

CITY OF SHEFFIELD

SWIM SQUAD

cosss.co.uk

'NO FRILLS' MEET 2022

THIS IS A LEVEL 3 LICENSED MEET FOR ENTRY INTO COUNTY AND REGIONAL CHAMPIONSHIPS

Licence No. applied for

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| VENUE: | PONDS FORGE INTERNATIONAL SPORTS CENTRE, SHEFFIELD |
| DATE: | Saturday 21st & Sunday 22nd May 2022 |
| MEET DIRECTOR: | Janine Booth |
| EMAIL | noofrillss@gmail.com |
| AGE GROUPS: | Boys 9, 10, 11, 12, 13/14, 15/over Girls 9, 10, 11, 12, 13/14, 15/over |
| AGES AS AT: | 22nd May 2022 |
| POOL: | The pool is 50m long, 10 lanes, anti-wave lane ropes and electronic timing |
| AWARDS: | Awards to 1st 3 in all age groups. |
| EVENTS: | 50 M all strokes <ul style="list-style-type: none">• 100 M all strokes• 200 M all strokes• 200 IM |
| FEES: | £7.00 per event (BACS Payments preferred) Coaches' passes for weekend are £15 (to include start sheets) |

Would all clubs please submit their entries via electronic files obtainable from our website www.cosss.co.uk

**This gala will be filled on a first come first served basis
CLOSING DATE ON OR BEFORE 27th April 2022**

City of Sheffield Swim Squad

'No Frills' Meet 2022

Programme of Events

| | | |
|---|------------------------|----------------------|
| Session 1 Saturday 21st May | Warm Up 8.00 am | Start 9.00 am |
|---|------------------------|----------------------|

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|-----------------|-----|-------------------|-------|-------------------------------|-----|
| Event No | 101 | 200m Freestyle | Boys | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 102 | 200m Freestyle | Girls | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 103 | 100m Breaststroke | Boys | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 104 | 100m Breaststroke | Girls | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 105 | 200m Butterfly | Boys | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 106 | 200m Butterfly | Girls | 9, 10, 11, 12, 13/14, 15/Over | HDW |

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|---|--------------------|------------------|
| Session 2 Saturday 21st May | Warm Up TBC | Start TBC |
|---|--------------------|------------------|

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|-----------------|-----|----------------|-------|-------------------------------|-----|
| Event No | 201 | 100m Butterfly | Girls | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 202 | 100m Butterfly | Boys | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 203 | 200m IM | Girls | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 204 | 50m Freestyle | Boys | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 205 | 50m Freestyle | Girls | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 206 | 50m Backstroke | Boys | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 207 | 50m Backstroke | Girls | 9, 10, 11, 12, 13/14, 15/Over | HDW |

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|---|------------------------|----------------------|
| Session 3 Sunday 22nd May | Warm Up 8.00 am | Start 9.00 am |
|---|------------------------|----------------------|

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|-----------------|-----|-------------------|-------|-------------------------------|-----|
| Event No | 301 | 200m Backstroke | Boys | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 302 | 200m Backstroke | Girls | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 303 | 200m Breaststroke | Boys | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 304 | 200m Breaststroke | Girls | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 305 | 100m Freestyle | Boys | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 306 | 100m Freestyle | Girls | 9, 10, 11, 12, 13/14, 15/Over | HDW |

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| Session 4 Sunday 22nd May | Warm Up TBC | Start TBC |
|---|--------------------|------------------|

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|-----------------|-----|------------------|-------|-------------------------------|-----|
| Event No | 401 | 100m Backstroke | Boys | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 402 | 100m Backstroke | Girls | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 403 | 200m IM | Boys | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 404 | 50m Breaststroke | Girls | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 405 | 50m Breaststroke | Boys | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 406 | 50m Butterfly | Girls | 9, 10, 11, 12, 13/14, 15/Over | HDW |
| | 407 | 50m Butterfly | Boys | 9, 10, 11, 12, 13/14, 15/Over | HDW |

'No Frills' Meet 2022

Rules and Information

1. The Competition will be held under ASA Law and technical rules.
2. All competitors must be members of an ASA affiliated club, eligible to compete and registered in accordance with ASA laws and technical rules and may enter in the name of one club only.
3. Over the top starts will be used at the referee's discretion.
4. This meet will be run using the linked Sportsystems software. Converted short course times can be used. Time entries to be based on 50m pool times. **Poolside entries will not be accepted.**
5. The submission of entries, either electronically or by entry form indicates acceptance of the Meet Conditions. **Entries will not be accepted until the appropriate payment is received and the summary sheet provided in this pack has been completed and returned.**
6. Entries will be accepted on a first come, first served basis. We reserve the right to limit entries to comply with licensed meet conditions and the Covid restrictions at the time
7. City of Sheffield Swim Squad will liaise with Pool Management of Ponds Forge International Sports Centre with regard to Risk Assessment and Covid Security. Any necessary measures will be put in place
8. All swimmers with disabilities will be accepted and all classes of swimmers will swim together in inclusive events and not separate events. It is the responsibility of the competitor or competitor's representative to ensure that the entry form is completed correctly for your disability (failure to do so will invalidate automatic acceptance). COSSS and the promoter cannot be held responsible for any discrepancies after the competition cut-off date.
9. A decision on whether or not spectators will be allowed will be made nearer the time based on capacity numbers within Ponds Forge
10. Late entries will not be accepted and once an entry file has been submitted, improved times will not be accepted.
11. **All team staff must be DBS checked to gain a coaches pass and access onto the poolside. Any parent wishing to act as a coach must also be DBS checked and registered as a member of the club they are representing. Parents must also ask the club secretary to sign the appropriate letter on their behalf and submit it along with the swimmers entries. Without the letter / application form being signed by the club/gala secretary, no coaches' passes will be issued.**
12. All accepted and rejected swims will be posted on the website. All rejected swim refunds will be returned to the relevant clubs during the gala. Any rejected swimmer

presenting to Competitors Stewards and attempting to swim will not be allowed to do so.

13. Coaches and team staff **MUST** wear badges provided.
14. During the gala live results will be published via the club website www.cosss.co.uk
15. Withdrawals for heats must be notified via email to noofrillss@gmail.com before 7.30am.
16. Heats will be seeded by submitted time and spearheaded.
17. This meet will operate as a cardless meet.
18. It is the responsibility of swimmers to report to the stewarding area in sufficient time for each event. COSSS cannot be held responsible for any swimmer missing the start of their heat.
19. If cancellation of the event is necessary then the only claim will be the entry fees paid.
20. Refunds will not be given for swimmers withdrawn after the closing date or for entry errors or omissions attributable to the individual or their club. Withdrawals for medical reasons must be accompanied by a doctor's note to qualify for a refund.
21. Entries and results will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required by the Data Protection Act 1998, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be available during the meet.
22. The Promoter reserves the right to give preference to Club entries from overseas clubs where the pre- booking of flights is required to travel to and from the Meet. All entries must meet the published qualifying times, proof maybe requested. The Promoter recommends that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry. COSSS cannot be held responsible for any costs so arising.
23. The Referees decision on all swimming matters is final.
24. Any point not covered by these rules will be at the discretion of the organisers.
25. In order to run a licensed meet a lot of help is required. We would be extremely grateful if your club has any licensed officials that would be prepared to help during the meet. If so, then please contact our officials' coordinator Mick Budd at buddies1@btinternet.com.

When entering this event, you agree that we may collect and publish personal information as part of the entry to and results of the event. We may pass such information to the Governing Body or Affiliated organisations for the purpose of membership and qualification checking. Following the even your personal information will be used for publishing results either for the event alone or combined with or compared to other events (British Rankings). The published results may include (but not limited to) Name, Club Membership, Race Times, Age Category.

City of Sheffield Swim Squad

'No Frills' Meet 2022

Swimmers must NOT BE FASTER THAN the times below
LONG COURSE TIMES

| BOYS | | | | | | EVENTS | GIRLS | | | | | |
|---------|---------|---------|---------|-----------|---------|------------------|---------|---------|---------|---------|-----------|---------|
| 9 YRS | 10 YRS | 11 YRS | 12 YRS | 13/14 YRS | 15/OV | | 9 YRS | 10 YRS | 11 YRS | 12 YRS | 13/14 YRS | 15/OV |
| 32.01 | 32.01 | 30.61 | 29.01 | 27.11 | 25.11 | 50 Freestyle | 31.71 | 31.71 | 31.00 | 30.61 | 29.01 | 28.51 |
| 1.10.61 | 1.10.61 | 1.04.71 | 1.01.11 | 56.61 | 53.61 | 100 Freestyle | 1.09.61 | 1.09.61 | 1.06.61 | 1.03.51 | 1.02.61 | 58.01 |
| 2.28.21 | 2.28.21 | 2.22.11 | 2.14.11 | 2.03.01 | 1.58.01 | 200 Freestyle | 2.28.11 | 2.28.11 | 2.23.11 | 2.16.11 | 2.09.11 | 2.07.21 |
| 37.21 | 37.21 | 35.61 | 33.11 | 29.81 | 27.81 | 50 Backstroke | 37.51 | 37.51 | 35.51 | 34.81 | 32.51 | 31.61 |
| 1.20.21 | 1.20.21 | 1.14.21 | 1.09.11 | 1.05.01 | 1.01.01 | 100 Backstroke | 1.20.01 | 1.20.01 | 1.15.01 | 1.12.21 | 1.08.41 | 1.06.21 |
| 2.51.41 | 2.51.41 | 2.42.11 | 2.34.11 | 2.19.01 | 2.13.01 | 200 Backstroke | 2.49.91 | 2.49.91 | 2.40.91 | 2.34.51 | 2.26.81 | 2.25.61 |
| 43.41 | 43.41 | 39.81 | 38.41 | 34.51 | 32.01 | 50 Breaststroke | 40.51 | 40.51 | 37.51 | 36.21 | 35.81 | 34.11 |
| 1.32.81 | 1.32.81 | 1.24.71 | 1.17.91 | 1.13.11 | 1.08.11 | 100 Breaststroke | 1.29.51 | 1.29.51 | 1.26.51 | 1.21.31 | 1.18.41 | 1.15.01 |
| 3.19.21 | 3.19.21 | 3.10.41 | 2.54.71 | 2.39.01 | 2.30.01 | 200 Breaststroke | 3.12.01 | 3.12.01 | 3.06.01 | 2.55.51 | 2.48.31 | 2.41.31 |
| 38.91 | 38.91 | 34.41 | 32.11 | 28.21 | 27.21 | 50 Butterfly | 38.71 | 38.71 | 34.71 | 33.41 | 30.61 | 29.00 |
| 1.22.61 | 1.22.61 | 1.10.21 | 1.05.81 | 1.02.01 | 58.01 | 100 Butterfly | 1.20.01 | 1.20.01 | 1.15.01 | 1.11.01 | 1.06.61 | 1.04.51 |
| 2.56.01 | 2.56.01 | 2.48.01 | 2.34.51 | 2.20.01 | 2.13.01 | 200 Butterfly | 2.56.01 | 2.56.01 | 2.49.01 | 2.37.01 | 2.26.21 | 2.23.01 |
| 2.48.61 | 2.48.61 | 2.40.81 | 2.31.01 | 2.22.01 | 2.15.01 | 200 I M | 2.48.01 | 2.48.01 | 2.42.01 | 2.35.81 | 2.28.21 | 2.25.21 |