

COPS

CITY OF PETERBOROUGH S.C.

**CITY OF
PETERBOROUGH
SWIMMING CLUB**

*Cambridgeshire's premier
competitive swimming club*

powered by



COPS Winter Open Meet

Level 3 No. 3ER151898

Friday 20th to Sunday 22nd
November 2015

Peterborough Regional Pool



City of Peterborough Swimming Club
COPS Winter Open Meet 2015/16
(Licence Number : 3ER151898 - Level 3 Meet)

Friday 20th to Sunday 22nd November 2015
Under ASA Laws & Technical Rules: Affiliated to the East Region ASA

Venue:	Peterborough Regional Pool, Bishop Road, Peterborough, PE1 5BW
Pool:	6 Lane, 25m Pool, Electronic Timing
Age Groups:	100m events - 10yrs, 11/12yrs, 13/14yrs, 15/16yrs 17+yrs All other events - 10yrs & under, 11/12yrs, 13/14yrs, 15/16yrs 17+yrs
Awards:	Awards will be given to the top 3 placed swimmers in each age group, in each individual event.
Events:	50m - All 4 Strokes 100m - All 4 Strokes 200m - All 4 Strokes & Individual Medley 400m - Freestyle & Individual Medley
Qualifying Times	Swimmers must be faster than the qualifying times
Fees:	Race Entry Fee: £5.00 per event Spectator Entry: TBC
Entries To:	City Of Peterborough Swimming Club. The Regional Fitness & Swimming Centre, Bishops Road, Peterborough. PE1 5BW.
Promoter:	Mr Nick Pratt nick.pratt68@gmail.com

Closing Date for Entries : Received by 6pm on 3rd November 2015

Meet Rules and Information

1. This competition will be held under ASA Laws and ASA Technical Rules of Swimming and the event is LICENCED by the ASA for entry into County and Regional Championships. Officials will be from National and Regional lists of the ASA.
2. Age as at **22nd November 2015**.
3. The events are:

50m	All 4 Strokes	All Age Groups
100m	All 4 Strokes	10yrs and over
200m	All 4 Strokes	All Age Groups
200m	Individual Medley	All Age Groups
400m	Freestyle	All Age Groups
400m	Individual Medley	All Age Groups

4. The age groups are:

100m events	10yrs, 11/12yrs, 13/14yrs, 15/16yrs 17+yrs
All other events	10yrs & Under, 11/12yrs, 13/14yrs, 15/16yrs 17+yrs

5. All events are heat declared winner. Finals will be run in 50m events and the winning finalists in each final will be rewarded with a cash prize of £10 for 1st place. An entry into the finals may only be considered if a competitor has completed in at least 3 of the 4 sessions.
6. Finalists will be published shortly after the heats have been completed and will be announced together with the heat results. A competitor must notify the promoter of their intention to swim within 10 minutes of the publication of results, otherwise their final place may be offered to a reserve finalist. A competitor is expected to swim in the final, unless there are medical or other exceptional circumstances notified to the promoter.
7. Awards will be given to the top 3 placed swimmers in each age group, in each individual event. There will be no presentations. Awards can be collected from the award collection point when the results have been announced. Awards will not be sent out after the completion of the event.
8. In addition to the individual awards, there will be a Top Visiting Club Award and an Overall Top Boy and Top Girl Awards, calculated by means of a FINA points scoring system
9. Heats will be swum with all age groups combined and swimmers seeded by entry times. All heats will be spearheaded.
10. Over the top starts may be used at the promoter's discretion.
11. Pool length is 25m (6 lanes) and is equipped with electronic timing and anti-wave lane ropes. All events start and finish at the deep end of the pool
12. All entry times should be converted to 25m pool times. Entries will only be accepted from swimmers who have achieved the qualifying times. No entries will be accepted after the closing date or during the meet unless due to promoters error or omission
13. The entry fee is £5.00 per event. All paper entries must be on the official form (photocopies accepted) and must include the entrant's ASA Identity Number together with all entry fees. For electronic entries, please follow information which can be found in a downloadable zip file available from www.copsclub.co.uk Cheques payable to City of Peterborough SC please.
14. Entries will be on a first come, first served basis with the final date for receipt of entries being Tuesday 3rd November 2015. Once each event is fully subscribed, any further entries received for those events will be rejected. Confirmation of any entry will be posted on www.copsclub.co.uk. The promoter expects to restrict the number of entries into the 400m events, so that there are no more than 6 heats of each event or the equivalent e.g. 5 heats for females and 7 heats for male.
15. The confirmation of entry will be posted on the Club's website (www.copsclub.co.uk). **Please check this for accuracy and contact the promoter if any alterations need to be made.**

16. Competitors that do not intend to compete in an event must notify their withdrawal from the event by the commencement of warm-up for each session.
17. Competitors must report to the Competitor's Stewards when their event or heat is called. Any competitor not reporting on time for their event may be excluded from that event
18. Competitors will only be allowed poolside for the session in which they are competing and will only be allowed in the spectators area if wearing appropriate clothing and footwear.
19. Coaches' passes are available to coaches supporting competing swimmers at a cost of £20. It is recommended that clubs maintain a ratio of 1:10 Coach to Swimmer
20. The passes include a programme and food on Sunday. No person will be allowed on poolside without a pass. Only competing swimmers and officials will be allowed in the area behind the starting blocks at the deep end of the pool during the event.
21. Results sheets will be posted on poolside and the spectators area on the day and will be available to download from www.copsclub.co.uk after the event
22. The City of Peterborough Swimming Club, Peterborough City Council or Vivacity shall not be held responsible for loss or damage to spectators' or competitors' property. Competitors are advised to use the lockers in the changing rooms and not to leave belongings unattended.
23. Anything not covered in the above rules will be at the discretion of the promoters

Programme of events and running order

DAY ONE - FRIDAY (20 November 2015)	DAY TWO - SATURDAY (21 November 2015)	DAY THREE - SUNDAY (22 November 2015)
	Time to relax or shop in Peterborough	Morning Warm up 08:25 Start 09:00
	Afternoon Warm up 13:00 Start 13:50	W 400m Individual Medley M 400m Individual Medley W 400m Freestyle M 400m Freestyle
	W 100m Freestyle M 100m Freestyle W 50m Backstroke M 50m Backstroke W 200m Butterfly M 200m Butterfly W Junior 50m Backstroke Final M Junior 50m Backstroke Final W Senior 50m Backstroke Final M Senior 50m Backstroke Final	Afternoon Warm up 12:15 (tbc) Start 13:05 (tbc) M 100m Butterfly W 100m Butterfly M 50m Breaststroke W 50m Breaststroke M 200m Individual Medley W 200m Individual Medley W Junior 50m Breaststroke Final M Junior 50m Breaststroke Final W Senior 50m Breaststroke Final M Senior 50m Breaststroke Final
Evening Warm up 18:00 Start 18:30	Evening Warm up 18:00 (tbc) Start 18:50	Afternoon Warm up 17:15 (tbc) Start 18:05 (tbc)
M 100m Backstroke W 100m Backstroke M 200m Breaststroke W 200m Breaststroke	M 100m Breaststroke W 100m Breaststroke M 50m Butterfly W 50m Butterfly M 200m Freestyle W 200m Freestyle W Junior 50m Butterfly Final M Junior 50m Butterfly Final W Senior 50m Butterfly Final M Senior 50m Butterfly Final	W 50m Freestyle M 50m Freestyle W 200m Backstroke M 200m Backstroke W Junior 50m Freestyle Final M Junior 50m Freestyle Final W Senior 50m Freestyle Final M Senior 50m Freestyle Final

Qualifying Times

FEMALE QUALIFYING TIMES *Entry Times to be faster than*

Event	9	10	11	12	13	14	15	16+
50m Freestyle	54.99	51.80	49.21	46.85	45.19	44.01	43.07	42.48
100m Freestyle		1.35.96	1.35.96	1.30.68	1.27.19	1.24.71	1.23.13	1.21.78
200m Freestyle	3.49.35	3.29.88	3.17.34	3.05.79	2.58.20	2.53.25	2.50.72	2.47.20
400m Freestyle	8.14.34	7.19.67	6.45.79	6.22.47	6.07.18	5.57.28	5.49.58	5.45.62
50m Breaststroke	1.10.68	1.05.72	1.01.71	58.29	55.70	54.04	53.45	52.27
100m Breaststroke		2.00.94	2.00.94	1.53.96	1.48.34	1.44.29	1.42.49	1.41.48
200m Breaststroke	4.50.40	4.27.85	4.08.71	3.54.08	3.42.42	3.35.05	3.31.09	3.28.78
50m Fly	1.01.24	56.52	53.45	50.86	48.73	47.32	46.26	45.67
100m Fly		1.46.76	1.46.76	1.40.01	1.35.85	1.32.59	1.31.01	1.29.78
200m Fly	4.40.50	4.06.40	3.44.62	3.29.44	3.19.43	3.12.50	3.07.99	3.05.68
50m Backstroke	1.02.42	58.17	55.11	52.51	50.39	48.97	48.14	47.32
100m Backstroke		1.46.88	1.46.88	1.40.46	1.36.08	1.33.37	1.31.23	1.30.11
200m Backstroke	4.13.22	3.53.97	3.36.15	3.24.27	3.16.13	3.10.52	3.05.68	3.03.04
200m Individual Medley	4.21.36	3.58.37	3.42.09	3.30.43	3.21.08	3.14.81	3.10.85	3.08.32
400m Individual Medley	9.04.83	8.26.33	7.36.83	7.16.70	6.57.34	6.44.91	6.36.88	6.31.05

MALE QUALIFYING TIMES *Entry Times to be faster than*

Event	9	10	11	12	13	14	15	16+
50m Freestyle	54.40	51.09	48.62	46.14	43.78	41.65	40.00	38.94
100m Freestyle		1.36.18	1.36.18	1.29.66	1.24.48	1.20.21	1.17.17	1.14.92
200m Freestyle	3.47.48	3.29.09	3.16.68	3.05.57	2.54.90	2.45.66	2.39.28	2.34.33
400m Freestyle	8.31.06	7.15.38	6.47.00	6.25.00	6.03.88	5.45.84	5.31.65	5.21.97
50m Breaststroke	1.09.74	1.05.25	1.01.36	57.94	54.16	51.45	49.21	47.67
100m Breaststroke		2.00.60	2.00.60	1.53.51	1.45.86	1.40.23	1.35.62	1.28.20
200m Breaststroke	4.47.98	4.27.30	4.09.04	3.54.52	3.39.23	3.26.69	3.17.78	3.07.67
50m Fly	1.00.52	56.40	53.10	50.50	47.67	45.19	43.07	41.89
100m Fly		1.46.20	1.46.20	1.39.67	1.33.49	1.28.20	1.24.03	1.21.90
200m Fly	4.37.53	4.03.43	3.42.42	3.29.66	3.16.57	3.05.57	2.55.45	2.51.27
50m Backstroke	1.02.06	57.94	54.87	52.27	49.09	46.96	44.72	40.83
100m Backstroke		1.46.76	1.46.76	1.40.35	1.34.16	1.28.87	1.24.93	1.21.34
200m Backstroke	3.47.80	3.30.70	3.17.30	3.06.60	2.55.10	2.45.40	2.38.30	2.32.80
200m Individual Medley	4.17.07	3.53.42	3.41.76	3.29.88	3.17.78	3.06.23	2.58.42	2.53.47
400m Individual Medley	9.10.66	8.26.66	7.48.27	7.20.25	6.58.00	6.30.83	6.14.66	6.00.47