

CITY OF SHEFFIELD

SWIM SQUAD

cosss.co.uk

PREMIER OPEN MEET 2022

**THIS IS A LEVEL 1 LICENSED MEET FOR ENTRY INTO
NATIONAL COMPETITIONS AND CHAMPIONSHIPS**
Licence No: - NE220036

- VENUE:** PONDS FORGE ISC, SHEFFIELD
- DATE:** Friday 25th, Saturday 26th and Sunday 27th March, 2022
- MEET DIRECTOR:** Janine Booth
Email premiermeet1@gmail.com
- AGE GROUPS:** Boys 11, 12, 13, 14, 15/16, 17/Ov
Girls 11, 12, 13, 14, 15/16, 17/Ov
- AGES AS AT:** 31st December 2022
- POOL:** The pool is 50m long, 10 lanes, anti-wave lane ropes and electronic timing.
- AWARDS:**
- Medals to 1st 3 in all age groups.
 - Open 50m swims – medals to 1st 3 in finals only
- EVENTS:**
- 50m all strokes - Open Finals
 - 100m, 200m all strokes 200 IM – Finals - Age Group and Youth/Senior
 - 400 IM, 400m, 800m and 1500m Freestyle - all HDW
- FEES:** £8.00 per event (BACS Payments Preferred)
- Coaches' passes for weekend are £15
(To include programme and full set of starts sheets)

Would all clubs please submit their entries via electronic files obtainable from our website: - cosss.co.uk

CLOSING DATE 17th February 2022

www.cosss.co.uk

Programme of Events

		Session 1	Friday 25th March	Warm Up 5.15pm	Start 6.00pm
Event No	101	800m Freestyle		Girls 11, 12, 13, 14, 15/16, 17/Over	HDW
	102	1500m Freestyle		Boys 11, 12, 13, 14, 15/16, 17/Over	HDW
	103	1500m Freestyle		Girls 11, 12, 13, 14, 15/16, 17/Over	HDW
	104	800m Freestyle		Boys 11, 12, 13, 14, 15/16, 17/Over	HDW
		Session 2	Saturday 26th March	Warm Up 8.00am	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 IM		Boys 11, 12, 13, 14, 15/16, 17/Over	HDW
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 3	Saturday 26th March	Warm Up TBC	Start TBC
Event no	401	200m IM		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
	508	200m IM	FINAL	Girls Age Group	
	509	200m IM	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 4 Sunday 27th March		Warm Up 8.00am	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 IM		Girls 11, 12, 13, 14, 15/16, 17/Over	HDW
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 6 Sunday 27th March		Warm Up TBC	Start TBC
Event no	801	200m IM		Boys 11, 12, 13, 14, 15/16, 17/Over	
	802	50m Breaststroke		Girls Open	
	803	50m Backstroke		Boys Open	
	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
	908	200m IM	FINAL	Boys Age Group	
	909	200m IM	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	

Meet Conditions

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. Over the top stars will be used at the promoter's discretion.
4. No outdoor shoes are to be worn on the poolside. Footwear must be worn outside the pool area.
5. This meet will be run using linked Sportsystems software and all entry times will be directly checked with the ASA rankings files and will be rejected if the submitted times are not on the ranking files. All times must have been achieved since 1st January 2020 and be within the qualifying standards. Converted short course times can be used. Time entries should be based on 50m pool times. **Poolside entries will not be accepted.**
6. 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 and the summary sheet provided in this pack has been completed and returned.**
7. 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.
8. 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 correctly completed for your disability (failure to do so will invalidate automatic acceptance). COSSS and the promoter will not be held responsible for any discrepancies after to the competition entry cut-off date.
9. Swimmers, who will be 11 years of age at the British Age Group Championships, may be considered if they meet the times listed and at the discretion of the meet organisers.
10. Late entries will not be accepted and once an entry file has been submitted, improved times will not be accepted.
11. **All team staff must be DBS checked to gain a coaches pass and access to the poolside. Any parent wishing to act as a coach must also be DBS checked and registered as a member of the club they are representing. Parents must also ask the club secretary to sign the appropriate letter on their behalf and submit it along with the swimmer's entries. Without the letter / application form being signed by the club/gala secretary, no coaches passes will be issued.**
12. A draft programme will be posted onto the COSSS website after the entries closing date. All rejected swim refunds will be returned to the relevant clubs during the gala. Any rejected swimmer presenting to the competitor stewards and attempting to swim will not be allowed to do so.
13. **Coaches and team staff MUST wear the poolside passes provided.**
14. During the gala live results will be published via the COSSS website www.cosss.co.uk

15. Withdrawals should be notified via email to premiermeet1@gmail.com no later than: -
Noon on Friday for Friday Evening Events - 6pm on Friday for Saturday Event - Noon on Saturday for Sunday Events.
Any made after this time will be ignored or accepted at the organiser's discretion.
16. Withdrawals from finals must be notified to the timing suite within 30 mins of the conclusion of the heats of the relevant event.
17. There will be no reserve finalists.
18. Heats will be seeded by submitted times and spearheaded
19. 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.
20. There will only be 1 heat of the girls 1500 freestyle and 1 heat of the boys 800 freestyle unless entries allow more to be added.
21. It is the responsibility of the swimmer to report the stewarding area in enough time for each event. COSSS cannot be held responsible for any swimmer missing the start of their particular heat.
22. A decision on whether or not spectators will be allowed will be made nearer the time based on capacity numbers within Ponds Forge
23. The promoter reserves the right to fill empty lanes with COSSS swimmers.
24. If cancellation of the event is necessary, then the only claim will be the entry fees paid.
25. Refunds will not be given for swimmers withdrawing from the gala after the closing date or for entry errors or omissions attributable to the individual of their club. Withdrawals for medical reasons must be accompanied by the appropriate certification to qualify for a refund.
26. 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.
27. 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.
28. The referee's decision on all swimming matters is final.
29. City of Sheffield Swim Squad will liaise with Ponds Forge ISC with regard to Risk Management and Covid Security. Any necessary measures will be put in place.
30. Any point not covered by these rules will be at the discretion of the organisers.
31. In order to run a licensed meet a lot of help is required. We would be extremely grateful if your club have any licensed officials who would be prepared to help during the meet. If so, then please contact our official's co-ordinator 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

Premier Open Meet 2022

Qualifying Times

Swimmers must have achieved the qualifying standard times listed below

LONG COURSE TIMES

ENTRY TIMES MUST BE RECORDED IN BRITISH SWIMMING RANKINGS SINCE 1ST JANUARY 2020

BOYS						EVENTS	GIRLS					
11YRS	12 YRS	13 YRS	14 YRS	15/16 YRS	17/OV		11YRS	12YRS	13 YRS	14 YRS	15/16 YRS	17/OV
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 FREESTYLE	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
1.12.00	1.12.00	1.08.00	1.06.00	01.01.00	01.00.00	100 FREESTYLE	1.14.00	1.14.00	1.09.00	1.08.00	1.07.00	1.06.00
2.34.00	2.34.00	2.27.00	2.20.00	2.15.00	2.14.00	200 FREESTYLE	2.37.00	2.37.00	2.30.00	2.25.00	2.22.00	2.20.00
5.20.00	5.20.00	5.13.00	5.02.00	4.54.00	4.45.00	400 FREESTYLE	5.28.00	5.28.00	5.18.00	5.05.00	4.59.00	4.55.00
10.50.00	10.50.00	10.25.00	10.15.00	9.45.00	9.20.00	800 FREESTYLE	11.24.00	11.24.00	11.00.00	10.55.00	10.48.00	10.20.00
21.00.00	21.00.00	19.45.00	19.00.00	18.21.00	17.45.00	1500 FREESTYLE	21.00.00	21.00.00	20.30.00	19.55.00	19.01.00	18.40.00
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 BACKSTROKE	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
1.23.00	1.23.00	1.17.00	1.14.00	1.12.00	1.10.00	100 BACKSTROKE	1.22.00	1.22.00	1.20.00	1.18.00	1.16.00	1.14.00
2.57.00	2.57.00	2.45.00	2.41.00	2.34.00	2.29.00	200 BACKSTROKE	2.54.00	2.54.00	2.48.00	2.46.00	2.44.00	2.42.00
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 BREASTSTROKE	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
1.35.00	1.35.00	1.28.00	1.25.00	1.23.00	1.17.00	100 BREASTSTROKE	1.33.00	1.33.00	1.31.00	1.28.00	1.26.00	1.24.00
3.25.00	3.25.00	3.10.00	3.05.00	2.52.00	2.48.00	200 BREASTSTROKE	3.20.00	3.20.00	3.14.00	3.09.00	3.06.00	3.00.00
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 BUTTERFLY	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
1.25.00	1.25.00	1.20.00	1.16.00	1.10.00	1.07.00	100 BUTTERFLY	1.20.00	1.20.00	1.17.00	1.16.00	1.14.00	1.13.00
3.04.00	3.04.00	2.56.00	2.46.00	2.34.00	2.28.00	200 BUTTERFLY	3.07.00	3.07.00	2.56.00	2.47.00	2.44.00	2.39.00
2.55.00	2.55.00	2.50.00	2.44.00	2.37.00	2.35.00	200 INDIVIDUAL MEDLEY	2.55.00	2.55.00	2.50.00	2.44.00	2.40.00	2.38.00
6.10.00	6.10.00	6.00.00	5.42.00	5.28.00	5.20.00	400 INDIVIDUAL MEDLEY	6.12.00	6.12.00	5.55.00	5.46.00	5.41.00	5.38.00

CLUB ONLY ELECTRONIC ENTRY SUMMARY SHEET

ALL CLUBS PLEASE RETURN THIS SHEET WITH DETAILS OF YOUR PAYMENT AND SPORTSYSTEM PRINTOUT

- Payments via BACS to **COSSS Ltd. Ref: - PM22** 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 Sportssystem printout of swims with a record of your payment.

Club

Club Contact

Tel No.

Email Address

ENTRIES

Girls@ £8.00 per event £.....

Boys@ £8.00 per event £.....

Coaches Passes@ £15.00 per pass £.....

TOTAL £.....

Coaches 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