

NOVA CENTURION SWIMMING CLUB

OCTOBER LEVEL 2 SHORT COURSE OPEN MEET

19th & 20th October 2019

Harvey Hadden Sports Village – Nottingham NG8 4PB

(Under the relevant Swim England/FINA/IPC Laws and Technical Rules of Swimming)

License Number 2EM192476

Promoters Conditions

General

The promoter is 'Nova Centurion Swimming Club'

1. The meet will be held under the relevant Swim England/FINA/IPC Laws and Technical Rules of Swimming.
2. 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
- 2) **Age as at 20th October 2019**
- 3) Entry times must meet the published qualifying standards and verified against **GB Ranking from the 1st October 2018**. Times are short course 25m pool, conversions allowed.
- 4) **The closing date is Monday 30th September 2019.**
- 5) Should the meet be oversubscribed, every effort will be made to minimise 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 cheque or BACS. Payment to be made at time of entry please.
- 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 post or email.
- 9) Entries by post must include payment by cheque unless you have notified intention to pay by BACS
- 10) The entry fee is £8.00 per swim using Entry Manager, or £8.50 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 25m 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.

Events and Age Groups

- 16) Events are 50m, 100m & 200m all strokes, 200IM and 400IM, and 400m Freestyle.
- 17) There will be a girls 800m Freestyle (HDW - restricted to 4 heats) & boys 1500m Freestyle (HDW - restricted to 2 heats)
- 18) There will be 3 reserve spaces in both the 800m Freestyle (HDW) & 1500m Freestyle (HDW).
- 19) All events are open to swimmers 9yrs/over at 20th October 2019 (except the 800m & 1500m Freestyle*)
- 20) *9-10 year olds cannot enter the 800m & 1500m Freestyle.
- 21) Events are heat declared winners except for 100m events which have finals for Junior 14/under & Senior 15/over.

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 awarded to 1st, 2nd and 3rd 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 1st & 2nd place are awarded, for 2 swimmers only 1st place is awarded. Should there only be one swimmer then an award will be made if the swimmer has improved on their entry time.
- 20) Full details of the awards will be announced on the day of meet and published in the meet programme.



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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.

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 on the day of the meet by one of the following options:
 - (1) To the recorders at the venue, no later than One hour prior to the start of the session.
 - (2) By email to: meets@novacenturion.co.uk
 - (3) By online withdrawal facility via website



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Meet Information

- The meet is to be held at Harvey Hadden Sports Village Swimming Pool in Nottingham. The pool is 8 lanes each 2.5mtrs wide with Colorado timing system and 'wedge' starting blocks. The pool depth will be set at a constant 2mtrs.
- The overall length of the pool is 25m
- Coaches and team managers are responsible for making sure the swimmers use the facility as it is intended.
- Meet Administrator: **DAVID FORTESCUE**
- Email: meets@novacenturion.co.uk
- Cheques Payable to 'Nova Centurion SC'
- BACS Sort Code: 56-00-61 Account: 37819313 Reference: OCT19(clubname)
- The meet will operate a SPORTSYSTEMS results service. Live results will be available at www.novacenturion.co.uk Result sheets in PDF format will be available to download as soon as possible following the end of each session.
- 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 and lunch. Passes CANNOT be purchased on the day of the meet, anyone not wearing a pass will be asked to leave poolside.
- 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.
- A secondary strobe may not be available at this meet.
- Only authorised 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 is 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 is 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.
- 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.



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Session 1	Start 9:00am	HEATS	Saturday 19th October		Session 5	Start 9:00am	HEATS	Sunday 20 th October
101	Girls Open	100m	Backstroke		501	Boys Open	100m	Backstroke
102	Boys Open	400m	Freestyle HDW		502	Girls Open	400m	Freestyle HDW
103	Girls Open	50m	Breaststroke HDW		503	Boys Open	50m	Breaststroke HDW
104	Boys Open	100m	Breaststroke		504	Girls Open	100m	Breaststroke
105	Girls Open	200m	Freestyle HDW		505	Boys Open	200m	Freestyle HDW
106	Boys Open	200m	Individual Medley HDW		506	Girls Open	200m	Individual Medley HDW
107	Girls Open	50m	Backstroke HDW		507	Boys Open	50m	Backstroke HDW
	10 MINUTE BREAK					10 MINUTE BREAK		
Session 2			FINALS		Session 6			FINALS
201	Girls 14/under	100m	Backstroke		601	Boys 14/under	100m	Backstroke
202	Girls 15/over	100m	Backstroke		602	Boys 15/over	100m	Backstroke
203	Boys 14/under	100m	Breaststroke		603	Girls 14/under	100m	Breaststroke
204	Boys 15/over	100m	Breaststroke		604	Girls 15/over	100m	Breaststroke
205	Girls Open	800m	Freestyle HDW		605	Boys Open	1500m	Freestyle HDW
Session 3	Start TBA pm		HEATS		Session 7	Start TBA pm		HEATS
301	Boys Open	400m	Individual Med HDW		701	Girls Open	400m	Individual Med HDW
302	Girls Open	100m	Freestyle		702	Boys Open	100m	Freestyle
303	Boys Open	100m	Butterfly		703	Girls Open	100m	Butterfly
304	Girls Open	50m	Butterfly HDW		704	Boys Open	50m	Butterfly HDW
305	Boys Open	200m	Breaststroke HDW		705	Girls Open	200m	Breaststroke HDW
306	Girls Open	200m	Backstroke HDW		706	Boys Open	200m	Backstroke HDW
307	Boys Open	50m	Freestyle HDW		707	Girls Open	50m	Freestyle HDW
308	Girls Open	200m	Butterfly HDW		708	Boys Open	200m	Butterfly HDW
	10 MINUTE BREAK					10 MINUTE BREAK		
Session 4			FINALS		Session 8			FINALS
401	Boys 14/under	100m	Butterfly		801	Boys 14/under	100m	Freestyle
402	Boys 15/over	100m	Butterfly		802	Boys 15/over	100m	Freestyle
403	Girls 14/under	100m	Freestyle		803	Girls 14/under	100m	Butterfly
404	Girls 15/over	100m	Freestyle		804	Girls 15/over	100m	Butterfly



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QUALIFYING TIMES

Minimum Times to be achieved from 1st Oct 2018 – Ages as at 20th October 2019

Boys – Short Course Times								
EVENT	9/10	11	12	13	14	15	16	17/over
50m Freestyle	39.3	37.2	35.1	33.1	31.3	29.9	29.0	28.4
100m Freestyle	1:30.5	1:20.6	1:15.7	1:11.1	1:07.3	1:04.6	1:02.6	1:01.4
200m Freestyle	3:06.0	2:54.8	2:44.7	2:35.0	2:26.6	2:20.8	2:16.3	2:13.8
400m Freestyle	6:36.0	6:06.0	5:46.0	5:26.8	5:10.4	4:54.2	4:48.7	4:42.5
800m Freestyle								
1500m Freestyle		23:55.00	23:35.00	23:05.00	23:03.75	21:05.00	20:45.00	20:45.00
50m Breaststroke	51.3	48.0	45.1	41.9	39.6	37.7	36.4	35.7
100m Breaststroke	1:58.0	1:43.4	1:36.9	1:30.1	1:25.1	1:21.0	1:18.4	1:16.7
200m Breaststroke	3:59.0	3:42.4	3:29.2	3:15.3	3:03.9	2:55.8	2:50.7	2:46.3
50m Butterfly	43.8	41.0	38.8	36.4	34.3	32.5	31.5	30.7
100m Butterfly	1:45.0	1:30.4	1:24.6	1:19.1	1:14.4	1:10.7	1:08.8	1:07.0
200m Butterfly	3:37.3	3:18.2	3:06.6	2:54.7	2:44.7	2:35.5	2:31.7	2:26.9
50m Backstroke	45.1	42.5	40.3	37.6	35.8	33.9	32.6	32.1
100m Backstroke	1:40.0	1:30.5	1:25.2	1:19.7	1:15.0	1:11.5	1:09.3	1:07.6
200m Backstroke	3:26.7	3:13.3	3:02.6	2:51.1	2:41.4	2:34.3	2:29.8	2:27.0
200m Individual Medley	3:32.2	3:17.6	3:06.8	2:55.8	2:45.3	2:38.2	2:33.7	2:30.5
400m Individual Medley	7:25.0	6:59.7	6:34.3	6:12.0	5:50.3	5:30.0	5:25.4	5:18.7



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QUALIFYING TIMES

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Girls – Short Course Times								
EVENT	9/10	11	12	13	14	15	16	17/over
50m Freestyle	39.9	37.7	35.7	34.3	33.3	32.5	32.0	31.9
100m Freestyle	1:27.6	1:21.3	1:16.6	1:13.5	1:11.3	1:09.9	1:08.7	1:08.4
200m Freestyle	3:06.8	2:55.4	2:44.9	2:38.0	2:33.5	2:30.2	2:28.0	2:26.4
400m Freestyle	6:34.9	6:04.9	5:43.7	5:29.8	5:20.8	5:15.6	5:10.2	5:07.2
800m Freestyle		12:45.00	12:35.00	12:25.25	11:43.35	11:30.50	11:01.35	11:01.35
1500m Freestyle								
50m Breaststroke	51.7	48.3	45.4	43.2	41.8	40.8	40.3	40.0
100m Breaststroke	1:52.5	1:43.5	1:37.3	1:32.3	1:28.7	1:27.1	1:26.2	1:24.9
200m Breaststroke	3:59.5	3:42.1	3:28.8	3:18.2	3:11.5	3:07.9	3:05.8	3:04.1
50m Butterfly	43.9	41.3	39.1	37.3	36.1	35.2	34.7	34.2
100m Butterfly	1:39.3	1:30.9	1:24.9	1:21.2	1:18.3	1:16.9	1:15.8	1:14.9
200m Butterfly	3:40.0	3:20.2	3:06.4	2:57.3	2:51.0	2:46.9	2:44.8	2:42.8
50m Backstroke	45.3	42.7	40.5	38.7	37.5	36.8	36.1	35.8
100m Backstroke	1:38.5	1:31.0	1:25.3	1:21.4	1:19.0	1:17.1	1:16.1	1:15.6
200m Backstroke	3:28.7	3:12.5	3:01.7	2:54.3	2:49.2	2:44.8	2:47.2	2:45.7
200m Individual Medley	3:32.7	3:17.9	3:06.3	2:58.8	2:53.1	2:49.5	2:47.2	2:45.7
400m Individual Medley	7:22.3	6:57.3	6:32.0	6:14.4	6:03.1	5:55.5	5:50.5	5:48.2



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VOLUNTEER OFFICIALS WE NEED YOU!

This is a level 2 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 40p per mile, (Maximum claim for meet £50)
(reduced to 20p if accompanying a swimmer)

Ring side view of the action 😊

Name:

Swim England 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: Session 6:

Session 7: Session 8:



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ENTRY FORM

Manual entries or Club use

Club:	
Given Name:	
Family Name:	
DOB	MALE / FEMALE
Swim England Reg. No:	EMAIL:
Contact Name:	Telephone:

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

Number of entries.....@ £8.50 =

Cheques payable to 'Nova Centurion SC'

BACS Sort Code: 56-00-61 Account: 37819313 Reference: OCT19(clubname)

NB: If you enter using Sportsystems Entry Manager then the cost is only £8.00 per swim



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COACHES POOLSIDE PASS APPLICATION FORM

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

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.

PASSES CANNOT BE PURCHASED ON THE DAY OF THE MEET

Please collect passes on the day of meet from the timing room

Cheques payable to 'Nova Centurion SC'

BACS Sort Code: 56-00-61 Account: 37819313 Reference: OCT19(clubname)



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SUMMARY OF ENTRIES

Club:	
Contact Name:	
Telephone:	
Email:	

Number of Boys entries		@ £8.00	£
		@ £8.50 (paper entry)	
Number of Girls entries		@ £8.00	£
		@ £8.50 (paper entry)	
Number of Coaches Passes		£15 (one day)	£
		£25 (weekend)	
TOTAL			£

Cheques made payable to 'Nova Centurion SC'
BACS: 56-00-61 37819313 Reference: OCT19(club name)

Return to:
David Fortescue
David Fortescue, 11 Brookfield Road, Arnold, Nottingham, NG5 7ER



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