



City of Coventry Swimming Club

(Affiliated to Swim England West Midland Region)

www.coventry-swimming.org.uk

City of Coventry Autumn L2 Meet 2024

License 2 - On Saturday 23rd & Sunday 24th November 2024

To be held Under Swim England Laws and Technical Rules

Referee: Rachel Cutler

Starter: Julia Smith

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, and a secondary strobe light. 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 24th November 2024**):
9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs and 17yrs/Over

ENTRY PROCEDURE

- Entry fee is **£8.00** per event and the closing date for entries is the **31st of October 2024**.
- 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. 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 by the 1st May 2023 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 eg 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 once entries have been received.

Meet Contacts

Entries: visitingclubs@coventry-swimming.org.uk

Officials: officials@coventry-swimming.org.uk

Application forms for Poolside Passes (cost £15.00 per pass for each day) can be found on our website and this provides a lunchtime meal and admission to Poolside. All Swimmers must be accompanied by Coaches/Team Managers or Chaperone as detailed in Wavepower



Schedule of Events

| Session 1 | Start 9:00am | Saturday 23rd November | Session 4 | Start 9:00am | Sunday 24 th 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 | Female | 100m Breaststroke | 404 | Open/Male | 100m Breaststroke |
| 105 | Open/Male | 100m Backstroke | 405 | Female | 100m Backstroke |
| 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 | 100m Freestyle | 504 | Open/Male | 100m Freestyle |
| 205 | Open/Male | 200m Backstroke | 505 | Female | 200m Backstroke |
| Session 3 | Start TBA pm | | Session 6 | Start TBA pm | |
| 301 | Female | 400m Individual Medley | 601 | Open/Male | 400m Individual Medley |
| 302 | Open/Male | 50m Backstroke | 602 | Female | 50m Backstroke |
| 303 | Female | 50m Freestyle | 603 | Open/Male | 50m Freestyle |
| 304 | Open/Male | 200m Freestyle | 604 | Female | 200m Freestyle |
| 305 | Female | 50m Breaststroke | 605 | Open/Male | 50m Breaststroke |
| 306 | Open/Male | 200m Butterfly | 606 | Female | 200m Butterfly |



Qualifying Times – Open/Male Minimum Times to be achieved from 1st May 2023- Age at 24th November 2024

| 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 |
| 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 |



Qualifying Times – Girls Minimum Times to be achieved from 1st May 2023 - Age at 24th November 2024

| 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 |
| 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: 'COCS'

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 about 14 days before the meet.

Details of the withdrawal process will be issued once the Meet has closed to entry.