

# CITY OF SHEFFIELD

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## SWIM SQUAD

cosss.co.uk

### No Frills 2024

THIS IS A LEVEL 3 LICENSED MEET FOR ENTRY INTO COUNTY AND REGIONAL CHAMPIONSHIPS

Licence No. NE240260

- DATE:** Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> of May 2024
- VENUE:** Ponds Forge International Sports Centre, Sheffield
- FACILITIES:** 10 Lane, 50m Pool, Anti-wave lane ropes and electronic timing.
- MEET DIRECTOR:** Janine Booth Email: [noofrills@gmail.com](mailto:noofrills@gmail.com)
- AGE GROUPS:** Girls: 9, 10, 11, 12, 13/14, 15/Over  
Open/Boys: 9, 10, 11, 12, 13/14, 15/Over
- AGES AS AT:** 26<sup>th</sup> May 2024
- EVENTS:** 50m All Strokes - HDW  
100m All Strokes – HDW  
200m All Strokes and I.M - HDW
- AWARDS:** Medals to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in each age group in each event.
- ENTRY FEE:** £8.00 per Individual Event
- COACHES PASSES:** Coaches / Team Manager passes are £15.00 each, inclusive of start lists.

This gala will be filled on a first come first serve basis

CLOSING DATE on or before Friday the 19<sup>th</sup> of April 2024

# City of Sheffield Swim Squad

## No Frills 2024 Programme of Events

Session 1	Saturday 25 <sup>th</sup> May			Warm Up: 7.55am	Start: 9.00am
Event No	101	200m Freestyle	Open/Boys	9, 10, 11, 12, 13/14, 15/Over	
	102	200m Freestyle	Girls	9, 10, 11, 12, 13/14, 15/Over	
	103	100m Breaststroke	Open/Boys	9, 10, 11, 12, 13/14, 15/Over	
	104	100m Breaststroke	Girls	9, 10, 11, 12, 13/14, 15/Over	
	105	200m Butterfly	Open/Boys	9, 10, 11, 12, 13/14, 15/Over	
	106	200m Butterfly	Girls	9, 10, 11, 12, 13/14, 15/Over	

  

Session 2	Saturday 25 <sup>th</sup> May			Warm Up: 1:00pm	Start: 2:00pm
Event No	201	100m Butterfly	Girls	9, 10, 11, 12, 13/14, 15/Over	
	202	100m Butterfly	Open/Boys	9, 10, 11, 12, 13/14, 15/Over	
	203	200m I.M	Girls	9, 10, 11, 12, 13/14, 15/Over	
	204	50m Freestyle	Open/Boys	9, 10, 11, 12, 13/14, 15/Over	
	205	50m Freestyle	Girls	9, 10, 11, 12, 13/14, 15/Over	
	206	50m Backstroke	Open/Boys	9, 10, 11, 12, 13/14, 15/Over	
	207	50m Backstroke	Girls	9, 10, 11, 12, 13/14, 15/Over	

  

Session 3	Sunday 26 <sup>th</sup> May			Warm Up: 7.55am	Start: 9.00am
Event No	301	200m Backstroke	Girls	9, 10, 11, 12, 13/14, 15/Over	
	302	200m Backstroke	Open/Boys	9, 10, 11, 12, 13/14, 15/Over	
	303	200m Breaststroke	Girls	9, 10, 11, 12, 13/14, 15/Over	
	304	200m Breaststroke	Open/Boys	9, 10, 11, 12, 13/14, 15/Over	
	305	100m Freestyle	Girls	9, 10, 11, 12, 13/14, 15/Over	
	306	100m Freestyle	Open/Boys	9, 10, 11, 12, 13/14, 15/Over	

  

Session 4	Sunday 26 <sup>th</sup> May			Warm Up: 1:00pm	Start: 2:00pm
Event No	401	100m Backstroke	Open/Boys	9, 10, 11, 12, 13/14, 15/Over	
	402	100m Backstroke	Girls	9, 10, 11, 12, 13/14, 15/Over	
	403	200m I.M	Open/Boys	9, 10, 11, 12, 13/14, 15/Over	
	404	50m Breaststroke	Girls	9, 10, 11, 12, 13/14, 15/Over	
	405	50m Breaststroke	Open/Boys	9, 10, 11, 12, 13/14, 15/Over	
	406	50m Butterfly	Girls	9, 10, 11, 12, 13/14, 15/Over	
	407	50m Butterfly	Open/Boys	9, 10, 11, 12, 13/14, 15/Over	

# City of Sheffield Swim Squad

## No Frills 2024

### Meet Conditions

#### Entries

1. This competition will be held under Swim England Laws and Swim England Technical Rules.
2. This meet is open to all members of a club affiliated to Swim England/Scottish Swimming or Swim Wales, or their own national association as appropriate. They must be eligible to compete and may enter in the name of one club only.
3. This meet will be run using the linked Sportsystems software. Converted short course times may be used. **The Sportsystems entry file will be available to download from our website on Friday the 23<sup>rd</sup> of February 2024.**
4. The submission of entries indicates an acceptance of the meet conditions. Entries will not be accepted until the appropriate payment is received and the summary sheet provided in the pack has been completed and returned.
5. Entries will be accepted on a first come, first serve basis. We reserve the right to limit entries to comply with license timing restrictions.
6. Poolside entries will not be accepted and once the entry file has been submitted, improved times will not be accepted.
7. Entries and results will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required by the Data Protection Act 1998, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be available during the meet.
8. 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.
9. Swimmers with disabilities will be accepted and all classes of swimmers will swim together in inclusive events.
10. A draft programme, final programme and live results will be posted on our website: [cosss.co.uk](http://cosss.co.uk)
11. Entries and results will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required by the Data Protection Act 1998, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be available during the meet.
12. The promoter reserves the right to give preference to Club entries from overseas clubs where the pre-booking of flights is required to travel to and from the meet. All entries must meet the published qualifying times, proof maybe requested. The promoter recommends that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry. COSSS cannot be held responsible for any costs so arising.

#### Withdrawals

1. Withdrawals – Please notify withdrawals by email to: [noofrillss@gmail.com](mailto:noofrillss@gmail.com) or to the Omega Suite before 7.45am for the morning heats and before 12.45pm for the afternoon heats.

#### Refunds

1. Refunds will not be given for swimmers withdrawing after the closing date or for any errors or omissions attributable to the individual or their club. Refunds will only be given to individuals who can prove that they are unfit to compete on medical grounds subject to an appropriate medical certificate being received by the Meet Promoter. All refunds will be made via the club who submitted the entries.

## No Frills 2024

### Officials

1. In order to run a licensed meet a lot of help is required. We would be extremely grateful if your club has any licensed officials that would be prepared to help during the meet. If so, then please sign up using the following link - [No Frills Official's Signup Form](#) or contact our officials' coordinator Kim Beighton at [cosssgalaofficials@gmail.com](mailto:cosssgalaofficials@gmail.com) A copy of our official's expenses policy can be found on our website - [cosss.uk](http://cosss.uk)

### Poolside Passes

1. All team staff must be DBS checked and have undertaken a relevant safeguarding course (e.g., Swim England Safeguarding course) to gain a coaches / team managers pass, access to poolside and the swimmers seating area. Any parent of a swimmer attending without their club wishing to chaperone their child must also be DBS checked to purchase a pass. Coaches and team staff MUST wear badges provided. City of Sheffield Swim Squad will NOT be responsible for any unaccompanied swimmers on poolside, the responsibility falls on the club entering the swimmer.

### General

1. No outdoor shoes to be worn on the poolside. Footwear must be worn outside the pool area.
2. Over the top starts will be used at the promoter's discretion.
3. Warm Up/Swim Down pool will be available. This will be supervised by the facility staff. Swimmers using these facilities must follow any instructions issued by these supervisors. Clubs through their team staff will be always responsible for the behaviour/actions of their swimmers within the facility. If the Swim Down Pool is not used in a sensible manner, it will be closed.
4. It is the responsibility of swimmers to report to the stewarding area in sufficient time for each event. Neither City of Sheffield Swim Squad nor the promoter can be held responsible for any swimmer missing their heat.
5. Please adhere to the venue's no photography policy.
6. If cancellation of the event is necessary, then the only claim will be the entry fees paid.
7. A secondary strobe should be available throughout the competition, any competitor who needs to use it should notify the referee prior to the start of the session.
8. The Promoter nor City of Sheffield Swim Squad will be responsible for any loss or damage occurring during this meet.
9. Any point not covered by these conditions will be at the discretion of the meet promoter. Depending upon the situation, the meet promoter or referee's decision respectively will be final.
10. When entering this event, you agree that we may collect and publish personal information as part of the entry to and results of the event. We may pass such information to the Governing Body or Affiliated organisations for the purpose of membership and qualification checking. Following that, your personal information will be used for publishing results either for the event alone or combined with or compared to other events (British Rankings). The published results may include (but not limited to) Name, Club Membership, Race Times, Age Category.

### Spectators

1. Spectator tickets will be available on the door.

# City of Sheffield Swim Squad

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### Upper Limit Times

Swimmers must NOT be faster than the times listed below

OPEN/BOYS						EVENTS	GIRLS					
9 YRS	10 YRS	11 YRS	12 YRS	13/14 YRS	15 YRS /OVER		9 YRS	10 YRS	11 YRS	12 YRS	13/14 YRS	15 YRS /OVER
32.00	32.00	29.00	28.00	25.00	24.00	50 Freestyle	30.00	30.00	29.00	28.00	27.00	26.00
1.09.00	1.09.00	1.02.00	59.00	54.00	51.00	100 Freestyle	1.06.00	1.06.00	1.00.00	58.00	57.00	55.00
2.34.00	2.34.00	2.22.00	2.16.00	2.03.00	1.55.00	200 Freestyle	2.28.00	2.28.00	2.19.00	2.13.00	2.05.00	2.00.00
35.00	35.00	33.00	32.00	29.00	26.00	50 Backstroke	37.00	37.00	34.00	33.00	31.00	29.00
1.19.00	1.19.00	1.11.00	1.08.00	1.01.00	56.00	100 Backstroke	1.19.00	1.19.00	1.15.00	1.10.00	1.04.00	1.00.00
2.48.00	2.48.00	2.28.00	2.31.00	2.16.00	2.09.00	200 Backstroke	2.48.00	2.48.00	2.38.00	2.30.00	2.17.00	2.11.00
40.00	40.00	39.00	36.00	32.50	30.00	50 Breaststroke	40.00	40.00	37.00	36.00	34.50	33.00
1.32.00	1.32.00	1.20.00	1.16.00	1.10.00	1.04.00	100 Breaststroke	1.32.00	1.32.00	1.21.00	1.18.00	1.15.00	1.10.00
3.18.00	3.18.00	2.56.00	2.46.00	2.33.00	2.25.00	100 Breaststroke	3.18.10	3.18.10	2.55.00	2.39.00	2.35.00	2.30.00
34.00	34.00	29.00	28.00	27.00	25.00	50 Butterfly	34.00	34.00	30.00	29.00	28.00	27.00
1.20.00	1.20.00	1.08.00	1.05.00	1.00.00	56.00	100 Butterfly	1.20.00	1.20.00	1.15.00	1.06.00	1.03.00	1.00.00
2.56.00	2.56.00	2.36.00	2.30.00	2.13.00	2.04.00	200 Butterfly	2.56.00	2.56.00	2.51.00	2.23.00	2.18.00	2.13.00
2.50.0	2.50.00	2.37.00	2.32.00	2.20.00	2.05.00	200 I.M	2.48.00	2.48.00	2.42.00	2.25.00	2.20.00	2.15.00

LONG COURSE TIMES – Short Course Converted Times Will Be Accepted

# City of Sheffield Swim Squad

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### Club Electronic Entry Summary Sheet

PLEASE RETURN THIS SHEET WITH YOUR PAYMENT AND SPORTSYSTEM  
PRINTOUTS TO THE EMAIL ADDRESS BELOW

- Payments via BACS to City of Sheffield Swim Squad Ltd (Ref NF24) Account No 19893376  
Sort Code 05-08-48 Virgin Money
- A draft programme will be published on the club website for corrections.
- Please enclose a computer-generated Sportsystems printout of swims with a record of your payment.

Club			
Club Contact			
Email Address			
<b>ENTRIES</b>	<b>Quantity</b>		<b>Sub Total</b>
Female Entries		@ £8.00	£
Open/Male Entries		@ £8.00	£
<b>Total No. Entries</b>		<b>Total Entries</b>	<b>£</b>
Coaches / TM Passes		@ £15.00	£
		<b>Total</b>	<b>£</b>

#### **Coaches / TM Pass DBS Information (passes will not be processed without this information)**

Name	Position	Disclosure Number	Expiry Date	Swim England Membership Number

**PLEASE RETURN**

To: Janine Booth  
Email [noofrillss@gmail.com](mailto:noofrillss@gmail.com)