



# Nova Centurion National Qualifier Level 1

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

9<sup>th</sup> and 10<sup>th</sup> March 2024

Licensed Level 1 – 1EM240290

Meet to be held under Swim England Regulations and Technical Rules

## Promoter Conditions

### General

- 1) The promoter is 'NOVA Centurion Swimming Club'.
- 2) The meet will be held under the relevant Swim England Regulations & Technical Rules and WPS rules & Regulations.
- 3) The competition is open to Swim England or other National Swimming Association registered swimmers only.
- 4) A secondary strobe will be provided where it is requested by the athlete at the time of entry. Requests can be made via [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk).
- 5) Swimmers are reminded that changing must not be carried out on poolside or within public areas such as the sports hall or café.
- 6) Verbal abuse directed at the promoter, officials, and any volunteer acting under the direction of the promoter, or any behaviour deemed to be against the spirit of the sport will not be tolerated. The promoter reserves the right to ask any person or persons behaving in this manner to leave any areas managed by the promoter for the remainder of the competition.
- 7) All heats will be spearheaded and all events will be heat declared winners.
- 8) It is the swimmers' responsibility to report to the Competitors' Stewards when their event is called.
- 9) Over the top/side by side starts may be used at any time at the discretion of the lead referee.
- 10) Awards will be presented to the following:
  - a) The top 3 placed swimmers in age groups 10/11, 12, 13, 14, 15 and 16+ in all events.
  - b) 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.





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## Entries

- 1) All meet information can be downloaded via the website [www.novacenturion.co.uk](http://www.novacenturion.co.uk)
- 2) Swimmers age is as at 31<sup>st</sup> December 2024.
- 3) The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
- 4) Entry times must meet the published qualifying standards and verified against **GB Ranking from the 1<sup>st</sup> January 2023**. Times are long course 50m pool, with conversions allowed. Warm up will be available before the start of each session and during the 10-minute mid-session breaks. Entry times will not be changed once the entry has been submitted.
- 5) The closing date is midnight **Sunday 18<sup>th</sup> February 2024**. As this is a Level 1 meet, entries will be processed after the closing date – this is not a first come, first served meet.
- 6) 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.
- 7) 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.
- 8) Where a number of swimmers are entering from one club it is kindly requested that one person coordinate the entries and submits one entry file.
- 9) Individual manual entries may be submitted by email to [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk). Please note payment must be made at time of sending the manual entry – entries won't be submitted until payment is made.





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- 10) 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) 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 will 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.
- 12) 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.
- 13) Refunds will only be considered for withdrawals prior to the closing date.
- 14) The promoter reserves the right to return any entry not fulfilling the above requirements.
- 15) Events are 50m, 100m & 200m all strokes, 200IM, 400IM and 400m, 800m & 1500m Freestyle.
- 16) The mixed 1500m shall be restricted to 24 swimmers balanced across the age groups (3 heats mixed) with 3 reserves. If all 3 reserves are used the heats will operate with empty lanes. 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. If oversubscribed please refer to point 6 under Entries.
- 17) The mixed 800m shall be restricted to 40 swimmers balanced across the age groups (5 heats mixed) with 3 reserves. If all 3 reserves are used the heats will operate with empty lanes. 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. If oversubscribed please refer to point 6 under Entries.
- 18) All events are open to swimmers 10yrs/over end of year.
- 19) All other matters regarding the administration and running of this meet shall be decided by the promoter.





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## Withdrawals

- 1) If a swimmer is unable to swim or simply wishes to withdraw then it is important to notify the recorders.
- 2) Withdrawals need to be notified to [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk) by 6pm the day before the event.
- 3) A none withdrawal from the 800 or 1500m events will result in a £20 fine – NOVA Centurion will notify the club of the swimmer or email the name of the manual entry of the none withdrawal swimmer with details on how to pay.





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## Meet Information

- 1) The meet is to be held at the Harvey Hadden Sports Village Swimming Pool in Nottingham.
- 2) 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.
- 3) The meet is licensed Level 1 for entry into National Competitions.
- 4) Meet Administrator: Paul Wright
  - a. Email: [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk)
  - b. Payments Made to: Account Name: NOVA Centurion Swimming Club, BACS: 56-00-61, 37819313 Reference: MAR24(club name)
- 5) 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.
- 6) **NO POOLSIDE ENTRIES WILL BE ACCEPTED or ENTRIES AFTER THE CLOSING DATE.**
- 7) 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, however these will be available to download individually before the event
- 8) Para-Swimmers, in addition to a coach a personal care assistant may be permitted for classes
  - a. 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.
- 9) Only authorized persons are allowed on the poolside and must display a valid pass at all times.
- 10) If leaving the poolside for any reason swimmers must dress appropriately and suitable footwear must be worn.





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- 11) 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.
- 12) The use of mobile phones and the taking of photographs are not permitted on the poolside or from the spectator gallery. Anyone found taking photographs in the changing village or adjacent areas will be immediately excluded from the competition and escorted off the premises.
- 13) All swimmers and other personnel must abide by the Health and 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.





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## MEET SCHEDULE

Session 1	Start 9:00am		Saturday 9 <sup>th</sup> March	Session 4	Start 9:00am		Sunday 10 <sup>th</sup> March
101	Girls Open	400m	Ind. Medley HDW	401	Open/Boys Open	400m	Ind. Medley HDW
102	Open/Boys Open	200m	Ind. Medley HDW	402	Girls Open	200m	Ind. Medley HDW
103	Girls Open	100m	Butterfly HDW	403	Open/Boys Open	100m	Butterfly HDW
104	Open/Boys Open	100m	Freestyle HDW	404	Girls Open	100m	Freestyle HDW
105	Girls Open	100m	Breaststroke HDW	405	Open/Boys Open	100m	Breaststroke HDW
106	Open/Boys Open	200m	Backstroke HDW	406	Girls Open	200m	Backstroke HDW
107	Girls Open	50m	Butterfly HDW	407	Open/Boys Open	50m	Butterfly HDW
108	Open/Boys Open	50m	Backstroke HDW	408	Girls Open	50m	Backstroke HDW
Session 2 - 10 min break and then 800m Freestyle				Session 5 - 10 min break and then 1500m Freestyle			
201	Mixed Open	800m	Freestyle HDW	501	Mixed Open	1500m	Freestyle HDW
Session 3	Start TBA		Saturday 9 <sup>th</sup> March	Session 6	Start TBA		Sunday 10 <sup>th</sup> March
301	Open/Boys Open	200m	Breaststroke HDW	601	Girls Open	200m	Breaststroke HDW
302	Girls Open	200m	Freestyle HDW	602	Open/Boys Open	200m	Freestyle HDW
303	Open/Boys Open	400m	Freestyle HDW	603	Girls Open	400m	Freestyle HDW
304	Girls Open	100m	Backstroke HDW	604	Open/Boys Open	100m	Backstroke HDW
305	Open/Boys Open	200m	Butterfly HDW	605	Girls Open	200m	Butterfly HDW
306	Girls Open	50m	Freestyle HDW	606	Open/Boys Open	50m	Freestyle HDW
307	Open/Boys Open	50m	Breaststroke HDW	607	Girls Open	50m	Breaststroke HDW





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Minimum Qualifying Times to be achieved from 1<sup>st</sup> January 2023 – Age as at 31<sup>st</sup> December 2024

(Entry times must be equal to or faster than published qualifying times) Based on 50m Pool

OPEN/BOYS	10/11	12	13	14	15	16 +
EVENT						
50m Freestyle	37.0	34.9	33.0	31.3	29.7	28.7
100m Freestyle	1:17.8	1:13.7	1:08.8	1:06.9	1:04.4	1:02.6
200m Freestyle	2:49.3	2:39.8	2:31.6	2:24.6	2:19.7	2:15.3
400m Freestyle	5:53.0	5:35.1	5:20.8	5:06.0	4:55.6	4:47.5
800m Freestyle	11:30.00	11:30.00	10:58.00	10:24.00	9:56.00	9:48.00
1500m Freestyle	24:34.7	22:10.5	21:06.6	20:19.0	19:27.1	18:57.7
50m Breaststroke	47.2	44.6	41.8	39.7	37.8	36.8
100m Breaststroke	1:40.5	1:33.7	1:27.8	1:23.6	1:20.4	1:17.9
200m Breaststroke	3:38.1	3:24.2	3:10.5	3:00.5	2:53.4	2:50.6
50m Butterfly	39.8	37.1	34.9	33.0	31.2	30.4
100m Butterfly	1:27.7	1:21.5	1:16.8	1:12.8	1:09.8	1:07.8
200m Butterfly	3:11.5	2:58.9	2:48.9	2:39.9	2:33.4	2:29.4
50m Backstroke	42.2	39.5	38.2	36.1	34.5	33.5
100m Backstroke	1:28.8	1:23.1	1:19.2	1:15.0	1:12.2	1:10.3
200m Backstroke	3:11.0	2:59.7	2:49.3	2:41.3	2:35.0	2:30.4
200m Individual Medley	3:10.3	2:58.8	2:48.7	2:40.8	2:34.4	2:29.9
400m Individual Medley	6:42.8	6:18.7	5:58.4	5:41.3	5:28.2	5:19.6







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Minimum Qualifying Times to be achieved from 1<sup>st</sup> January 2023 – Age as at 31<sup>st</sup> December 2024

(Entry times must be equal to or faster than published qualifying times) Based on 50m Pool

GIRLS	10/11	12	13	14	15	16 +
EVENT						
50m Freestyle	37.3	35.4	34.0	32.9	32.2	31.9
100m Freestyle	1:18.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.8
200m Freestyle	2:49.3	2:41.5	2:35.2	2:31.1	2:28.1	2:26.5
400m Freestyle	5:53.4	5:35.8	5:25.3	5:17.0	5:10.8	5:07.2
800m Freestyle	12:07.6	11:35.0	11:08.8	10:52.0	10:41.5	10:32.0
1500m Freestyle	22:30.00	22:30.00	21:45.00	21:03.00	20:38.00	20:15.00
50m Breaststroke	46.8	45.0	43.1	41.5	40.6	40.1
100m Breaststroke	1:40.6	1:34.2	1:29.8	1:27.5	1:26.5	1:25.1
200m Breaststroke	3:35.6	3:23.9	3:13.5	3:07.5	3:04.7	3:04.8
50m Butterfly	39.7	37.6	35.7	34.7	33.8	33.2
100m Butterfly	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.8
200m Butterfly	3:11.6	3:00.7	2:52.5	2:47.0	2:44.7	2:42.3
50m Backstroke	42.1	39.9	39.4	38.0	37.0	36.6
100m Backstroke	1:28.9	1:23.5	1:21.7	1:19.6	1:17.9	1:17.1
200m Backstroke	3:10.0	2:59.6	2:53.3	2:48.8	2:44.8	2:42.9
200m Individual Medley	3:10.3	2:59.3	2:52.8	2:48.3	2:44.9	2:42.9
400m Individual Medley	6:39.3	6:16.9	6:10.6	5:54.0	5:47.2	5:42.8





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## Officials and Volunteers

We would not be able to run meets with out the help of our amazing volunteers and officials. We do ask as part of our conditions that if you are sending 10 or more swimmers to our meet to please provide 2 officials for each session

To sign up to officiate please visit this link:

<https://swim-meet.com/OfficialsSignup/NovaCenturion/>





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## 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 and DBS Number</u></b>	

**Number of coach/team manager passes.....£15/day**

**Number of coach/team manager passes.....£25/weekend**

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:**

Account Name: NOVA Centurion

BACS: 56-00-61 37819313 Reference: MAR24(club name)





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## ENTRY FORM for Manual entries or Club use

Club:	
Given Name:	
Family Name:	
DOB	OPEN-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 £20 fine if event not swam and not withdrawn by methods detailed	
1500m Freestyle £20 fine if event not swam and not withdrawn by methods detailed	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	
100m Breaststroke	





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200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
200m Individual Medley	
400m Individual Medley	

Number of entries.....@ £8.50 = .....

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

### Payments as details below:

Account Name: NOVA Centurion Swimming Club  
BACS: 56-00-61 37819313 Reference: MAR24(club name)





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## SUMMARY OF ENTRIES

Club:	
Contact Name:	
Telephone:	
Email:	

Number of Open/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:

Account Name: NOVA Centurion Swimming Club  
BACS: 56-00-61 37819313 Reference: MAR24(club name)

Email: [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk)

