

CITY OF
BRISTOL
AQUATICS

City of Bristol L3 Long Course Summer Festival
15th/16th July 2023
AT THE HENGROVE PARK LEISURE CENTRE

(Held under Swim England Laws and Technical Rules of Racing)

Licence Number SW230895

Licensed Level 3 for entry into local and county competitions.
50m, 10 lane pool with anti-wave ropes and electronic timing.

Age as on 16th July 2023

Awards will be given in the following age groups:
9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17 & over

Open meet information/entry pack can be downloaded from the website

www.cobswimmingclub.co.uk or e-mail us at
cobmeetmanager@outlook.com

Entries will be on a "first come, first served" basis and are NO Faster Than Times

Entries close Midnight Sunday 25th June 2023

Officials Sign up

<https://swim-meet.com/Availability/?m=1609>

In partnership with



City of Bristol L3 Long Course Summer Festival

PROGRAMME OF EVENTS

Hengrove Park Leisure Centre, The Boulevard, Hengrove Park
Bristol, United Kingdom, BS14 0JZ

Saturday 15th July 2023

Session 1				
Event 1	Girls	11 and over	400 IM	HDW
Event 2	Boys	9 and over	400 Freestyle	HDW
Event 3	Girls	9 and over	50 Breaststroke	HDW
Event 4	Boys	9 and over	50 Butterfly	HDW
Session 2				
Event 5	Girls	9 and over	200 Freestyle	HDW
Event 6	Boys	9 and over	200 IM	HDW
Event 7	Girls	9 and over	100 Backstroke	HDW
Event 8	Boys	9 and over	100 Butterfly	HDW
Event 9	Girls	9 and over	200 Butterfly	HDW
Event 10	Boys	9 and over	50 Backstroke	HDW
Session 3				
Event 11	Girls	9 and over	200 Backstroke	HDW
Event 12	Boys	9 and over	200 Breaststroke	HDW
Event 13	Girls	9 and over	100 Breaststroke	HDW
Event 14	Boys	9 and over	100 Freestyle	HDW
Event 15	Girls	9 and over	50 Freestyle	HDW

Sunday 16th July 2023

Session 4				
Event 16	Boys	11 and over	400 IM	HDW
Event 17	Girls	9 and over	400 Freestyle	HDW
Event 18	Boys	9 and over	50 Breaststroke	HDW
Event 19	Girls	9 and over	50 Butterfly	HDW
Session 5				
Event 20	Boys	9 and over	200 Freestyle	HDW
Event 21	Girls	9 and over	200 IM	HDW
Event 22	Boys	9 and over	100 Backstroke	HDW
Event 23	Girls	9 and over	100 Butterfly	HDW
Event 24	Boys	9 and over	200 Butterfly	HDW
Event 25	Girls	9 and over	50 Backstroke	HDW
Session 6				
Event 26	Boys	9 and over	200 Backstroke	HDW
Event 27	Girls	9 and over	200 Breaststroke	HDW
Event 28	Boys	9 and over	100 Breaststroke	HDW
Event 29	Girls	9 and over	100 Freestyle	HDW
Event 30	Boys	9 and over	50 Freestyle	HDW

City of Bristol L3 Long Course Summer Festival

15th and 16th July 2023

To be held at Hengrove Leisure Park, The Boulevard, Hengrove Park, Bristol, United Kingdom, BS14 0JZ

All times are 50m pool times (NO FASTER THAN) – Licence Number SW230895

No faster Than - Cut off Times - Male									
Events	9	10	11	12	13	14	15	16	17+
50m Freestyle	34.70	32.80	31.50	29.90	27.60	27.00	26.50	26.00	25.50
100m Freestyle	1.15.75	1.08.60	1.03.95	1.00.00	0.57.50	0.55.75	0.55.00	0.54.25	53.00
200m Freestyle	2.43.75	2.27.50	2.19.30	2.11.25	2.05.25	2.02.30	1.59.55	1.59.00	1.58.00
400m Freestyle	5.18.00	5.13.80	4.52.40	4.38.65	4.25.95	4.21.80	4.18.25	4.17.00	4.16.25
50m Backstroke	38.45	36.10	35.00	33.80	31.80	30.10	29.80	29.00	28.50
100m Backstroke	1.23.90	1.16.65	1.12.85	1.08.05	1.04.70	1.02.30	1.01.50	1.00.50	0.59.65
200m Backstroke	2.56.55	2.44.50	2.35.30	2.25.70	2.18.90	2.15.55	2.14.75	2.13.25	2.11.80
50m Breaststroke	45.00	44.20	41.30	37.90	36.00	34.00	33.00	32.70	31.70
100m Breaststroke	1.35.80	1.30.41	1.22.80	1.17.30	1.14.10	1.09.50	1.07.80	1.06.15	1.02.15
200m Breaststroke	3.25.00	3.13.80	2.58.55	2.46.85	2.38.60	2.34.50	2.32.20	2.30.50	2.28.90
50m Butterfly	37.10	34.50	32.40	30.30	29.70	29.00	28.50	28.00	27.00
100m Butterfly	1.25.15	1.18.70	1.13.20	1.07.85	1.05.85	1.03.85	1.03.00	1.01.80	1.00.90
200m Butterfly	2.50.00	2.45.00	2.38.00	2.32.05	2.29.30	2.25.55	2.20.95	2.16.85	2.14.00
200m Ind. Med.	3.02.70	2.47.70	2.37.95	2.29.05	2.26.50	2.22.40	2.19.20	2.17.50	2.15.90
400m Ind. Med.		5.50.00	5.30.00	5.17.50	5.10.00	5.05.00	5.00.00	4.55.00	4.45.00

No faster Than - Cut off Times - Female									
Events	9	10	11	12	13	14	15	16	17+
50m Freestyle	34.50	32.80	31.80	30.50	29.05	28.50	28.00	27.75	27.00
100m Freestyle	1.15.75	1.09.30	1.04.95	1.02.15	1.00.25	0.59.50	0.58.00	0.57.85	57.00
200m Freestyle	2.43.77	2.29.60	2.19.30	2.14.20	2.10.10	2.07.75	2.07.25	2.07.00	2.05.00
400m Freestyle	5.29.20	5.15.56	4.54.30	4.44.15	4.37.10	4.32.85	4.30.00	4.29.00	4.27.00
50m Backstroke	36.90	35.90	34.91	33.75	32.50	31.57	30.68	30.00	29.80
100m Backstroke	01:17.1	1.15.12	1.12.58	1.09.45	1.07.40	1.06.00	1.04.00	1.03.00	1.02.00
200m Backstroke	2.57.00	2.44.90	2.35.15	2.28.70	2.24.00	2.20.45	2.19.00	2.18.00	2.17.00
50m Breaststroke	44.50	40.68	38.80	37.94	36.44	35.68	34.90	34.50	34.00
100m Breaststroke	1.35.80	1.27.20	1.22.84	1.19.40	1.16.90	1.16.10	1.13.20	1.11.00	1.10.50
200m Breaststroke	3.25.00	3.11.05	2.57.24	2.51.50	2.45.60	2.40.40	2.36.00	2.32.50	2.32.00
50m Butterfly	38.50	36.00	34.90	32.62	31.20	30.55	29.90	28.85	28.00
100m Butterfly	1.30.70	1.19.82	1.12.62	1.09.65	1.07.70	1.06.45	1.05.85	1.05.00	1.04.00
200m Butterfly	2.50.00	2.45.00	2.39.00	2.35.00	2.30.45	2.28.65	2.27.50	2.26.80	2.26.00
200m Ind. Med.	3.02.70	2.49.10	2.36.10	2.31.90	2.28.60	2.26.70	2.24.90	2.23.00	2.22.00
400m Ind. Med.		5.50.00	5.38.10	5.26.10	5.22.70	5.18.50	5.13.20	5.08.00	5.05.00

CONDITIONS

To be held at Hengrove Leisure Park, The Boulevard, Hengrove Park,
Bristol, United Kingdom, BS14 0JZ

Licence Number SW230895

- The meet will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing and has been Licensed Level 3 by Swim England for entry into District Competitions.
- Entries must be received by midnight on Sunday 25th June 2023. The promoter reserves the right to close early should the event become oversubscribed.
- All swimmers must be members of a club affiliated to Swim England, Swim Wales, or Scottish Swimming.
- All swimmers must be registered with the Swim England, Swim Wales or Scottish Swimming at Category 2 and should be able to substantiate this should they be required.
- The promoter reserves the right to accept or reject entries and also restrict entries in order to complete the meet within the time available. If the meet is oversubscribed, entries will be accepted on a **first come first served** basis.
- All entry times are NO FASTER THAN TIMES
- As soon as possible after the closing date, confirmed entries will be emailed to clubs, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be processed electronically on provision of club bank account details.
- The age groups are: 9, 10, 11, 12, 13, 14, 15, 16, 17 and over - **ages as at 16th July 2023**
- There will be medals in every event for the first three overall swimmers in each age group. Any disqualified swimmer will not receive awards.
- The pool is 50m and at a depth of 2m throughout. The meet will be swum Long Course. Anti-wave devices will be in place and electronic timing/placing will be used.
- Entry fees are £8.50 per event and include the levy per accepted entry made by Swim England for licensed events. Coach/team manager passes (maximum of 4 per club) are £15 each and entitle the holder to admission to all sessions, a programme plus a full set of results per club. Poolside passes will be issued only for people affiliated with the entering club and it is the responsibility of the participating club to ensure their poolside staff have up to date DBS clearances.
- Entry times shall be those for 50m pool times, converted if necessary. All times submitted must be truthful and correct as defined by the British Swimming Code of Conduct. It is the responsibility of all swimmers/parents and coaches to enter correct times as a random check will be done on the rankings database to check validity. Entry times should be Long Course times. Short Course conversions to long course made using British Swimming Tables will be accepted.
- City of Bristol Aquatics will not amend entry times for swimmers which have been achieved after entry has been received by the meet promoter.
- Entries and results for this meet will be held on computer. As required by the Data Protection Act 2018 submission of entries implies consent to the holding of personal information on computer. These details may be made public before, during or after the meet.

- Swimmers with a para swim classification must indicate this on their entry form. Swimmers with a Certificate of Swimming Disability must present that certificate to the Referee before the event(s) in which they wish to swim. Failure to do this may result in disqualification from the event.
- Payment is due as soon as entries are confirmed. **(Please do not send payment until confirmed entry notification)** Payment for entries must be received prior the commencement of the meet.
- Should payment not be received by City of Bristol SC prior to the commencement of the event the promoter reserves the right to remove entered swimmers from the event and exclude them from the results.
- **BACs payment to:**
 - **Sort Code: 30-99-09**
 - **Account number: 41640468**
 - **Please reference CoB L3 – Club Name or Swimmer Name for individual entry**

No refunds for entries will be given after the entries have been processed and accepted, except in the case of:

The production of a Doctor's or medical certificate confirming the athlete is unfit to compete.

Refunds in these circumstances will be process post meet once the appropriate certification has been received by the meet promoter. It is the responsibility of the entrant to then provide a summary of events entered by the withdrawing athlete along with a bank account name, Account number and sort code into which the refund is to be made.

- Video and Photography : Following updated guidance from British Swimming the use of all photographic equipment is no longer controlled. Spectators / coaches and swimmers are reminded that if such equipment is used they should STOP AND THINK the guidelines on consent & decency must always apply. Photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording devices. Social media guidance will apply if those images or recordings are being shared through any social media platform [all club welfare officers have a copy of Wavepower where full guidelines can be found]. You are reminded that FLASH PHOTOGRAPHY should not be used at the start of any race.
- The meet will be run without cards. Heats will be pre-seeded. There is no requirement for sign in
- Secondary Strobe light will be available for operation at this meet. Any swimmer requiring the secondary strobe should inform the promoter.
- Swimmers must report to the competitors' stewards' eight heats prior to their own.
- Wet swimmers are not allowed in the spectator areas.
- All events are HDW.
- Neither the promoter nor Parkwood Community Leisure accept any liability for any loss or damage to personal belongings.
- Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. Prior to commencement refunds may apply at the promoter's discretion.
- In extenuating circumstances and due to situations out of the club's control during the competition the Lead referee in conjunction with the promoter reserves the right to make changes to the running of the meet.
- Any swimmer breaking these conditions will be liable to disqualification from any or all events.
- The promoters reserve the right to refuse admission to any competitor or spectator. (example abusive or unacceptable behaviour)
- Over the top starts may be used at the promoter's discretion.

- Clubs are requested to supply a qualified Official for every 8 swimmers entered into the competition. However, entries will not be refused from clubs who are unable to supply qualified Official's. Officials can sign up via the link.

COVID Safe Rules

(At the time of writing there is a change of guidance and a general relaxation of regulations to COVID Rules and Guidance. However, the COVID Virus remains with us and will do for the foreseeable future. Therefore, we would ask that all persons attending this event adhere to all guidance from Public Health England and Swim England)

No One should attend if they or someone they live with has any of the following:

- A Positive COVID test
- A High Temperature
- A new Continuous Cough
- A loss of or change to their sense of smell or taste.
- All non-competing participants over the age of 16 should check in to the facility via the NHS Track and Trace QR code provided.

Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags (lockers are available in the changing village - £1 refundable) and report any issues immediately to a member of the pool staff or to the Open Meet Promoter

WARNING TO ALL COACHES, TEAM MANAGERS & SWIMMERS

ANY SWIMMER UNABLE TO EXECUTE A SAFE DIVE FROM THE BLOCKS INTO SHALLOW WATER ARE REMINDED THAT THEY MAY START FROM THE SIDE OF THE POOL OR IN THE WATER
Hengrove Park will be open from 07.45 am on both days, Parkwood will not allow earlier entry.

Payment Form

CLUB	
CONTACT ADDRESS	
TEL: NO:	
E-MAIL	

Total Number of Swimmer Entries _____

Total Cost of Entries @ £8.50 each _____

Total Cost of Coaches Passes @ £15.00 each _____

Total Cheque enclosed _____

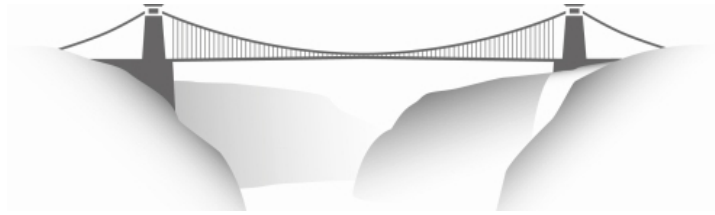
All Cheques should be made payable to 'City of Bristol Swimming Club' or BACS payment to:

- Sort Code: 30-99-09
- Account number: 41640468
- Please reference CoB L3 – Club Name or Swimmer Name if Individual entry.

Please e-mail completed summary form, Hy-Tek files and reports (fees and event entries) to cobmeetmanager@outlook.com

POOLSIDE OFFICIALS

The success of our meet is dependent upon meeting the Licencing requirements, please volunteer by signing up to officiate by clicking the link <https://swim-meet.com/Availability/?m=1609>



Open Meet Entry Checklist

Your entry envelope should contain the following: -

- Summary sheet completed
- HyTek reports (fees and event entries)

Post to Meet Secretary by first class mail **DO NOT** send by recorded delivery as this can delay your entry reaching the secretary if no-one is available to sign for it!

This completes the entry. Acknowledgement of receipt of paperwork will be sent by email.

PLEASE NOTE your entry is not accepted until the summary and paperwork are received by the Meet Secretary.

Incomplete entries are **NOT** accepted.

For full terms and conditions of entry please refer to our Promoters Conditions provided with the entry pack.

Individual Entry Form

COMPLETE IN BLOCK CAPITALS –

Club		Male or Female			
Surname		First Name		Middle Initial	
Date of Birth		Age as of 16 th July 23		M/F	
Address & Postcode					
Contact Tel Number (Parent or Guardian)					
Email Address					
SE Membership Number		Para Swimmer Please Tick		Para Classification	
Event		Tick		Entry Time	
50m Freestyle					
100m Freestyle					
200m Freestyle					
400m Freestyle					
50m Backstroke					
100m Backstroke					
200m Backstroke					
50m Breaststroke					
100m Breaststroke					
200m Breaststroke					
50m Butterfly					
100m Butterfly					
200m Butterfly					
200 Individual Medley					
400 Individual Medley					
Total No of Entries		Description		Cost Per Event	Total
		Individual Events		£8.50	
BACS Payment to:-					
Sort Code 30-99-09 Account No 41640468 Ref July					
I DECLARE THAT THE ABOVE DETAILS ARE CORRECT & THAT I AM ELIGIBLE TO COMPETE IN ACCORDANCE WITH ASA LAW & THAT I UNDERSTAND & ACCEPT THE MEET CONDITIONS					
Signature of Competitor					
Signature of Parent*(if under 18).....					

In partnership with

