

CITY OF SHEFFIELD

SWIM SQUAD

cosss.co.uk

Snow Frills 2023

THIS IS A LEVEL 3 LICENSED MEET FOR ENTRY INTO COUNTY AND REGIONAL CHAMPIONSHIPS

Licence No. Applied for

- DATE:** Saturday 25th and Sunday 26th of November 2023
- VENUE:** Ponds Forge International Sports Centre, Sheffield
- FACILITES:** 10 Lane, 50m Pool, Anti-wave lane ropes and electronic timing.
- MEET DIRECTOR:** Janine Booth
Email: ssnowfrills@gmail.com
- AGE GROUPS:** Girls: 9, 10, 11, 12, 13/14, 15/Over
Open/Boys: 9, 10, 11, 12, 13/14, 15/Over
- AGES AS AT:** 26th November 2023
- EVENTS:** 50m All Strokes - HDW
100m All Strokes – HDW
200m All Strokes and I.M - HDW
- AWARDS:** Medals to 1st, 2nd and 3rd in each age group in each event.
- ENTRY FEE:** £8.00 per Individual Event
- COACHES PASSES:** Coaches / Team Manager passes are £15.00 each, inclusive of start lists.

CLOSING DATE on or before Tuesday the of 3rd of October 2023

City of Sheffield Swim Squad

Snow Frills 2023 Programme of Events

Session 1	Saturday 25 th November	Warm Up: 7.55am	Start: 9.00am
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Event No				
	101	200m Freestyle	Open/Boys	9, 10, 11, 12, 13/14, 15/Over
	102	200m Freestyle	Girls	9, 10, 11, 12, 13/14, 15/Over
	103	100m Breaststroke	Open/Boys	9, 10, 11, 12, 13/14, 15/Over
	104	100m Breaststroke	Girls	9, 10, 11, 12, 13/14, 15/Over
	105	200m Butterfly	Open/Boys	9, 10, 11, 12, 13/14, 15/Over
	106	200m Butterfly	Girls	9, 10, 11, 12, 13/14, 15/Over

Session 2	Saturday 25 th November	Warm Up: TBC	Start: TBC
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Event No				
	201	100m Butterfly	Girls	9, 10, 11, 12, 13/14, 15/Over
	202	100m Butterfly	Open/Boys	9, 10, 11, 12, 13/14, 15/Over
	203	200m I.M	Girls	9, 10, 11, 12, 13/14, 15/Over
	204	50m Freestyle	Open/Boys	9, 10, 11, 12, 13/14, 15/Over
	205	50m Freestyle	Girls	9, 10, 11, 12, 13/14, 15/Over
	206	50m Backstroke	Open/Boys	9, 10, 11, 12, 13/14, 15/Over
	207	50m Backstroke	Girls	9, 10, 11, 12, 13/14, 15/Over

Session 3	Sunday 26 th November	Warm Up: 7.55am	Start: 9.00am
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Event No				
	301	200m Backstroke	Girls	9, 10, 11, 12, 13/14, 15/Over
	302	200m Backstroke	Open/Boys	9, 10, 11, 12, 13/14, 15/Over
	303	200m Breaststroke	Girls	9, 10, 11, 12, 13/14, 15/Over
	304	200m Breaststroke	Open/Boys	9, 10, 11, 12, 13/14, 15/Over
	305	100m Freestyle	Girls	9, 10, 11, 12, 13/14, 15/Over
	306	100m Freestyle	Open/Boys	9, 10, 11, 12, 13/14, 15/Over

Session 4	Sunday 26 th November	Warm Up: TBC	Start: TBC
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Event No				
	401	100m Backstroke	Open/Boys	9, 10, 11, 12, 13/14, 15/Over
	402	100m Backstroke	Girls	9, 10, 11, 12, 13/14, 15/Over
	403	200m I.M	Open/Boys	9, 10, 11, 12, 13/14, 15/Over
	404	50m Breaststroke	Girls	9, 10, 11, 12, 13/14, 15/Over
	405	50m Breaststroke	Open/Boys	9, 10, 11, 12, 13/14, 15/Over
	406	50m Butterfly	Girls	9, 10, 11, 12, 13/14, 15/Over
	407	50m Butterfly	Open/Boys	9, 10, 11, 12, 13/14, 15/Over

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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 Sportsystem software. Converted short course times may be used. Entries will open and the Sportsystems entry file will be available to download from our website on the **25th of August 2023**.
4. Entries will be accepted on a **first come, first serve** basis. We reserve the right to limit entries to comply with license timing restrictions.
6. 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.
7. Late / poolside entries will not be accepted and once the entry file has been submitted, improved times will not be accepted.
8. 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.
9. Swimmers with disabilities will be accepted and all classes of swimmers will swim together in inclusive events.
10. The submission of entries indicates an acceptance of the meet conditions. Entries will not be accepted until the appropriate payment is received and the summary sheet provided in the pack has been completed and returned.
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 gain 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.
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

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team staff will be responsible for the behaviour/actions of their swimmers at all times 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: ssnowfrills@gmail.com or to the Omega Suite before 7.15am for the morning heats and before 12.30pm for the afternoon heats.
16. A draft programme, final programme and live results will be posted on our website: cosss.co.uk
17. **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 Kim Beighton at cosssgalaofficials@gmail.com
18. 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.
19. If cancellation of the event is necessary, then the only claim will be the entry fees paid.
20. 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.
21. Please adhere to the venue's no photography policy.
22. A mobile strobe will be available throughout the competition, any competitor who needs to use it should notify the event referee prior to the start of the session.
23. The Promoter nor City of Sheffield Swim Squad will be responsible for any loss or damage occurring during this meet.
24. 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.
25. 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.

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Upper Limit Times

Swimmers must **NOT** be faster than the times listed below

LONG COURSE TIMES – Short Course Converted Times Will Be Accepted

OPEN / BOYS						EVENTS	GIRLS					
9 YRS	10 YRS	11 YRS	12 YRS	13/14 YRS	15 YRS /OVER		9 YRS	10 YRS	11 YRS	12 YRS	13/14 YRS	15 YRS /OVER
32.00	32.00	31.00	29.50	27.00	26.00	50 Freestyle	32.00	32.00	31.00	30.50	29.00	28.00
1.09.40	1.09.40	1.01.91	59.91	56.79	53.68	100 Freestyle	1.09.40	1.09.40	1.06.41	1.03.49	1.00.26	58.89
2.28.90	2.28.90	2.22.71	2.14.32	2.03.54	1.57.23	200 Freestyle	2.28.90	2.28.90	2.23.37	2.16.76	2.09.58	2.07.91
37.00	37.00	35.00	33.00	29.00	27.00	50 Backstroke	37.00	37.00	35.00	34.00	32.50	31.50
1.19.10	1.19.10	1.11.27	1.08.27	1.05.00	1.01.60	100 Backstroke	1.19.10	1.19.10	1.15.88	1.12.26	1.08.37	1.07.65
2.48.20	2.48.20	2.42.24	2.32.57	2.19.57	2.13.43	200 Backstroke	2.48.20	2.48.20	2.40.56	2.34.53	2.26.81	2.25.40
40.00	40.00	39.00	38.00	34.50	33.00	50 Breaststroke	40.00	40.00	37.00	36.00	34.50	33.00
1.32.00	1.32.00	1.20.82	1.16.82	1.13.15	1.08.95	100 Breaststroke	1.32.00	1.32.00	1.26.03	1.21.70	1.17.70	1.16.10
3.18.10	3.18.10	3.07.11	2.54.92	2.39.53	2.30.95	200 Breaststroke	3.18.10	3.18.10	3.04.96	2.55.24	2.47.30	2.46.00
38.00	38.00	35.00	32.5	28.50	27.00	50 Butterfly	38.00	38.00	34.00	33.00	31.50	30.50
1.20.00	1.20.00	1.09.94	1.05.94	1.02.88	58.87	100 Butterfly	1.20.00	1.20.00	1.15.55	1.11.17	1.06.70	1.05.00
2.56.10	2.56.10	2.48.57	2.36.39	2.20.26	2.11.83	200 Butterfly	2.56.10	2.56.10	2.49.08	2.37.92	2.26.94	2.26.00
2.48.50	2.48.50	2.40.97	2.32.92	2.22.52	2.13.32	200 I.M	2.48.50	2.48.50	2.42.53	2.35.37	2.27.73	2.26.00

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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 SF23) Account No 19893376
Sort Code 05-08-48
- 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		@ £8.00	£
Open/Male Entries		@ £8.00	£
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

PLEASE RETURN

To: Janine Booth
Email: ssnowfrills@gmail.com