



City of Coventry Swimming Club

(Affiliated to Swim England West Midland Region)

www.coventry-swimming.org.uk

City of Coventry May L1 NQT Meet 2026

WMxxxxxx - On Friday 8th, Saturday 9th & Sunday 10th May 2026

To be held Under Swim England Laws and Technical Rules

Referee: Sally Stow

Starter: Julia Smith

- The competition will be held in the **50m 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.
- Warm up and warm down facilities are available in the pool pre and post each session. Additionally, throughout the meet, swimmers may use the hall (mats are provided) to stretch pre and post swims.
- 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 31st December 2026**): 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 **22nd April 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. 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 November 2024 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 once entries have been received.



Meet Contacts

Entries: visitingclubs@coventry-swimming.org.uk

Officials: officials@coventry-swimming.org.uk

Officials link [Swim-Meet City of Coventry May L1 NQT 2026](#)

The application form for a Poolside Pass (cost £16.00 per pass for each day) including lunch will be found on our website once the lunch menu is confirmed. One application per club please. Please note the Poolside Pass must be completed to confirm the Safeguarding credentials of poolside personnel. Lunch forms are released on submission of the Safeguarding declaration. Lunch forms will close at 10pm on the Monday before the meet to conform with our caterer's deadline.



Schedule of Events

Session 1	6:30pm Warm up 7pm Start	Friday 8th May			
101	Female	200m Breaststroke			
102	Male	200m Breaststroke			
103	Female	100m Freestyle			
104	Male	100m Freestyle			
Session 2	Start 9:00am	Saturday 9th May		Session 5	Start 9:00am
201	Female	200m Individual Medley		501	Open/Male
202	Open/Male	50m Butterfly		502	Female
203	Mixed	1500m Freestyle		503	Mixed
204	Open/Male	200m Backstroke		504	Female
Session 3	Start TBA pm			Session 6	Start TBA pm
301	Open/Male	400m IM		601	Female
302	Female	100m Butterfly		602	Open/Male
303	Open/Male	50m Freestyle		603	Female
304	Female	100m Backstroke		604	Open/Male
305	Open/Male	100m Breaststroke		605	Female
Session 4	Start TBA pm			Session 7	Start TBA pm
401	Open/Male	400m Freestyle		701	Female
402	Female	400m Freestyle		702	Open/Male
403	Open/Male	50m Backstroke		703	Female
404	Female	50m Breaststroke		704	Open/Male
405	Open/Male	200m Butterfly		705	Female



SC Qualifying Times – Open/Male Minimum Times to be achieved from 1st November 2024- Age at 31st December 2026

EVENT	11	12	13	14	15	16	17/over
50m Freestyle	37.2	35.1	33.1	31.3	29.9	29.0	28.4
100m Freestyle	1:20.6	1:15.7	1:11.1	1:07.3	1:04.6	1:02.6	1:01.4
200m Freestyle	2:54.8	2:44.7	2:35.0	2:26.6	2:20.8	2:16.3	2:13.8
400m Freestyle	6:06.0	5:46.0	5:26.8	5:10.4	4:54.2	4:48.7	4:42.5
800m Freestyle	12:10.58	11:24.95	10:35.08	10:01:65	9:47.73	9:33.00	0:36.40
1500m Freestyle	22:00.20	21:41.80	21:14.20	21:13.28	19:23.80	19:05.40	19:36.53
50m Breaststroke	48.0	45.1	41.9	39.6	37.7	36.4	35.7
100m Breaststroke	1:43.4	1:36.9	1:30.1	1:25.1	1:21.0	1:18.4	1:16.7
200m Breaststroke	3:42.4	3:29.2	3:15.3	3:03.9	2:55.8	2:50.7	2:46.3
50m Butterfly	41.0	38.8	36.4	34.3	32.5	31.5	30.7
100m Butterfly	1:30.4	1:24.6	1:19.1	1:14.4	1:10.7	1:08.8	1:07.0
200m Butterfly	3:18.2	3:06.6	2:54.7	2:44.7	2:35.5	2:31.7	2:26.9
50m Backstroke	42.5	40.3	37.6	35.8	33.9	32.6	32.1
100m Backstroke	1:30.5	1:25.2	1:19.7	1:15.0	1:11.5	1:09.3	1:07.6
200m Backstroke	3:13.3	3:02.6	2:51.1	2:41.4	2:34.3	2:29.8	2:27.0
200m Individual Medley	3:17.6	3:06.8	2:55.8	2:45.3	2:38.2	2:33.7	2:30.5
400m Individual Medley	6:59.7	6:34.3	6:12.0	5:50.3	5:30.0	5:25.4	5:18.7



SC Qualifying Times – Girls Minimum Times to be achieved from 1st November 2024 - Age at 31st December 2026

EVENT	11	12	13	14	15	16	17/over
50m Freestyle	37.7	35.7	34.3	33.3	32.5	32.0	31.9
100m Freestyle	1:21.3	1:16.6	1:13.5	1:11.3	1:09.9	1:08.7	1:08.4
200m Freestyle	2:55.4	2:44.9	2:38.0	2:33.5	2:30.2	2:28.0	2:26.4
400m Freestyle	6:04.9	5:43.7	5:29.8	5:20.8	5:15.6	5:10.2	5:07.2
800m Freestyle	12:10.58	12:01.02	11:51.48	11:11.37	10:59.90	10:31.35	10:34.56
1500m Freestyle	22:04.80	20:42.00	19:46.80	19:19.20	18:51.60	18:51.60	18:24.00
50m Breaststroke	48.3	45.4	43.2	41.8	40.8	40.3	40.0
100m Breaststroke	1:43.5	1:37.3	1:32.3	1:28.7	1:27.1	1:26.2	1:24.9
200m Breaststroke	3:42.1	3:28.8	3:18.2	3:11.5	3:07.9	3:05.8	3:04.1
50m Butterfly	41.3	39.1	37.3	36.1	35.2	34.7	34.2
100m Butterfly	1:30.9	1:24.9	1:21.2	1:18.3	1:16.9	1:15.8	1:14.9
200m Butterfly	3:20.2	3:06.4	2:57.3	2:51.0	2:46.9	2:44.8	2:42.8
50m Backstroke	42.7	40.5	38.7	37.5	36.8	36.1	35.8
100m Backstroke	1:31.0	1:25.3	1:21.4	1:19.0	1:17.1	1:16.1	1:15.6
200m Backstroke	3:12.5	3:01.7	2:54.3	2:49.2	2:44.8	2:47.2	2:45.7
200m Individual Medley	3:17.9	3:06.3	2:58.8	2:53.1	2:49.5	2:47.2	2:45.7
400m Individual Medley	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.

Invoices will be issued on receipt of the entry. Accepted Entries, Pre-meet information including meet timings and list of any rejections will appear on the club website.

Each club will manage their own withdrawals using the Swim Meet link sent to the club coordinator following the publication of the Accepted Entries.