



City of Coventry Swimming Club

(Affiliated to Swim England West Midland Region)

www.coventry-swimming.org.uk

City of Coventry Autumn L2 Meet 2026

On Saturday 21st & Sunday 22nd November 2026

To be held Under Swim England Laws and Technical Rules

Referee: Sally Stow

Starter: Julia Smith

Promoter: Georgina Holtom

The competition will be held in the **25m Pool** at the Alan Higgs Centre, Allard Way, Coventry, CV3 1HW, which features backstroke ledges, Anti wave ropes, electronic timing, secondary strobe light and a continuous warm up/swim down facility in the 23.5m end of the pool. The changing facility at the Centre is a Mixed Changing Village and may be accessed by the public at any time during the day.

This meet is open to swimmers in the following age groups (**Age at 22nd November 2026**):
9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs and 17yrs/Over

ENTRY PROCEDURE

- Entry fee £10 for 800m/1500m and £8.50 for other events and the closing date for entries is the **24th October 2026**.
- Refunds of entry fees will only be given on production of a doctor's note if a swimmer is ill or injured, or if a swimmer has been chosen to represent their nation, region, or county for a training camp.
- Entry is only permitted to Swim England Club Compete members or the equivalent in the swimmer's Home country. 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.



- Entries will not be accepted without a time which must have been achieved since the 1st May 2025 at a licensed meet. Times must be visible and will be verified on rankings.
- City of Coventry Swimming Club operates an inclusive policy for para swimmers in this competition. Entries are welcome from Para-Swimmers who are of sufficient standard to swim in a 25m pool. Entry times must be submitted for the purposes of seeding, but the times do not need to meet any qualifying standards. Para Swimmers swim inclusive within the able-bodied programme and seeded on their entry time. The decision to accept such entries will be at the discretion of the promoter.
- Should the meet be oversubscribed, every effort will be made to minimise the number of rejections, whilst ensuring the meet remains balanced across all events/age-groups, and that it fits within the available daily swim time.
- A SPORTSYSTEMS file for entries can be obtained by completing a form on our website. www.coventry-swimming.org.uk
- Entry is by a file that can be imported into SPORTSYSTEMS e.g. Entry Manager. Individual entries from clubs which enter less than 5 swimmers and who are unable to produce a file for import into SPORTSYSTEMS may enter but will incur an administration fee of £8/swimmer. Clubs with more than 5 swimmers entered in the Meet are required to submit an electronic entry.
- Invoices will be issued and payment is due on receipt.

Meet Contacts

Entries: visitingclubs@coventry-swimming.org.uk

Officials: officials@coventry-swimming.org.uk

Application forms for Poolside Passes (£16 per day) can be found on our website. All Swimmers must be accompanied by Coaches/Team Managers or Chaperone as detailed in Wavepower



Schedule of Events

Session 1	Start 9:00am	Saturday 21 st November		Session 4	Start 9:00am	Sunday 22 nd November
101	Female	200m Individual Medley		401	Open/Male	200m Individual Medley
102	Open/Male	50m Butterfly		402	Female	50m Butterfly
103	Mixed	1500m Freestyle		403	Mixed	800m Freestyle
104	Open/Male	100m Individual Medley		404	Female	100m Individual Medley
105	Female	100m Breaststroke		405	Open/Male	100m Breaststroke
Session 2	Start TBA pm			Session 5	Start TBA pm	
201	Open/Male	400m Freestyle		501	Female	400m Freestyle
202	Female	100m Butterfly		502	Open/Male	100m Butterfly
203	Open/Male	200m Breaststroke		503	Female	200m Breaststroke
204	Female	50m Freestyle		504	Open/Male	50m Freestyle
205	Open/Male	100m Backstroke		505	Female	100m Backstroke
206	Female	200m Backstroke		506	Open/Male	200m Backstroke
Session 3	Start TBA pm			Session 6	Start TBA pm	
301	Open/Male	200m Freestyle		601	Female	200m Freestyle
302	Female	400m Individual Medley		602	Open/Male	400m Individual Medley
303	Open/Male	50m Backstroke		603	Female	50m Backstroke
304	Female	50m Breaststroke		604	Open/Male	50m Breaststroke
305	Open/Male	200m Butterfly		605	Female	200 Butterfly
306	Female	100m Freestyle		606	Open/Male	100m Freestyle



SC Qualifying Times – Open/Male Minimum Times to be achieved from 1st May 2025- Age at 22nd November 2026

EVENT	9/10	11	12	13	14	15	16	17/over
50m Freestyle	39.3	37.2	35.1	33.1	31.3	29.9	29.0	28.4
100m Freestyle	1:30.5	1:20.6	1:15.7	1:11.1	1:07.3	1:04.6	1:02.6	1:01.4
200m Freestyle	3:06.0	2:54.8	2:44.7	2:35.0	2:26.6	2:20.8	2:16.3	2:13.8
400m Freestyle	6:36.0	6:06.0	5:46.0	5:26.8	5:10.4	4:54.2	4:48.7	4:42.5
800m Freestyle		12:45.00	12:01.00	11:05.00	10:30.00	10:15.00	10:00.00	10:00.0
1500m Freestyle		23:55.00	23:35.00	23:05.00	23:03.75	21:05.00	20:45.00	20:45.00
50m Breaststroke	51.3	48.0	45.1	41.9	39.6	37.7	36.4	35.7
100m Breaststroke	1:58.0	1:43.4	1:36.9	1:30.1	1:25.1	1:21.0	1:18.4	1:16.7
200m Breaststroke	3:59.0	3:42.4	3:29.2	3:15.3	3:03.9	2:55.8	2:50.7	2:46.3
50m Butterfly	43.8	41.0	38.8	36.4	34.3	32.5	31.5	30.7
100m Butterfly	1:45.0	1:30.4	1:24.6	1:19.1	1:14.4	1:10.7	1:08.8	1:07.0
200m Butterfly	3:37.3	3:18.2	3:06.6	2:54.7	2:44.7	2:35.5	2:31.7	2:26.9
50m Backstroke	45.1	42.5	40.3	37.6	35.8	33.9	32.6	32.1
100m Backstroke	1:40.0	1:30.5	1:25.2	1:19.7	1:15.0	1:11.5	1:09.3	1:07.6
200m Backstroke	3:26.7	3:13.3	3:02.6	2:51.1	2:41.4	2:34.3	2:29.8	2:27.0
100m Individual Medley	1:39.9	1:35.0	1:32.0	1:30.8	1:25.1	1:14.8	1:14.6	1:14.60
200m Individual Medley	3:32.2	3:17.6	3:06.8	2:55.8	2:45.3	2:38.2	2:33.7	2:30.5
400m Individual Medley	7:25.0	6:59.7	6:34.3	6:12.0	5:50.3	5:30.0	5:25.4	5:18.7



SC Qualifying Times – Female Minimum Times to be achieved from 1st May 2025 - Age at 22nd November 2026

EVENT	9/10	11	12	13	14	15	16	17/over
50m Freestyle	39.9	37.7	35.7	34.3	33.3	32.5	32.0	31.9
100m Freestyle	1:27.6	1:21.3	1:16.6	1:13.5	1:11.3	1:09.9	1:08.7	1:08.4
200m Freestyle	3:06.8	2:55.4	2:44.9	2:38.0	2:33.5	2:30.2	2:28.0	2:26.4
400m Freestyle	6:34.9	6:04.9	5:43.7	5:29.8	5:20.8	5:15.6	5:10.2	5:07.2
800m Freestyle		12:45.00	12:35.00	12:25.25	11:43.35	11:30.50	11:01.35	11:01.35
1500m Freestyle		24:00.00	22:30.00	21:30.00	21:00.00	20:30.00	20:30.00	20:00.00
50m Breaststroke	51.7	48.3	45.4	43.2	41.8	40.8	40.3	40.0
100m Breaststroke	1:52.5	1:43.5	1:37.3	1:32.3	1:28.7	1:27.1	1:26.2	1:24.9
200m Breaststroke	3:59.5	3:42.1	3:28.8	3:18.2	3:11.5	3:07.9	3:05.8	3:04.1
50m Butterfly	43.9	41.3	39.1	37.3	36.1	35.2	34.7	34.2
100m Butterfly	1:39.3	1:30.9	1:24.9	1:21.2	1:18.3	1:16.9	1:15.8	1:14.9
200m Butterfly	3:40.0	3:20.2	3:06.4	2:57.3	2:51.0	2:46.9	2:44.8	2:42.8
50m Backstroke	45.3	42.7	40.5	38.7	37.5	36.8	36.1	35.8
100m Backstroke	1:38.5	1:31.0	1:25.3	1:21.4	1:19.0	1:17.1	1:16.1	1:15.6
200m Backstroke	3:28.7	3:12.5	3:01.7	2:54.3	2:49.2	2:44.8	2:47.2	2:45.7
100m Individual Medley	1:35.0	1:32.0	1:29.3	1:26.2	1:22.7	1:22.3	1:22.3	1:22.3
200m Individual Medley	3:32.7	3:17.9	3:06.3	2:58.8	2:53.1	2:49.5	2:47.2	2:45.7
400m Individual Medley	7:22.3	6:57.3	6:32.0	6:14.4	6:03.1	5:55.5	5:50.5	5:48.2



AWARDS

- **Top Visiting Club**

Team award will be made to the visiting club team acquiring the highest points total throughout the meet.

Points scoring system will be based on descending scale 8 to 1 for individual placing in each age group.

- **Individual Awards will be made on an HDW basis**

First three places in each age group in each event

- **Para Swimmers**

Swimmers will be ranked using British Para Swimming Points. Awards will be given to the top three in each event.

RAMADA HOTEL, COVENTRY

For visitors to our meets we have secured a discounted rate of 12% off normal rate. <https://ramadacoventry.co.uk>

To make a reservation:

Bookings must be made direct with the Reservations Team (please note no other booking websites will accept the code or discount):

Email: reservations@ramadacoventry.co.uk

Tel: +44 (0) 24 7623 8110 option 2

Quote: 'COCSC'

A credit card will be required to guarantee the booking



The Organisers reserve the right to limit the number heats should circumstances dictate. All heats will be swum in time seeded order, regardless of age.

For Safeguarding reasons and in line with the Alan Higgs policy

1. No photography or videoing on poolside, balcony or in the changing village unless it is authorised by pre-arrangement with the club, gala host and Alan Higgs;
2. No training aids are to be used in the warmups/swim down areas except for kick boards and pull buoys. No fins, hand paddles, bungees and parachutes to be used.
3. Swimmers should not leave the pool deck area without suitable footwear.

Accepted Entries, Pre-meet information including Gala timings and list of any rejections will appear on the club website.

Withdrawals: Clubs will be issued with a Swim Meet Link once the accepted entries have been published to manage their own withdrawals.