

NOVA CENTURION SWIMMING CLUB
NOVA NATIONAL QUALIFIER LEVEL 1 LONG COURSE OPEN MEET
2nd & 3rd APRIL 2022

Harvey Hadden Sports Village – Nottingham NG8 4PB
(Under the relevant Swim England/FINA/IPC Laws and Technical Rules of Swimming)
License Number (1EM220175)

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
- 2) **Age as at 31st December 2022**
- 3) Entry times must meet the published qualifying standards and verified against **GB Ranking from the 1st January 2020**. 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 13th March 2022.**
- 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.

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.

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 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.
 - 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 strobe may not be available at this meet.

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

- 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.

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License Number (1EM220175)

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
Payments Made to: BACS: 56-00-61 37819313 Reference: APR22(club name)
- The meet will operate a SPORTSYSTEMS results service. Live start lists and 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.
- **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.
- 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.

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MEET SCHEDULE

| Session1 | Start 9:00am | | Saturday 2 nd April | | Session 4 | Start 9:00am | | Sunday 3 rd April |
|-----------|----------------|-------|--------------------------------|--|-----------|----------------|------|------------------------------|
| 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 |
| | 10 min break | | | | | 10 min break | | |
| | FINALS | | | | | FINALS | | |
| 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 |
| Session 2 | Start TBA | | Saturday 2 nd April | | Session 5 | Start TBA | | Sunday 3 rd April |
| 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 |
| | 10 min break | | | | | 10 min break | | |
| | FINALS | | | | | FINALS | | |
| 208 | Girls 14/under | 100m | Backstroke | | 508 | Boys 14/under | 100m | Backstroke |
| 209 | Girls 15/over | 100m | Backstroke | | 509 | Boys 15/over | 100m | Backstroke |
| Session 3 | Start TBA | | Saturday 2 nd April | | | | | |
| 301 | Mixed Open | 800m | Freestyle HDW | | | | | |
| | 10 min break | | | | | | | |
| 302 | Mixed Open | 1500m | Freestyle HDW | | | | | |

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Minimum Qualifying Times to be achieved from 1st January 2020 – Ages as at 31st December 2022
 (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 + |
|------------------------|--------------|-----------|-----------|-----------|-----------|-----------|-------------|
| EVENT | | | | | | | |
| 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 |
| | | | | | | | |
| GIRLS | 10/11 | 12 | 13 | 14 | 15 | 16 | 17 + |
| EVENT | | | | | | | |
| 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 |
| 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 |



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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 40p 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





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COACHES POOLSIDE PASS
APPLICATION FORM

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

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

Payments as details below:

BACS: 56-00-61 37819313 Reference: APR22(club name)





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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 | |
| 200m Individual Medley | |
| 400m Individual Medley | |

Number of entries.....@ £8.50 =

Number of entries.....@ £12.50 =

Payments as details below:

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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) | |
| TOTAL | | £ |

Payments as details below:

BACS: 56-00-61 37819313 Reference: APR22(club name)

Email: meets@novacenturion.co.uk