

CITY OF LEICESTER SWIMMING CLUB LIMITED  
(Affiliated to Swim England East Midland Region & Leicestershire ASA)

PRESENTS  
THE 2021 LEICESTER AGE GROUP MEET  
(Under Swim England Regulations and Technical Rules)  
**This event is Licensed @ L3 (3EM210644) by Swim England**



<b>DATE:</b>	SATURDAY 25th & SUNDAY 26th September 2021
<b>VENUE:</b>	Braunstone Leisure Centre, Leicester
<b>AGE AS AT:</b>	31st DECEMBER 2021
<b>AGE GROUPS:</b>	Male / Female ~ 10 ~ 11/12 ~ 13/14 ~ 15/16 ~ 17 & Over
<b>EVENTS:</b>	100m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly 200m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly ~ Individual Medley 400m ~ Freestyle ~ Individual Medley
<b>HDW:</b>	ALL EVENTS ARE HEAT DECLARED WINNER
<b>AWARDS:</b>	To the first three in each age group band
<b>SESSIONS:</b>	Two Saturday 25th and Two Sunday 26th September
<b>SWIM DOWN:</b>	Separate 4 lane 25m Swim-Down Pool, available at specified times
<b>ENTRIES:</b>	FIRST COME FIRST SERVE
<b>CLOSING DATE:</b>	FRIDAY 10th SEPTEMBER 2021 or when full

**8 LANE 25m COMPETITION POOL – ELECTRONIC TIMING**

**FOR MORE INFORMATION & CLUB ENTRY PACK VISIT:**

Web: [www.cityofleicesterswimmingclub.co.uk](http://www.cityofleicesterswimmingclub.co.uk)  
Email: [entries@swimmingmeetresults.co.uk](mailto:entries@swimmingmeetresults.co.uk)

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



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## PROGRAMME OF EVENTS

<b>SATURDAY 25th SEPTEMBER: SESSION 1</b>	
<i>WARM UP 1:15pm</i> <i>START 2:00pm</i>	<i>SESSION LENGTH: Max 3.0 hours</i>
Event No 101 Female	400m IND MEDLEY
Event No 102 Male	100m FREESTYLE
Event No 103 Female	200m BACKSTROKE
Event No 104 Male	200m IND MEDLEY
Event No 105 Female	100m BREASTSTROKE
Event No 106 Male	200m BUTTERFLY
<b>SATURDAY 25th SEPTEMBER: SESSION 2</b>	
<i>WARM UP TBC</i>	<i>SESSION LENGTH: Max 3.0 hours</i>
Event No 201 Male	400m IND MEDLEY
Event No 202 Female	100m FREESTYLE
Event No 203 Male	200m BACKSTROKE
Event No 204 Female	200m IND MEDLEY
Event No 205 Male	100m BREASTSTROKE
Event No 206 Female	200m BUTTERFLY
<b>SUNDAY 26th SEPTEMBER: SESSION 1</b>	
<i>WARM UP 1:15pm</i> <i>START 2:00pm</i>	<i>SESSION LENGTH: Max 3.0 hours</i>
Event No 301 Male	400m FREESTYLE
Event No 302 Female	100m BUTTERFLY
Event No 303 Male	200m BREASTSTROKE
Event No 304 Female	100m BACKSTROKE
Event No 305 Male	200m FREESTYLE
<b>SUNDAY 26th SEPTEMBER: SESSION 2</b>	
<i>WARM UP: TBC</i>	<i>SESSION LENGTH: Max 3.0 hours</i>
Event No 401 Female	400m FREESTYLE
Event No 402 Male	100m BUTTERFLY
Event No 403 Female	200m BREASTSTROKE
Event No 404 Male	100m BACKSTROKE
Event No 405 Female	200m FREESTYLE

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## UPPER LIMIT TIMES

### BOYS UPPER LIMIT TIMES

(i.e. Swimmer's times must be slower than)

EVENT	10	11/12	13/14	15/OV
100m Freestyle	1:04.8	0:59.4	0:55.4	0:53.6
200m Freestyle	2:13.1	2:06.1	2:01.1	1:56.4
400m Freestyle	4:50.2	4:30.0	4:15.0	4:05.8
100m Breaststroke	1:20.3	1:14.8	1:10.8	1:07.3
200m Breaststroke	3:00.6	2:46.7	2:33.7	2:26.1
100m Butterfly	1:12.6	1:06.3	1:01.3	0:58.8
200m Butterfly	2:40.0	2:26.7	2:16.7	2:09.1
100m Backstroke	1:10.3	1:06.6	1:02.6	0:59.5
200m Backstroke	2:30.0	2:20.8	2:12.8	2:08.1
200m Individual Medley	2:33.1	2:24.7	2:15.7	2:11.2
400m Individual Medley	5:40.5	5:13.79	4:49.79	4:40.5

### GIRLS UPPER LIMIT TIMES

(i.e. Swimmer's times must be slower than)

EVENT	10	11/12	13/14	15/OV
100m Freestyle	1:09.0	1:03.9	0:58.9	0:58.0
200m Freestyle	2:20.0	2:12.0	2:06.0	2:04.4
400m Freestyle	5:00.0	4:39.4	4:23.4	4:19.4
100m Breaststroke	1:23.6	1:17.7	1:13.7	1:12.4
200m Breaststroke	3:00.2	2:48.8	2:38.8	2:36.3
100m Butterfly	1:15.3	1:09.7	1:05.1	1:04.1
200m Butterfly	2:45.0	2:32.1	2:22.1	2:18.8
100m Backstroke	1:12.1	1:08.2	1:05.5	1:04.1
200m Backstroke	2:35.1	2:27.1	2:20.1	2:16.9
200m Individual Medley	2:37.4	2:29.8	2:22.8	2:20.5
400m Individual Medley	5:44.9	5:24.5	5:09.4	5:02.9

Only swimmers **SLOWER** than the above times shown are eligible to enter  
**REMEMBER ~ AGE MEANS AGE AT 31st December 2021**

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## PROMOTORS' CONDITIONS

- The competition will be held under Swim England Regulations and Technical Rules at the Braunstone Leisure Centre, 2 Hamelin Road, Braunstone, Leicester, LE3 1JN.
- 25m 8 lane competition pool with anti-turbulence lane ropes. Electronic timing with 8- line 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 after the event at: <https://www.swimmingmeetresults.co.uk/COLeicester>
- 25m 4 lanes swim down pool will be available at the specified times only. Swimmers must be supervised throughout their swim down/warm up during Sessions 1-4.
- The competition is open to registered swimmers as defined by Swim England Regulations and Technical Rules: Age as at 31<sup>st</sup> December 2021.
- Individual awards for the first three places in each of the HDW events in the following age bands: 10, 11/12yrs, 13/14yrs, 15/16yrs & 17/Over, may be collected from the designated collection point. There will be awards for Para-Swimmers in each age band also.
- All participants and spectators (if permitted) must observe the safety precautions in operation at the 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 competitor's property. Competitors are advised to use the lockers in the changing village and not leave belongings unattended.
- Heats will be seeded per entry times submitted by the Club via the Sportsys Entry File.
- All events are HEAT DECLARED WINNER.
- **This will be a cardless meet.** No cards will be issued for this meet.
- Over the top starts may be used at the discretion of the promoter & referee 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 Café will be open for the sale of hot and cold refreshments during the meet ( maybe subject to change /Covid restrictions at facility)
- A swim shop will be available throughout the meet (Subject to confirmation).
- Club entries must be made via **YOUR** club using the SportSys Entry File found on the website. Exported Entry files must be emailed to [entries@swimmingmeetresults.co.uk](mailto:entries@swimmingmeetresults.co.uk) to be received by **Friday 10th September 2021**
- For emailed entries, a printout of event entries from SportSys, a club entry summary form and full payment must be sent to the address shown below **7 days** after the Entry File has been received by the meet management and no later than **Friday 10th September 2021**
- The swimmer entry fee is **£7.00** per event.



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- All club or individual cheques should be made payable to **City of Leicester Swimming Club Ltd**. If paying by BACS then the bank details are:

**City of Leicester Swimming Club Ltd T/As CoLSC**

**Sort Code: 20-45-77**

**Account no: 20234176**

Please reference your club name i.e. AG21 <4digit club code> so we can match against your club entries and email to [entries@swimmingmeetresults.co.uk](mailto:entries@swimmingmeetresults.co.uk) with your Sportsys entry reports to

- The acceptance of competitors will be based on **FIRST COME FIRST SERVED**. As many heats as possible will be run in the time available for the Meet. The promoter reserves the right to close entries prior to the advertised closing date if the meet reaches its maximum.
- Entries must be within meet the published qualifying times rules** for each event. 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.
- There will be a secondary strobe in use at this meet, if required.
- As soon as possible after the closing date, club list sheets will be posted on the club's 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, unless for medical withdrawals when a full refund will be issued.
- No entries will be accepted without full payment and fully completed individual or club summary forms. Any entry that is not accepted will be notified prior to the meet. It is the responsibility of all competing clubs to ensure that entry times and information is correct.
- Improved entry times will not be accepted after the closing date and requests for time trials will not be accepted. No entry cards will be issued and no secondary registration on the day is required.
- Entry summaries, coach poolside pass applications and individual entries should be sent to;  
FAO COLSC September Meet  
11 Brookfield Road  
Arnold  
Nottingham  
NG5 7ER
- Entry Fee: £7.00 per event
- Coaches Passes: £20.00 two day pass (including poolside refreshments) or  
£5.00 per session  
Coaches' passes cannot be purchased on the day of the Meet.
- Social Media is not to be used to make or report an appeal or any wrong doing. All issues should be reported to the Referee or the Promoter's representative on poolside.
- The Promotor reserves the right to alter at short notice events/schedule/numbers poolside due to any Government / NHS / Swim England or facility operator last minute updates due to Covid-19.



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- It is the responsibility of each Club's to ensure that their Coaches and Team Managers are responsible for their swimmers on the poolside, including behavior, dress and code of conduct towards other competitors, officials and meet organisers at all times. Clubs are responsible to ensure that:
  - any of their swimmers leaving the pool deck are suitably dressed, this extends to all club representatives,
  - at each session, the selection of chaperones for their swimmers and to ensure that such chaperones are DBS certified, have their Safeguarding and have completed the Swim England Team Managers course.
  - their chaperones of the same gender(s) of the swimmers completing in a particular session are selected.
  - their Coaches, Chaperones and Team Managers will supervise their swimmers during warm up, and any of their swimmers using warm up/down facilities. Clubs are responsible to ensure that their swimmers have reached the standard of the Swim England Competitive Start Award.
  - their swimmers and chaperones comply with any supplementary facility conditions i.e. No hot drinks, food, or glass containers, of any sort, will be taken onto the pool deck area, or into the cubical/rooms designated for changing in.
- **Photography and video:** Any person wishing to take photographs or video of any element of this meet must produce suitable identification if required by Braunstone Leisure Centre. No mobile phones capable of taking photographs/video are to be used in the changing village areas.
- Anything not covered in the above, and printed in any of the associated literature will be at the discretion of the promoter.

#### HEALTH & SAFETY

- The safety of all competitors, officials and spectators is of paramount importance. During this event announcements concerning your safety will be made in accordance with the recommendations of SE. The organisers ask everyone to pay particular attention to these announcements and instructions. Also please keep all stairs and emergency exits clear of obstruction and follow all the safety instruction given by the organisers or the sports centre staff.
- No outdoor shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area. Swimmers must be dry before leaving the wet area and before entering the sports hall. **Swimmers are asked not to enter the balcony or foyer unless they are dressed appropriately.**
- It is the responsibility of the swimmer and or parent to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.



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## Club Summary and Coaches Passes Application Form

*Cheques made payable to 'City of Leicester Swimming Club LTD'*

<b>Club:</b>		
<b>Address:</b>		
<b>Telephone:</b>		
<b>E-mail:</b>		
<b>Names of Coaches &amp; Team Managers using passes</b>	<u>DBS no:</u>	
	<u>Safeguarding:</u>	
	<u>DBS no:</u>	
	<u>Safeguarding:</u>	
	<u>DBS no:</u>	
	<u>Safeguarding:</u>	
	<u>DBS no:</u>	
	<u>Safeguarding:</u>	
	<u>DBS no:</u>	
	<u>Safeguarding:</u>	
<b>Number of Female Electronic Entries</b>	<b>@7.00</b>	<b>£</b>
<b>Number of Male Electronic Entries</b>	<b>@7.00</b>	<b>£</b>
<b>Number of Coach passes</b>	<b>@£20.00/£5.00</b>	<b>£</b>
<b><u>Total Amount of Club Cheque Enclosed or BACs</u></b>	<b>BACS / CHQ</b> (select payment method)	<b>£</b>

**THIS FORM MUST BE COMPLETED AND RETURNED FOR ALL CLUB ENTRIES WITH THE SPORTSYS PRINTOUTS TO:**

entries@swimmingmeetresults.co.uk  
c/o: City of Leicester Swimming Club Limited  
11 Brookfield Road, Arnold, Nottingham, NG5 7ER





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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.

**Can Clubs please pass this on to all qualified officials likely to be attending the meet.**

SESSION	DAY & DATE	Please Tick box for all sessions you are available
1	Sat 25th September 1:15pm w/up start 2pm	
2	Sat 25th September PM start TBC	
3	Sun 26th September 1:15pm w/up start 2pm	
4	Sun 26th September PM start TBC	

Name			
Address			
Qualification		S.E. Number	
Email Address			

**PLEASE COMPLETE AND RETURN TO ASAP**

Colsc.Meets@gmail.com



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NAME: \_\_\_\_\_ Swim England No.: \_\_\_\_\_

CLUB: \_\_\_\_\_

Event	Please tick if you wish to enter using times taken from British rankings	Submitted Entry Time only
100m Freestyle		
200m Freestyle		
400m Freestyle		
100m Backstroke		
200m Backstroke		
100m Breaststroke		
200m Breaststroke		
100m Butterfly		
200m Butterfly		
200m Individual Medley		
400m Individual Medley		
<b>Total Cost:</b>	<b>£7.00 per event</b>	<b>£_____</b>

Cheques made payable to City of Leicester Swimming Club LTD or

BACS payments to:

City of Leicester Swimming Club Ltd T/As COLSC,

**Sort Code: 20-45-77,**

**Account no: 20234176**

Please reference your swimmer's name i.e. AG21 <swimmer's name> in the BACS reference so we can match against your entries.

Attach a cheque or printout of your transaction with your entry form.

**Form must be completed in full (Name & S.E. Number)**

**Entries will not be accepted without payment.**



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