



City of Cambridge Swimming Club

## Parkside Swimming Pools, Cambridge.

**Jeanne Barker**

**July Open**

**Level 3 No. 3ER190458**

13th & 14th July, 2019

# City of Cambridge Swimming Club

# Jeanne Barker July Open 2019 Level 3 Short Course Meet

## (License Number: 3ER190458)

## Saturday 13th and Sunday 14th July, 2019

Affiliated to 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

Age Groups: 9, 10, 11, 12, 13, 14, 15 and over

Awards: Heat Declared Winners with awards to top three in each age group

Events: 50m, 100m and 200m all strokes, 100m and 200m IM

Fees: Race Entry Fee: £6.00 per event

Spectator Entry: £3.00 per session or £5.00 all day

Entries to: City of Cambridge Swimming Club, Parkside Pools, Gonville Place, Cambridge, CB1 1LY

Closing Date for Entries: 12.00 Midnight on 1st June, 2019

Enquiries can be e-mailed to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk)

# Meet Programme

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Session 1 Saturday 13th July  Warm-up 12pm  Start 1pm | | | Session 3 Sunday 14th July  Warm-up 11am  Start 12pm | | |
| 1  2  3  4  5  6  7 | 200m IM 50m Breaststroke  50m Butterfly  200m Backstroke  200m Breaststroke  100m Butterfly  100m Freestyle | Female  Male  Female  Male  Female  Male  Female | 15  16  17  18  19  20  21 | 200m IM 50m Breaststroke  50m Butterfly  200m Backstroke  200m Breaststroke  100m Butterfly  100m Freestyle | Male  Female  Male  Female  Male  Female  Male |
|  |  |  |  |  |  |
| Session 2 Saturday 13th July  Warm-up tbc  Start tbc | | | Session 4 Sunday 14th July  Warm-up tbc  Start tbc | | |
| 8  9  10  11  12  13  14 | 50m Freestyle 50m Backstroke  100m IM  200m Freestyle  200m Butterfly  100m Backstroke  100m Breaststroke | Male  Female  Male  Female  Male  Female  Male | 22  23  24  25  26  27  28 | 50m Freestyle  50m Backstroke  100m IM  200m Freestyle  200m Butterfly  100m Backstroke  100m Breaststroke | Female  Male  Female  Male  Female  Male  Female |

***Timings noted above are indicative, and may alter slightly.  
Final timings will be confirmed shortly before the meet.***

# 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. This is 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 license time guidelines.
5. 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).
6. Entry forms and payment must be received by the Promoters before midnight on 1st June 2019 and must be fully and correctly completed, or else they may be rejected.
7. 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.
8. Competitors’ ages shall be as at 14th July 2019.
9. 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.
10. Withdrawals should be made online at [https://swim-meet.com/withdrawals](https://www.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 10th July 2019.
11. 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. Withdrawals can be made online and 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.
12. 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.
13. 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.
14. Backstroke start devices may be used.
15. A secondary strobe light will be available.
16. 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.
17. All events will be seeded on submitted times and all heats will be spearheaded. The first three swimmers in each event in each age group will receive awards.
18. 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.
19. Over-the-top starts, and side-by-side starts for backstroke events, may be used at the referees’ discretion.
20. The promoters do not accept responsibility for any property.
21. 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.
22. Limited seating poolside will be available for Coaches and swimmers. No additional seating is permitted.
23. No person will be allowed on poolside without a pass.
24. There will be no glass items allowed on poolside.
25. The promoters reserve the right to refuse admission to any competitor, participant, coach or spectator.
26. 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.
27. Charges as follows: Race Entry Fees £6.00 per event, Spectator fees £3.00 per session or £5.00 per day, Programmes £3.00, Coach/Team Manager Passes £12.00 per day (including lunch and a programme).
28. 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.
29. 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.
30. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Regulations, Swim England 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. Personal care attendants will be permitted for swimmers in all disability classes.
5. A swimmer may have both a coach and a personal care attendant present.
6. 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.
7. Positions will be determined by each swimmer’s times relative to the world record in their own classification.
8. 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.
9. Competition to be run under IPC Swimming swim rules.
10. Medals shall be awarded on a multi-class basis to 1st, 2nd and 3rd place in each event.

## Qualifying Cut off Times

Entries with “No Time” will automatically be rejected.

Entries faster than the times shown below will be rejected.

If the meet is oversubscribed your entry may be rejected even if it meets the qualifying times.

## Upper Cut Off Times

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MALE | | | | | | | |
|  | **9yrs** | **10yrs** | **11yrs** | **12yrs** | **13yrs** | **14yrs** | **15yrs +** |
| 50m Free | 37.90 | 34.23 | 31.86 | 30.02 | 28.40 | 26.66 | 25.85 |
| 100m Free | 1.25.77 | 1.17.53 | 1.10.79 | 1.06.41 | 1.02.38 | 58.63 | 56.41 |
| 200m Free | 2.55.29 | 2.42.10 | 2.29.95 | 2.23.71 | 2.14.51 | 2.07.65 | 2.03.78 |
| 50m Breast | 51.15 | 46.73 | 42.62 | 39.05 | 36.52 | 33.82 | 33.06 |
| 100m Breast | 1.46.59 | 1.38.14 | 1.33.15 | 1.25.96 | 1.19.59 | 1.13.01 | 1.11.25 |
| 200m Breast | 3.51.35 | 3.33.83 | 3.17.99 | 3.06.67 | 2.53.43 | 2.39.71 | 2.34.45 |
| 50m Fly | 44.92 | 38.88 | 36.30 | 33.64 | 31.07 | 29.36 | 28.42 |
| 100m Fly | 1.48.65 | 1.30.23 | 1.21.60 | 1.15.62 | 1.10.44 | 1.05.20 | 1.01.37 |
| 200m Fly | 3.16.75 | 3.18.94 | 2.57.27 | 2.45.56 | 2.33.34 | 2.20.86 | 2.16.01 |
| 50m Back | 44.08 | 39.76 | 36.57 | 34.84 | 32.48 | 30.39 | 29.82 |
| 100m Back | 1.32.69 | 1.25.21 | 1.18.37 | 1.14.86 | 1.09.52 | 1.05.44 | 1.03.70 |
| 200m Back | 3.29.32 | 3.01.64 | 2.49.88 | 2.41.12 | 2.30.50 | 2.23.61 | 2.18.33 |
| 100m IM | 1.41.61 | 1.30.10 | 1.21.96 | 1.17.45 | 1.12.25 | 1.07.59 | 1.05.41 |
| 200m IM | 3.28.38 | 3.01.40 | 2.53.35 | 2.43.10 | 2.31.19 | 2.22.91 | 2.19.26 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| FEMALE | | | | | | | |
|  | **9yrs** | **10yrs** | **11yrs** | **12yrs** | **13yrs** | **14yrs** | **15yrs +** |
| 50m Free | 38.69 | 34.67 | 31.90 | 30.18 | 29.23 | 28.46 | 28.08 |
| 100m Free | 1.28.25 | 1.16.52 | 1.10.54 | 1.04.98 | 1.03.73 | 1.01.64 | 1.00.57 |
| 200m Free | 2.56.91 | 2.39.49 | 2.31.85 | 2.21.99 | 2.18.42 | 2.14.05 | 2.09.73 |
| 50m Breast | 51.76 | 46.46 | 41.76 | 38.49 | 37.60 | 36.33 | 36.03 |
| 100m Breast | 1.48.18 | 1.38.74 | 1.31.49 | 1.23.75 | 1.21.11 | 1.17.71 | 1.17.74 |
| 200m Breast | 3.51.56 | 3.30.98 | 3.18.00 | 3.02.65 | 2.56.88 | 2.50.95 | 2.49.27 |
| 50m Fly | 48.53 | 38.87 | 35.51 | 32.82 | 31.81 | 30.91 | 30.58 |
| 100m Fly | 2.01.54 | 1.25.90 | 1.24.16 | 1.13.91 | 1.11.38 | 1.08.81 | 1.07.18 |
| 200m Fly | 3.49.04 | 3.03.50 | 3.03.55 | 2.39.40 | 2.34.33 | 2.29.19 | 2.23.61 |
| 50m Back | 44.84 | 39.79 | 36.99 | 34.06 | 33.85 | 32.00 | 31.60 |
| 100m Back | 1.34.52 | 1.24.26 | 1.20.51 | 1.12.57 | 1.11.38 | 1.07.71 | 1.07.12 |
| 200m Back | 3.23.24 | 3.02.28 | 2.49.45 | 2.37.61 | 2.32.93 | 2.27.62 | 2.25.73 |
| 100m IM | 1.41.52 | 1.28.61 | 1.23.87 | 1.15.52 | 1.13.20 | 1.11.24 | 1.10.14 |
| 200m IM | 3.33.32 | 3.02.53 | 2.55.32 | 2.41.35 | 2.34.95 | 2.30.58 | 2.27.08 |

# Club Summary Entry Form

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

**Closing date 12.00 Midnight on 1st June 2019**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Club Name: | |  | | |
| Contact Name: | |  | | |
| Postal Address: | |  | | |
| Email Address: | |  | | |
| Telephone No: | |  | | |
| Entry Details: | | | | |
|  |  | | No of Entries/ Passes | Cost |
| Swimmers | @ £6 per event | |  | £ |
|  |  | |  |  |
| Coaches Pass | @ £12 per person per day | |  | £ |
|  |  | |  |  |
|  | | | 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

Checklist – By the Closing Date of 1st June 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

# Individual Entry Form

**PLEASE NOTE: Entries for more than three swimmers should be made electronically.**

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

**ENTRY DEADLINE: MIDNIGHT ON 1st JUNE 2019**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| First Name: | | | Surname: | | |
| Male or Female |  | | Phone Number | |  |
| DOB (dd/mm/yy) |  | | Swim England Reg. No | |  |
| Club |  | | | | |
| E-mail |  | | | | |
| Disability Exemption Code | S = | | SB = | | SM = |
| **Age as of 14th July 2019** | | **\_\_\_\_\_\_ Yrs old** | |  | |
| **Event** | | **Submitted Time\*** | | **Fee** | |
| 50m Freestyle | |  | |  | |
| 100m Freestyle | |  | |  | |
| 200m Freestyle | |  | |  | |
| 50m Backstroke | |  | |  | |
| 100m Backstroke | |  | |  | |
| 200m Backstroke | |  | |  | |
| 50m Breaststroke | |  | |  | |
| 100m Breaststroke | |  | |  | |
| 200m Breaststroke | |  | |  | |
| 50m Butterfly | |  | |  | |
| 100m Butterfly | |  | |  | |
| 200m Butterfly | |  | |  | |
| 100m IM | |  | |  | |
| 200m IM | |  | |  | |
| Total @ £6.00 per event | | | |  | |
| Signature of Competitor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | |

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 “SWIMMER SURNAME/JULY”

# Coach/Team Manager Pass Application Form

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

**Closing date 1st June 2019**

|  |  |  |
| --- | --- | --- |
|  | 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.: |  |  |

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.

All completed forms to be returned by e-mail to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk).

# Officials

CoCSC welcome all officials including trainees.

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

<https://www.swim-meet.com/OfficialsSignUp/JeanneBarkerJulyOpen2019/>

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)