

Parkside Swimming Pools, Cambridge.

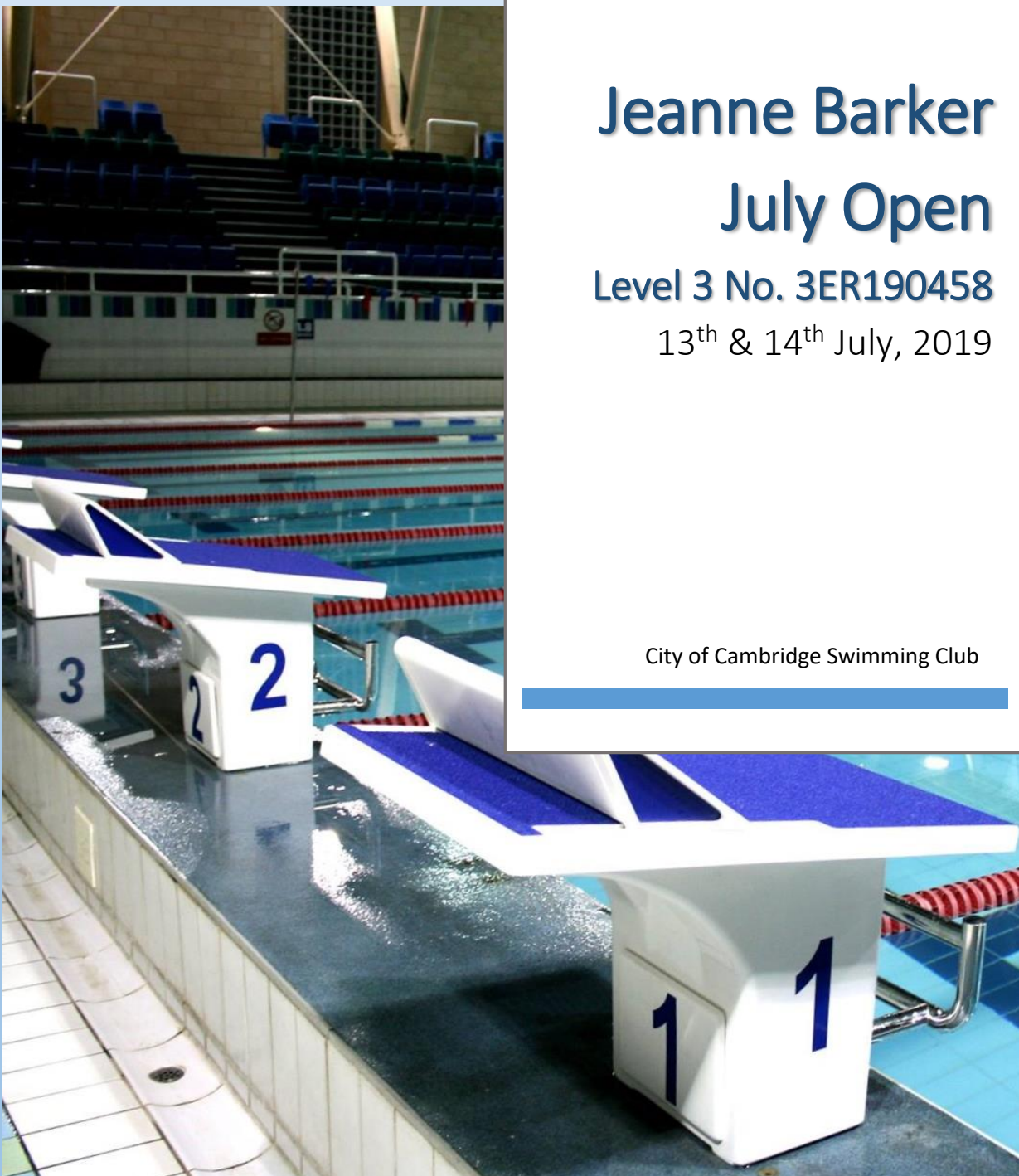


Jeanne Barker July Open

Level 3 No. 3ER190458

13th & 14th July, 2019

City of Cambridge Swimming Club



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

Meet Programme

Session 1

Saturday 13th July

Warm-up 12pm
Start 1pm

1	200m IM	Female
2	50m Breaststroke	Male
3	50m Butterfly	Female
4	200m Backstroke	Male
5	200m Breaststroke	Female
6	100m Butterfly	Male
7	100m Freestyle	Female

Session 2

Saturday 13th July

Warm-up tbc
Start tbc

8	50m Freestyle	Male
9	50m Backstroke	Female
10	100m IM	Male
11	200m Freestyle	Female
12	200m Butterfly	Male
13	100m Backstroke	Female
14	100m Breaststroke	Male

Session 3

Sunday 14th July

Warm-up 11am
Start 12pm

15	200m IM	Male
16	50m Breaststroke	Female
17	50m Butterfly	Male
18	200m Backstroke	Female
19	200m Breaststroke	Male
20	100m Butterfly	Female
21	100m Freestyle	Male

Session 4

Sunday 14th July

Warm-up tbc
Start tbc

22	50m Freestyle	Female
23	50m Backstroke	Male
24	100m IM	Female
25	200m Freestyle	Male
26	200m Butterfly	Female
27	100m Backstroke	Male
28	100m Breaststroke	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 or from the club website at 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) 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> (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 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.

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

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.

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