



City of Leicester Swimming Club
(Affiliated to the Swim England East Midlands Region & Leicestershire ASA)

Presents

The City of Leicester Age Group Meet 2024
(Under Swim England Regulations & Technical Rules)
This event is licensed @ L3 (3EM240125) By Swim England

Event Overview

<i>WHEN:</i>	Saturday 30 th & Sunday 31 st March 2024
<i>WHERE:</i>	Hinckley Leisure Centre, Argents Mead, Hinckley, LE10 1BZ
<i>SESSIONS:</i>	2 Saturday (Afternoon & Evening) 2 Sunday (Afternoon & Evening)
<i>AGE AS AT:</i>	31 st December 2024
<i>AGE GROUPS:</i>	Open/Boys & Girls – 10 – 11/12 – 13/14 – 15&Over
<i>EVENTS:</i>	50m – Freestyle, Backstroke, Breaststroke & Butterfly 100m – Freestyle, Backstroke, Breaststroke & Butterfly 200m – Freestyle, Backstroke, Breaststroke, Butterfly & Individual Medley 400m – Freestyle & Individual Medley
<i>HDW:</i>	All Events are Heat Declared Winners
<i>AWARDS:</i>	Medals to the Top 3 Swimmers in each age band
<i>SWIM DOWN:</i>	Separate 4 Lane Swim Down Pool Available after 1 st Event starts
<i>ENTRIES:</i>	FIRST COME, FIRST SERVED
<i>CLOSING DATE:</i>	Friday 22 nd March or when full

**8 LANE 25m COMPETITION POOL – ELECTRONIC TIMING
FOR MORE INFORMATION & MEET PACKS VISIT:**

Web: www.swimmingmeetresults.co.uk/COLeicester/

Email: entries@swimmingmeetresults.co.uk



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Event Order

Saturday 30 th March					
Session 1	Warm Up	13:30-14:20	Session 2	Warm Up	TBC
101	Girls 400m Freestyle		201	Open/Boys 400m Freestyle	
102	Open/Boys 400m Individual Medley		202	Girls 200m Individual Medley	
103	Girls 50m Backstroke		203	Open/Boys 50m Butterfly	
104	Open/Boys 50m Backstroke		204	Girls 50m Butterfly	
105	Girls 100m Freestyle		205	Open/Boys 100m Breaststroke	
105	Open/Boys 100m Freestyle		206	Girls 100m Breaststroke	
107	Girls 200m Butterfly		207	Open/Boys 200m Butterfly	

Sunday					
Session 3	Warm Up	11:00-11:50	Session 4	Warm Up	TBC
301	Girls 400m Individual Medley		401	Open/Boys 200m Individual Medley	
302	Open/Boys 200m Backstroke		402	Girls 200m Backstroke	
303	Girls 100m Butterfly		403	Open/Boys 50m Freestyle	
304	Open/Boys 50m Breaststroke		404	Girls 50m Freestyle	
305	Girls 50m Breaststroke		405	Open/Boys 100m Backstroke	
306	Open/Boys 100m Butterfly		406	Girls 100m Backstroke	
307	Girls 200m Freestyle		407	Open/Boys 200m Breaststroke	
308	Open/Boys 200m Freestyle		408	Girls 200m Breaststroke	



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Upper Limit Times (No Faster than)

Open/Boys					Girls			
10 Years	11/12 Years	13/14 Years	15&Over	Events	10 Years	11/12 Years	13/14 Years	15&Over
29.3	25.1	21.3	20.9	50m Free	29.6	25.7	23.3	22.5
1:08.4	1:02.0	55.0	51.2	100m Free	1:09.0	1:05.4	1:02.0	58.0
2:16.9	2:05.0	1:57.0	1:51.6	200m Free	2:17.0	2:10.8	2:05.3	2:00.2
4:05.0				400m Free	4:20.0			
35.1	30.3	26.0	23.9	50m Back	35.3	30.5	27.5	26.8
1:12.1	1:06.1	1:01.7	58.0	100m Back	1:12.3	1:09.6	1:05.0	1:02.0
2:30.0	2:21.0	2:15.2	2:07.0	200m Back	2:30.9	2:27.5	2:20.6	2:15.0
37.3	33.1	29.6	27.7	50m Breast	37.7	33.5	30.9	29.4
1:19.0	1:14.6	1:09.3	1:05.0	100m Breast	1:20.0	1:16.5	1:11.9	1:08.1
2:48.0	2:35.8	2:28.0	2:22.0	200m Breast	2:48.1	2:36.0	2:30.0	2:25.5
33.8	28.8	24.3	22.5	50m Fly	33.9	29.1	26.1	25.2
1:13.6	1:08.4	1:00.0	57.5	100m Fly	1:13.8	1:10.9	1:06.0	1:02.5
2:37.0	2:26.5	2:18.0	2:10.0	200m Fly	2:39.2	2:28.4	2:22.5	2:18.0
2:35.0	2:24.1	2:16.0	2:09.0	200m I.M	2:35.7	2:29.5	2:23.0	2:17.0
4:35.0				400m I.M	4:55.0			

Only times slower than the above will be able to enter
Times will be taken from the British Rankings Database at the time of entry submission.
A Coaches time will be accepted if no time is present



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Promoter's Conditions

- This Event will take place under Swim England Regulations and Technical Rules of Swimming at Hinckley Leisure Centre, Argents Mead, Hinckley, LE10 1BZ
- 25m 8 Lane Competition pool with anti-turbulence lane ropes. Electronic timing and scoreboard to be used in conjunction with a computerised results service. Entry information can be downloaded from our website and results will be available on-line at: <https://www.swimmingmeetresults.co.uk/COLeicester/>
- All Meet information and results on the days of competition will be available on our website: www.swimmingmeetresults.co.uk/COLeicester/
- A 4 Lane swim down pool will be available when racing is underway. This pool may also be used during warm up times if extra space is needed. A team manager or coach should be there to supervise their swimmers.
- This competition is open to registered swimmers under Swim England Rules. Age is at 31st December 2024.
- Please refer to the Swim England Supervision Policy regarding the provision, credentials and ratios of coaches, team managers and chaperones to support the club's swimmers. Individual entries require adult supervision either through poolside accreditation, buddying up with an attending club or seeking support from the City of Leicester SC.
- All participants and spectators should follow safety precautions in operation at Hinckley Leisure Centre. Neither the City of Leicester SC nor Places Leisure can be held responsible for loss or damage to swimmers, team managers, coaches, volunteers, officials or spectators' property. Swimmers are advised to use the lockers in the changing rooms and not leave their belongings unattended.
- All Events at this meet will be Heat Declared Winners with medals being given to the top 3 in each age band.
- This is a cardless meet. No cards will be issued at this meet; provisional entries will be available on our website: www.swimmingmeetresults.co.uk/COLeicester/. It is the responsibility of the swimmer/entry club to check this for any mistakes. A timeline for the meet will be produced during the week prior to the competition taking place.
- Over the top starts will be at the discretion of the Meet Promoter and Referees to keep to the scheduled timeline for the meet. It is the responsibility of the club's team managers, coaches and swimmers to report to the marshalling area on time for their race. The competition will not wait for any missing swimmers and will run at its own pace.
- A secondary strobe will be available during this meet.
- The Café will be open during the meet to sell hot or cold refreshments. If there are any changes with this, it will be communicated in the week prior to the competition.
- Entry times shall be converted to 25m and must be equal to or slower than the time for the event being entered. The Entry file will be locked, and times will be taken from rankings at the time of submission. In the event of no time being available, a coach's time will be accepted.
- Club entries must be made by your club meet manager using the Sportsys Entry file which will be found on our website. Exported entry files need to be submitted to following email address: entries@swimmingmeetresults.co.uk by **Friday 22nd March**. The meet is First Come, First Serve.
- For Electronic entries: a Summary sheet with number of entries, total cost of entries, number of coaches passes, total cost of coaches passes and the entry report from Sportsys needs to be submitted with the entry file as well as proof of payment for the total cost of the entry to the email above.



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Promoter's Conditions

- Each event costs **£7.75** to enter electronically (through your Club). A paper entry will cost **£8.25** per event entered and needs to be returned to the address shown on the Event Overview page and needs to be received by **Friday 15th March**. **The Swimmers Swim England Registration number needs to be displayed on the paper entry form.**
- All Club Cheques should be made payable to the City of Leicester Swimming Club. If paying by BACS, our account information is:
Account Name: City of Leicester Swimming Club
Account Number 35175607
Sort Code: 40-28-06
- When paying please use your club code. Eg. AG24 COLA. This is so we can match your payment with your entries.
- If you an individual entering, please us the following: AG24 <Swimmers Name or SE Number>
- As it has been referred to, this event is on a first come first served basis. As many heats will run in the allotted time for each session on the meet. The promoter reserves the right to edit the number of heats for each event depending on entry number so each event. Entry times will not be updated after you have submitted your entries.
- The Girls category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
- Entries for para swimmers will be accepted for those who hold British Swimming Para-Classifications S1-S14. The swimmer should hold a time in the events they wish to enter but a coach's time will be accepted in the event of no time.
- As soon as possible after the closing date, an updated provisional entries page will be shown on our website with the date and time of last update. We have the right to close entries early if the meet is full before the preposed closing date. Our Meet Organiser will inform you if this is the case when your entries are submitted.
- If an event is oversubscribed, the meet promoter has the right to restrict entries into that event.
- No entry will be accepted if the entry form isn't fully completed.
- It is the responsibility of all competing clubs to ensure all information is correct before and after entry submission.



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Promoter's Conditions

- Entry summaries, coaches, team manager and chaperone pass application, and individual entries should be returned to:

City of Leicester Age Group Meet
11 Brookfield Road, Arnold, Nottingham, NG5 7ER
Email: entries@swimmingmeetresults.co.uk

- Cost per event for Electronic Entry is **£7.75**, Cost per event for paper entry is **£8.25**.
- Coaches and team manager passes cost £20 (no lunch included) or £35 (with lunch included). Passes cannot be purchased on the day. Chaperone Pass will also be available for £15, Medical chaperones will be charged in line with the spectator fees on the day.
- We request that all visiting clubs provide at least 1 official to every 10 swimmers entered. Officials will be provided with refreshments and lunch.
- Officials are not required to wear white trousers or shorts, a dark colour is permissible, however please wear a white club shirt.
- **ALL PARTICIPENTS WILL BE SUBJECT TO ADHERENCE TO GOVERNMENT AND FACILITY COVID REQUIRMENTS**
- Anything not covered in the above, is at the discretion of the meet promoter (this includes timeline changes).



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CHECKLIST

Please help us to help you!

CLUB ENTRY

Complete

INDIVIDUAL ENTRY

Complete

Club Meet Summary and Poolside
Pass Application

Swimmer Entry Form

Chaperone Pass Application

Swimmer Supervision
Arranged OR

Club Officials Contacted

Chaperone Pass Application

Payment Made

Payment Made



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Club Meet Summary Form and Poolside Pass Application

Club:		
Address:		
Telephone:		
Email:		
Name of Coaches & Team Managers requiring passes	DBS No:	
	Safeguarding:	
	DBS No:	
	Safeguarding:	
	DBS No:	
	Safeguarding:	
	DBS No:	
	Safeguarding:	
	DBS No:	
	Safeguarding:	
Number of Girls Electronic Entries	@ £7.75	£
Number of Open/Boys Electronic Entries	@ £7.75	£
Number of Paper Entries	@ £8.25	£
Number of Coaches Passes	@ £20/£35	£
Number of Team Managers Passes	@ £20/35	£
Number of Chaperone Passes (THIS DOES NOT REPLACE A COACH OR TM PASS)	@ £15	£
Total Amount of Club Cheque Enclosed or BACS	BACS/CHQ (Select Payment Method)	£

THIS FORM MUST BE COMPLETED AND RETURNED FOR ALL CLUB ENTRIES WITH THE SPORTSYTEMS PRINTOUTS or WITH ALL PAPER ENTRIES. CHEQUES MADE PAYABLE TO 'CITY OF LEICESTER SWIMMING CLUB' AND ALL FORMS, PRINTOUTS AND PAYMENTS MUST BE SENT TO:

City of Leicester Age Group Meet, 11 Brookfield Road, Arnold, Nottingham, NG5 7ER



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Swimmer Entry Form

(If Clubs use the form for internal entries and then for submission by electronic entries the fees will be £7.75 and not £8.25 as shown and the forms do not have to be returned)

Name:	Swim England Number:
Club:	
Email:	Contact No.

Events	Please Tick if you wish to enter		
50m Freestyle		<p align="center">All times will be taken from British Rankings at time of Entry.</p> <p align="center">BACS Payment to: City of Leicester Swimming Club Account No: 35175607 Sort Code: 40-28-06</p> <p align="center">Please reference AG24 and your swimmers name in the BACS reference so we can match against your entries.</p> <p align="center">i.e. AG24 <swimmer's name/membership number></p> <p align="center"><u>Please return to the following address:</u> 11 Brookfield Road, Arnold, Nottingham, NG5 7ER Cheques made payable to City of Leicester Swimming Club</p>	
100m Freestyle			
200m Freestyle			
400m Freestyle			
50m Backstroke			
100m Backstroke			
200m Backstroke			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
50m Butterfly			
100m Butterfly			
200m Butterfly			
200m Ind. Medley			
400m Ind. Medley			
Total Cost:	Total No. of Events:		



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Chaperone Pass Application
(Must be sent with Individual entries)

Chaperone Details

Name:	Swim England Number:
Club:	
Email:	Contact No:
SE Safeguarding Valid to:	SE DBS Valid to:
TM 1/ Chaperone course completed: YES / NO (Please Delete)	

Swimmer Details

Name:	Swim England Number:
Club:	

Please tick box for sessions you need your chaperone pass

Session 1 –	
Session 2 –	
Session 3 –	
Session 4 –	
Session 5 –	

Cost of Pass - £15 (to be included in final total) Medical chaperones will be charged in line with the spectator fees on the day

Please return to the following address with the swimmer individual entry form:

11 Brookfield Road, Arnold, Nottingham, NG5 7ER
Cheques made payable to City of Leicester Swimming Club



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Officials Required

Are you able to help by officiating at one or more sessions?

Meals provided if you cover two sessions in a day.

We ask that Clubs sending 10 or more swimmers to the Meet provide at least One or more Officials per session

	Please tick boxes for all sessions you are available for.
Session 1 –	
Session 2 –	
Session 3 –	
Session 4 –	
Session 5 –	

Name:	
Swim England Number:	
Qualifications:	
Email Address:	

PLEASE COMPLETE AND RETURN TO:

colsofficials@gmail.com

As Soon As Possible



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