



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

Duel in the Pool

(Under Swim England Laws and Technical Rules)

Sunday November 8th 2026 - Alan Higgs Centre - Warm up not before 3:00pm. Time will be advised once the Distance Meet timeline is known

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

Friday Night Academy swimmers only

Age as at 31st December 2026

Latest Date to November 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).

Training is cancelled on the afternoon of November 8th. The swimmer's squad for entry is the squad in which they are in when the meet opens to entry ie 13th October 2026.

This gala is the first in a series of events to collect house points. Swimmers

- must wear their house hat;
- wear clothing in their house colour;
- sit with their house group



Squad	Swimmer may ONLY enter
Academy	100m IM [Mandatory]
	50m Backstroke
Foundation	100m IM [Mandatory]
	100m Frontcrawl
Development	200m IM [Mandatory]
	100m Backstroke
AGD	100 IM [Mandatory]
	100m Butterfly
AGC	200 IM [Mandatory]
	100m Butterfly
YM/AGPro	100m IM
	100m Frontcrawl

A kick set will follow the conclusion of the events.

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 November 1st.

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

On 2nd November 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 200 IM (AGC, Dev)	04:00.00
2. Open/Male 200 IM (AGC, Dev)	04:00.00
3. Female 100 IM (AGD, AGPro, YM, F, Ac)	02:00.00
4. Open/Male 100 IM (AGD, AGPro, YM, F, Ac)	02:00.00
5. Female 100 Fly (AGC)	01:30.00
6. Open/Male 100 Fly (AGC)	01:30.00
7. Female 100 Bk (Dev)	01:30.00
8. Open/Male 100 Bk (Dev)	01:30.00
9. Female 100 Fc (AGPro, YM, F)	01:30.00
10. Open/Male 100 Fc (AGPro, YM, F)	01:30.00
11. Female 50 Bk (Ac)	01:00.00
12. Open/Male 50 Bk (Ac)	01:00.00
13. Female 100 Fly (AGD)	01:30.00
14. Open/Male 100 Fly (AGD)	01:30.00

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.