

# CITY OF SHEFFIELD

---

## SWIM SQUAD

cosss.co.uk

### **Premier Open Meet 2023**

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

Licence No. NE230254

<b><u>DATE:</u></b>	Friday 24 <sup>th</sup> , Saturday 25 <sup>th</sup> and Sunday 26 <sup>th</sup> of March 2023
<b><u>VENUE:</u></b>	Ponds Forge International Sports Centre, Sheffield
<b><u>FACILITIES:</u></b>	10 Lane, 50m Pool, Anti-wave lane ropes and electronic timing.
<b><u>MEET DIRECTOR:</u></b>	Janine Booth Email: <a href="mailto:premiermeet1@gmail.com">premiermeet1@gmail.com</a>
<b><u>AGE GROUPS:</u></b>	Girls: 11, 12, 13, 14, 15/16, 17/Over Boys: 11, 12, 13, 14, 15/16, 17/Over
<b><u>FINALS:</u></b>	Age Group Final 14/Under – Youth / Open Final 15/Over
<b><u>AGES AS AT:</u></b>	31 <sup>st</sup> December 2023
<b><u>EVENTS:</u></b>	50m All Strokes – Open Finals 100m, 200m All Strokes, 200m IM – Finals 400m I.M, 400m, 800m and 1500m Freestyle- all HDW
<b><u>AWARDS:</u></b>	Medals to 1 <sup>st</sup> , 2 <sup>nd</sup> , and 3 <sup>rd</sup> in each age group for HDW events Medals to 1 <sup>st</sup> , 2 <sup>nd</sup> , and 3 <sup>rd</sup> in each final
<b><u>ENTRY FEE:</u></b>	£8.50 per Individual Event
<b><u>COACHES PASSES:</u></b>	Coaches / Team Manager passes are £15.00 each, inclusive of start lists.

**CLOSING DATE: Friday the 24<sup>th</sup> of February 2023**

# City of Sheffield Swim Squad

## Premier Open Meet 2023

### Programme of Events

Session 1	Friday 24 <sup>th</sup> March			Warm Up: 5.15pm	Start: 6.00pm
Event No	101	1500m Freestyle	Boys	11, 12, 13, 14, 15/16, 17/Over	HDW
	102	1500m Freestyle	Girls	11, 12, 13, 14, 15/16, 17/Over	HDW
	103	800m Freestyle	Boys	11, 12, 13, 14, 15/16, 17/Over	HDW
	104	800m Freestyle	Girls	11, 12, 13, 14, 15/16, 17/Over	HDW
Session 2	Saturday 25 <sup>th</sup> March			Warm Up: 7.55am	Start: 9.00am
Event No	201	200m Freestyle	Girls	11, 12, 13, 14, 15/16, 17/Over	
	202	50m Freestyle	Boys	Open	
	203	50m Butterfly	Girls	Open	
	204	100m Backstroke	Boys	11, 12, 13, 14, 15/16, 17/Over	
	205	200m Backstroke	Girls	11, 12, 13, 14, 15/16, 17/Over	
	206	200m Breaststroke	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	Boys	11, 12, 13, 14, 15/16, 17/Over	HDW
Session 3	Saturday 25 <sup>th</sup> March			Start: TBC	
Event No	309	200m Freestyle	FINAL	Girls Age Group	
	310	200m Freestyle	FINAL	Girls Youth / Open	
	311	50m Freestyle	FINAL	Boys Open	
	312	50m Butterfly	FINAL	Girls Open	
	313	100m Backstroke	FINAL	Boys Age Group	
	314	100m Backstroke	FINAL	Boys Youth / Open	
	315	200m Backstroke	FINAL	Girls Age Group	
	316	200m Backstroke	FINAL	Girls Youth / Open	
	317	200m Breaststroke	FINAL	Boys Age Group	
	318	200m Breaststroke	FINAL	Boys Youth / Open	
	319	100m Breaststroke	FINAL	Girls Age Group	
	320	100m Breaststroke	FINAL	Girls Youth / Open	
Session 4	Saturday 25 <sup>th</sup> March			Warm Up: TBC	Start: TBC
Event No	401	200m I.M	Girls	11, 12, 13, 14, 15/16, 17/Over	
	402	50m Breaststroke	Boys	Open	
	403	50m Backstroke	Girls	Open	
	404	200m Butterfly	Boys	11, 12, 13, 14, 15/16, 17/Over	
	405	100m Butterfly	Girls	11, 12, 13, 14, 15/16, 17/Over	
	406	100m Freestyle	Boys	11, 12, 13, 14, 15/16, 17/Over	
	407	400m Freestyle	Girls	11, 12, 13, 14, 15/16, 17/Over	HDW
Session 5	Saturday 25 <sup>th</sup> March			Start: TBC	
Event No	508	200m I.M	FINAL	Girls Age Group	
	509	200m I.M	FINAL	Girls Youth / Open	
	510	50m Breaststroke	FINAL	Boys Open	
	511	50m Backstroke	FINAL	Girls Open	
	512	200m Butterfly	FINAL	Boys Age Group	
	513	200m Butterfly	FINAL	Boys Youth / Open	
	514	100m Butterfly	FINAL	Girls Age Group	
	515	100m Butterfly	FINAL	Girls Youth / Open	
	516	100m Freestyle	FINAL	Boys Age Group	
	517	100m Freestyle	FINAL	Boys Youth / Open	

Session 6	Sunday 26 <sup>th</sup> March			Warm Up: 7.55am	Start: 9.00am
Event No	601	200m Freestyle	Boys	11, 12, 13, 14, 15/16, 17/Over	
	602	50m Freestyle	Girls	Open	
	603	50m Butterfly	Boys	Open	
	604	100m Backstroke	Girls	11, 12, 13, 14, 15/16, 17/Over	
	605	200m Backstroke	Boys	11, 12, 13, 14, 15/16, 17/Over	
	606	200m Breaststroke	Girls	11, 12, 13, 14, 15/16, 17/Over	
	607	100m Breaststroke	Boys	11, 12, 13, 14, 15/16, 17/Over	
	608	400m I.M	Girls	11, 12, 13, 14, 15/16, 17/Over	HDW

Session 7	Sunday 26 <sup>th</sup> March			Start: TBC	
Event No	709	200m Freestyle	FINAL	Boys Age Group	
	710	200m Freestyle	FINAL	Boys Youth / Open	
	711	50m Freestyle	FINAL	Girls Open	
	712	50m Butterfly	FINAL	Boys Open	
	713	100m Backstroke	FINAL	Girls Age Group	
	714	100m Backstroke	FINAL	Girls Youth / Open	
	715	200m Backstroke	FINAL	Boys Age Group	
	716	200m Backstroke	FINAL	Boys Youth / Open	
	717	200m Breaststroke	FINAL	Girls Age Group	
	718	200m Breaststroke	FINAL	Girls Youth / Open	
	719	100m Breaststroke	FINAL	Boys Age Group	
	720	100m Breaststroke	FINAL	Boys Youth / Open	

Session 8	Sunday 26 <sup>th</sup> March			Warm Up: TBC	Start: TBC
Event No	801	200m I.M	Boys	11, 12, 13, 14, 15/16, 17/Over	
	802	50m Breaststroke	Girls	11, 12, 13, 14, 15/16, 17/Over	
	803	50m Backstroke	Boys	11, 12, 13, 14, 15/16, 17/Over	
	804	200m Butterfly	Girls	11, 12, 13, 14, 15/16, 17/Over	
	805	100m Butterfly	Boys	11, 12, 13, 14, 15/16, 17/Over	
	806	100m Freestyle	Girls	11, 12, 13, 14, 15/16, 17/Over	
	807	400m Freestyle	Boys	11, 12, 13, 14, 15/16, 17/Over	HDW

Session 9	Sunday 26 <sup>th</sup> March			Start: TBC	
Event No	908	200m I.M	FINAL	Boys Age Group	
	909	200m I.M	FINAL	Boys Youth / Open	
	910	50m Breaststroke	FINAL	Girls Open	
	911	50m Backstroke	FINAL	Boys Open	
	912	200m Butterfly	FINAL	Girls Age Group	
	913	200m Butterfly	FINAL	Girls Youth / Open	
	914	100m Butterfly	FINAL	Boys Age Group	
	915	100m Butterfly	FINAL	Boys Youth / Open	
	916	100m Freestyle	FINAL	Girls Age Group	
	917	100m Freestyle	FINAL	Girls Youth / Open	

## Premier Open Meet 2023

### Meet Conditions

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 2021 and the closing date. Converted times will be accepted. The Sportsystems entry file will be available to download from our website on the **5<sup>th</sup> of January 2023**. The submission of entries, either electronic or by email indicates an acceptance of the meet conditions.
4. 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.
5. Withdrawals from finals must be notified to the timing suite within 30 mins of the conclusion of the heats of the relevant event. There will be no reserve finalists in any of the events.
6. 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.
7. 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.
8. Swimmers with disabilities will be accepted and all classes of swimmers will swim together in inclusive events.
9. The promotor reserves the right to fill empty lanes with CoSSS swimmers.
10. Entries will be accepted for only one distance event (800m, 1500m) per swimmer, should an entry be received for both events then they will be allocated as female - 800m, male - 1500m.
11. 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.
12. No outdoor shoes to be worn on the poolside. Footwear must be worn outside the pool area.
13. Over the top starts will be used at the promoter's discretion.

# City of Sheffield Swim Squad

## Premier Open Meet 2023

14. 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.**
15. Withdrawals – Please notify withdrawals by email to: [premiermeet1@gmail.com](mailto:premiermeet1@gmail.com) or to the Omega Suite before Noon on Friday for Friday Evening Events – 7.15am on Saturday for Saturday's Events – 7.15am on Sunday for Sunday's Events. A draft programme, final programme and live results will be posted on our website: [cosss.co.uk](http://cosss.co.uk)
16. **Officials** - 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](mailto:buddies1@btinternet.com)
17. 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.
18. If cancellation of the event is necessary, then the only claim will be the entry fees paid.
19. 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.
20. Please adhere to the venue's no photography policy.
21. 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.
22. The Promoter nor City of Sheffield Swim Squad will be responsible for any loss or damage occurring during this meet.
23. 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.
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. This rule does not apply to the distance events. (800m & 1500m)

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.

# City of Sheffield Swim Squad

## Premier Open Meet 2023

### Qualifying Times

Swimmers must have swum faster than the times listed below

LONG COURSE TIMES – Short Course Converted Times Will Be Accepted

BOYS						EVENTS	GIRLS					
11 YRS	12 YRS	13 YRS	14 YRS	15/16 YRS	17/OV		11 YRS	12YRS	13 YRS	14 YRS	15/16 YRS	17/OV
37.00	37.00	34.00	32.00	29.00	28.00	50 FREESTYLE	36.00	36.00	34.00	33.00	32.00	31.00
1.20.00	1.20.00	1.13.00	1.08.00	01.02.00	01.00.00	100 FREESTYLE	1.19.00	1.19.00	1.15.00	1.10.00	1.08.00	1.06.00
2.53.00	2.53.00	2.40.00	2.38.00	2.19.00	2.15.00	200 FREESTYLE	2.50.00	2.50.00	2.43.00	2.30.00	2.24.00	2.22.00
6.15.00	6.15.00	5.42.00	5.13.00	4.54.00	4.45.00	400 FREESTYLE	5.55.00	5.55.00	5.45.00	5.20.00	5.06.00	5.02.00
11.45.00	11.45.00	11.15.00	10.30.00	10.15.00	9.45.00	800 FREESTYLE	11.50.00	11.50.00	11.20.00	10.40.00	10.25.00	10.20.00
22.00.00	22.00.00	21.30.00	21.00.00	20.30.00	19.45.00	1500 FREESTYLE	22.00.00	22.00.00	21.30.00	21.00.00	20.30.00	19.50.00
44.00	44.00	42.00	39.00	37.00	35.00	50 BACKSTROKE	44.00	44.00	42.00	39.00	38.00	37.00
1.37.00	1.37.00	1.30.00	1.22.00	1.16.00	1.10.00	100 BACKSTROKE	1.33.00	1.33.00	1.30.00	1.23.00	1.20.00	1.16.00
3.20.00	3.20.00	3.10.00	2.53.00	2.44.00	2.30.00	200 BACKSTROKE	3.18.00	3.18.00	3.10.00	2.55.00	2.50.00	2.45.00
50.00	50.00	47.00	44.00	41.00	40.00	50 BREASTSTROKE	50.00	50.00	48.00	45.00	43.00	42.00
1.50.00	1.50.00	1.40.00	1.37.00	1.30.00	1.20.00	100 BREASTSTROKE	1.50.00	1.50.00	1.45.00	1.40.00	1.35.00	1.29.00
3.50.00	3.50.00	3.40.00	3.25.00	3.10.00	2.55.00	200 BREASTSTROKE	3.45.00	3.45.00	3.40.00	3.28.00	3.20.00	3.00.00
42.00	42.00	39.00	35.00	32.00	30.00	50 BUTTERFLY	40.00	40.00	38.00	36.00	35.00	34.00
1.35.00	1.35.00	1.25.00	1.20.00	1.12.00	1.09.00	100 BUTTERFLY	1.30.00	1.30.00	1.26.00	1.20.00	1.18.00	1.16.00
3.30.00	3.30.00	3.15.00	3.00.00	2.45.00	2.40.00	200 BUTTERFLY	3.30.00	3.30.00	3.15.00	3.05.00	2.56.00	2.50.00
3.15.00	3.15.00	3.00.00	2.45.00	2.40.00	2.35.00	200 INDIVIDUAL MEDLEY	3.10.00	3.10.00	3.00.00	2.48.00	2.44.00	2.40.00
6.45.00	6.45.00	6.30.00	5.58.00	5.35.00	5.30.00	400 INDIVIDUAL MEDLEY	6.45.00	6.45.00	6.15.00	5.58.00	5.49.00	5.40.00

# City of Sheffield Swim Squad

## Premier Open Meet 2023

### 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 PM23) Account No 19893376  
Sort Code 05-08-48 Yorkshire Bank
- 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			
<b>ENTRIES</b>	<b>Quantity</b>		<b>Sub Total</b>
Female Entries		@ £8.50	£
Male Entries		@ £8.50	£
<b>Total No. Entries</b>		<b>Total Entries</b>	<b>£</b>
Coaches / TM Passes		@ £15.00	£
		<b>Total</b>	<b>£</b>

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

Name	Position	Disclosure Number	Expiry Date

PLEASE RETURN

To: Janine Booth  
Email [premiermeet1@gmail.com](mailto:premiermeet1@gmail.com)