

Parkside Swimming Pools, Cambridge.



# Cambridge Grand Prix

Level 2 Regional & National  
Short Course Qualifier  
No. 2ER190459  
27<sup>th</sup>, 28<sup>th</sup> & 29<sup>th</sup> September, 2019

City of Cambridge Swimming Club



# City of Cambridge Swimming Club

## Cambridge Grand Prix 2019

Cambridge L2 Regional & National Short Course Qualifier (License Number: 2ER190459)

Friday 27<sup>th</sup>, Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> September, 2019

Affiliated to the Swim England East Region  
Under Swim England Regulations and Technical Rules of Racing

- 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 City of Cambridge Swimming Club, Parkside Pools, Gonville Place, Cambridge, CB1 1LY
- Closing Date: 12.00 Midnight on 14<sup>th</sup> August, 2019
- Enquiries can be e-mailed to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk)

# Meet Programme

## Session 1 – Friday 27<sup>th</sup> September

Warm-up 6.15pm – Start 7.15pm

Event 101	200 Freestyle	Female
Event 102	200 Freestyle	Male

## Session 2 – Saturday 28<sup>th</sup> September

Warm-up 8am – Start 9am

Event 201	400 IM	Male
Event 202	400 Freestyle	Female

## Session 3 – Saturday 28<sup>th</sup> 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 28<sup>th</sup> 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 29<sup>th</sup> September

Warm-up 8am – Start 9am

Event 501	400 IM	Female
Event 502	400 Freestyle	Male

## Session 6 – Sunday 29<sup>th</sup> 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 29<sup>th</sup> 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 Swim England and will be held under Swim England Regulations and Technical Rules of Racing, FINA Technical Rules of Swimming and these Meet Rules.
2. Entrants must be Swim England registered Category 2, belong to an affiliated club and enter in the name of one club only.
3. All entry times must meet the qualifying times and criteria stated on the qualifying times table.
4. Swimmers in possession of a Swim England Certificate of Swimming Disability or whose Swim England 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.
5. 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..
6. All entries of three or more swimmers must be made electronically. Electronic SPORTSYSTEMS Entry Manager files are available on request by e-mail to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk) or from the club website at [www.cocsc.org.uk](http://www.cocsc.org.uk). There will be an administration charge of £20 for group entries not submitted electronically.
7. Entry forms and payment must be received by the Promoters before midnight on 14<sup>th</sup> August 2019 and must be fully and correctly completed, or else they may be rejected.
8. The list of accepted and rejected entries will be published/available for download on the club website ([www.cocsc.org.uk](http://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.
9. Competitors' ages shall be as at 31<sup>st</sup> December 2019.
10. 200m and 400m events will be Heats Declared Winners.
11. 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 eight heat swimmers from each of the age groups defined.
12. 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+.
13. Finals will be medalled separately based purely on the finals result for 14/Under and 15/Over.
14. 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. Where swimmers achieve points in both a heat and final for an event, the highest score of the two will be counted towards the total.
15. Meet record breakers will be awarded a cash prize of £25. Details of current meet record holders will be noted in the programme. For 50m and 100m events the record breakers will be declared after the Finals – only one prize will be given per event.
16. 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.
17. Top point scoring visiting club will receive £500 (calculated on points awarded to the top 8 finishers in each age group).
18. 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.
19. Withdrawals should be made online at <https://swim-meet.com/withdrawals> (a code for each club will be sent out when the accepted entries list is published) or via e-mail to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk) stating the event number, full name, date of birth, entry time and club. Withdrawals should be made by midnight on Wednesday 25<sup>th</sup> September.
20. 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.
21. Refunds are not available for withdrawals, other than for medical reasons. Any competitor that withdraws on medical grounds will not be able to participate in any events for the remainder of that session.
22. 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.
23. Backstroke start devices may be used.
24. A secondary strobe light will be available.
25. Any swimmer not reporting to the marshalling area in a timely manner, normally one event in advance of their own, may be deemed to have withdrawn from that event.

26. All events will be seeded on submitted times. For events with finals the fastest three heats will be cyclically seeded, all other heats and heats declared winners events will be spearheaded.
27. Events will run fastest to slowest.
28. Coaches/Team Managers will be allowed on poolside if wearing a pre-purchased pass. Coaches and Team Managers must be club trained personnel and clubs are asked to maintain the recommended ratio of helpers to swimmers. Untrained parents without DBS clearance are not allowed poolside.
29. Over-the-top starts, and side-by-side starts for backstroke events, may be used at the referees' discretion.
30. The promoters do not accept responsibility for any property.
31. For Health and Safety reasons only small rucksack bags will be allowed poolside. Lockers are available (refundable £1 coin required). Pool staff will remove any large obtrusive bags.
32. Limited seating poolside will be available for Coaches and swimmers. No additional seating is permitted.
33. No person will be allowed on poolside without a pass.
34. There will be no glass items allowed on poolside.
35. The promoters reserve the right to refuse admission to any competitor, participant, coach or spectator.
36. 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.
37. Charges as follows: Race Entry Fees £7.00 per event, Spectator fees £4.00 per session or £10.00 per day, Programmes £4.00, Coach/Team Manager Passes £12.00 per day (including lunch and a programme), except Friday which is free of charge.
38. In accordance with Swim England 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.
39. 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 must manage the lanes their swimmers are using during the warm up sessions. Guidance will be given by the meet announcer.
40. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Regulations and Technical Rules of Racing and FINA Technical Rules of Swimming.

## Para Swimming Conditions

The conditions outlined above shall apply to all para swimmers except where varied by any of the following conditions.

1. Swimmers with S1- S15 classifications will be accepted.
2. All para swimmers must have an internationally authorised classification.
3. Competitors must be registered members of Swim England.
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.
5. Personal care attendants will be permitted for swimmers in all disability classes.
6. A swimmer may have both a coach and a personal care attendant present.
7. 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.
8. Positions will be determined by each swimmer's times relative to the world record in their own classification.
9. Para 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-class results and placed within those results according to their equivalent times.
10. Winners of all events will be heat declared.
11. Competition to be run under IPC Swimming swim rules.
12. Medals shall be awarded on a multi-class basis to 1st, 2nd and 3rd place in each event.

## Qualifying Times

Qualification times must have been achieved at licensed meets since the 28<sup>th</sup> September, 2018, 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

## Individual Entry Form

**Please ensure that you eligible to enter a race before completing this form**  
**ENTRY DEADLINE: MIDNIGHT ON 14<sup>th</sup> August, 2019**

First Name		Surname	
Male or Female		Phone Number	
Date of Birth (dd/mm/yy)		Swim England Reg. No.	
Club			
Address			
E-mail			
Disability Exemption Code	S=	SB=	SM=
<b>Age as of 31<sup>st</sup> Dec, 2019</b>	<b>years old</b>		
<b>Event</b>	<b>Time</b>	<b>Fee</b>	
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	
<b>Payment Method</b> (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 Swim England and will abide by the conditions laid down by the promoters for this competition.			
Signature of Competitor:		Date:	



## Coach/Team Manager Pass Application Form

Club Name: \_\_\_\_\_

**Closing date 14<sup>th</sup> August 2019**

	Friday (£ FOC)	Saturday (£12 PER PERSON)	Sunday (£12 PER PERSON)
Full Name:			
Position (e.g. Coach):			
Telephone No:			
Email Address:			
DBS Certificate No.:			
Full Name:			
Position (e.g. Coach):			
Telephone No:			
Email Address:			
DBS Certificate No.:			
Full Name:			
Position (e.g. Coach):			
Telephone No:			
Email Address:			
DBS Certificate No.:			
Full Name:			
Position (e.g. Coach):			
Telephone No:			
Email Address:			
DBS Certificate No.:			
<b>Number of passes @ £12 per person per day (except Friday). Total: £</b>			

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

Signed \_\_\_\_\_ Club Representative

Coach/Team Manager Passes will not be available on the day. There will be no access to poolside without a pass. Passes include entry to poolside, programme and meal on Saturday and Sunday. All completed forms to be returned by e-mail to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk).

## Club Summary Entry Form

Please return this completed form by e-mail to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk).

Closing date 14<sup>th</sup> August 2019

Club Name:	
Contact Name:	
Postal Address:	
Email Address:	
Telephone No:	

### Entry Details:

		No of Entries/ Passes	Cost
Swimmers	@ £7 per event		£
Coaches Pass	@ £12 per person per day (except Friday)		£
		TOTAL	£

Please make payment by BACS to the following account:

Account Name: City of Cambridge Swimming Club  
Account No.: 03013626  
Sort code: 20-17-19

Your payment reference should be "CLUB NAME/GP"

Checklist – By the Closing Date of 14<sup>th</sup> August 2019 please ensure you have e-mailed the following information:

- Club Summary Entry Form (this form)
- Coach/Team Manager Form
- Sportsys Entry File
- Sportsys Meet Entry Report
- BACS transfer details

## Officials

CoCSC welcome all officials including trainees.

We have an on-line signing up page, you just need your Swim England number:

<https://swim-meet.com/OfficialsSignUp/CambridgeGrandPrix2019/>

Please click on the link above to select the sessions that you can help with.  
Add any mentoring requests and we will do our best to accommodate.

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

Car parking can be a problem around the pool, but we may have parking spaces allocated locally for officials - this will be advised nearer the time.

Any additional questions please email [officials@cocsc.org.uk](mailto:officials@cocsc.org.uk)