

# CITY OF SHEFFIELD

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## SWIM SQUAD

cosss.co.uk

### Premier Open Meet 2024

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

Licence No. - NE240033

- DATE:** Friday 8<sup>th</sup>, Saturday 9<sup>th</sup> and Sunday 10<sup>th</sup> of March 2024
- VENUE:** Ponds Forge International Sports Centre, Sheffield
- FACILITIES:** 10 Lane, 50m Pool, Anti-wave lane ropes and electronic timing.
- MEET PROMOTOR:** Janine Booth Email: [premiermeet1@gmail.com](mailto:premiermeet1@gmail.com)
- AGE GROUPS:** Female: 11/12, 13, 14, 15, 16, 17/Over  
Open/Male: 11/12, 13, 14, 15, 16, 17/Over
- FINALS:** Open Finals
- AGES AS AT:** 31<sup>st</sup> December 2024
- EVENTS:** 50m, 100m, 200m All Strokes, 200m IM – Open Finals  
400m I.M, 400m, 800m and 1500m Freestyle- all HDW
- AWARDS:** 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
- ENTRY FEE:** £9.00 per Event – 800m & 1500m £12.00 per event.
- COACHES PASSES:** Coaches / Team Manager passes are £15.00 each, inclusive of start lists.

**CLOSING DATE:** Friday the 26<sup>th</sup> of January 2024

# City of Sheffield Swim Squad

## Premier Open Meet 2024

### Programme of Events

Session 1	Friday 8 <sup>th</sup> March			Warm Up: 5.15pm	Start: 6.00pm
Event No	101	1500m Freestyle	Open/Men	11/12, 13, 14, 15, 16, 17/Over	HDW
	102	1500m Freestyle	Womens	11/12, 13, 14, 15, 16, 17/Over	HDW
	103	800m Freestyle	Open/Men	11/12, 13, 14, 15, 16, 17/Over	HDW
	104	800m Freestyle	Womens	11/12, 13, 14, 15, 16, 17/Over	HDW
Session 2	Saturday 9 <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	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	HDW
Session 3	Saturday 9 <sup>th</sup> March			Start: TBC	
Event No	309	200m Freestyle	FINAL	Girls – Open Final	
	310	50m Freestyle	FINAL	Open/Boys – Open Final	
	311	50m Butterfly	FINAL	Girls – Open Final	
	312	100m Backstroke	FINAL	Open/Boys – Open Final	
	313	200m Backstroke	FINAL	Girls - Youth / Open Final	
	314	200m Breaststroke	FINAL	Open/Boys – Open Final	
	315	100m Breaststroke	FINAL	Girls - Youth / Open Final	
Session 4	Saturday 9 <sup>th</sup> March			Warm Up: 1.00pm	Start: 2.00pm
Event No	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	HDW
Session 5	Saturday 9 <sup>th</sup> March			Start: TBC	
Event No	508	200m I.M	FINAL	Girls – Open Final	
	509	50m Breaststroke	FINAL	Open/Boys – Open Final	
	510	50m Backstroke	FINAL	Girls – Open Final	
	511	200m Butterfly	FINAL	Open/Boys – Open Final	
	512	100m Butterfly	FINAL	Girls – Open Final	
	513	100m Freestyle	FINAL	Open/Boys - Youth / Open Final	

# City of Sheffield Swim Squad

## Premier Open Meet 2024

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<b>Session 6</b>	<b>Sunday 10<sup>th</sup> March</b>	<b>Warm Up: 7.55am</b>	<b>Start: 9.00am</b>
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<b>Event No</b>	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	HDW

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<b>Session 7</b>	<b>Sunday 10<sup>th</sup> March</b>		<b>Start: TBC</b>
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<b>Event No</b>	709	200m Freestyle	FINAL	Open/Boys – Open Final	
	710	50m Freestyle	FINAL	Girls – Open Final	
	711	50m Butterfly	FINAL	Open/Boys – Open Final	
	712	100m Backstroke	FINAL	Girls – Open Final	
	713	200m Backstroke	FINAL	Open/Boys – Open Final	
	714	200m Breaststroke	FINAL	Girls – Open Final	
	715	100m Breaststroke	FINAL	Open/Boys – Open Final	

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<b>Session 8</b>	<b>Sunday 10<sup>th</sup> March</b>	<b>Warm Up: 1.00pm</b>	<b>Start: 2.00pm</b>
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<b>Event No</b>	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	HDW

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<b>Session 9</b>	<b>Sunday 10<sup>th</sup> March</b>		<b>Start: TBC</b>
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<b>Event No</b>	908	200m I.M	FINAL	Open/Boys – Open Final	
	909	50m Breaststroke	FINAL	Girls – Open Final	
	910	50m Backstroke	FINAL	Open/Boys – Open Final	
	911	200m Butterfly	FINAL	Girls – Open Final	
	912	100m Butterfly	FINAL	Open/Boys – Open Final	
	913	100m Freestyle	FINAL	Girls – Open Final	

# City of Sheffield Swim Squad

## Premier Open Meet 2024

### 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 5th of January 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. 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.
6. A draft programme, final programme and live results will be posted on our website: [cosss.co.uk](https://cosss.co.uk).
7. 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.
8. 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, open/male - 1500m.
9. Swimmers with disabilities will be accepted and all classes of swimmers will swim together in inclusive events.
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. 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.
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: [premiermeet1@gmail.com](mailto:premiermeet1@gmail.com) or to the Omega Suite before 4.45pm on Friday for Friday Evening Events or before 7.30am for morning events and 12.45pm for afternoon events on Saturday and Sunday.
2. Finalists and Reserve Finalists not wishing to swim, must be notified to the timing suite within 30 mins of the conclusion of the heats of the relevant event.

#### 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 - [Premier Meet Official's Signup Form](#) or contact our officials' coordinator Kim Beighton at [cosssgalaofficials@gmail.com](mailto:cosssgalaofficials@gmail.com) A copy of our official's expenses policy can be found on our website - [cosss.co.uk](https://cosss.co.uk)

Premier Open Meet 2024

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.

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. If cancellation of the event is necessary, then the only claim will be the entry fees paid.
6. Please adhere to the venue's no photography policy.
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.

# City of Sheffield Swim Squad

## Premier Open Meet 2024

### Qualifying Times

Swimmers must have swum faster than the times listed below.

LONG COURSE TIMES – Short Course Converted Times Will Be Accepted

Open/Male						EVENTS	Female					
11/12 YRS	13 YRS	14 YRS	15 YRS	16 YRS	17/OV		11/12 YRS	13 YRS	14 YRS	15 YRS	16 YRS	17/OV
35.00	33.00	31.00	29.00	28.00	27.00	50 FREESTYLE	35.00	34.00	32.00	31.00	30.00	29.00
1.13.00	1.12.00	1.07.00	1.01.00	1.00.00	59.00	100 FREESTYLE	1.15.00	1.14.00	1.10.00	1.08.00	1.07.00	1.06.00
2.32.00	2.30.00	2.20.00	2.10.00	2.08.00	2.06.00	200 FREESTYLE	2.31.00	2.29.00	2.23.00	2.20.00	2.18.00	2.13.00
5.10.00	5.05.00	4.50.00	4.45.00	4.40.00	4.30.00	400 FREESTYLE	5.15.00	5.10.00	5.00.00	4.50.00	4.45.00	4.40.00
11.10.00	11.05.00	10.25.00	9.50.00	9.45.00	9.35.00	800 FREESTYLE	11.10.00	11.05.00	10.30.00	10.05.00	10.00.00	9.55.00
21.05.00	21.00.00	19.25.00	18.55.00	18.50.00	18.40.00	1500 FREESTYLE	21.30.00	21.25.00	20.35.00	19.45.00	19.40.00	19.35.00
41.00	40.00	37.00	36.00	35.00	34.00	50 BACKSTROKE	41.00	40.00	38.00	37.00	36.00	35.00
1.29.00	1.28.00	1.19.00	1.14.00	1.12.00	1.09.00	100 BACKSTROKE	1.26.00	1.25.00	1.20.00	1.18.00	1.16.00	1.14.00
2.51.00	2.49.00	2.39.00	2.29.00	2.27.00	2.23.00	200 BACKSTROKE	2.59.00	2.47.00	2.39.00	2.38.00	2.36.00	2.32.00
47.00	45.00	42.00	41.00	40.00	39.00	50 BREASTSTROKE	48.00	47.00	45.00	43.00	42.00	40.00
1.39.00	1.38.00	1.35.00	1.28.00	1.26.00	1.18.00	100 BREASTSTROKE	1.44.00	1.43.00	1.38.00	1.34.00	1.31.00	1.27.00
3.20.00	3.18.00	3.03.00	2.54.00	2.52.00	2.42.00	200 BREASTSTROKE	3.12.00	3.10.00	3.06.00	3.03.00	3.01.00	2.57.00
40.00	38.00	33.00	30.00	29.00	28.00	50 BUTTERFLY	39.00	37.00	35.00	34.00	33.00	32.00
1.24.00	1.23.00	1.18.00	1.10.00	1.08.00	1.07.00	100 BUTTERFLY	1.25.00	1.24.00	1.18.00	1.16.00	1.14.00	1.12.00
3.02.00	3.00.00	2.45.00	2.36.00	2.34.00	2.28.00	200 BUTTERFLY	3.09.00	3.07.00	2.50.00	2.48.00	2.46.00	2.44.00
2.51.00	2.49.00	2.36.00	2.30.00	2.28.00	2.24.00	200 INDIVIDUAL MEDLEY	2.52.00	2.50.00	2.45.00	2.39.00	2.37.00	2.35.00
6.04.00	6.00.00	5.30.00	5.20.00	5.10.00	5.00.00	400 INDIVIDUAL MEDLEY	6.09.00	6.05.00	5.40.00	5.34.00	5.32.00	5.25.00

Highlighted times amended 29/12/2023

# City of Sheffield Swim Squad

## Premier Open Meet 2024

### 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 PM24) 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			
<b>ENTRIES</b>	<b>Quantity</b>		<b>Sub Total</b>
Female Entries		@ £9.00	£
Female Entries		@12.00	£
Open/Male Entries		@ £9.00	£
Open/Male Entries		@12.00	£
<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	Swim England Membership Number

PLEASE RETURN

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