



**City of Salford Swimming Club**  
invites you to

**POTENTIAL  
OLYMPIANS  
2024**

**Halloween Weekend**

**LEVEL 3  
LICENSED MEET  
3NW240668**



# WELCOME!



City of Salford Swimming Club invites you to

## POTENTIAL OLYMPIANS 2024

SATURDAY 26<sup>th</sup> & SUNDAY 27<sup>th</sup> OCTOBER 2024

BROUGHTON LEISURE CENTRE, SALFORD

Level 3 Short Course 3NW240668

Join us this Halloween at our Level 3 meet for some spooky racing!  
Dust off those cobwebs, chase away those ghosts and get some PBs under your belt!

SATURDAY AM		SUNDAY AM	
Warm up: 7.45am, Start: 9am		Warm up: 7.45am, Start: 9am	
9/ov 200 IM		9/ov 200 Butterfly	
9/ov 50 Breaststroke		9/ov 50 Freestyle	
10/ov 100 Freestyle		10/ov 100 Backstroke	
		9/ov 400 IM	
SATURDAY PM		SUNDAY PM	
Start TBC		Start TBC	
9/ov 200 Breaststroke		9/ov 200 Freestyle	
10/ov 100 Butterfly		9/ov 50 Butterfly	
9/ov 400m Freestyle		10/ov 100 Breaststroke	
9/ov 50 Backstroke		9/ov 200 Backstroke	

- £7 per race via Sports Systems
- Closing Date: Wednesday 9<sup>th</sup> October or when meet is full
- SALFORD ENTRIES - via Swim Manager
- AWAY ENTRIES - via your Competition Secretary using the Sportsystems Entry File
- OFFICIALS - Visiting Clubs are requested to provide at least one qualified J1 or J2 Official if your club has 20 or more swimmers entering our meet. Please complete the form included in this pack which can be forwarded along with the summary of entries form. Breakfast Barm / Lunch and refreshments provided plus reasonable expenses. We need officials to run this meet from both Home & Away Clubs. Please get in touch to help us run this meet!

# ENTRY TIMES

Swimmers must not have achieved these times or faster in that event in 12 months prior to the last day of the competition

BOYS/OPEN	9	10	11	12	13	14	15/Over
50m Freestyle	31.00	30.00	28.00	27.00	26.00	25.00	24.00
100m Freestyle	01:05.0	01:01.0	01:00.0	01:00.0	57.0	56.0	54.0
200m Freestyle	02:30.0	02:22.0	02:11.0	02:10.0	02:02.0	01:58.0	01:55.0
400m Freestyle	06:09.0	05:24.0	04:38.0	04:36.0	04:24.0	04:12.0	04:01.0
50m Breaststroke	42.0	38.0	36.0	34.0	32.0	30.0	29.0
100m Breaststroke	01:21.0	01:18.0	01:18.0	01:17.0	01:13.0	01:09.0	01:07.0
200m Breaststroke	03:14.0	03:08.0	02:50.0	02:48.0	02:38.0	02:29.0	02:23.0
50m Butterfly	33.0	32.0	31.0	30.0	28.0	27.0	26.0
100m Butterfly	01:11.0	01:08.0	01:08.0	01:07.0	01:03.0	01:00.0	57.0
200m Butterfly	03:17.0	02:55.0	02:32.0	02:30.0	02:21.0	02:14.0	02:06.0
50m Backstroke	33.0	33.0	32.0	31.0	30.0	28.0	26.0
100m Backstroke	01:10.0	01:07.0	01:07.0	01:06.0	01:03.0	01:00.0	59.0
200m Backstroke	02:50.0	02:44.0	02:28.0	02:26.0	02:17.0	02:11.0	02:07.0
200 IM	03:00.0	02:46.0	02:31.0	02:29.0	02:20.0	02:15.0	02:05.0
400 IM	06:57.0	06:20.0	05:31.0	05:22.0	05:10.0	04:50.0	04:45.0
GIRLS	9	10	11	12	13	14	15/over
50m Freestyle	33.0	31.0	29.0	28.0	27.0	26.0	25.0
100m Freestyle	01:05.0	01:02.0	01:01.0	01:00.0	59.0	58.0	57.0
200m Freestyle	02:29.0	02:23.0	02:12.0	02:10.0	02:08.0	02:05.0	02:04.0
400m Freestyle	06:16.3	05:28.5	04:40.0	04:39.0	04:31.0	04:24.0	04:20.0
50m Breaststroke	39.0	37.0	35.0	34.0	33.0	32.0	31.0
100m Breaststroke	01:21.0	01:18.0	01:16.0	01:15.0	01:14.0	01:12.0	01:11.0
200m Breaststroke	03:15.0	03:09.0	02:51.0	02:49.0	02:40.0	02:39.0	02:37.0
50m Butterfly	36.0	34.0	33.0	32.0	31.0	30.0	29.0
100m Butterfly	01:12.0	01:09.0	01:09.0	01:08.0	01:05.0	01:04.0	01:03.0
200m Butterfly	03:15.0	02:55.0	02:35.0	02:33.0	02:25.0	02:23.0	02:19.0
50m Backstroke	34.0	34.0	33.0	32.0	31.0	30.0	29.0
100m Backstroke	01:12.0	01:09.0	01:09.0	01:08.0	01:05.0	01:03.0	01:02.0
200m Backstroke	02:49.0	02:43.0	02:28.0	02:26.0	02:21.0	02:17.0	02:15.0
200 IM	03:00.0	02:45.0	02:32.0	02:30.0	02:24.0	02:22.0	02:18.0
400 IM	06:54.0	06:19.0	05:31.0	05:22.0	05:10.0	04:50.0	04:46.0

## Conditions

### 1. Introduction

1.1. The City of Salford Swimming Club (hereinafter 'the Club') Open Meet (hereinafter 'the Meet') will be held in accordance with the relevant FINA/SWIM ENGLAND/IPC Technical & Judicial Rules/Laws.

1.2. Bona Fide Coaches and Team Managers requiring access to the poolside must be in possession of a Pass issued by the Club. It is mandatory that all Coaches comply with the relevant Swim England Child Protection Procedures and have an up to date DBS certificate.

1.3. Any question or dispute arising from these conditions or disputes related to a matter not covered in these conditions shall be determined by the Meet Director.

1.4. This Meet is open to all members of a Club affiliated to Swim England. A swimmer shall be considered as foreign if they are not a member of a club affiliated to Swim England. Foreign swimmers are eligible to enter provided that they are a member of a

Club in their home country, and that country is affiliated to FINA. They should also provide adequate evidence of the validity of their entry time if requested.

### 2. The Meet

2.1. The closing date for entries is Wednesday 9<sup>th</sup> October 2024 or whenever the meet is full.

2.2. Age for the competition will be as of the last day of the competition.

2.3. Age Groups will be defined as 9,10,11,12,13,14, 15/over

2.4. 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.

### 3. Para Swimming competitors

3.1. Swimmers with a disability shall swim under IPC Rules.

3.2. Qualifying times for para-swimming competitors are not required. However entry times shall be

submitted for the purpose of seeding the heats.

3.3. Personal Care Attendants/Coaches: Personal care attendants are permitted to accompany a swimmer if they agree so beforehand with the Meet Director. A swimmer in any of these classes may have both a coach and a personal care attendant present.

No charge will be applied for personal care attendant. Poolside passes; coaches' passes shall attract the advertised fee. All coaches, chaperones and personal care attendants must conform to Swim England child protection procedures and hold a current CRB certificate.

3.4. Competition format: The competition format will be based on disability inclusion within the able bodied program i.e. there will be no separate events for swimmers with disabilities. All swimmers will be seeded in the heats according to their entry times.

#### **4. The Events**

4.1. Individual events shall be 50m 100m and 200m in all strokes, plus 200m and 400m IM and 400m Freestyle.

4.2. All heats will be swum combined, and heat declared winner.

#### **5. Awards**

5.1. Awards will be made to the Top 3 in each age group plus the Multi-Class Para-Swimming British Points.

#### **6. Submission of entries**

6.1. The use of Sportsystems Entry Manager for submitting electronic entries is the preferred method for entry to these championships. The relevant Sportsystems entry file can be downloaded from the City of Salford Swimming Club website.

6.2. Entry fees for each event shall be £7. This includes the levy fee to Swim England per swim. Paper entries are charged at £9 per entry

6.3. Any cheques should be made payable to: COSSC

6.4. Upper qualifying times will be applied to all individual events

6.5. Individual entry times must not equal or be faster than the stipulated time.

6.6. Entry times must be 25m times (conversions will be accepted).

6.7. Entries will be audited against the rankings published by Swim England and any club may be challenged to demonstrate the authenticity of the information provided. There will be no refunds for incorrect entries.

6.8. The Meet Director reserves the right to restrict entries in the interests of safety, time constraints and to ensure the smooth running of the competition. Where this rule is invoked the meet will be filled based on FIRST COME FIRST SERVED with priority going to all City of Salford swimmers. Rejections will be made in each event rather than by club to ensure the smooth running of the competition. Events chosen for restrictions will be at the Meet Directors discretion. Any entry rejected under these circumstances will be refunded.

6.9. Submitted entry times shall be used for seeding and rejection purposes as required.

6.10. Refunds will only be given where a competitor

whose entry has been accepted, has to withdraw on medical grounds subject to an appropriate medical certificate being received by the Meet Director

6.11. Once an entry has been submitted improved times will not be accepted.

#### **7. Confirmation of entry**

7.1. Accepted swimmers details will be posted onto the website as soon as possible after the closing date for the competition. These should be used to cross check the accuracy of swimmer entries and to allow any necessary corrections to be made.

#### **8. Meet procedures**

8.1. A withdrawal system will be in operation. Competitors or their representatives must inform the organisers of their intention to withdraw by the start of the warm up for the session if they do not intend to swim. Updates on withdrawal procedure will be stipulated in the Confirmation Pack.

Notification may be made by email to the Meet Director prior to the commencement of the meet. Withdrawal messages must state NAME, CLUB, and EVENT(s).

8.2. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.

8.3. There will be no refund of entry fees for such withdrawals unless the withdrawal is for medical reasons in which case an appropriate medical certificate must be provided.

8.4. Should a swimmer withdraw from an event on medical grounds they will be removed from all other events to be held that day.

8.5. Heat Start Lists will be made available to clubs as soon as possible after the withdrawal deadline of each session.

8.6. Competitors are responsible for presenting themselves to the Marshalling area one event prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for the race.

#### **9. Other**

9.1. Photographs and Video of the meet may be taken by representatives of the promoter of the event, and may be used for promotional purposes. Entry into the competition implies acceptance of this condition.

9.2. Any swimmer/team failing to comply with any of the foregoing conditions may not be allowed to compete in the Meet.

9.3. All other matters regarding the running and administration of the Meet shall be at the discretion of the promoter or their agent(s).

9.4. City of Salford Swimming Club accepts no responsibility for loss or damage to competitors personal belongings, how so ever caused, unless such damage is caused by the negligence of the City of Salford Swimming Club. City of Salford Swimming Club and the Meet Organisers are not responsible for individual swimmers on poolside and that responsibility should be taken up by an appropriate individual. All swimmers on poolside should be accompanied by a person with a coaches pass, who has had a DBS check and preferably attended a team manager & safeguarding course

## SUMMARY OF ENTRIES

<b>Contact Details:</b>			
<b>Name of Club:</b>			
<b>Contact Name:</b>			
<b>Contact Tel Number:</b>			
<b>Contact Email Address:</b>			
<b>Entry Details:</b>	<b>Number</b>	<b>Fee</b>	<b>Total</b>
<b>Girls Entries</b>		<b>@£7.00</b>	
<b>Boys Entries</b>		<b>@£7.00</b>	
<b>Total Entries</b>		<b>@£7.00</b>	
<b>Total Number of Girls entering</b>			
<b>Total number of Boys entering</b>			
<b>Coach Passes inc Lunch</b>		<b>@£20.00</b>	

## COSSC POTENTIAL OLYMPIAN MEET 2024 INDIVIDUAL ENTRY FORM

As per new guidelines set out by Swim England every swimmer needs to be supervised poolside by a coach/Team Manager. A coach pass must be purchased for all poolside chaperones.

Please provide DBS certificate for person responsible for your swimmer along with entry form.

If your club cannot provide a Coach/Team Manager it is your responsibility to arrange for another club attending the meet (not COSSC) to be responsible for your swimmer. The name of the coach and the club need to be supplied to City of Salford Swimming Club prior to the closing date or entries will be rejected.

<b>FORENAME:</b>	<b>SURNAME:</b>
<b>ADDRESS:</b>	
	<b>POSTCODE:</b>
<b>PHONE:</b>	
<b>EMAIL:</b>	
<b>MALE/FEMALE (delete as appropriate)</b>	<b>D.O.B.</b>
<b>SE NUMBER:</b>	<b>AGE ON LAST DAY OF COMPETITION:</b>
<b>CLUB:</b>	

DISTANCE	STROKE	25M POOL TIMES
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	
200M	INDIVIDUAL MEDLEY	
400M	INDIVIDUAL MEDLEY	

<b>Number of Entries:</b>		<b>@ £9.00</b>	<b>Total £</b>	
<b>Coach Pass (includes Lunch &amp; start lists</b>		<b>@ £20</b>	<b>Total £</b>	
<b>Club looking after Swimmer</b>		<b>Coach Name</b>		

**Meet Closing Date 9<sup>TH</sup> October 2024**

**Please make payment via BACS and confirm payment via email to Kim Aitken  
@ [events@cityofsalfordsc.co.uk](mailto:events@cityofsalfordsc.co.uk)**

**ACCOUNT NAME: City of Salford Swimming Club**

**Sort Code: 16-16-11          Account number: 12596031**