



CITY OF LEICESTER SWIMMING CLUB
(Affiliated to Swim England East Midlands Region & Leicestershire ASA)
PRESENTS

The Leicester Autumn Meet
(Under Swim England Regulations & Technical Rules)
This Event is licensed @ L3 (3EM241357) by Swim England

Event Overview

| | |
|--------------------------|---|
| WHEN: | Friday 18 th , Saturday 19 th & Sunday 20 th October 2024 |
| WHERE: | Braunstone Leisure Centre, Braunstone, Leicester, LE3 1JN |
| AGE AS AT: | 31 st December 2024 |
| AGE GROUPS: | Open/Boys & Girls – 10 – 11/12 – 13/14 – 15/16 – 17 & Over |
| EVENTS: | 50m – Butterfly, Backstroke, Breaststroke, Freestyle 100m – Butterfly, Backstroke, Breaststroke, Freestyle, Ind. Medley 200m – Ind. Medley 400m – Freestyle, Ind. Medley 800m & 1500m Freestyle |
| HDW & AWARDS: | All Events are Heat Declared Winners with Top 3 in each age group receiving Medals |
| SESSIONS: | 1 Friday (Evening) 2 Saturday (Afternoon & Evening) 2 Sunday (Afternoon & Evening) |
| SWIM DOWN: | Separate 4 Lane Swim-Down pool available at specified times. |
| ENTRIES: | First Come, First Served |
| CLOSING DATE: | Friday 11 th October or when Full |

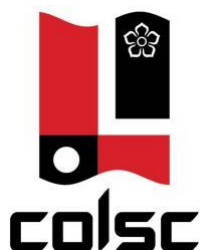
8 LANE 25m COMPETITION POOL – ELECTRONIC TIMING
For more information & Club Entry Pack Visit:

Web: <https://www.swimmingmeetresults.co.uk/COLeicester/>
Email: entries@swimmingmeetresults.co.uk

Or: send a large stamped self-addressed envelope to: -
The Leicester Autumn Meet
11 Brookfield Road, Arnold, Nottingham, NG5 7ER



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Event Order

| Friday 18 th October | | |
|---------------------------------|--------------------------------|---------------------|
| Session | Warm Up: 17:00 Start: 18:00 | Max Length: 3hrs |
| 101 | Girls 400m Freestyle | |
| 102 | Open/Boys 400m Freestyle | |
| 103 | Girls 200m Ind. Medley | |
| 104 | Open/Boys 200m Ind. Medley | |

| Saturday 19 th October | | | | | |
|-----------------------------------|--------------------------------|-----------------------|---------|----------------------------|-----------------------|
| Session | Warm Up: 13:00 Start: 14:00 | Max Length: 3.5hrs | Session | Warm Up: TBC Start: TBC | Max Length: 3.5hrs |
| 201 | Mixed 1500m Freestyle | | 301 | Open/Boys 400m Ind. Medley | |
| 202 | Girls 100m Ind. Medley | | 302 | Girls 100m Breaststroke | |
| 203 | Open/Boys 100m Backstroke | | 303 | Open/Boys 50m Freestyle | |
| 204 | Girls 50m Butterfly | | 304 | Girls 50m Backstroke | |
| 205 | Open/Boys 50m Breaststroke | | 305 | Open/Boys 100m Butterfly | |
| | | | 306 | Girls 100m Freestyle | |

| Sunday 20 th October | | | | | |
|---------------------------------|--------------------------------|-----------------------|---------|-----------------------------|-----------------------|
| Session | Warm Up: 13:00 Start: 14:00 | Max Length: 3.5hrs | Session | Warm Up: TBC Start: TBC | Max Length: 3.5hrs |
| 401 | Mixed 800m Freestyle | | 501 | Girls 400m Ind. Medley | |
| 402 | Open/Boys 100m Ind. Medley | | 502 | Open/Boys 100m Breaststroke | |
| 403 | Girls 100m Backstroke | | 503 | Girls 50m Freestyle | |
| 404 | Open/Boys 50m Butterfly | | 504 | Open/Boys 50m Backstroke | |
| 405 | Girls 50m Breaststroke | | 505 | Girls 100m Butterfly | |
| | | | 506 | Open/Boys 100m Freestyle | |

Event Prices (via Electronic Entry File)
 All 50m to 400m Events - £8.00 per Event
 800m & 1500m Freestyle - £12.50 per Event

Event Prices (via Post or Email)
 All 50m to 400m Events - £8.50 per Event
 800m & 1500m Freestyle - £13.50 per Event



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Upper Limit Times (No faster than)

| Open/Boys Upper Limit Times | | | | | Events | Girls Upper Limit Times | | | | |
|-----------------------------|----------|----------|----------|---------|-------------------|-------------------------|----------|----------|----------|---------|
| 10yrs | 11/12yrs | 13/14yrs | 15/16yrs | 17/Over | | 10yrs | 11/12yrs | 13/14yrs | 15/16yrs | 17/Over |
| 31.3 | 27.6 | 24.5 | 22.8 | 22.0 | 50m Freestyle | 31.6 | 28.0 | 26.0 | 25.1 | 24.5 |
| 1:09.4 | 1:00.4 | 53.3 | 51.8 | 50.5 | 100m Freestyle | 1:10.3 | 1:01.1 | 58.0 | 56.2 | 55.5 |
| 4:55.0 | 4:36.0 | 4:22.0 | 4:15.0 | 4:10.0 | 400m Freestyle | 4:57.0 | 4:40.0 | 4:30.0 | 4:22.0 | 4:18.0 |
| 12:08.2 | 9:55.7 | 8:33.6 | 8:19.6 | 7:44.2 | 800m Freestyle | 12:15.2 | 10:08.3 | 9:12.6 | 8:45.6 | 8:30.1 |
| 21:00.0 | 19:26.2 | 16:30.5 | 15:50.7 | 14:40.8 | 1500m Freestyle | 21:00.0 | 19:24.3 | 17:49.3 | 17:03.3 | 16:21.1 |
| 34.2 | 32.6 | 27.7 | 25.9 | 25.0 | 50m Backstroke | 36.3 | 32.2 | 30.0 | 29.3 | 28.4 |
| 1:15.1 | 1:09.7 | 1:00.9 | 57.2 | 52.9 | 100m Backstroke | 1:16.9 | 1:08.6 | 1:03.3 | 1:02.9 | 1:01.2 |
| 41.4 | 34.0 | 31.8 | 29.2 | 27.9 | 50m Breaststroke | 42.6 | 36.7 | 32.4 | 32.0 | 31.5 |
| 1:30.5 | 1:18.1 | 1:09.4 | 1:04.3 | 1:01.7 | 100m Breaststroke | 1:32.6 | 1:18.9 | 1:09.5 | 1:10.4 | 1:09.5 |
| 34.0 | 30.6 | 26.3 | 25.6 | 24.0 | 50m Butterfly | 35.6 | 30.8 | 28.3 | 27.5 | 27.2 |
| 1:19.6 | 1:10.3 | 58.2 | 56.9 | 51.6 | 100m Butterfly | 1:20.7 | 1:10.0 | 1:04.7 | 1:02.5 | 1:00.2 |
| 1:20.4 | 1:11.9 | 1:02.4 | 57.5 | 56.0 | 100m Ind. Medley | 1:21.3 | 1:11.9 | 1:06.7 | 1:05.8 | 1:03.4 |
| 2:50.5 | 2:28.0 | 2:18.0 | 2:11.0 | 2:05.0 | 200m Ind. Medley | 2:52.0 | 2:30.0 | 2:20.0 | 2:17.0 | 2:12.0 |
| 5:50.0 | 5:20.0 | 4:59.0 | 4:50.0 | 4:42.0 | 400m Ind. Medley | 5:50.0 | 5:25.0 | 5:05.0 | 4:57.0 | 4:52.0 |

**A Coaches Time will be accepted if no time is available from Rankings
 Times will only be taken from the rankings database from 1st September 2023**





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This Event is licensed @ L3 (3EM241357) by Swim England

Promoters Conditions

- This Event will take place under Swim England Regulations and Technical Rules of Swimming at Braunstone Leisure Centre, 2 Hamlin Road, Leicester, LE3 1JN.
- 25m 8 Lane Competition pool with anti-turbulence lane ropes. Electronic timing and scoreboard to be used in conjunction with a computerised results service. Entry information can be downloaded from our website and results will be available on-line at: <https://www.swimmingmeetresults.co.uk/COLeicester/>
- All Meet information and results on the days of competition will be available on our website: www.swimmingmeetresults.co.uk/COLeicester/
- A 4 Lane swim down pool will be available when racing is underway. This pool may also be used during warm up times if extra space is needed. A team manager or coach should be there to supervise their swimmers.
- This competition is open to registered swimmers under Swim England Rules. Age is at 31st December 2024.
- All participants and spectators should follow safety precautions in operation at Braunstone Leisure Centre. Neither the City of Leicester SC nor Leicester City Council can be held responsible for loss or damage to swimmers, team managers, coaches, volunteers, officials or spectators' property. Swimmers are advised to use the lockers in the changing rooms and not leave their belongings unattended.
- All Events at this meet will be Heat Declared Winners with medals being given to the top 3 in each age band.
- This is a cardless meet. No cards will be issued at this meet; provisional entries will be available on our website: www.swimmingmeetresults.co.uk/COLeicester/. It is the responsibility of the swimmer/entry club to check this for any mistakes. A timeline for the meet will be produced during the week prior to the competition taking place.
- Over the top starts will be at the discretion of the Meet Promoter and Referees to keep to the scheduled timeline for the meet. It is the responsibility of the club's team managers, coaches and swimmers to report to the marshalling area on time for their race. The competition will not wait for any missing swimmers and will run at its own pace.
- A secondary strobe will be available during this meet.
- The Café will be open during the meet to sell hot or cold refreshments. If there are any changes with this, it will be communicated in the week prior to the competition.
- Entry times shall be converted to 25m and must be equal to or slower than the time for the event being entered. The Entry file will be locked, and times will be taken from rankings at the time of submission. In the event of no time being available, a coach's time will be accepted.
- Club entries must be made by your club meet manager using the Sportsys Entry file which will be found on our website. Exported entry files need to be submitted to following email address: entries@swimmingmeetresults.co.uk by **Friday 11th October**. The meet is First Come, First Serve.
- For Electronic entries: a Summary sheet with number of entries, total cost of entries, number of coaches passes, total cost of coaches, team manager and chaperone passes and the entry report from Sportsys needs to be submitted with the entry file as well as proof of payment for the total cost of the entry to the email above.
- Each event costs **£8(50-400m Events) & £12.50 (800m&1500m Events)** to enter electronically. A paper entry will cost **£8.50 (50-400m Events) & £13.50 (800m&1500m Events)** per event entered and needs to be returned to the address shown on the Event Overview page and needs to be received by Friday 11th October. **The Swimmers Swim England Registration number needs to be displayed on the paper entry form.**



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Promoters Conditions

- All Club Cheques should be made payable to the City of Leicester Swimming Club. If paying by BACS, our account information is:
Account Name: City of Leicester Swimming Club
Account Number 35175607
Sort Code: 40-28-06
- When paying please use your club code. Eg. LA24 COLA. This is so we can match your payment with your entries.
- If you are an individual entering, please use the following: LA24 <Swimmers Name or SE Number>
- As it has been referred to, this event is on a first come first served basis. As many heats will run in the allotted time for each session of the meet. The promoter reserves the right to edit the number of heats for each event depending on entry number so each event. Entry times will not be updated after you have submitted your entries.
- The Girls 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.
- Entries for para swimmers will be accepted for those who hold British Swimming Para-Classifications S1-S14. The swimmer should hold a time in the events they wish to enter but a coach's time will be accepted in the event of no time.
- As soon as possible after the closing date, an updated provisional entries page will be shown on our website with the date and time of last update. We have the right to close entries early if the meet is full before the proposed closing date. Our Meet Organiser will inform you if this is the case when your entries are submitted.
- If an event is oversubscribed, the meet promoter has the right to restrict entries into that event.
- No entry will be accepted if the entry form isn't fully completed.
- It is the responsibility of all competing clubs to ensure all information is correct before and after entry submission.
- It is the responsibility of all competing clubs and individual entrants to ensure that all swimmers are supervised according to the Swim England supervision ratios (Level 2 coach **and** Team Manager). If it is not possible to comply (eg: individual entrant) please buddy up with another competing club.
- Entry summaries, coaches pass application, and individual entries should be returned to:
City of Leicester Summer Splash Meet, 11 Brookfield Road, Arnold, Nottingham, NG5 7ER
Email: entries@swimmingmeetresults.co.uk
- Chaperone passes will be costed in line with spectator prices and will be paid on the day. Passes cannot be purchased on the day.
- Please ensure that coaches, team managers and chaperones download the free photographic accreditation provided by Swim England here: https://www.swimmingresults.org/member_options/ This must be shown by the individual to prove ID and collect a City Of Leicester poolside pass at the registration desk
- All clubs and individual entries are expected to follow the latest supervision ratios as guided by the Swim England supervision policy.
- Please ensure that for every chaperone pass requested, the Chaperone Application Form below is completed.
- We request that all visiting clubs provide at least 1 official to every 10 swimmers entered. Officials will be provided with refreshments and lunch.
- Anything not covered in the above, is at the discretion of the meet promoter (this includes timeline changes).



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CHECKLIST

Please help us to help you!

| <u>CLUB ENTRY</u> | Complete | <u>INDIVIDUAL ENTRY</u> | Complete |
|---|--------------------------|--|--------------------------|
| Club Meet Summary and Poolside Pass Application | <input type="checkbox"/> | Swimmer Entry Form | <input type="checkbox"/> |
| Chaperone Pass Application (if required) | <input type="checkbox"/> | Swimmer Supervision Arranged | <input type="checkbox"/> |
| Club Officials Contacted | <input type="checkbox"/> | Chaperone Pass Application (If required) | <input type="checkbox"/> |
| Payment Made | <input type="checkbox"/> | Payment Made | <input type="checkbox"/> |
| Accreditations (ID) Downloaded | <input type="checkbox"/> | Accreditations (ID) Downloaded | <input type="checkbox"/> |



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Club Meet Summary Form and Poolside Pass Application

| | | |
|--|---|-----------|
| Club: | | |
| Address: | | |
| Telephone: | | |
| Email: | | |
| Name of Coaches, Team Managers and Chaperones requiring passes | DBS No: | |
| | Safeguarding: | |
| | DBS No: | |
| | Safeguarding: | |
| | DBS No: | |
| | Safeguarding: | |
| | DBS No: | |
| | Safeguarding: | |
| | DBS No: | |
| | Safeguarding: | |
| Number of Girls Electronic Entries | @ £8/£12.50 | £ |
| Number of Open/Boys Electronic Entries | @ £8/£12.50 | £ |
| Number of Paper Entries | @ £8.50/£13.50 | £ |
| Number of Coaches Passes | @ £20/£35 | £ |
| Number of Team Managers Passes | @ £20/35 | £ |
| Number of Chaperone Passes (THIS DOES NOT REPLACE A COACH OR TM PASS) | Pay on Day | £0 |
| Total Amount of Club Cheque Enclosed or BACS | BACS/CHQ (Select Payment Method) | £ |

THIS FORM MUST BE COMPLETED AND RETURNED FOR ALL CLUB ENTRIES WITH THE SPORTSYTEMS PRINTOUTS or WITH ALL PAPER ENTRIES. CHEQUES MADE PAYABLE TO 'CITY OF LEICESTER SWIMMING CLUB' AND ALL FORMS, PRINTOUTS AND PAYMENTS MUST BE SENT TO:

The Leicester Autumn Meet, 11 Brookfield Road, Arnold, Nottingham, NG5 7ER



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Swimmer Entry Form

(If Clubs use the form for internal entries and then for submission by electronic entries the fees will be £8 and not £8.50 as shown and the forms do not have to be returned)

| | | |
|-----------------------------|---|--|
| Name: | | Swim England Number: |
| Club: | | |
| Email: | | Contact No. |
| Events | Please Tick if you wish to enter | <p align="center">All times will be taken from British Rankings at time of Entry.</p> <p align="center">BACS Payment to: City of Leicester Swimming Club Account No: 35175607 Sort Code: 40-28-06</p> <p align="center">Please reference LA24 and your swimmers name in the BACS reference so we can match against your entries.</p> <p align="center">i.e. LA24 <swimmer's name/membership number></p> <p align="center"><u>Please return to the following address:</u> 11 Brookfield Road, Arnold, Nottingham, NG5 7ER Cheques made payable to City of Leicester Swimming Club</p> |
| 50m Freestyle | | |
| 100m Freestyle | | |
| 400m Freestyle | | |
| 800m Freestyle | | |
| 1500m Freestyle | | |
| 50m Backstroke | | |
| 100m Backstroke | | |
| 50m Breaststroke | | |
| 100m Breaststroke | | |
| 50m Butterfly | | |
| 100m Butterfly | | |
| 100m Ind. Medley | | |
| 200m Ind. Medley | | |
| 400m Ind. Medley | | |
| Total No. of Events: | @ £8.50: @ £13.50: | Total £ |



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Chaperone Pass Application
(Must be sent with Individual entries)

Chaperone Details

| | |
|--|----------------------|
| Name: | Swim England Number: |
| Club: | |
| Email: | Contact No: |
| SE Safeguarding Valid to: | SE DBS Valid to: |
| TM 1/ Chaperone course completed: YES / NO (Please Delete) | |

Swimmer Details

| | |
|-------|----------------------|
| Name: | Swim England Number: |
| Club: | |

Please tick box for sessions you need your chaperone pass

| | |
|-------------|--|
| Session 1 – | |
| Session 2 – | |
| Session 3 – | |
| Session 4 – | |
| Session 5 – | |

Cost of Pass - Chaperones will be charged in line with the spectator fees on the day

Please return to the following address with the swimmer individual entry form:

11 Brookfield Road, Arnold, Nottingham, NG5 7ER
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Officials Required

Are you able to help by officiating at one or more sessions?

Meals provided if you cover two sessions in a day.

We ask that Clubs sending 10 or more swimmers to the Meet provide at least One or more Officials per session

| | Please tick boxes for all sessions you are available for. |
|-------------|--|
| Session 1 – | |
| Session 2 – | |
| Session 3 – | |
| Session 4 – | |
| Session 5 – | |

| | |
|----------------------|--|
| Name: | |
| Swim England Number: | |
| Qualifications: | |
| Email Address: | |

PLEASE COMPLETE AND RETURN TO:

colsofficials@gmail.com

As Soon As Possible



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