

CITY OF SHEFFIELD

SWIM SQUAD

cosss.co.uk

Team Steel Meet 2024

THIS IS A LEVEL 1 LICENSED MEET FOR ENTRY INTO NATIONAL COMPETITIONS AND CHAMPIONSHIPS

Licence No. - NE240091

- DATE:** Saturday 22nd and Sunday 23rd of June 2023
- VENUE:** Ponds Forge International Sports Centre, Sheffield
- FACILITIES:** 10 Lane, 50m Pool, Anti-wave lane ropes and electronic timing.
- MEET PROMOTOR:** Janine Booth
Email: teamsteelgala@gmail.com
- AGE GROUPS:** 11/12, 13, 14, 15/16, 17/Over
- AGES AS AT:** 31st December 2024
- EVENTS:** 50m, 100m, 200m - All Strokes
200m I.M, 400m I.M, 400m, 800m and 1500m Freestyle
- AWARDS:** Medals to 1st, 2nd, and 3rd in each age group in each event
- ENTRY FEE:** £9.00 per event – Distance events (800m & 1500m) £12.00
- COACHES PASSES:** Coaches / Team Manager passes are £15.00 each, inclusive of start lists.

CLOSING DATE: 7th of May 2024

City of Sheffield Swim Squad

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Programme of Events

Session 1	Saturday 22 nd June			Warm Up: 7.55am	Start: 9.00am
Event No	200	1500m Freestyle	Open/Mens	11/12, 13, 14, 15/16, 17/Over	
	201	200m Freestyle	Girls	11/12, 13, 14, 15/16, 17/Over	
	202	50m Freestyle	Open/Boys	11/12, 13, 14, 15/16, 17/Over	
	203	50m Butterfly	Girls	11/12, 13, 14, 15/16, 17/Over	
	204	100m Backstroke	Open/Boys	11/12, 13, 14, 15/16, 17/Over	
	205	200m Backstroke	Girls	11/12, 13, 14, 15/16, 17/Over	
	206	200m Breaststroke	Open/Boys	11/12, 13, 14, 15/16, 17/Over	
	207	100m Breaststroke	Girls	11/12, 13, 14, 15/16, 17/Over	
	208	400m I.M	Open/Boys	11/12, 13, 14, 15/16, 17/Over	

Session 2	Saturday 22 nd June			Warm Up: 1.00pm	Start: 2.00pm
Event No	400	800m Freestyle	Open/Mens	11/12, 13, 14, 15/16, 17/Over	
	401	200m I.M	Girls	11/12, 13, 14, 15/16, 17/Over	
	402	50m Breaststroke	Open/Boys	11/12, 13, 14, 15/16, 17/Over	
	403	50m Backstroke	Girls	11/12, 13, 14, 15/16, 17/Over	
	404	200m Butterfly	Open/Boys	11/12, 13, 14, 15/16, 17/Over	
	405	100m Butterfly	Girls	11/12, 13, 14, 15/16, 17/Over	
	406	100m Freestyle	Open/Boys	11/12, 13, 14, 15/16, 17/Over	
	407	400m Freestyle	Girls	11/12, 13, 14, 15/16, 17/Over	

Session 3	Sunday 23 rd June			Warm Up: 7.55am	Start: 9.00am
Event No	500	1500m Freestyle	Womens	11/12, 13, 14, 15/16, 17/Over	
	601	200m Freestyle	Open/Boys	11/12, 13, 14, 15/16, 17/Over	
	602	50m Freestyle	Girls	11/12, 13, 14, 15/16, 17/Over	
	603	50m Butterfly	Open/Boys	11/12, 13, 14, 15/16, 17/Over	
	604	100m Backstroke	Girls	11/12, 13, 14, 15/16, 17/Over	
	605	200m Backstroke	Open/Boys	11/12, 13, 14, 15/16, 17/Over	
	606	200m Breaststroke	Girls	11/12, 13, 14, 15/16, 17/Over	
	607	100m Breaststroke	Open/Boys	11/12, 13, 14, 15/16, 17/Over	
	608	400m I.M	Girls	11/12, 13, 14, 15/16, 17/Over	

Session 4	Sunday 23 rd June			Warm Up: 1.00pm	Start: 2.00pm
Event No	800	800m Freestyle	Womens	11/12, 13, 14, 15/16, 17/Over	
	801	200m I.M	Open/Boys	11/12, 13, 14, 15/16, 17/Over	
	802	50m Breaststroke	Girls	11/12, 13, 14, 15/16, 17/Over	
	803	50m Backstroke	Open/Boys	11/12, 13, 14, 15/16, 17/Over	
	804	200m Butterfly	Girls	11/12, 13, 14, 15/16, 17/Over	
	805	100m Butterfly	Open/Boys	11/12, 13, 14, 15/16, 17/Over	
	806	100m Freestyle	Girls	11/12, 13, 14, 15/16, 17/Over	
	807	400m Freestyle	Open/Boys	11/12, 13, 14, 15/16, 17/Over	

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Meet Conditions

Entries

1. This competition will be held under Swim England Laws and Swim England Technical Rules.
2. This meet is open to all members of a club affiliated to Swim England/Scottish Swimming or Swim Wales, or their own national association as appropriate. They must be eligible to compete and may enter in the name of one club only.
3. This meet will be run using the linked Sportsystems software. Entry times must be recorded in British Rankings (Levels 1-4) between 1st January 2023 and the closing date. Converted times will be accepted. **The Sportsystems entry file will be available to download from our website on the 9th of April 2024.**
4. The submission of entries, either electronic or by email indicates an acceptance of the meet conditions. **Entries will not be accepted until the appropriate payment is received.**
5. 1500m Freestyle will be restricted to 2 Heats / 800m Freestyle will be restricted to 3 Heats. Entries will be restricted to the fastest times within each age group on a pro-rata basis.
6. The promoter reserves the right to limit entries to meet gala license timing restrictions. Where this rule is invoked, the swimmers with the fastest times submitted will take precedence. Events chosen for restrictions will be at the meet organisers discretion. In this case, within each event, entries will be restricted to the fastest times within each age group on a pro-rata basis.
7. A draft programme, final programme and live results will be posted on our website: cosss.co.uk
8. Poolside entries will not be accepted and once the entry file has been submitted, improved times will not be accepted. Late entries may be accepted at the discretion of the promotor.
9. 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.
10. The Female 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.
11. Swimmers with disabilities will be accepted and all classes of swimmers will swim together in inclusive events.
12. 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. This rule does not apply to the distance events. (800m & 1500m)

Withdrawals

1. Withdrawals – Please notify withdrawals by email to: teamsteelgala@gmail.com or to the Omega Suite before 7.30am for morning events and 12.45pm for afternoon events.

Refunds

1. Refunds will not be given for swimmers withdrawing after the closing date or for any errors or omissions attributable to the individual or their club. Refunds will only be given to individuals who can prove that they are unfit to compete on medical grounds subject to an appropriate medical certificate being received by the Meet Promoter. All refunds will be made via the club who submitted the entries.

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Officials

1. 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 signup using the following link - [Team Steel Meet Official's Signup Form](#) or contact our officials' coordinator Kim Beighton at cossgalaofficials@gmail.com A copy of our official's expenses policy can be found on our website - cosss.uk

Poolside Passes

1. All team staff must be DBS checked and have undertaken a relevant safeguarding course (e.g., Swim England Safeguarding course) to gain a coaches / team managers pass, access to poolside and the swimmers seating area. Any parent of a swimmer attending without their club wishing to chaperone their child must also be DBS checked to purchase a pass. Coaches and team staff MUST wear badges provided. City of Sheffield Swim Squad will NOT be responsible for any unaccompanied swimmers on poolside, the responsibility falls on the club entering the swimmer.

General

1. No outdoor shoes to be worn on the poolside. Footwear must be worn outside the pool area.
2. Over the top starts will be used at the promoter's discretion.
3. Warm Up/Swim Down pool will be available. This will be supervised by the facility staff. Swimmers using these facilities must follow any instructions issued by these supervisors. Clubs through their team staff will be always responsible for the behaviour/actions of their swimmers within the facility. If the Swim Down Pool is not used in a sensible manner, it will be closed.
4. It is the responsibility of swimmers to report to the stewarding area in sufficient time for each event. Neither City of Sheffield Swim Squad nor the promoter can be held responsible for any swimmer missing their heat.
5. Please adhere to the venue's no photography policy.
6. If cancellation of the event is necessary, then the only claim will be the entry fees paid.
7. A secondary strobe should be available throughout the competition, any competitor who needs to use it should notify the referee prior to the start of the session.
8. The Promoter nor City of Sheffield Swim Squad will be responsible for any loss or damage occurring during this meet.
9. Any point not covered by these conditions will be at the discretion of the meet promoter. Depending upon the situation, the meet promoter or referee's decision respectively will be final.
10. 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 that, 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.

Spectators

1. Spectator tickets will be available on the door.

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Qualifying Times

Swimmers must have swum faster than the times listed below.

LONG COURSE TIMES – Short Course Converted Times Will Be Accepted

OPEN/MALE					EVENT	FEMALE				
11/12 YRS	13 YRS	14 YRS	15/16 YRS	17/Over		11/12 YRS	13 YRS	14 YRS	15/16 YRS	17/Over
36.00	34.00	32.00	29.00	27.00	50 FREESTYLE	36.00	34.00	33.00	32.00	30.00
1.20.00	1.13.00	1.08.00	01.02.00	1.00.00	100 FREESTYLE	1.19.00	1.15.00	1.10.00	1.08.00	1.06.00
2.53.00	2.40.00	2.38.00	2.19.00	2.16.00	200 FREESTYLE	2.50.00	2.43.00	2.30.00	2.24.00	2.21.00
5.15.00	5.10.00	4.55.00	4.50.00	4.40.00	400 FREESTYLE	5.20.00	5.15.00	5.05.00	4.50.00	4.45.00
10.55.00	10.50.00	10.10.00	9.35.00	9.20.00	800 FREESTYLE	10.45.00	10.40.00	10.05.00	9.40.00	9.30.00
20.50.00	20.45.00	19.00.00	18.30.00	18.15.00	1500 FREESTYLE	21.05.00	21.10.00	19.50.00	20.30.00	18.50.00
44.00	42.00	39.00	37.00	35.00	50 BACKSTROKE	44.00	42.00	39.00	38.00	36.00
1.37.00	1.30.00	1.22.00	1.16.00	1.14.00	100 BACKSTROKE	1.33.00	1.30.00	1.23.00	1.20.00	1.18.00
3.20.00	3.10.00	2.53.00	2.44.00	2.40.00	200 BACKSTROKE	3.18.00	3.10.00	2.55.00	2.50.00	2.47.00
50.00	47.00	44.00	41.00	40.00	50 BREASTSTROKE	50.00	48.00	45.00	43.00	41.00
1.50.00	1.40.00	1.37.00	1.30.00	1.28.00	100 BREASTSTROKE	1.50.00	1.45.00	1.40.00	1.35.00	1.33.00
3.50.00	3.40.00	3.25.00	3.10.00	3.08.00	200 BREASTSTROKE	3.45.00	3.40.00	3.28.00	3.20.00	3.17.00
42.00	39.00	35.00	32.00	30.00	50 BUTTERFLY	40.00	38.00	36.00	35.00	33.00
1.35.00	1.25.00	1.20.00	1.12.00	1.10.00	100 BUTTERFLY	1.30.00	1.26.00	1.20.00	1.18.00	1.16.00
3.30.00	3.15.00	3.00.00	2.45.00	2.42.00	200 BUTTERFLY	3.30.00	3.15.00	3.05.00	2.56.00	2.53.00
3.15.00	3.00.00	2.45.00	2.40.00	2.37.00	200 INDIVIDUAL MEDLEY	3.10.00	3.00.00	2.48.00	2.44.00	2.41.00
6.20.00	6.15.00	5.35.00	5.25.00	5.10.00	400 INDIVIDUAL MEDLEY	6.15.00	6.10.00	5.45.00	5.39.00	5.30.00

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Club Electronic Entry Summary Sheet

PLEASE RETURN THIS SHEET WITH YOUR PAYMENT AND SPORTSYSTEM
PRINTOUTS TO THE EMAIL ADDRESS BELOW

- Payments via BACS to City of Sheffield Swim Squad Ltd (Ref TS24) Account No 19893376
Sort Code 05-08-48 Virgin Money
- A draft programme will be published on the club website for corrections.
- Please enclose a computer-generated Sportsystems printout of swims with a record of your payment.

Club			
Club Contact			
Email Address			
ENTRIES	Quantity		Sub Total
Female Entries		@ £9.00	£
Female Entries		@12.00	£
Open/Male Entries		@ £9.00	£
Open/Male Entries		@12.00	£
Total No. Entries		Total Entries	£
Coaches / TM Passes		@ £15.00	£
		Total	£

Coaches / TM Pass DBS Information (passes will not be processed without this information)

Name	Position	Disclosure Number	Expiry Date	Swim England Membership No.

PLEASE RETURN

To: Janine Booth
Email: teamsteelgala@gmail.com