

CITY OF
BRISTOL
AQUATICS

**City of Bristol L3 Short Course Xmas Cracker
December 18th / December 19th 2021
AT THE HENGROVE PARK LEISURE CENTRE**

(Held under Swim England Laws and Technical Rules of Racing - Licence Number XXXXXX)

Licensed Level 3 for entry into local and county competitions.
25m, 10 lane pool with anti-wave ropes and electronic timing.

Age as on 19th December 2021

Awards will be given in the following age groups:-
9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15/over.

Open meet information/entry pack can be downloaded from the website
www.cobswimmingclub.co.uk or e-mail us at
cobmeetmanager@outlook.com

Entries will be on a "first come, first served" basis and are NO Faster Than Times
Entries close Midnight Friday 3rd December 2021

In partnership with



City of Bristol L3 Short Course Xmas Cracker

PROGRAMME OF EVENTS

Hengrove Park Leisure Centre, The Boulevard, Hengrove Park
Bristol, United Kingdom, BS14 0JZ

Saturday 18th Dec 2021

Session 1			
Event 1	Girls	9 and over	400m Freestyle
Event 2	Boys	11 and over	400m Individual Medley
Event 3	Girls	9 and over	100m Individual Medley
Event 4	Boys	9 and over	50m Freestyle
Session 2			
Event 5	Girls	9 and over	200m Freestyle
Event 6	Boys	9 and over	200m Breaststroke
Event 7	Girls	9 and over	100m Breaststroke
Event 8	Boys	9 and over	100m Backstroke
Event 9	Girls	9 and over	200m Backstroke
Event 10	Boys	9 and over	50m Butterfly
Session 3			
Event 11	Girls	9 and over	200m Individual Medley
Event 12	Boys	9 and over	200m Butterfly
Event 13	Girls	9 and over	100m Butterfly
Event 14	Boys	9 and over	100m Freestyle
Event 15	Girls	9 and over	50m Backstroke
Event 16	Boys	9 and over	50m Breaststroke

Sunday 19th Dec 2021

Session 4			
Event 17	Boys	9 and over	400m Freestyle
Event 18	Girls	11 and over	400m Individual Medley
Event 19	Boys	9 and over	100m Individual Medley
Event 20	Girls	9 and over	50m Freestyle
Session 5			
Event 21	Boys	9 and over	200m Freestyle
Event 22	Girls	9 and over	200m Breaststroke
Event 23	Boys	9 and over	100m Breaststroke
Event 24	Girls	9 and over	100m Backstroke
Event 25	Boys	9 and over	200m Backstroke
Event 26	Girls	9 and over	50m Butterfly
Session 6			
Event 27	Boys	9 and over	200m Individual Medley
Event 28	Girls	9 and over	200m Butterfly
Event 29	Boys	9 and over	100m Butterfly
Event 30	Girls	9 and over	100m Freestyle
Event 31	Boys	9 and over	50m Backstroke
Event 32	Girls	9 and over	50m Breaststroke

City Of Bristol L3 Short Course Christmas Cracker 18th & 19th December 2021

All Times Are 25m Pool Times – Licence Number xxxxxx

BOYS								
SWIMMERS ENTRY TIMES MUST BE NO FASTER THAN THESE TIMES	Events	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15+ Yrs
	50m Free	00:37.1	00:33.7	00:31.2	00:29.2	00:27.5	00:26.1	00:24.8
	100m Free	01:19.2	01:15.2	01:09.3	01:04.8	00:59.9	00:57.2	00:50.5
	200m Free	03:10.1	02:43.3	02:28.5	02:19.6	02:10.9	02:05.7	01:49.9
	400m Free	07:55.2	05:53.4	05:14.8	04:55.0	04:39.2	04:27.3	03:57.6
	50m Back	00:43.8	00:39.2	00:36.1	00:33.8	00:31.5	00:30.1	00:25.8
	100m Back	01:38.0	01:24.8	01:18.2	01:12.5	01:08.3	01:04.3	00:55.4
	200m Back	03:38.8	02:59.2	02:46.8	02:36.4	02:26.5	02:19.6	02:01.8
	50m Breast	00:50.8	00:45.3	00:41.1	00:38.2	00:35.4	00:33.7	00:28.7
	100m Breast	01:52.9	01:39.0	01:30.1	01:24.1	01:18.1	01:13.6	01:02.4
	200m Breast	04:08.5	03:27.9	03:14.0	03:01.2	02:49.3	02:41.4	02:17.6
	50m Butterfly	00:44.6	00:38.0	00:34.6	00:32.7	00:30.1	00:28.7	00:25.2
	100m Butterfly	01:52.9	01:44.0	01:19.2	01:13.3	01:07.8	01:03.9	00:55.4
	200m Butterfly	03:57.6	03:40.8	03:02.2	02:48.3	02:34.4	02:23.6	02:02.8
	100m Ind.	01:37.0	01:26.6	01:19.7	01:15.2	01:09.9	01:06.3	00:57.4
	200m Ind.	03:47.7	03:04.7	02:49.3	02:38.4	02:28.5	02:20.6	02:03.8
400m Ind.			05:26.7	05:06.9	04:47.1	04:32.2	04:17.4	

GIRLS								
SWIMMERS ENTRY TIMES MUST BE NO FASTER THAN THESE TIMES	Events	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15+ Yrs
	50m Free	00:37.1	00:33.7	00:31.1	00:29.7	00:28.6	00:27.9	00:26.0
	100m Free	01:25.1	01:17.2	01:09.3	01:05.3	01:01.9	01:00.4	00:55.4
	200m Free	03:10.1	02:43.3	02:28.5	02:20.6	02:14.6	02:10.4	02:01.8
	400m Free	07:55.2	05:53.4	05:14.8	04:57.0	04:43.1	04:34.4	04:15.4
	50m Back	00:43.6	00:38.6	00:36.1	00:34.0	00:32.2	00:31.2	00:28.7
	100m Back	01:38.0	01:24.8	01:18.2	01:12.8	01:09.3	01:06.9	01:01.4
	200m Back	03:38.8	02:59.2	02:46.3	02:38.4	02:29.5	02:23.6	02:13.7
	50m Breast	00:50.8	00:45.3	00:41.1	00:38.6	00:36.2	00:35.4	00:32.5
	100m Breast	01:52.9	01:39.0	01:30.1	01:24.1	01:19.2	01:16.2	01:10.3
	200m Breast	04:08.5	03:27.9	03:13.0	03:01.2	02:50.3	02:44.3	02:32.5
	50m Butterfly	00:44.6	00:38.0	00:34.6	00:33.2	00:31.0	00:30.1	00:27.7
	100m Butterfly	01:52.9	01:44.0	01:19.2	01:14.2	01:09.7	01:07.1	01:01.1
	200m Butterfly	03:57.6	03:42.7	03:02.2	02:53.2	02:36.9	02:29.5	02:15.6
	100m Ind.	01:37.0	01:26.6	01:19.2	01:15.6	01:11.7	01:09.5	01:04.3
	200m Ind.	03:47.7	03:04.7	02:48.3	02:39.4	02:33.5	02:26.5	02:15.6
400m Ind.			05:30.0	05:10.0	05:00.0	04:55.0	04:50.0	

CONDITIONS

To be held at Hengrove Leisure Park, The Boulevard, Hengrove Park,
Bristol, United Kingdom, BS14 0JZ

Licence Number XXXXXXX

- The meet will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing and has been Licensed Level 3 by Swim England for entry into District Competitions.
- Entries must be received via Team Unify entry system by midnight on Friday 3rd December 2021
- All swimmers must be members of a club affiliated to Swim England, Swim Wales or Scottish Swimming .
- All swimmers must be registered with the Swim England, Swim Wales or Scottish Swimming at Category 2 and should be able to substantiate this should they be required.
- The promoter reserves the right to accept or reject entries and also restrict entries in order to complete the meet within the time available. If the meet is oversubscribed, entries will be accepted on a **first come first served** basis. All entry times are NO FASTER THAN TIMES
- As soon as possible after the closing date, club list sheets will be emailed to club secretary for accepted entries, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or available for collection by Clubs on the day.
- Incorrect or incomplete entries will be rejected. There will be no refunds for withdrawals after the closing date except on production of a doctors note.
- The age groups are: 9, 10, 11, 12, 13, 14, 15 and over - **ages as at 19th December 2021**
- The pool is 25m and the meet will be swim short course. Anti-wave devices will be in place and electronic timing/placing will be used.
- Entry fees are £7.50 per event and include the levy per accepted entry made by Swim England for licensed events. Coach/team manager passes (maximum of 4 per club) are £15 each and entitle the holder to admission to all sessions, a programme plus a full set of results per club. Poolside passes will be issued only for people affiliated with the entering club and it is the responsibility of the participating club to ensure their poolside staff have up to date DBS clearances
- BACs payment :
 - Sort Code: 30-99-09
 - Account number: 41640468
 - Please reference CoB L3 – Club Name or coherent abbreviation
 -
- Video and Photography : Following updated guidance from British Swimming the use of all photographic equipment is no longer controlled. Spectators / coaches and swimmers are reminded that if such equipment is used they should STOP AND THINK the guidelines on consent & decency must always apply. Photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording devices. Social media guidance will apply if those images or recordings are being shared through any social media platform [all club welfare officers have a copy of wavepower where full guidelines can be found]. You are reminded that FLASH PHOTOGRAPHY should not be used at the start of any race.
- Entries and results for this meet will be held on computer. As required by the Data Protection Act 2018 submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the meet.
- The meet will be run without cards. Heats will be pre-seeded. There is no requirement for sign in
- Secondary Strobe light will be available for operation at this meet
- Swimmers must report to the competitors' stewards' eight heats prior to their own.
- Wet swimmers are not allowed in the spectator areas.
- All events are HDW..
- Neither the promoter nor Parkwood Community Leisure accept any liability for any loss or damage to personal belongings.
- Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. Prior to commencement refunds may apply at the promoters discretion.
- In extenuating circumstances and due to situations out of the clubs control during the competition the promoter reserves the right to make changes to the running of the meet.
- Any swimmer breaking these conditions will be liable to disqualification from any or all events.
- There will be medals in every event for the first three overall swimmers in each age group. Any disqualified swimmer will not receive awards.
- Refunds will also be given for medical reasons on production of a Doctor's note **only**.
- The promoters reserve the right to refuse admission to any competitor or spectator. (example abusive or unacceptable behaviour)

- Entry times shall be those for 25m pool times, converted if necessary. All times submitted must be truthful and correct as defined by the British Swimming Code of Conduct.
- Over the top starts may be used at the promoter's discretion.
Clubs are requested to supply a qualified Official for every 10 swimmers entered into the competition.
However entries will not be refused from clubs who are unable to supply qualified Official's.

COVID Safe Rules

(At the time of writing there is a change of guidance and a general relaxation of regulations to COVID Rules and Guidance. However, the COVID Virus remains with us and will do for the foreseeable future. Therefore, we would ask that all persons attending this event adhere to all guidance from Public Health England and Swim England)

No One should attend if they or someone they live with has any of the following:-

- A High Temperature
- A new Continuous Cough
- A loss of or change to their sense of smell or taste.
- All non-competing participants over the age of 16 should check in to the facility via the NHS Track and Trace QR code provided.

Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags (lockers are available in the changing village -£1 refundable) and report any issues immediately to a member of the pool staff or to the Open Meet Promoter

WARNING TO ALL COACHES, TEAM MANAGERS & SWIMMERS

ANY SWIMMER UNABLE TO EXECUTE A SAFE DIVE FROM THE BLOCKS INTO SHALLOW WATER ARE REMINDED THAT THEY MAY START FROM THE SIDE OF THE POOL OR IN THE WATER
Hengrove Park will be open from 07.30 on both days, Parkwood will not allow earlier entry

CLUB	
CONTACT ADDRESS	
TEL: NO:	
E-MAIL	

Total Number of Swimmer Entries _____

Total Cost of Entries @ £7.50 each _____

Total Cost of Coaches Passes @ £15.00 each _____

Total Cheque enclosed _____

All Cheques should be made payable to 'City of Bristol Swimming Club' or BACS payment to:

- Sort Code: 30-99-09
- Account number: 41640468
- Please reference CoB L2 Oct – Club Name or coherent abbreviation

Please e-mail completed summary form, Hy-Tek files and reports (fees and event entries) to cobmeetmanager@outlook.com

POOLSIDE OFFICIALS

Since the Open Meet will require many helpers, all clubs entering are requested to provide qualified officials for each session.

Please complete the form below and return it with your swimmer's entry form or send to the email address indicated below.

If you have any preferences please note them below otherwise, we will advise you of your allocated duties on the day.

Refreshments will be provided for all officials, and food for those working on consecutive sessions.

For those unqualified officials or J1s and above who require mentoring or practical sessions, please also complete the form indicating what duties you need to cover and we will do our best to assist, as we actively promote the development of all officials within British Swimming.

I am available to help at the Meet on 30th and 31st October 2021

Name: _____ Club: _____

Tel No: _____

Address: _____

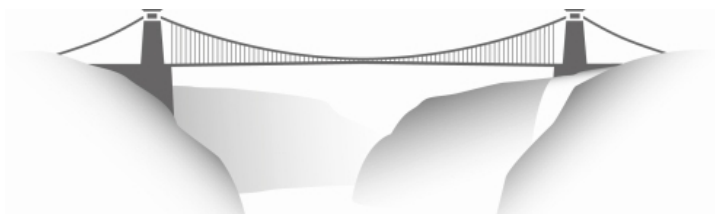
Email address: _____

Membership No. _____ Licence Expiry Date: _____

Session	Referee	J2s	J2	J1	J1T	
1						
2						
3						
4						
5						
6						

(Please ✓ as appropriate and return to above address or with entry forms) *Officials briefing will be 30 minutes before the start of each session, please refer to confirmed schedule

Offer of help can also be emailed to cobmeetmanager@outlook.com.



Open Meet Entry Checklist

Your entry envelope should contain the following: -

- Summary sheet completed
- HyTek reports (fees and event entries)

Post to Meet Secretary by first class mail DO NOT send by recorded delivery as this can delay your entry reaching the secretary if no-one is available to sign for it!

This completes the entry. Acknowledgement of receipt of paperwork will be sent by email.

PLEASE NOTE your entry is not accepted until the summary and paperwork are received by the Meet Secretary.

Incomplete entries are NOT accepted.

For full terms and conditions of entry please refer to our Promoters Conditions provided with the entry pack.

Individual Entry form

Name _____ Club _____

Contact Email _____ Tel No _____

Male / Female _____ Date of Birth _____ Age at 31st October 21 _____

SE Member ID _____

Saturday

<u>Session 1</u>			
<u>#</u>	<u>Sex</u>	<u>Event</u>	<u>Entry Time (LC)(SC)</u>
1	<u>Female</u>	<u>400 Freestyle</u>	
2	<u>Male</u>	<u>400m IM</u>	
3	<u>Female</u>	<u>100 IM</u>	
4	<u>Male</u>	<u>50 Freestyle</u>	
<u>Session 2</u>			
5	<u>Female</u>	<u>200m Freestyle</u>	
6	<u>Male</u>	<u>200m Breaststroke</u>	
7	<u>Female</u>	<u>100m Breaststroke</u>	
8	<u>Male</u>	<u>100m Backstroke</u>	
9	<u>Female</u>	<u>200m Backstroke</u>	
10	<u>Male</u>	<u>50m Butterfly</u>	
<u>Session 3</u>			
11	<u>Female</u>	<u>200m IM</u>	
12	<u>Male</u>	<u>200m Butterfly</u>	
13	<u>Female</u>	<u>100m Butterfly</u>	
14	<u>Male</u>	<u>100m Freestyle</u>	
15	<u>Female</u>	<u>50m Backstroke</u>	
16	<u>Male</u>	<u>50m Breaststroke</u>	

Sunday

<u>Session 4</u>			
#	<u>Sex</u>	<u>Event</u>	<u>Entry Time (LC)</u>
18	<u>Female</u>	<u>400m IM</u>	
19	<u>Male</u>	<u>100m IM</u>	
20	<u>Female</u>	<u>50m Freestyle</u>	
<u>Session 5</u>			
21	<u>Male</u>	<u>200m Freestyle</u>	
22	<u>Female</u>	<u>200m Breaststroke</u>	
23	<u>Male</u>	<u>100m Breaststroke</u>	
24	<u>Female</u>	<u>100m Backstroke</u>	
25	<u>Male</u>	200m Backstroke	
26	<u>Female</u>	<u>50m Butterfly</u>	
<u>Session 6</u>			
27	<u>Male</u>	<u>200m IM</u>	
28	<u>Female</u>	<u>100m Freestyle</u>	
29	<u>Male</u>	<u>100m Breaststroke</u>	
30	<u>Female</u>	<u>50m Butterfly</u>	
31	<u>Male</u>	<u>50m Freestyle</u>	
32	<u>Female</u>	<u>50m Breaststroke</u>	

Total number of entries @ £7.50 = No: _____ Total £'s: _____

Note: This form should be completed for each individual swimmer where Hy-Tek files are not available and less than 5 swimmers are entered. Entry forms should be sent with a completed payment form as per the payment form instruction.

In partnership with



