 Reference: MAR23(club name)





# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

## ENTRY FORM for Manual entries or Club use

Club:	
Given Name:	
Family Name:	
DOB	MALE / FEMALE
S.E Reg No:	Email:
Contact Name:	Phone:

Event	Tick to Swim (Times will be downloaded from GB Ranking)
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
800m Freestyle	
1500m Freestyle	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	





# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

200m Individual Medley	
400m Individual Medley	

Number of entries.....@ £8.50 = .....

Number of entries.....@ £12.50 = .....

### Payments as details below:

BACS: 56-00-61 37819313 Reference: MAR23(club name)





# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

11<sup>th</sup> and 12<sup>th</sup> March 2023

Licence : 1EM230091

Meet to be held under Swim England Regulations and Technical Rules

## SUMMARY OF ENTRIES

Club:	
Contact Name:	
Telephone:	
Email:	

Number of Boys entries	@ £8.00 (electronic SS entry)	£
	@ £8.50 (paper entry)	
	@ £12.00 (electronic SS entry) (800m & 1500m Freestyle)	£
	@ £12.50 (paper entry) (800m & 1500m Freestyle)	£
Number of Girls entries	@ £8.00 (electronic SS entry)	£
	@ £8.50 (paper entry)	
	@ £12.00 (electronic SS entry) (800m & 1500m Freestyle)	£
	@ £12.50 (paper entry) (800m & 1500m Freestyle)	£
Number of Coaches Passes	£15 (one day)	£
	£25 (weekend)	
<b>TOTAL</b>		£

### Payments as details below:

BACS: 56-00-61 37819313 Reference: MAR23(club name) Email: [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk)

