



CITY OF LEICESTER SWIMMING CLUB LIMITED

(Affiliated to Swim England East Midlands Region & Leicestershire ASA)

PRESENTS

The CoL Sprint & Distance Meet

(Under Swim England Regulations & Technical Rules)

This Event is licensed @ L3 (3EM221731) by Swim England

Event Overview

WHEN:	Saturday 22 nd & Sunday 23 rd October 2022
WHERE:	Braunstone Leisure Centre, Leicester, LE3 1JN
AGE AS AT:	31 st December 2022
AGE GROUPS:	Male/Female – 10 – 11/12 – 13/14 – 15/16 – 17 & Over
EVENTS:	50m - Butterfly, Backstroke, Breaststroke, Freestyle 100m - Butterfly, Backstroke, Breaststroke, Freestyle, Ind. Medley 800m & 1500m Freestyle
HDW & AWARDS:	All Events are Heat Declared Winners with Top 3 in each age group receiving Medals
SESSIONS:	Two Sessions Saturday 22 nd October Two Sessions Sunday 23 rd October
SWIM DOWN:	Separate 4 Lane Swim-Down pool available at specified times.
ENTRIES:	First Come, First Served
CLOSING DATE:	Friday 7 th October or when Full

8 LANE 25m COMPETITION POOL – ELECTRONIC TIMING

For more information & Club Entry Pack Visit:

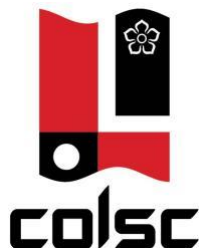
Web: <https://www.swimmingmeetresults.co.uk/COLeicester/>

Email: entries@swimmingmeetresults.co.uk

Or: send a large stamped self-addressed envelope to: -
City of Leicester Swimming Club Sprint & Distance Meet
11 Brookfield Road, Arnold, Nottingham, NG5 7ER



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Event Order

Saturday 22 nd October					
Session 1	Warm Up: 13:10 Start: 14:00	Max Length: 3.5hrs	Session 2	Warm Up: TBC Start: TBC	Max Length: 3.5hrs
101	Male 800m Freestyle		201	Female 1500m Freestyle	
102	Female 50m Freestyle		202	Male 50m Freestyle	
103	Male 100m Breaststroke		203	Female 100m Breaststroke	
104	Female 100m Butterfly		204	Male 100m Butterfly	
105	Male 50m Backstroke		205	Female 50m Backstroke	
106	Female 100m Ind. Medley				

Sunday 23 rd October					
Session 3	Warm Up: 13:10 Start: 14:00	Max Length: 3.5hrs	Session 4	Warm Up: TBC Start: TBC	Max Length: 3.5hrs
301	Male 1500m Freestyle		401	Female 800m Freestyle	
302	Female 50m Breaststroke		402	Male 50m Breaststroke	
303	Male 100m Backstroke		403	Female 100m Backstroke	
304	Female 100m Freestyle		404	Male 100m Freestyle	
305	Male 50m Butterfly		405	Female 50m Butterfly	
			406	Male 100m Ind. Medley	

Event Prices

All 50m & 100m Events - £7.50 per Event
800m & 1500m Freestyle - £12 per Event



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Upper Limit Times – (Must be Equal or slower than)

Boys Upper Limit Times					Events	Girls Upper Limit Times				
10yrs	11/12yrs	13/14yrs	15/16yrs	17/Over		10yrs	11/12yrs	13/14yrs	15/16yrs	17/Over
33.4	28.3	26.0	24.6	23.1	50m Freestyle	32.6	30.3	27.9	26.6	25.9
1:11.8	1:02.8	56.1	54.0	52.6	100m Freestyle	1:09.1	1:03.5	58.0	57.3	56.0
12:08.2	9:55.7	8:33.6	8:19.6	7:44.2	800m Freestyle	12:15.2	10:08.3	9:12.6	8:45.6	8:30.1
21:00.0	19:26.2	16:30.5	15:50.7	14:40.8	1500m Freestyle	21:00.0	19:24.3	17:49.3	17:03.3	16:21.1
44.1	37.9	32.4	30.6	28.4	50m Breaststroke	42.1	37.0	33.4	32.7	31.0
1:33.4	1:20.1	1:08.2	1:05.3	1:01.2	100m Breaststroke	1:31.0	1:21.0	1:15.3	1:10.3	1:08.6
37.0	33.7	30.0	28.0	25.5	50m Backstroke	36.6	33.0	30.5	29.6	28.7
1:21.4	1:10.6	1:00.4	57.9	54.9	100m Backstroke	1:19.4	1:09.0	1:05.6	1:04.0	1:01.4
36.2	32.9	28.3	27.0	25.0	50m Butterfly	36.0	30.6	29.5	28.6	27.0
1:22.6	1:11.2	1:01.6	58.1	54.0	100m Butterfly	1:22.3	1:11.2	1:06.0	1:02.4	1:01.2
1:24.4	1:12.2	1:02.4	58.9	56.9	100m Ind. Medley	1:21.8	1:12.7	1:07.8	1:05.2	1:03.3

Only Swimmers **SLOWER** than the above times shown are eligible to enter.

Remember - AGE MEANS AGE AT 31st DECEMBER 2022



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Promoters Conditions

The competition will be held under Swim England Regulations and Technical Rules of Swimming at Braunstone Leisure Centre, 2 Hamelin Road, Braunstone, Leicester, LE3 1JN.

25m 8 lane competition pool with anti-turbulence lane ropes. Electronic timing with scoreboard is 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.swimmingmeetsresults.co.uk/COLeicester/>

A 25m, 4 lane swim down pool is available at specified times. Swimmers must be supervised throughout their swim down/warm up by their club coach(es) or team manager(s).

The competition is open to registered swimmers as defined by Swim England Rules: Age as at 31st December 2022.

All participants and spectators must observe the safety precautions in operation at Braunstone Leisure Centre. Neither City of Leicester Swimming Club Limited nor Leicester City Council can be held responsible for loss or damage to spectators or competitors' property. Competitors are advised to use the lockers in the changing village and not leave belongings unattended.

All events are HEAT DECLARED WINNERS, an individual prize for the first three places. The promoter reserves the right to restrict the number of 800m and 1500m heats.

This will be a card-less meet. No cards will be issued for this meet; draft club/swimmers' entries will be published on the competition website. It is the responsibility of the Swimmer/Entry Club to check this for accuracy. Draft session times will be published on the website during the week prior to the Meet.

Over the top starts may be used at the discretion of the promoter in order to maintain the scheduled timing of events. It is the responsibility of team managers and coaches to ensure that their competitors report to the Marshalling Stewards in time for the start of their race. The competition will not wait for missing swimmers and will run at its own pace.

A secondary strobe will be available for this meet.

The Café will be open for the sale of hot and cold refreshments during the meet.

Entry times should be slower than or equal to the published Upper Limit. All entries times will be taken from the Swim England Rankings when submitted received. Non-Ranked Times will only be accepted for the 800/1500m races, but an entry time must be submitted.

Club entries must be made via **YOUR** club entry coordinator using the SportSystems Entry File found on the website. Exported Entry files must be emailed to entries@swimmingmeetsresults.co.uk and received by **Friday 7th October**.

Electronic entries: a printout of event entries from Sportsystems, a club entry summary form and full payment or proof of BACs payment must be sent to the email address below no more than **7 days** after the Entry File has been acknowledged by the meet management team. The entry fee is **£7.50 (£12.00 per 800m/1500m)** per event.

Paper entries will be charged at **£8 (£12.50 for 800/1500m)** per event and must be submitted using the entry form within the Meet Pack and returned the address shown above with the correct fee by **Friday 7th October**. **Competitors Swim England Number must be included if using the Paper Entry Form.**



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All club or cheques should be made payable to **City of Leicester Swimming Club Ltd**. If paying by BACS please state this when you submit your entries and we will then send you the payment details.

The acceptance of competitors will be based on a **first come basis**. As many heats as possible will be run in the time available for the Meet. The promoters reserve the right to amend the number of heats in each event depending on entry numbers. **Entries must be within (i.e., equal to or slower than) the published qualifying times** for each event. After your entry has been submitted, entry times will not be updated.

Entries will be accepted for Para-Swimmers who hold a British Swimming Para Classification S1-S14. Classified swimmers are exempt from the consideration time requirements, but must hold a time for the event within rankings for the event they are entering.

As soon as possible after the closing date, club list sheets will be posted on the competition website, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or will be available for collection by Clubs on the day. There will be no refunds for withdrawals after the closing date.

If events are oversubscribed; the Meet Organiser reserves the right to restrict entries. No entry will be accepted without fully completed entry form application - times must be submitted. Any entry that is not accepted will be notified prior to the meet with a full refund. It is the responsibility of all competing clubs to ensure that the information is correct.

Entry summaries, coach poolside pass applications and individual entries should be returned to:

City of Leicester Swimming Club Sprint & Distance Meet
11 Brookfield Road, Arnold, Nottingham, NG5 7ER
Email: entries@swimmingmeetresults.co.uk
www.swimmingmeetresults.co.uk/COLeicester/

Entry Fee: Electronic Entry £7.50 per 50 & 100m event (£8 for individual paper entries). Electronic Entry £12 per 800 & 1500m event (£12.50 per individual paper entries).

Coaches Passes: £20.00 for 2 day pass (including refreshments). £35.00 for 2 day pass (including refreshments & lunch).

Coaches' passes cannot be purchased on the day of the Meet.

OFFICIALS: Visiting clubs are requested to provide at least one qualified official per 10 swimmers entered, meals and refreshments will be provided.

ALL PARTICIPANTS WILL BE SUBJECT TO ADHERENCE TO GOVERNMENT AND FACILITY COVID REQUIREMENTS

Any conditions not covered in the above will be at the discretion of the promoter and includes any alterations to the program and warm up times as necessary.



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Club Summary & Coaches Passes Application Form

Club:		
Address:		
Telephone:		
Email:		
Name of Coaches & Team Managers using passes	DBS No:	
	Safeguarding:	
	DBS No:	
	Safeguarding:	
	DBS No:	
	Safeguarding:	
	DBS No:	
	Safeguarding:	
	DBS No:	
	Safeguarding:	
Number of Girls Electronic Entries	@ £7.50/£12	£
Number of Boys Electronic Entries	@ £7.50/£12	£
Number of Paper Entries	@ £8.00/£12.50	£
Number of Coaches Passes	@ £20/£35	£
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 LTD' AND ALL FORMS, PRINTOUTS AND PAYMENTS MUST BE SENT TO:
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Swimmer Entry Form

(Form must be submitted for paper entries by individuals to the address shown below)

(If Clubs use the form for internal entries and then for submission by electronic entries the fees will be £7.50/£12 and not £8/£12.50 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>All times will be taken from British Rankings at time of Entry*.</p> <p>PLEASE CONTACT US FOR PAYMENT DETAILS WHEN SUBMITTING ENTRIES</p> <p>*Non-Ranked Times will only be accepted for the 800/1500m races, but an entry time must be submitted.</p>		
100m Freestyle				
800m Freestyle				
1500m Freestyle				
50m Breaststroke				
100m Breaststroke				
50m Backstroke				
100m Backstroke				
50m Butterfly				
100m Butterfly				
Total No. of Events:	@ £8.00/£12.50	£	/£	Total: £

For Paper Submission please post:

City of Leicester Swimming Club Sprint & Distance Meet, 11 Brookfield Road, Arnold, Nottingham, NG5 7ER

Cheques made payable to 'City of Leicester Swimming Club Ltd'



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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 request that Clubs provide one Official if 10 or more swimmers are attending the meet.

	Please Tick box for all sessions you are available for.
Session 1 – Saturday 22 nd October	
Session 2 – Saturday 22 nd October	
Session 3 – Sunday 23 rd October	
Session 4 – Sunday 23 rd October	

Name:	
Swim England Number:	
Qualifications:	
Email Address:	

PLEASE COMPLETE AND RETURN TO:

Colsc.Meets@gmail.com

As Soon As Possible

