



City of Coventry Swimming Club
Affiliated to Swim England West Midland Region

Duel in the Pool

(Under Swim England Laws and Technical Rules)

Sunday 19th April 2026 - Alan Higgs Centre - Warm up not before 3:00pm

Open to Foundation, Development, AGPro, YM, AGC and AGD

Friday Night Academy swimmers only

Age as at 31st December 2026

Latest Date to April 1st 2026

A Secondary Strobe Light will be available if required.

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.

Cost of Entry: £2 per event (includes spectator admission). If sufficient officials/timekeepers have volunteered to help on the day the club will licence the event
 Training is cancelled on the afternoon of 19th April. The swimmer's squad for entry is the squad in which they are in when the meet opens to entry ie 6th March 2026

Squad	Swimmer may ONLY enter
Academy	50m Frontcrawl
	50m Breaststroke
Foundation	100m IM
	100m Breaststroke
Development	200m IM
	100m Breaststroke
AGC/AGD	200 IM
	400m Frontcrawl
YM/AGPro	100m IM
	100m Breaststroke



Entry is by SCM invitation. Entry times will be taken from times recorded in SwimClub Manager. If you do not have a time recorded please enter the Default Time in the table below. This will help us with understanding the gala timings. The last date to enter is 1st April.

Once entered, if you are not able to swim, then please email withdraw@coventry-swimming.org.uk before the 1st April to withdraw your entry. You will not then be charged.

On 2nd April the invoices will be issued and payment is then required. Refunds on production of a medical note will be provided but not for any other reason.

Programme of Events:

Event	Default Time
1. Female 200m IM (AGC/AGD/Dev)	04:00.00
2. Open/Male 200m IM (AGC/AGD/Dev)	04:00.00
3. Female 100m IM (AGPro, YM, Foundation)	02:00.00
4. Open/Male 100m IM (AGPro, YM, Foundation)	02:00.00
5. Female 50m Frontcrawl (Academy)	01:00.00
6. Open/Male 50m Frontcrawl (Academy)	01:00.00
7. Female 400m Frontcrawl (AGC/AGD)	06:00.00
8. Open/Male 400m Frontcrawl(AGC/AGD)	06:00.00
9. Female 100m Breaststroke (Dev, AGPPro, YM, Foundation) *	02:00.00
10. Open/Male 100m Breaststroke (Dev, AGPPro, YM, Foundation) *	02:00.00
11. Female 50m Breaststroke (Academy)	01:00.00
12. Open/Male 50m Breaststroke (Academy)	01:00.00
13. 100m Max K for time (All squads, in waves)	N/A

* seeded fastest to slowest

Once the entry has closed a list of Accepted entries will be produced which must be checked and any errors/omissions must be advised asap to withdraw@coventry-swimming.org.uk

No changes will be made on the day of competition