



## **City of Coventry Swimming Club John Hughes Meet 2025**

(Affiliated to Swim England West Midland Region)

**License 3 - On Saturday 15<sup>th</sup> & Sunday 16<sup>th</sup> March 2025**

To be held Under Swim England Laws and Technical Rules

**Referee: Sally Stowe/ Susanna Carden /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 16<sup>th</sup> March 2025**):

9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs and 15yrs/Over

400 IM 12yrs, 13yrs, 14yrs and 15yrs/Over

### **ENTRY PROCEDURE**

Entry fee is **£8.00** per event and the closing date for entries is the **14<sup>th</sup> February 2025**. Acceptances will be made on a "first come first served basis" to [visitingclubs@coventry-swimming.org.uk](mailto:visitingclubs@coventry-swimming.org.uk). 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.

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.

### **Para Swimmers**

City of Coventry Swimming Club operates an inclusive policy for para swimmers in this competition. Swimmers will be ranked using British Para Swimming Points. Awards will be given to the top three in each event.

Entries will not be accepted without a time which must have been achieved on or after the 1st of August 2023, (training times will be acceptable). A SPORTSYSTEMS file for entries can be obtained by completing a form on our website.

Entry is by a file that can be imported into SPORTSYSTEMS. Individual entries from clubs who 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](mailto:visitingclubs@coventry-swimming.org.uk)

Officials: [officials@coventry-swimming.org.uk](mailto: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

| Saturday 15 <sup>th</sup> March 2025 |     |                        | Sunday 16 <sup>th</sup> March 2025 |     |                        |
|--------------------------------------|-----|------------------------|------------------------------------|-----|------------------------|
| <b>Session 1</b>                     |     |                        | <b>Session 4</b>                   |     |                        |
| F                                    | 101 | 400m Individual Medley | O/M                                | 401 | 400m Individual Medley |
| O/M                                  | 102 | 100m breaststroke      | F                                  | 402 | 100m breaststroke      |
| F                                    | 103 | 200m backstroke        | O/M                                | 403 | 200m backstroke        |
| O/M                                  | 104 | 200m freestyle         | F                                  | 404 | 200m freestyle         |
| F                                    | 105 | 50m butterfly          | O/M                                | 405 | 50m butterfly          |
| <b>Session 2</b>                     |     |                        | <b>Session 5</b>                   |     |                        |
| O/M                                  | 201 | 400m freestyle         | F                                  | 501 | 400m freestyle         |
| F                                    | 202 | 100m butterfly         | O/M                                | 502 | 100m butterfly         |
| O/M                                  | 203 | 200m breaststroke      | F                                  | 503 | 200m breaststroke      |
| F                                    | 204 | 100m backstroke        | O/M                                | 504 | 100m backstroke        |
| O/M                                  | 205 | 50m freestyle          | F                                  | 505 | 50m freestyle          |
| <b>Session 3</b>                     |     |                        | <b>Session 6</b>                   |     |                        |
| F                                    | 301 | 200m butterfly         | O/M                                | 601 | 200m butterfly         |
| O/M                                  | 302 | 200m Individual Medley | F                                  | 602 | 200m Individual Medley |
| F                                    | 303 | 50m backstroke         | O/M                                | 603 | 50m backstroke         |
| O/M                                  | 304 | 50m breaststroke       | F                                  | 604 | 50m breaststroke       |
| F                                    | 305 | 100m freestyle         | O/M                                | 605 | 100m freestyle         |

## 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)

| Girls     |               |                |                |                |                  |                   |                   |               |                |                |                |                 |                 |         |         |
|-----------|---------------|----------------|----------------|----------------|------------------|-------------------|-------------------|---------------|----------------|----------------|----------------|-----------------|-----------------|---------|---------|
| Age Group | 50m Freestyle | 100m Freestyle | 200m Freestyle | 400m Freestyle | 50m Breaststroke | 100m Breaststroke | 200m Breaststroke | 50m Butterfly | 100m Butterfly | 200m Butterfly | 50m Backstroke | 100m Backstroke | 200m Backstroke | 200m IM | 400m IM |
| 9         | 31.40         | 1.09.00        | 2.26.50        | 5.11.30        | 41.00            | 1.29.60           | 3.05.10           | 34.80         | 1.19.30        | 2.56.00        | 35.90          | 1.18.10         | 2.48.20         | 2.50.40 | N/A     |
| 10        | 31.40         | 1.09.00        | 2.26.50        | 5.11.30        | 41.00            | 1.29.60           | 3.05.10           | 34.80         | 1.19.30        | 2.56.00        | 35.90          | 1.18.10         | 2.48.20         | 2.50.40 | N/A     |
| 11        | 30.00         | 1.01.00        | 2.18.00        | 4.48.40        | 36.40            | 1.22.50           | 2.54.20           | 31.40         | 1.08.20        | 2.39.40        | 33.50          | 1.10.20         | 2.32.00         | 2.38.20 | N/A     |
| 12        | 30.00         | 1.01.00        | 2.18.00        | 4.48.40        | 36.40            | 1.22.50           | 2.54.20           | 31.40         | 1.08.20        | 2.39.40        | 33.50          | 1.10.20         | 2.32.00         | 2.38.20 | 5.33.00 |
| 13        | 27.90         | 59.60          | 2.07.60        | 4.26.40        | 35.30            | 1.15.10           | 2.41.10           | 29.90         | 1.06.60        | 2.24.40        | 31.60          | 1.06.20         | 2.21.50         | 2.24.70 | 5.19.20 |
| 14        | 27.90         | 59.60          | 2.07.60        | 4.26.40        | 35.30            | 1.15.10           | 2.41.10           | 29.90         | 1.06.60        | 2.24.40        | 31.60          | 1.06.20         | 2.21.50         | 2.24.70 | 5.14.50 |
| 15+       | 27.10         | 58.20          | 2.04.40        | 4.19.40        | 34.00            | 1.12.40           | 2.36.30           | 29.30         | 1.04.10        | 2.18.80        | 30.70          | 1.04.10         | 2.16.90         | 2.20.50 | 5.09.90 |

| Boys      |               |                |                |                           |                  |                   |                   |               |                |                |                |                 |                 |         |         |
|-----------|---------------|----------------|----------------|---------------------------|------------------|-------------------|-------------------|---------------|----------------|----------------|----------------|-----------------|-----------------|---------|---------|
| Age Group | 50m Freestyle | 100m Freestyle | 200m Freestyle | 400m Freestyle<br>1.29.30 | 50m Breaststroke | 100m Breaststroke | 200m Breaststroke | 50m Butterfly | 100m Butterfly | 200m Butterfly | 50m Backstroke | 100m Backstroke | 200m Backstroke | 200m IM | 400m IM |
| 9         | 32.10         | 1.07.80        | 2.26.10        | 5.07.20                   | 38.50            | 1.29.30           | 3.03.00           | 34.90         | 1.19.00        | 2.54.00        | 36.00          | 1.18.30         | 2.41.20         | 2.48.10 | N/A     |
| 10        | 32.10         | 1.07.80        | 2.26.10        | 5.07.20                   | 38.50            | 1.29.30           | 3.03.00           | 34.90         | 1.19.00        | 2.54.00        | 36.00          | 1.18.30         | 2.41.20         | 2.48.10 | N/A     |
| 11        | 28.90         | 59.80          | 2.18.00        | 4.31.70                   | 35.80            | 1.17.20           | 2.48.60           | 32.00         | 1.07.60        | 2.28.80        | 32.30          | 1.08.00         | 2.25.00         | 2.27.90 | N/A     |
| 12        | 28.90         | 59.80          | 2.18.00        | 4.31.70                   | 35.80            | 1.17.20           | 2.48.60           | 32.00         | 1.07.60        | 2.28.80        | 32.30          | 1.08.00         | 2.25.00         | 2.27.90 | 5.40.30 |
| 13        | 26.60         | 56.80          | 2.03.40        | 4.19.60                   | 32.50            | 1.12.30           | 2.36.70           | 29.30         | 1.00.80        | 2.15.60        | 30.40          | 1.01.40         | 2.17.20         | 2.17.60 | 5.09.30 |
| 14        | 26.60         | 56.80          | 2.03.40        | 4.19.60                   | 32.50            | 1.12.30           | 2.36.70           | 29.30         | 1.00.80        | 2.15.60        | 30.40          | 1.01.40         | 2.17.20         | 2.17.60 | 4.55.90 |
| 15+       | 24.80         | 53.60          | 1.56.40        | 4.05.80                   | 31.00            | 1.07.30           | 2.26.10           | 27.10         | 58.80          | 2.09.10        | 28.10          | 59.50           | 2.08.10         | 2.11.20 | 4.49.20 |

Submitted times must be shown for the events to be entered.

Entry from Swim England Club Compete members only.



## **AWARDS**

### **1. 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.

### **2. Individual Awards will be made on an HDW basis**

First three places in each age group in each event (Plus Para awards).

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 shortly after the meet closes to entry

Withdrawals to be made by emailing [withdraw@coventry-swimming.org.uk](mailto:withdraw@coventry-swimming.org.uk)