



LEVEL 1 INTERNATIONAL OPEN MEET

AT THE HENGROVE PARK LEISURE CENTRE

5TH – 7TH APRIL 2024

Held under Swim England Laws and Technical Rules of racing - Licence Number ... [number here](#)

Licensed Level 1 for entry into local, regional, and national competitions
50m, 10 lane pool with anti-wave ropes and electronic timing
Large spectator seating area and spacious Cafeteria

Age as on 7th April 2023

Awards will be given in the following age groups:-
9-10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17& over
There will also be awards for top girl and top open swimmer

Open meet information/entry pack can be downloaded from the website www.cobswimmingclub.co.uk or
e-mail us at cobmeetmanager@outlook.com

Entries Close Midnight on Friday 15th March 2024

OFFICIALS SIGN UP[add link](#)

In Partnership with



Programme of Events

Friday 5th April 2024

Session 1			
Event 1	Mixed	11 and over	1500m Freestyle
Event 2	Mixed	11 and over	800m Freestyle

Saturday 6th April 2024

Session 2			
Event 3	Female	10 and over	400m Freestyle
Event 4	Open	11 and over	400m Individual Medley
Event 5	Female	9 and over	50 Butterfly
Event 6	Open	9 and over	50m Breaststroke
Session 3			
Event 7	Open	9 and over	200m Backstroke
Event 8	Female	9 and over	100m Backstroke
Event 9	Open	9 and over	100m Butterfly
Event 10	Female	9 and over	200m Breaststroke
Event 11	Open	9 and over	200m Freestyle
Session 4			
Event 12	Female	9 and over	200m Individual Medley
Event 13	Open	9 and over	200m Butterfly
Event 14	Female	9 and over	100m Breaststroke
Event 15	Open	9 and over	50m Backstroke
Event 16	Female	9 and over	100m Freestyle
Event 17	Open	9 and over	50m Free

Sunday 7th April 2024

Session 5			
Event 18	Open	10 and over	400m Freestyle
Event 19	Female	11 and over	400m Individual Medley
Event 20	Open	9 and over	50 Butterfly
Event 21	Female	9 and over	50m Breaststroke
Session 6			
Event 22	Female	9 and over	200m Backstroke
Event 23	Open	9 and over	100m Backstroke
Event 24	Female	9 and over	100m Butterfly
Event 25	Open	9 and over	200m Breaststroke
Event 26	Female	9 and over	200m Freestyle
Session 7			
Event 27	Open	9 and over	200m Individual Medley
Event 28	Female	9 and over	200m Butterfly
Event 29	Open	9 and over	100m Breaststroke
Event 30	Female	9 and over	50m Backstroke
Event 31	Open	9 and over	100m Freestyle
Event 32	Female	9 and over	50m Free

City of Bristol Level 1 International Open Meet – 5th- 7th April 2024

Minimum Qualifying Times, Based on Swim England Minimum Qualifying Times for L1

Qualifying Times (QT) are Long Course. Converted times will be accepted. Please use your faster time from either converted Short Course or Long Course.

Open									Events	GIRLS									
9	10	11	12	13	14	15	16	17/Ov		9	10	11	12	13	14	15	16	17/Ov	
44.00	41.00	37.00	35.00	33.00	31.00	30.00	29.00	29.00	50m Freestyle	43.00	40.00	38.00	36.00	34.00	33.00	33.00	32.00	32.00	
1.34.00	1.28.00	1.22.00	1.17.00	1.12.00	1.08.00	1.05.00	1.04.00	1.04.00	100m Freestyle	1.33.00	1.29.00	1.22.00	1.17.00	1.14.00	1.12.00	1.11.00	1.10.00	1.10.00	
3.31.00	3.10.00	2.59.00	2.49.00	2.38.00	2.29.00	2.23.00	2.18.00	2.18.00	200m Freestyle	3.31.00	3.09.00	2.58.00	2.47.00	2.40.00	2.36.00	2.34.00	2.33.00	2.33.00	
	6.26.00	5.56.00	5.38.00	5.21.00	5.07.00	4.57.00	4.49.00	4.49.00	400m Freestyle		6.27.00	5.56.00	5.38.00	5.26.00	5.18.00	5.12.00	5.09.00	5.09.00	
		12.45.00	12.01.00	11.05.00	10.30.00	10.00.00	10.00.00	9.30.00	800m Freestyle			12.45.00	12.01.00	11.27.00	11.07.00	10.56.00	10.47.00	10.17.00	
		24.00.00	22.30.00	21.30.00	20.15.00	19.30.00	18.55.00	18.20.00	1500m Freestyle			24.00.00	22.30.00	21.30.00	21.00.00	20.30.00	20.30.00	20.00.00	
51.00	47.00	43.00	41.00	38.00	36.00	35.00	34.00	34.00	50m Backstroke	50.00	47.00	43.00	41.00	39.00	38.00	37.00	36.00	36.00	
1.46.00	1.41.00	1.33.00	1.27.00	1.24.00	1.19.00	1.14.00	1.12.00	1.12.00	100m Backstroke	1.44.00	1.40.00	1.32.00	1.26.00	1.22.00	1.21.00	1.20.00	1.19.00	1.19.00	
3.52.00	3.31.00	3.18.00	3.07.00	2.54.00	2.47.00	2.41.00	2.38.00	2.38.00	200m Backstroke	3.52.00	3.32.00	3.16.00	3.05.00	2.58.00	2.55.00	2.53.00	2.51.00	2.51.00	
58.00	54.00	49.00	46.00	43.00	42.00	41.00	40.00	40.00	50m Breaststroke	58.00	53.00	49.00	46.00	44.00	43.00	42.00	41.00	41.00	
2.01.00	1.59.00	1.51.00	1.43.00	1.35.00	1.30.00	1.24.00	1.22.00	1.22.00	100m Breaststroke	1.56.00	1.54.00	1.45.00	1.38.00	1.35.00	1.32.00	1.31.00	1.30.00	1.30.00	
4.34.00	4.13.00	3.52.00	3.41.00	3.31.00	3.20.00	3.10.00	3.05.00	3.05.00	200m Breaststroke	4.29.00	4.03.00	3.45.00	3.31.00	3.25.00	3.20.00	3.17.00	3.15.00	3.15.00	
50.00	45.00	42.00	39.00	37.00	35.00	34.00	33.00	33.00	50m Butterfly	49.00	45.00	42.00	40.00	38.00	36.00	35.00	34.00	34.00	
1.56.00	1.43.00	1.37.00	1.30.00	1.24.00	1.19.00	1.14.00	1.12.00	1.12.00	100m Butterfly	1.48.00	1.40.00	1.35.00	1.29.00	1.24.00	1.22.00	1.21.00	1.20.00	1.20.00	
4.13.00	3.57.00	3.41.00	3.25.00	3.10.00	2.54.00	2.43.00	2.39.00	2.39.00	200m Butterfly	4.14.00	3.41.00	3.37.00	3.25.00	3.10.00	3.04.00	3.01.00	2.59.00	2.59.00	
3.57.00	3.47.00	3.20.00	3.10.00	2.59.00	2.49.00	2.43.00	2.38.00	2.38.00	200m Ind. Med.	3.55.00	3.36.00	3.20.00	3.10.00	3.01.00	2.57.00	2.55.00	2.54.00	2.54.00	
		7.42.00	7.06.00	6.40.00	6.17.00	5.55.00	5.39.00	5.30.00	400m Ind. Med.			7.03.00	6.37.00	6.20.00	6.08.00	6.01.00	5.55.00	5.55.00	

General Conditions

1. This competition is held under Swim England Laws and Regulations and Swim England (SE) Technical Rules of Racing and has been licenced as Level 1 by Swim England.
2. All competitors must be members of an affiliated club, eligible to compete and registered in accordance with British Swimming laws and technical rules and may enter in the name of one club only.
3. For the purpose of this meet, Coaches and Team Managers will be responsible for the conduct and safety of their swimmers. It is therefore expected that Team Managers will remain in the seating areas and/or with their swimmers at all times. Swim England Team Manager, Coach and Chaperone Policy must be adhered to.
4. The Promoter of this event will adhere strictly to the Health and Safety Laws. It should be noted that no-one will be permitted into the changing rooms, poolside, or swimming/spectator seating area until the Promoters and/or Meet Referee are satisfied that these Health and Safety Rules have been met in full. Access to poolside and swimmers' area will at all times be limited to swimmers, coaches in possession of a valid coach's pass, meet officials, and other personnel necessary for the safe running of the meet.
5. 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.

Entries

6. All team entries are required to be submitted electronically using the Hy-Tek Team Manager software, or TM Lite software and must be accompanied by the Club Summary Form.
7. Individual swimmer entries ONLY are allowed in paper format using the official meet entry form enclosed.
8. All swimmers wishing to enter this meet must be registered as a Swim Compete member of their governing body.
9. Minimum qualifying times apply and can be found in the attached table.
10. All entries must have times that currently show on British Swimming rankings. These may be Long Course (LC) or Short Course (SC) converted, whichever is fastest. 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.
11. The age groups are - 9-10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs and 17& over. Age at 7th April 2024.
12. The following age restrictions apply to some events:

800m Freestyle, 1500 Freestyle and 400IM are only open to swimmers aged 11 years and over

400m Freestyle is only open to swimmers aged 10 years and over
13. 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.
14. Swimmers with a para swim classification must indicate this on their entry form (if included in a team hytec entry, please also include form and highlight in covering email).
15. A secondary strobe light will be available to aid hearing impaired / deaf swimmers who require an assisted start. To assist with event planning, please make any requirement for this equipment clear in your covering email when submitting entries and/or via email to the meet organiser ahead of the first day of the meet.
16. For all entries please supply an email address to enable us to return your acceptance/rejections and any other information as required.
17. Prior to the meet, clubs/swimmers will receive an email of accepted entries. Please ensure you check this for accuracy and notify us of any errors as soon as possible. Strictly no refunds on accepted entries unless supported by a letter from a medical practitioner.

18. The Promoter will limit the number of entries should events be oversubscribed. Should it be necessary to do so, subject to a minimum of three swimmers being retained in each age group where entries permit, the Promoter shall remove equal numbers of the slowest swimmers from each age group until the meet fits within the permitted time/restrictions. The Promoter reserves the right to reject any entry where payment has not been made in line with these conditions.

19. Entries must be received by midnight on **Friday 15th March 2024**.

Payment

20. Cost for entry is £9.00 per event. Except 800m Free & 1500 Free which are £15 per event.

21. Coach/Team Manager passes for the whole or part of the meet will be £15.00 per person.

22. Payments to be made for accepted entries as soon as entries are confirmed by the Promoter in any case no later than Thursday 28th March.

BACs payment : Sort Code: 30-99-09 : Account number: 41640468 :

Please reference CoB L1 – Club Name or coherent abbreviation

Timing and Races

23. Electronic placing and timing will be used. The operation of the electronic timing will be in accordance with Rule SW 13. Please note that the scoreboard is only an indication of placing/times, and the results will be at the referee's discretion.

24. All events will be swum by category with combined age groups seeded on entry times except for Long Distance (LD) events will be swum as mixed gender, combined age groups and seeded on entry times.

25. Sign In is required for both Long Distance Events. For event 1, the 1500m freestyle this must be before the start of the warm up. Sign In cut off time for event 2, the 800m freestyle will be provided with confirmed timings for the weekend.

26. All swimmers must report to the Competition Stewards/heat marshals when instructed to do so. If in doubt, except for LD events, this should be at least 6 heats before their race. Any competitor not reporting on time may be excluded.

27. The meet will operate over the top starts.

28. All swimmers must be able to execute a competitive racing dive as laid down by Swim England or they should start in the water. It is the swimmer's or their representative's responsibility to inform a meet official of any reason why they cannot conform to SE technical rules; this should be done before the event in which they are taking part commences. No swimmer should topple into the water in the event of a false or faulty start, a proper shallow dive must be performed.

Medals and Results

29. Awards made to the top 3 swimmers for each of the categories in the age groups, 9-10, 11, 12, 13, 14, 15, 16 and 17+.

30. All events will be Heat Declared Winners (HDW)

31. All results will be posted on the City of Bristol website and emailed to entrants after the competition.

Swimmers Officials

32. Clubs are requested to supply a qualified Official for every 7 swimmers entered into the competition for the Saturday and Sunday sessions and one qualified Official for every 3 swimmers for the Friday (distance) session. However, the Promoter will not refuse entries from clubs who are unable to supply qualified Officials. In the event of an insufficient number of Officials being available for any session, the promoter reserves the right to curtail or otherwise cancel that session.

33. Participating officials will be provided with refreshments. For those completing 2 consecutive sessions, free parking at the council run carpark across the street from Hengrove Leisure Centre will also be provided, provided accurate vehicle details are provided to the meet organiser. The Organisers offer an allowance to each travelling official who **does not** have a participating swimmer entered in the event. Details of which can be obtained from The Promoter.

Officials Sign Up Link:

Data Protection

34. The Promoter uses a computer, standard and meet management software to manage entries and results. By submitting and accepting entries to the Meet consent is hereby given, as required by the Data Protection Bill 2018 (GDPR), to the holding of personal information on computer. Certain personal data handled such as name, age, club, recorded and entered times may be made public during or after the meet. All Personal Data will be retained in a confidential manner and access to such data will be restricted by the Meet Promoter and limited to only those operating the Meet Software in order run the event and to process results. Any entry details provided on paper will be destroyed within 1 month of the completion of the Meet.

Photography

35. Anyone wishing to use a device capable of photography or video recording must take note of the information posters within the building. The full Guidance on Photography can be found in Wavepower 2020-2023, which is available on the Swim England website <http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>

Other

36. During the meet, rules may be amended by the Meet Referee where necessary to cover events out of our control and to ensure the meet runs smoothly.

37. Coach/Team Manager passes for the whole or part of the meet will be £15.00 per person, to include a programme. Passes are restricted to a maximum of 6 per club. It is the responsibility of the attending clubs to ensure that all Coaches/Team Managers/Chaperones have an up to date DBS check and always wear their passes when on poolside or in the swimmers' area. Every person poolside at any time must be a registered member of Swim England, Swim Scotland or Swim Wales

38. The Promoter reserves the right to exclude any swimmer or coach from the meet who displays inappropriate language or behaviour.

39. The Promoter does not accept any responsibility for Hy-Tek files that contain incorrect data and will not make any changes to times or events entered for swimmers in error after the closing date. Please be aware that any swimmer's details entered incomplete or incorrectly on the Hy-Tek file will prevent their times being updated by rankings

40. City Of Bristol Aquatics are not responsible for any swimmers from other clubs. All clubs are expected to follow the SE Wave Power guidelines on coaches/chaperones to swimmer's ratio.

41. The Promoter, City of Bristol Aquatic or Parkwood Leisure do not accept any liability in the event it is necessary to cancel the meet due to circumstances beyond their control. Neither the promoter nor Parkwood Community Leisure accept any liability for any loss or damage to personal belongings.

Payment Form

<u>CLUB</u>	
<u>CONTACT ADDRESS</u>	
<u>TEL: NO:</u>	
<u>E-MAIL</u>	

Total Number of Swimmer Entries_____

Total Cost of Entries @ £9.00 each_____

Total Cost of Entries @ £15.00 each_____

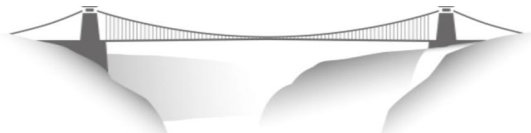
Total Cost of Coaches Passes @ £15.00 each_____

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 L1 – Club Name or coherent abbreviation

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



Individual Entry Form

Name _____ Club _____

Open/ Female (circle relevant category)

Date of Birth _____ Age at 7th April 2024 _____ Swim England/Wales/Scotland Member ID _____

Friday

Session 1			
#	Category	Event	Entry Time (LC)
<u>1</u>	Mixed	<u>1500m Freestyle</u>	
<u>2</u>	<u>Mixed</u>	<u>800m Freestyle</u>	

Saturday

Session 2			
#	Category	Event	Entry Time (LC)
<u>3</u>	Female	<u>400m Freestyle</u>	
<u>4</u>	Open	<u>400m Individual Medley</u>	
<u>5</u>	Female	<u>50 Butterfly</u>	
<u>6</u>	Open	<u>50m Breaststroke</u>	
Session 3			
<u>7</u>	Open	<u>200m Backstroke</u>	
<u>8</u>	Female	<u>100m Backstroke</u>	
<u>9</u>	Open	<u>100m Butterfly</u>	
<u>10</u>	Female	<u>200m Breaststroke</u>	
<u>11</u>	Open	<u>200m Freestyle</u>	
Session 4			
<u>12</u>	Female	<u>200m Individual Medley</u>	
<u>13</u>	Open	<u>200m Butterfly</u>	
<u>14</u>	Female	<u>100m Breaststroke</u>	
<u>15</u>	Open	<u>50m Backstroke</u>	
<u>16</u>	Female	<u>100m Freestyle</u>	
<u>17</u>	Open	<u>50m Free</u>	

Sunday

<u>Session 5</u>			
<u>#</u>	<u>Category</u>	<u>Event</u>	<u>Entry Time (LC)</u>
18	Open	<u>400m Freestyle</u>	
19	Female	<u>400m Individual Medley</u>	
<u>20</u>	Open	<u>50 Butterfly</u>	
<u>21</u>	Female	<u>50m Breaststroke</u>	
<u>Session 6</u>			
<u>22</u>	Female	<u>200m Backstroke</u>	
<u>23</u>	Open	<u>100m Backstroke</u>	
<u>24</u>	Female	<u>100m Butterfly</u>	
<u>25</u>	Open	<u>200m Breaststroke</u>	
<u>26</u>	Female	<u>200m Freestyle</u>	
<u>Session 7</u>			
<u>27</u>	Open	<u>200m Individual Medley</u>	
<u>28</u>	Female	<u>200m Butterfly</u>	
<u>29</u>	Open	<u>100m Breaststroke</u>	
<u>30</u>	Female	<u>50m Backstroke</u>	
<u>31</u>	Open	<u>100m Freestyle</u>	
<u>32</u>	Female	<u>50m Free</u>	

Total number of entries @£15 = No: _____ @ £9.00 = No: _____

Coach/Meet Manager Passes @£15 = _____ Total £'s: _____

Note: This form should be completed for each individual swimmer where Hy-Tek files are not available and less than 2 swimmers are entered (this is not for club entries). Entry forms should be sent with a completed payment form as per the payment form instruction.

LEVEL 1 INTERNATIONAL OPEN MEET

Para Entry form

Club			
First Name			
Surname			
Open/ Female			
SE Number			
British Swimming /IPC Class	S	SB	SM
UKSADLD /NAS			
Date Of Birth			
Age as Of 7th April 2022			
Contact Email & Telephone			
EVENT	Entry Criteria	Entry Time LC or Converted SC	Male / Female
50M Freestyle	All swimmers 10/over		
100m Freestyle	All swimmers 10/over		
200m Freestyle	All swimmers 10/over		
400m Freestyle	All swimmers 10/over		
800m Freestyle	All swimmers 12 / over		
1500m Freestyle	All swimmers 12 / over		
50m Backstroke	All swimmers 10/over		
100m Backstroke	All swimmers 10/over		
200m Backstroke	All swimmers 10/over		
50m Breaststroke	All swimmers 10/over		
100m Breaststroke	All swimmers 10/over		
200m Breaststroke	All swimmers 10/over		
50m Butterfly	All swimmers 10/over		
100m Butterfly	All swimmers 10/over		
200m Butterfly	All swimmers 10/over		
200m Individual Medley	All swimmers 10/over		
400m Individual Medley	All swimmers 12 / over		

Total number of entries @£15 = No:_____ @ £9.00 = No:_____

Coach/Meet Manager Passes @£15 = _____ Total £'s:_____