

CITY OF
BRISTOL
AQUATICS

**City of Bristol L3 Christmas Cracker
AT THE HENGROVE PARK LEISURE CENTRE
17th / 18th December 2022**

(Held under Swim England Laws and Technical Rules of Racing - Licence Number 3SW222026

Licensed Level 3 for entry into local and county competitions.
25m, 10 lane pool with anti-wave ropes and electronic timing.

Age as on 18th December 2022

Awards will be given in the following age groups:-
9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16/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 Friday 2nd December 2022

Officials Sign up

<https://swim-meet.com/Availability/?m=1117>

In partnership with



City of Bristol L3 Christmas Cracker

PROGRAMME OF EVENTS

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

Saturday 17th December 2022

Session 1			
Event 1	Girls	9 and over	400m Freestyle
Event 2	Boys	11 and over	400m Individual Medley
Event 3	Girls	9 and over	100m Individual Medley
Event 4	Boys	9 and over	50m Breaststroke
Event 5	Girls	9 and over	50 Butterfly
Session 2			
Event 6	Boys	9 and over	200m Freestyle
Event 7	Girls	9 and over	200m Breaststroke
Event 8	Boys	9 and over	100m Butterfly
Event 9	Girls	9 and over	100m Backstroke
Event 10	Boys	9 and over	200m Backstroke
Session 3			
Event 11	Girls	9 and over	200m Individual Medley
Event 12	Boys	9 and over	200m Butterfly
Event 13	Girls	9 and over	100m Breaststroke
Event 14	Boys	9 and over	50m Backstroke
Event 15	Girls	9 and over	100m Freestyle
Event 16	Boys	9 and over	50m Free

Sunday 18th December 2022

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

Event 30	Girls	9 and over	50m Backstroke
Event 31	Boys	9 and over	100m Freestyle
Event 32	Girls	9 and over	50m Free

City Of Bristol L3 Short Course Christmas Cracker 17th / 18th December 22

All Times Are 25m Pool Times – Licence Number 3SW222026

Boys									
SWIMMERS ENTRY TIMES MUST BE NO FASTER THAN THESE TIMES	Events	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs	16Yrs+
	50m Free	00:37.1	00:33.7	00:31.2	00:29.2	00:27.5	00:26.8	00:25.0	00:23.5
	100m Free	01:19.2	01:15.2	01:09.3	01:04.8	00:59.9	00:57.5	00:55.3	00:52.0
	200m Free	03:10.1	02:43.3	02:28.5	02:19.6	02:10.9	02:06.4	02:02.8	01:52.6
	400m Free	07:55.2	05:53.4	05:14.8	04:55.0	04:39.2	04:32.7	04:27.2	04:04.5
	50m Back	00:43.8	00:39.2	00:36.1	00:33.8	00:31.5	00:30.7	00:28.5	00:27.2
	100m Back	01:38.0	01:24.8	01:18.2	01:12.5	01:08.3	01:05.6	01:04.9	00:59.9
	200m Back	03:38.8	02:59.2	02:46.8	02:36.4	02:26.5	02:23.6	02:18.8	02:12.7
	50m Breast	00:50.8	00:45.3	00:41.1	00:38.2	00:35.4	00:33.4	00:32.2	00:29.0
	100m Breast	01:52.9	01:39.0	01:30.1	01:24.1	01:18.1	01:13.3	01:11.6	01:04.4
	200m Breast	04:08.5	03:27.9	03:14.0	03:01.2	02:49.3	02:43.0	02:37.1	02:28.1
	50m Butterfly	00:44.6	00:38.0	00:34.6	00:32.7	00:30.1	00:27.9	00:27.2	00:24.9
	100m Butterfly	01:52.9	01:44.0	01:19.2	01:13.3	01:07.8	01:03.1	01:01.5	00:56.0
	200m Butterfly	03:57.6	03:40.8	03:02.2	02:48.3	02:34.4	02:27.3	02:22.6	02:11.6
	100 Ind	01:37.0	01:26.6	01:19.7	01:15.2	01:09.9	01:06.3	00:57.4	00:56.8
	200m Ind.	03:47.7	03:04.7	02:49.3	02:38.4	02:28.5	02:23.6	02:19.2	02:10.5
400m Ind.			05:26.7	05:17.0	05:09.5	05:03.7	04:57.0	04:46.1	

GIRLS									
SWIMMERS ENTRY TIMES MUST BE NO FASTER THAN THESE TIMES	Events	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs	16Yrs +
	50m Free	00:37.1	00:33.7	00:31.1	00:29.7	00:28.6	00:28.4	00:27.9	00:26.7
	100m Free	01:25.1	01:17.2	01:09.3	01:05.3	01:01.9	01:01.7	01:00.3	00:58.2
	200m Free	03:10.1	02:43.3	02:28.5	02:20.6	02:17.0	02:15.3	02:11.8	02:07.9
	400m Free	07:55.2	05:53.4	05:14.8	04:57.0	04:43.1	04:37.1	04:35.0	04:27.8
	50m Back	00:43.6	00:38.6	00:36.1	00:34.0	00:33.0	00:32.4	00:31.9	00:31.3
	100m Back	01:38.0	01:24.8	01:18.2	01:12.8	01:11.0	01:10.7	01:08.9	01:06.3
	200m Back	03:38.8	02:59.2	02:46.3	02:38.4	02:33.0	02:32.6	02:30.6	02:25.7
	50m Breast	00:50.8	00:45.3	00:41.1	00:38.6	00:36.5	00:36.2	00:35.1	00:34.0
	100m Breast	01:52.9	01:39.0	01:30.1	01:24.1	01:21.0	01:19.5	01:17.6	01:15.1
	200m Breast	04:08.5	03:27.9	03:13.0	03:01.2	02:58.3	02:53.6	02:49.4	02:45.8
	50m Butterfly	00:44.6	00:38.0	00:34.6	00:33.2	00:31.0	00:30.6	00:29.7	00:28.5
	100m Butterfly	01:52.9	01:44.0	01:19.2	01:14.2	01:12.0	01:09.3	01:07.2	01:05.6
	200m Butterfly	03:57.6	03:42.7	03:02.2	02:53.2	02:43.0	02:41.9	02:33.8	02:30.7
	100m Ind.	01:37.0	01:26.6	01:19.2	01:15.6	01:11.7	01:09.5	01:04.3	01:03.5
	200m Ind.	03:47.7	03:04.7	02:48.3	02:39.4	02:35.0	02:33.3	02:30.0	02:25.1
400m Ind.			05:45.5	05:39.0	05:31.5	05:25.7	05:15.5	05:14.4	

CONDITIONS

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

Licence Number 3SW222026

- 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 Friday 2nd December 2022. The promoter reserves the right to close early should the event become over subscribed.
- 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**

Entry times shall be those for 25m pool times, converted if necessary. All times submitted must be truthful and correct as defined by the British Swimming Code of Conduct. All Times must be the fastest recorded time whether it be Long or Short course time. 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. If a swimmer has not previously recorded an official time then a NT (No Time) may be entered.

- Should there be space in events following the closure date, Exhibition swims for entered swimmers will be considered at the promoter's discretion.
- The age groups are: 9, 10, 11, 12, 13, 14, 15, 16 and over - **ages as at 18th December 2022**
- There will be medals in every event for the first three overall swimmers in each age group. Any disqualified swimmer will not receive awards.
- Entry fees are £8.00 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.
- Payment is due as soon as entries are confirmed. Payment for entries **must** be received prior the commencement of the meet. **BACs payment to:**

Sort Code: 30-99-09

Account number: 41640468

Please reference CoB L3 – Club Name or Swimmer Name for individual entry

- 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 pool is 25m and at a depth of 2m throughout. The meet will be swum Short Course. Anti-wave devices will be in place and electronic timing/placing will be used.

- 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 (if included in a team Hy-Tec entry, please also include form and highlight in covering email). 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.
- Secondary Strobe light will be available for operation at this meet. Any swimmer requiring the secondary strobe should inform the promoter Prior to the event.
- 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
- 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.
- Over the top starts may be used at the promoter's discretion.
- 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)
- 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 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 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 @ £8.00 each _____

Total Cost of Coaches Passes @ £15.00 each _____

Total Cheque enclosed _____

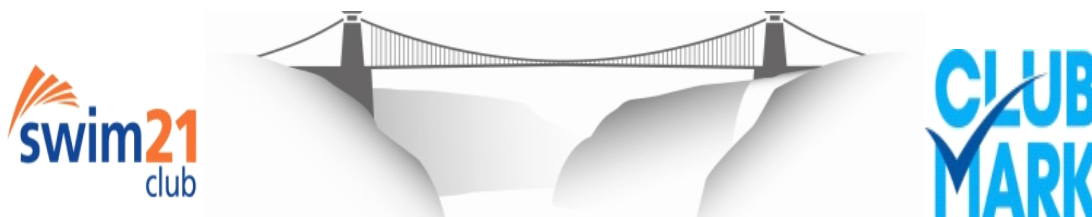
All Cheques should be made payable to 'City of Bristol Swimming Club' or BACS payment to:

- 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

The success of our meet is dependant upon meeting the Licencing requirements, please volunteer by signing up to officiate by clicking the link

<https://swim-meet.com/Availability/?m=1117>



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.

Club		Male or Female	
Surname		First Name	Middle Initial
Date of Birth		Age as of 18 th Dec 22	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			
100 Individual Medley			
200 Individual Medley			
400 Individual Medley			

Individual Entry Form

Total No of Entries	Description	Cost Per Event	Total
	Individual Events	£8.00	
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

