

CITY OF SHEFFIELD

SWIM SQUAD

cosss.co.uk

SUMMER MEET 2022

**THIS IS A LEVEL 3 LICENSED MEET
FOR ENTRY INTO COUNTY AND REGIONAL CHAMPIONSHIPS**
Licence No. applied for

- VENUE:** PONDS FORGE INTERNATIONAL SPORTS CENTRE, SHEFFIELD
- DATE:** Saturday 16th & Sunday 17th July, 2022
- MEET DIRECTOR:** Janine Booth
- Email:** summermeet1@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:** 17th July 2022
- POOL:** The pool is 50m long, 10 lanes, anti-wave lane ropes and electronic timing
- EVENTS:**
- 50m all strokes - HDW
 - 100m all strokes - HDW
 - 200m all strokes - HDW
 - 400m Freestyle - HDW
 - 200m & 400m I.M - HDW
- 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: cosss.co.uk

**This gala will be filled on a first come first served basis
CLOSING DATE ON OR BEFORE 24th June 2022**

City of Sheffield Swim Squad

SUMMER MEET 2022

Programme of Events

Session 1 Saturday 16th July

Warm Up 7.55am Start 9.00am

Event No	101	400m I.M	Girls	9, 10, 11, 12, 13/14, 15/Over
	102	200m I.M	Boys	9, 10, 11, 12, 13/14, 15/Over
	103	100m Backstroke	Girls	9, 10, 11, 12, 13/14, 15/Over
	104	100m Freestyle	Boys	9, 10, 11, 12, 13/14, 15/Over
	105	200m Breaststroke	Girls	9, 10, 11, 12, 13/14, 15/Over
	106	200m Butterfly	Boys	9, 10, 11, 12, 13/14, 15/Over
	107	50m Freestyle	Girls	9, 10, 11, 12, 13/14, 15/Over
	108	50m Backstroke	Boys	9, 10, 11, 12, 13/14, 15/Over

Session 2 Saturday 16th July

Warm Up TBC Start TBC

Event No	201	200m Freestyle	Girls	9, 10, 11, 12, 13/14, 15/Over
	202	400m Freestyle	Boys	9, 10, 11, 12, 13/14, 15/Over
	203	100m Butterfly	Girls	9, 10, 11, 12, 13/14, 15/Over
	204	100m Breaststroke	Boys	9, 10, 11, 12, 13/14, 15/Over
	205	200m Backstroke	Girls	9, 10, 11, 12, 13/14, 15/Over
	206	50m Butterfly	Boys	9, 10, 11, 12, 13/14, 15/Over
	207	50m Breaststroke	Girls	9, 10, 11, 12, 13/14, 15/Over

Session 3 Sunday 17th July

Warm Up 7.55am Start 9.00 am

Event No	301	400m I.M	Boys	9, 10, 11, 12, 13/14, 15/Over
	302	200m I.M	Girls	9, 10, 11, 12, 13/14, 15/Over
	303	100m Backstroke	Boys	9, 10, 11, 12, 13/14, 15/Over
	304	100m Freestyle	Girls	9, 10, 11, 12, 13/14, 15/Over
	305	200m Breaststroke	Boys	9, 10, 11, 12, 13/14, 15/Over
	306	200m Butterfly	Girls	9, 10, 11, 12, 13/14, 15/Over
	307	50m Freestyle	Boys	9, 10, 11, 12, 13/14, 15/Over
	308	50m Backstroke	Girls	9, 10, 11, 12, 13/14, 15/Over

Session 4 Sunday 17th July

Warm Up TBC Start TBC

Event No	401	200m Freestyle	Boys	9, 10, 11, 12, 13/14, 15/Over
	402	400m Freestyle	Girls	9, 10, 11, 12, 13/14, 15/Over
	403	100m Butterfly	Boys	9, 10, 11, 12, 13/14, 15/Over
	404	100m Breaststroke	Girls	9, 10, 11, 12, 13/14, 15/Over
	405	200m Backstroke	Boys	9, 10, 11, 12, 13/14, 15/Over
	406	50m Butterfly	Girls	9, 10, 11, 12, 13/14, 15/Over
	407	50m Breaststroke	Boys	9, 10, 11, 12, 13/14, 15/Over

SUMMER 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. 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.
4. The pool is 50m long, 10 lanes, anti-wave lane ropes and electronic timing.
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 timing restrictions.
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. Over the top starts will be used at the referee's discretion.
9. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
10. 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.
11. A decision on whether or not spectators will be allowed will be made nearer the time based on capacity numbers within Ponds Forge
12. Late entries will not be accepted and once an entry file has been submitted, improved times will not be accepted.
13. **All team staff must be DBS checked to gain a coaches pass and access onto the poolside. All swimmers on poolside should be accompanied by a person with a coaches pass**
14. Coaches and team staff **MUST** wear badges provided.

15. 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.
16. During the gala live results will be published via the club website cosss.co.uk
17. Withdrawals for heats must be notified to summermeet1@gmail.com by 7.30am.
18. Heats will be seeded by submitted time and spearheaded.
19. This meet will operate as a cardless meet.
20. 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.
21. If cancellation of the event is necessary then the only claim will be the entry fees paid.
22. 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.
23. 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.
24. 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.
25. The Referees decision on all swimming matters is final.
26. Any point not covered by these rules will be at the discretion of the meet organisers.
27. 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 event 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

SUMMER MEET 2022

ENTRY TIMES

Swimmers must NOT BE FASTER THAN the times below
LONG COURSE TIMES (short course converted will be accepted)

BOYS						EVENTS	GIRLS					
9 YRS	10 YRS	11 YRS	12 YRS	13/14 YRS	15/0V		9 YRS	10 YRS	11 YRS	12 YRS	13/14 YRS	15/0V
29.00	29.00	27.00	26.00	25.00	24.00	50 Freestyle	30.00	30.00	29.00	28.00	27.00	26.00
1.05.00	1.05.00	1.02.00	59.00	54.00	51.00	100 Freestyle	1.06.00	1.06.00	1.00.00	58.00	57.00	55.00
2.19.00	2.19.00	2.14.00	2.12.00	1.58.00	1.55.00	200 Freestyle	2.18.00	2.18.00	2.15.00	2.09.00	2.04.00	2.00.00
4.59.00	4.59.00	4.50.00	4.34.00	4.10.00	4.04.00	400 Freestyle	5.25.00	5.25.00	5.05.00	4.45.00	4.30.00	4.15.00
35.00	35.00	33.00	32.00	29.00	26.00	50 Backstroke	36.00	36.00	34.00	33.00	31.00	29.00
1.14.00	1.14.00	1.11.00	1.08.00	1.02.00	58.00	100 Backstroke	1.20.00	1.20.00	1.10.00	1.05.00	1.06.23	1.05.00
2.40.00	2.40.00	2.30.00	2.24.00	2.15.00	2.05.00	200 Backstroke	2.30.00	2.30.00	2.25.00	2.22.00	2.20.00	2.13.00
38.00	38.00	37.00	35.00	32.00	29.00	50 Breaststroke	36.00	36.00	35.00	34.00	32.00	31.00
1.20.00	1.20.00	1.18.00	1.15.00	1.09.00	1.05.00	100 Breaststroke	1.21.00	1.21.00	1.18.00	1.16.00	1.13.00	1.10.00
2.57.00	2.57.00	2.46.00	2.39.00	2.30.00	2.24.00	200 Breaststroke	2.56.00	2.56.00	2.49.00	2.38.00	2.35.00	2.28.00
32.00	32.00	31.00	29.00	27.00	25.00	50 Butterfly	31.00	31.00	30.00	29.00	28.00	27.00
1.10.00	1.10.00	1.06.00	1.02.00	59.00	57.00	100 Butterfly	1.12.00	1.12.00	1.10.00	1.07.00	1.03.00	1.00.00
2.43.00	2.43.00	2.32.00	2.24.00	2.14.00	2.07.00	200 Butterfly	2.39.00	2.39.00	2.33.00	2.24.00	2.15.00	2.11.00
2.39.00	2.39.00	2.34.00	2.26.00	2.17.00	2.07.00	200 IM	2.35.00	2.35.00	2.32.00	2.26.00	2.20.00	2.17.00
5.52.00	5.52.00	5.30.00	5.13.00	4.48.00	4.11.00	400 IM	5.34.00	5.34.00	5.25.00	5.15.00	4.58.00	4.54.00