

Parkside Swimming Pools, Cambridge.



Cambridge Grand Prix

Cambridge L2 Regional
Short Course Qualifier
Level 2 No. 2ER181257
28th, 29th & 30th September, 2018

City of Cambridge Swimming Club



City of Cambridge Swimming Club - Cambridge Grand Prix
Cambridge L2 Regional Short Course Qualifier (License Number: 2ER181257)

Friday 28th, Saturday 29th and Sunday 30th September, 2018

Under ASA Laws & Technical Rules: Affiliated to the East Region ASA

- Venue: Parkside Swimming Pool, Gonville Place, Cambridge, CB1 1LY
- Pool: 8 lane, 25m pool, electronic timing, Olympic-standard blocks, backstroke starting ledges
- Age Groups: 10, 11, 12, 13, 14, 15, 16 and over.
- Awards: Medals awarded to top three in each age group
- Cash prizes: Top Visiting Club – £500
Top male/female 10, 11, 12, 13, 14, 15 and 16+ swimmers – £25 each
Meet record breakers – £25
Spot prizes for randomly selected heats
- Events: 50m, 100m and 200m all strokes, 400m freestyle, 200m and 400m IM
Events will run fastest to slowest
- Finals: 50m and 100m all strokes
- Fees Race Entry Fee: £7.00 per event
Spectator Entry £4.00 per session or £10.00 all day
- Entries to Open Meets Secretary, c/o City of Cambridge Swimming Club,
Parkside Pools, Gonville Place, Cambridge, CB1 1LY
- Closing Date: 12.00 Midnight on 6th August, 2018
- Enquiries can be e-mailed to meets@cocsc.org.uk

Meet Programme

Session 1 – Friday 28th September

Warm-up 6.15pm – Start 7.15pm

Event 101	200 Freestyle	Female
Event 102	200 Freestyle	Male

Session 2 – Saturday 29th September

Warm-up 8am – Start 9am

Event 201	400 IM	Male
Event 202	400 Freestyle	Female

Session 3 – Saturday 29th September

Warm-up tbc – Start tbc

Event 301	100 Freestyle	Male
Event 302	200 Backstroke	Female
Event 303	200 Butterfly	Male
Event 304	100 Butterfly	Female
Event 305	50 Backstroke	Male
Event 306	50 Breaststroke	Female

15 minute break before Finals

Session 3 Finals

Event 307	100 Freestyle	Male
Event 308	100 Freestyle	Male
Event 309	100 Butterfly	Female
Event 310	100 Butterfly	Female
Event 311	50 Backstroke	Male
Event 312	50 Backstroke	Male
Event 313	50 Breaststroke	Female
Event 314	50 Breaststroke	Female

Session 4 – Saturday 29th September

Warm-up tbc – Start tbc

Event 401	200 IM	Male
Event 402	50 Freestyle	Female
Event 403	50 Butterfly	Male
Event 404	100 Backstroke	Female
Event 405	100 Breaststroke	Male
Event 406	200 Breaststroke	Female

15 minute break before Finals

Session 4 Finals

Event 407	50 Freestyle	Female
Event 408	50 Freestyle	Female
Event 409	50 Butterfly	Male
Event 410	50 Butterfly	Male
Event 411	100 Backstroke	Female
Event 412	100 Backstroke	Female
Event 413	100 Breaststroke	Male
Event 414	100 Breaststroke	Male

Session 5 – Sunday 30th September

Warm-up 8am – Start 9am

Event 501	400 IM	Female
Event 502	400 Freestyle	Male

Session 6 – Sunday 30th September

Warm-up tbc – Start tbc

Event 601	100 Freestyle	Female
Event 602	200 Backstroke	Male
Event 603	200 Butterfly	Female
Event 604	100 Butterfly	Male
Event 605	50 Backstroke	Female
Event 606	50 Breaststroke	Male

15 minute break before Finals

Session 6 Finals

Event 607	100 Freestyle	Female
Event 608	100 Freestyle	Female
Event 609	100 Butterfly	Male
Event 610	100 Butterfly	Male
Event 611	50 Backstroke	Female
Event 612	50 Backstroke	Female
Event 613	50 Breaststroke	Male
Event 614	50 Breaststroke	Male

Session 7 – Sunday 30th September

Warm-up tbc – Start tbc

Event 701	200 IM	Female
Event 702	50 Freestyle	Male
Event 703	50 Butterfly	Female
Event 704	100 Backstroke	Male
Event 705	100 Breaststroke	Female
Event 706	200 Breaststroke	Male

15 minute break before Finals

Session 7 Finals

Event 707	50 Freestyle	Male
Event 708	50 Freestyle	Male
Event 709	50 Butterfly	Female
Event 710	50 Butterfly	Female
Event 711	100 Backstroke	Male
Event 712	100 Backstroke	Male
Event 713	100 Breaststroke	Female
Event 714	100 Breaststroke	Female

Meet Rules and Information

1. This Competition is licensed by the ASA and will be held under ASA Laws and ASA Technical Rules.
2. Entrants must be ASA Registered Category 2, belong to an affiliated club and enter in the name of one club only.
3. This is not a first come first served meet. The promoter reserves the right to limit entries. Competitors may be rejected if the meet is oversubscribed in order to meet licence time guidelines. Rejections will be made based on seeded entry time and will be undertaken fairly and equitably across all events, age groups and clubs. The slowest swimmers across each age group would be the first to be rejected.
4. All entries of three or more swimmers must be made electronically. SportSys entry files are available on request by e-mail meets@cocsc.org.uk or from the club website at www.cocsc.org.uk. There will be an administration charge of £20 for group entries not submitted electronically.
5. Entry forms and payment must be received by the Promoters before midnight on the 6th August, 2018 and be fully and correctly completed, or else they may be rejected.
6. Swimmers in possession of an ASA Certificate of Swimming Disability or whose ASA membership record details a disability sport class are welcome to enter the competition with a time slower than the lower limit standard. An entry time must be provided.
7. The list of accepted and rejected entries will be published on the club website (www.cocsc.org.uk) approximately two weeks prior to the competition. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required.
8. Competitors' ages shall be as at 31st December, 2018.
9. 200m and 400m events will be Timed Finals.
10. Finals shall be swum for 50m and 100m freestyle, backstroke, breaststroke and butterfly events in the following age groups, 14/Under and 15/Over and will consist of the fastest 8 heat swimmers from each of the age groups defined.
11. Medals will be awarded to the top three in each age group in each event based on heat performance. Age groups as follows – 10, 11, 12, 13, 14, 15 and 16+.
12. Finals will be medalled separately based purely on the finals result for 14/Under and 15/Over.
13. Cash prizes of £25 will be awarded to the overall top male/female swimmers in the following age group categories: 10, 11, 12, 13, 14, 15 and 16+. This is based on the highest accumulated number of FINA points scored, excluding finals.
14. Meet record breakers will be awarded a cash prize of £25. Details of current meet record holders will be noted in the programme.
15. Spot prizes will be awarded to randomly selected heat winners. A spot prize heat will be identified prior to the start of the race with a ringing bell. All spot prizes will be awarded at the promoter's discretion.
16. Top point scoring visiting club will receive £500 (calculated on points awarded to the top 8 finishers in each age group).
17. Swimmers **must** withdraw from events that they no longer wish to swim. All swimmers informed of having accepted entries will be deemed as competing unless they have informed the promoter that they do not wish to swim.
18. Withdrawals should be made via e-mail to meets@cocsc.org.uk by midnight on Wednesday 26th September, 2018 stating the event number, full name, date of birth, entry time and club.
19. Any on the day withdrawals **must** be made by coaches or the club representative one hour prior to the start of the first event in each session. Withdrawal forms will be included in the coach packs, completed forms should be given to the meet promoter or volunteer co-ordinator via the computer desk.
20. Swimmers failing to attend the start of a heat without withdrawing will incur a £10 penalty, which must be paid by the swimmer or the club before the swimmer is allowed to participate further in the meet.
21. Refunds are not available for withdrawals, other than for medical reasons.
22. Any competitor that withdraws on medical grounds will not be able to participate in any events for the remainder of that session.
23. The pool length is 25 metres, 8 lanes with anti-wave ropes and electronic timing and the depth of the pool is 1.2m at the shallow end and 1.8m at the deep end.
24. Backstroke starting ledges will be available.
25. Competitors must report to the marshalling area in a timely manner, normally one event in advance of their own, where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event.
26. All events will be seeded on submitted times and all heats will be spearheaded.
27. Events will run fastest to slowest.
28. Coaches/Team Managers will be allowed on poolside if wearing a pass.
29. Coach Passes are available free of charge for the Friday evening session, or at £12 for Saturday or Sunday which includes a meal at lunchtime, a programme and a full set of results.

30. Coaches and Team Managers must be club trained personnel and clubs are asked to maintain the recommended ratio of 1:20 helpers/swimmers. Untrained parents without a DBS check are not allowed poolside.
31. Over the top starts may be used at the referees' discretion.
32. The promoters do not accept responsibility for any property.
33. For Health and Safety reasons only small rucksack bags will be allowed poolside. Lockers are available with a £1 coin (refundable). Pool staff will remove any large obtrusive bags.
34. Limited seating poolside will be available for Coaches and swimmers. No additional seating is permitted.
35. No person will be allowed on poolside without a pass.
36. There will be no glass items allowed on poolside.
37. The promoters reserve the right to refuse admission to any competitor, participant, coach or spectator.
38. City of Cambridge Swimming Club uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 2018, to the holding of personal information on computer. Personal data handled such as name, club, recorded and entered times may be made public during or after the meet.
39. Charges as follows: Race Entry Fees £7.00 per event, Coaches Passes £12.00 per day (except Friday), Spectator fees £4.00 per session or £10.00 per day, Programmes £4.00.
40. In accordance with the ASA Child Safety Procedures and Policies all parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms. Should you have any concerns about photography or filming at this event then please bring them to the attention of the Meet Promoter, Catherine Pearson.
41. Warm up protocol: Strictly no diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim counter clockwise. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches should manage the lanes their swimmers are using during the warm up sessions. Guidance will be given by the meet announcer and Warm Up Marshalls. Warm up schedule will be issued to Coaches on arrival.
42. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing.

Disability Swimming Conditions

The conditions outlined above shall apply to the Disability Swimming events except where varied by any of the following conditions.

Eligibility

1. Swimmers with S1- S15 classifications will be accepted.
2. All swimmers must have an internationally authorised classification.
3. Competitors must be registered members of the ASA.
4. The meet does not have disability consideration times, however the organisers reserve the right to reject swimmers after the closing date if demand exceeds the time available in the galas.

Personal Care Attendants

1. Personal care attendants will be permitted for swimmers in all disability classes.
2. A swimmer may have both a coach and a personal care attendant present.

Competition Format

1. The competition format will be based on disability inclusion within the able-bodied programme. Swimmers will be integrated on a time-banded basis in all events.
2. Positions will be determined by each swimmer's times relative to the world record in their own classification.
3. Disability swimmers will be included but not placed within the results for the appropriate age group in the able-bodied competition unless their entry times meet the qualifying times for the able-bodied competition. They will also be included in the Multi Disability results and placed within those results according to their equivalent times.
4. Winners of all events will be heat declared.
5. Competition to be run under IPC Swimming swim rules.
6. An official who holds the qualification of ASA Disability Official will act as a technical advisor in each of the sessions where disability athletes are entered, if available.

Medals

1. Medals shall be awarded on a multi-disability basis to 1st, 2nd and 3rd place in each event. Medals shall be awarded following the posting of the results after the relevant event has taken place.
2. Placing shall be determined by achieving a time better than or closest to, the equivalent World record relevant to their own classification.

Qualifying Times

Qualification times must have been achieved at licensed meets since the 29th September, 2017, converted to 25m pool if necessary. All entry times will automatically be checked against British Rankings for validity. Entries with NT will be rejected.

If the meet is oversubscribed your entry may be rejected even if you are faster than the qualifying times.

MALE							
	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+ yrs
50m Free	39.01	36.92	34.71	32.85	31.07	29.68	28.78
100m Free	1:26.39	1:20.60	1:15.70	1:11.10	1:07.30	1:04.60	1:02.60
200m Free	3:04.14	2:53.05	2:43.05	2:33.45	2:25.13	2:19.39	2:14.94
400m Free	6:23.96	5:58.68	5:39.08	5:20.26	5:04.19	4:51.55	4:42.93
50m Breast	51.30	48.00	45.10	41.90	39.60	37.70	36.40
100m Breast	1:50.60	1:43.40	1:36.90	1:30.10	1:25.10	1:21.00	1:18.40
200m Breast	3:56.61	3:40.18	3:27.11	3:13.35	3:02.06	2:54.04	2:48.99
50m Fly	43.80	41.00	38.80	36.40	34.30	32.50	31.50
100m Fly	1:46.25	1:30.40	1:24.60	1:19.10	1:14.40	1:10.70	1:08.80
200m Fly	3:45.99	3:26.13	3:14.06	3:01.69	2:51.29	2:41.72	2:37.77
50m Back	45.10	42.50	40.30	37.60	35.80	33.90	32.60
100m Back	1:35.61	1:30.05	1:24.77	1:19.30	1:14.63	1:11.14	1:08.95
200m Back	3:24.63	3:11.37	3:00.77	2:49.39	2:39.79	2:32.76	2:28.30
200m IM	3:21.59	3:07.72	2:57.46	2:47.01	2:37.03	2:30.29	2:26.01
400m IM	7:35.60	6:59.70	6:34.30	6:12.00	5:50.30	5:34.60	5:25.40

FEMALE							
	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16+ yrs
50m Free	39.60	37.02	34.73	33.49	32.52	32.26	31.76
100m Free	1:25.93	1:21.30	1:15.91	1:13.39	1:10.54	1:09.50	1:08.70
200m Free	3:04.93	2:53.65	2:43.25	2:36.42	2:31.97	2:28.70	2:26.52
400m Free	6:27.79	5:57.60	5:36.83	5:23.20	5:14.38	5:07.52	5:04.00
50m Breast	51.70	48.30	45.40	43.20	41.80	40.80	40.30
100m Breast	1:50.70	1:43.50	1:37.30	1:32.30	1:28.70	1:27.10	1:26.20
200m Breast	3:57.11	3:39.88	3:26.71	3:16.22	3:09.59	3:06.02	3:03.94
50m Fly	43.90	41.30	39.10	37.30	36.10	35.20	34.70
100m Fly	1:53.95	1:30.90	1:24.90	1:21.20	1:18.30	1:16.90	1:15.80
200m Fly	3:48.80	3:28.21	3:13.86	3:04.39	2:57.84	2:53.58	2:51.39
50m Back	45.30	42.70	40.50	38.47	37.26	36.74	36.01
100m Back	1:35.77	1:29.63	1:24.02	1:20.18	1:17.82	1:15.94	1:14.96
200m Back	3:26.61	3:10.58	2:59.88	2:52.56	2:47.51	2:43.15	2:40.78
200m IM	3:22.06	3:08.00	2:56.98	2:49.86	2:44.44	2:41.03	2:38.84
400m IM	7:35.30	6:57.30	6:32.00	6:14.40	6:03.10	5:55.80	5:50.50

Swimmer Entry Form

Please ensure that you eligible to enter a race before completing this form
ENTRY DEADLINE: MIDNIGHT ON 6th August, 2018

First Name		Surname	
Male or Female		Phone Number	
Date of Birth (dd/mm/yy)		ASA Reg. No	
Club			
Address			
E-mail			
Disability Exemption Code	S=	SB=	SM=
Age as of 31st Dec, 2018	Yrs. old		
Event	Time	Fee	
50m Freestyle			
100m Freestyle			
200m Freestyle			
400m Freestyle			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
50m Butterfly			
100m Butterfly			
200m Butterfly			
50m Backstroke			
100m Backstroke			
200m Backstroke			
200m Individual Medley			
400m Individual Medley			
Total @ £7.00 per event			
Payment Method (tick and complete): Cheque (payable to COCSC) <input type="checkbox"/> BACS <input type="checkbox"/> Ref: _____ Other: <input type="checkbox"/>			
I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the ASA and will abide by the conditions laid down by the promoters for this competition.			
Signature of Competitor:			Date:

Coach/Helper Pass Application Form

Club Name: _____

Closing date: Midnight on 6th August, 2018

	Coach/Helper 1	Coach/Helper 2	Coach/Helper 3
Full Name:			
Position: (e.g. Coach)			
Home Address:			
Telephone No:			
E-mail Address:			
ASA Affiliation Number:			
Number of passes EACH DAY @ £12 EACH Total enclosed: £			

The above-named person(s) is (are) authorised to hold a pass for this club:

Signed _____ Club Secretary

Coach Passes will not be available on the day. There will be no access to poolside without a pass.

Coach Passes are free of charge for Friday evening, or £12 per day for Saturday or Sunday.

Passes include entry to poolside, programme and results service.

All completed forms to be returned to:

City of Cambridge Swimming Club
Parkside Pools
Gonville Place
Cambridge
CB1 1LY

Please address any questions to meets@cocsc.org.uk

Officials Request Form

We will provide lunch and refreshments for those doing more than one session and payment for expenses incurred in travel and parking will be offered.

Full Name:				
Qualification <i>(tick box applicable):</i>	JL1	JL2	JL2S	Referee
Date License Valid To:			ASA number:	
Sessions Available:	S1			
	S2			
	S3			
	S4			
	S5			
	S6			
	S7			
Mobile No:				
E-mail Address:				
Club:				
Swimmer's Name				
Mentor Request	<i>If you are in the middle of training to become an official and require mentoring, please indicate the sessions you are available and use this box to detail the tasks you require mentoring for.</i>			

Please complete one form per official and submit with your Club Summary Entry form or e-mail to meets@cocsc.org.uk

Club Summary Entry Form

Please return this completed form with your entries and a SINGLE cheque* payable to City of Cambridge Swimming Club, and send to Open Meets Secretary, City of Cambridge Swimming Club, Parkside Swimming Pools, Gonville Place, Cambridge, CB1 1LY

Closing date midnight on 6th August, 2018

Club Name:	
Contact Name:	
Postal Address:	
E-mail Address:	
Telephone No:	

Entry Details:

		No of Entries/ Passes	Cost
Swimmers	@ £7.00 per event		£
Coaches Pass	@ £12		£
			£
		TOTAL	£
Payment Method (tick and complete): Cheque <input type="checkbox"/> BACS* <input type="checkbox"/> Ref: _____ Other: <input type="checkbox"/>			

* If you wish to pay by BACS please e-mail meets@cocsc.org.uk for details.

Checklist – By the Closing Date of 6th August, 2018 please ensure you have:

E-mailed:

Club Summary Entry Form (this form)
 Sportsys Meet Entry File
 Sportsys Meet Entry Report
 Coach/Helper Forms
 Officials Forms
 (BACS transfer)

Posted:

Club Summary Entry Form (this form)
 Sportsys Entry Report
 Coach/Helper Forms
 Officials Forms
 Cheque (payable to CoCSC)