



City of Coventry Swimming Club
(Affiliated to Swim England West Midland Region)
City of Coventry 50m Sprints 2026 (Long Course)

License 3

To be held Under Swim England Laws and Technical Rules

On Saturday 19th September 2026

Referee Sally Stow 11229 & Starter Julia Smith 1351524

To be held in the 50m Pool at the Alan Higgs Centre features backstroke ledges, Anti wave ropes and electronic timing. Pool Warm up facilities are provided before the meet start. Swim down will be available at the end of the meet. There is a secondary strobe light available if required. The changing facility at the Centre is a Mixed Changing Village and may be accessed by the public at any time during the day.

The competition is open to swimmers aged 13 and over at **19th September 2026**. 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.

Swimmers will be scored by summing the WA points from the 4 heat strokes. The top 8 swimmers in each Age Category will progress to the Skins final. The Age Categories will be:

13,14 and 15/over.

If, once entries close there is sufficient demand, this may be changed to

13,14,15 and 16/over

The skins competition is based on an individual medley, with all four strokes available to swim in each round. A random draw will take place before each round to decide the stroke to be swum. That stroke will apply to both the Open/Male and Female events in that round. Only the first round will be recorded in Sportsystems and sent to rankings.

Races will take place 3 minutes apart with the alternate gender for that age category starting 1.5 minutes after the previous swim.

At the end of the first 2 races in each round, 2 will be eliminated from the competition by either disqualification or time. On the 4th race 1 will be eliminated leaving 3 in the Final race.



ENTRY PROCEDURE

Visiting Clubs: Please complete the Register your Interest form on our website to receive the Sportsystems entry file. Any additional information required please contact:

visitingclubs@coventry-swimming.org.uk

Entry fee is **£8.00** per event and the closing date for entries is the **31st of August 2026**. (Acceptances will be made on a "first come first served basis"). Entry may close early if demand dictates. 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.

Entries will not be accepted without a time (times achieved in training will be acceptable) Times to have been achieved since 1st March 2025.

Clubs with more than 5 swimmers entered in the Meet are required to submit an electronic entry

Individual entries may be made by emailing visitingclubs@coventry-swimming.org.uk, an administration fee of £8/swimmer will apply.

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

Poolside Passes:

- cost £16.00 for both meets on the day and this provides a lunchtime meal and admission to the Poolside.
- cost £7.00 for a single meet on the day (Excluding lunch), includes admission to the Poolside.

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

Withdrawals will be managed by each club using Swim Meet. Once the Accepted Entries have been produced, each club will be sent a link to manage their club's withdrawals.

Spectator Balcony will be accessed by purchasing tickets through OrderWhizz. The link will be posted on our website.

Safeguarding

All clubs/individuals must be compliant with the current Swim England Safeguarding policy - Wavepower



[Wavepower | Safeguarding for Swim England clubs \(swimming.org\)](https://www.swimming.org)

Standards of conduct and poolside supervision must meet the requirements of the Wavepower policy.

There will no photography or videoing from the balcony.

Any welfare issues/concerns are to be reported to welfare@coventry-swimming.org.uk



TIMINGS

The meet will be split into two sessions. The first Session will start at 8.45am (8:00 am Warm Up). The start of Session Two will be determined on the number of entries received.

SCHEDULE OF EVENTS

Session 1

<u>Event No.</u>		<u>Event</u>	<u>Event No.</u>		<u>Event</u>
101	Female	13year/Over 50m Butterfly	105	Female	13year/Over 50m Breaststroke
102	Open/Male	13year/Over 50m Butterfly	106	Open/Male	13year/Over 50m Breaststroke
103	Female	13year/Over 50m Freestyle	107	Female	13year/Over 50m Backstroke
104	Open/Male	13year/Over 50m Freestyle	108	Open/Male	13year/Over 50m Backstroke

Fifteen Minute Break

Session 2

Skins:	Start time	Knockout			
Final					
13 yrs F	<u>0</u>	2	2	1	Final 3
13 yrs M	<u>90 sec</u>	2	2	1	Final 3
14 yrs F	<u>0</u>	2	2	1	Final 3
14 yrs M	<u>90 sec</u>	2	2	1	Final 3
15 yrs F	<u>0</u>	2	2	1	Final 3
15 yrs M	<u>90 sec</u>	2	2	1	Final 3
16/ Over F	<u>0</u>	2	2	1	Final 3
16/Over M	<u>90 sec</u>	2	2	1	Final 3



QUALIFYING TIMES

Submitted times **MUST** be personal best times (achieved in a 25m pool or converted accordingly)
Higher Level Qualifying Times (Entry Times Should be No Faster Than)

Open/Male

Female

13	14	15/Ov	EVENT	13	14	15/OV
26.2	25.3	24.3	50m Free	28.0	27.9	27.5
32.7	32.2	31.1	50m Breast	35.0	33.8	31.6
29.0	26.7	25.1	50m Fly	30.2	29.3	29.2
31.2	28.7	28.5	50m Back	32.0	31.7	31.5

Times must be shown for the events to be entered. Times achieved in training will be accepted.



AWARDS

1. **Individual Awards (Medals) will be made on an HDW basis**
First three places in each age group in each event
2. **Para Awards (Medals)** First in each Age Group
3. **First three places in each Skins Final – Cash/Vouchers**

Officials: Without sufficient licensed officials we will not be able to run this meet and will not be able to support requests for mentoring to which we are committed. We therefore request that any club submitting entries encourage their officials to sign up using the Swim Meet link available on our website. Any queries from officials please contact officials@coventry-swimming.org.uk