



# NOVA Centurion November Meet

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

16<sup>th</sup> & 17<sup>th</sup> NOVEMBER 2024

2EM241915

Meet to be held under Swim England Regulations and Technical Rules

## Promoter Conditions

### General

- 1) The promoter is 'NOVA Centurion Swimming Club'
- 2) The meet will be held under the relevant Swim England Regulations & Technical Rules and WPS Rules & Regulations.
- 3) The competition is open to Swim England or other National Swimming Association registered swimmers only.
- 4) A secondary strobe will be provided where it is requested by the athlete at the time of entry. Requests can be made via [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk). If we are not notified on entry submission, this may not be available on the day.
- 5) Swimmers are reminded that changing must not be carried out on poolside or within public areas such as the sports hall or café.
- 6) Verbal abuse directed at the promoter, officials, and any volunteer acting under the direction of the promoter, or any behavior deemed to be against the spirit of the sport will not be tolerated. The promoter reserves the right to ask any person or persons behaving in this manner to leave any areas managed by the promoter for the remainder of the competition.
- 7) All other matters not mentioned in this document regarding the administration and running of this meet shall be decided by the promoter.

### Meet Information

- 1) The meet is to be held at the Harvey Hadden Sports Village Swimming Pool in Nottingham.
- 2) The pool is 25mtrs x 8 lanes each 2.5mtrs wide with Colorado Gen7 Electronic Timing and Track Start starting blocks. The depth will be a constant 2m throughout.
- 3) The meet is licensed Level 2 - 2EM241915
- 4) Meet Administrator: Michelle Parkins (Email: [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk))
- 5) The meet will operate a SportSystems results service. Start Lists and results will be available at <https://www.swimmingmeetresults.co.uk/NOVA/> Result sheets in PDF format will be available to download as soon as possible following the end of each session.
- 6) Coaches / Team Manager passes for the day are £15 or £25 for the weekend (to include start sheets & lunch only). These must be applied for **in advance** and will only be issued to individuals if they also hold a current Swim England Free Accreditations for DBS, Safeguarding and Qualification Check that covers the dates of this meet. **Passes CANNOT be purchased on the day, if any coach/team manager is not wearing their pass AND Accreditation they will be asked to leave poolside.**





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- 7) Para-Swimmers, in addition to a coach a personal care assistant (chaperone) may be permitted for classes
  - a. S1 to S5 & S11. A poolside pass must be applied for in advance and is free of charge, the applicant must also hold a current Swim England Free Accreditations for DBS, Safeguarding and Qualification Check that covers the dates of this meet.
- 8) Only authorised persons are allowed on the poolside and must display a valid pass and accreditation at all times.
- 9) If leaving the poolside for any reason swimmers must dress appropriately and suitable footwear must be worn.
- 10) The entry and exit is via the changing rooms only. No other access points should be used by the swimmers before, during or after the meet. The single poolside door to reception should ONLY be used by coaches/team managers, officials, meet staff and centre staff during the competition.
- 11) The use of mobile phones and the taking of photographs are not permitted on the poolside or changing village. Photography is also not permitted from the spectator gallery. Anyone found taking photographs in the changing village or adjacent areas will be immediately excluded from the competition and escorted off the premises.
- 12) All swimmers and other personnel must abide by the Health & Safety rules as laid down by the venue management. Any person contravening these rules may be excluded from taking any further part in the proceedings.

## Entries

- 1) All meet information can be downloaded via the website [www.novacenturion.co.uk](http://www.novacenturion.co.uk)
- 2) Swimmers age is at **17<sup>th</sup> November 2024**.
- 3) 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.
- 4) The closing date is **Wednesday, 30<sup>th</sup> October 2024** after which entries will be processed.
- 5) The promoter may take additional entries after this date if space available. These Additional entries will only be accepted to the email inbox [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk) and will be accepted on first come, first served basis using the email timestamp for entries after 30<sup>th</sup> October 2024.
- 6) If the meet is oversubscribed when the entries close, then we will work through the entries applying a percentage reduction to qualifying times across all age groups and any rejections will be notified as soon as possible.
- 7) The preferred method of entry is using **SPORTSYSTEMS Entry Manager**.





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- 8) Where a number of swimmers are entering from one club it is requested that one person coordinate the entries and submits one entry file, but individual entries will be accepted.
- 9) Entry Times will only be taken from the national rankings database and no estimated times will be accepted. For "non-SportSystem manual" entries, times will be taken from rankings at the point of entry.
- 10) Once Entries are submitted, times will not be updated.
- 11) All Entries MUST be submitted by Email to the meet administrator listed above. Upon the close of entries and an accepted entry list is published, the BACS details will be returned to you for payment of your entries.
- 12) The entry fee is **£8.00** per swim with SportSystems Entry Manager & **£8.50** for a non-SportSystems "manual" entry.
- 13) Notification of accepted entries shall be via a list on the website. Any amendments must be notified no later than 1 week after the cutoff date for entries for the meet.
- 14) Refunds will not be given for withdrawn swimmers or for entry errors or omissions attributable to the individual or their club.
- 15) The promoter reserves the right to return any entry not fulfilling the above requirements.

## Events and Age Groups

- 1) Events are 50m, 100m and 200m all 4 strokes, 200m and 400m IM, and 400m, 800m and 1500m Freestyle.
- 2) The mixed 800m will be restricted to 5 heats with a reserve list and is open to 11-year-olds and over only.
- 3) The mixed 1500m will be restricted to 3 heats with a reserve list and is open to 11-year-olds and over only.
- 4) Reserves for the 800m and 1500m will be contacted in time order, regardless of age or gender. If you are on the reserve list, we will be in touch before the competition for specific contact details.
- 5) Age groups: 9/10, 11, 12, 13, 14, 15, 16, 17/Over.
- 6) An exception swimmers aged 11 / over on 17th November 2024 can only enter mixed 800m and 1500m events.
- 7) All events are heat declared winners. Awards will be presented to the top 3 placed swimmers in each age group.





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## The Competition

- 1) All Heats shall be spearheaded.
- 2) It is the swimmers' responsibility to report to the Competitors' Stewards when their event is called, races will not wait for swimmers.
- 3) Over the top/side by side starts may be used at any time at the discretion of the lead referee.

## Withdrawals

- 1) If a swimmer is unable to swim or simply wishes to withdraw then it is important to notify the recorders. Known withdrawals prior to the meet should be notified immediately by email to: [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk) **no later than 6pm Friday, 15<sup>th</sup> November for events on the Saturday and no later than 6pm Saturday, 16<sup>th</sup> November for events on the Sunday.** Start sheets will then be produced and be viewable via the website as soon after this time as possible.
- 2) "On the Day" withdrawals must be notified to the stewards, but start lists will not be re-published, except due to an error made by our technical team





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## MEET SCHEDULE

| Session 1              | Start 9:00am |       | Saturday 16th November | Session 4              | Start 9:00am |      | Sunday 17 <sup>th</sup> November |
|------------------------|--------------|-------|------------------------|------------------------|--------------|------|----------------------------------|
| 101                    | Female       | 100m  | Backstroke             | 401                    | Open/Male    | 100m | Backstroke                       |
| 102                    | Open/Male    | 400m  | Individual Medley      | 402                    | Female       | 400m | Individual Medley                |
| 103                    | Female       | 50m   | Breaststroke           | 403                    | Open/Male    | 50m  | Breaststroke                     |
| 104                    | Open/Male    | 100m  | Breaststroke           | 404                    | Female       | 100m | Breaststroke                     |
| 105                    | Female       | 200m  | Freestyle              | 405                    | Open/Male    | 200m | Freestyle                        |
| 106                    | Open/Male    | 200m  | Individual Medley      | 406                    | Female       | 200m | Individual Medley                |
| 107                    | Female       | 50m   | Backstroke             | 407                    | Open/Male    | 50m  | Backstroke                       |
| <b>20 MINUTE BREAK</b> |              |       |                        | <b>20 MINUTE BREAK</b> |              |      |                                  |
| Session 2              |              |       |                        | Session 5              |              |      |                                  |
| 201                    | Mixed        | 1500m | Freestyle              | 501                    | Mixed        | 800m | Freestyle                        |
| Session 3              | Start TBA pm |       |                        | Session 6              | Start TBA pm |      |                                  |
| 301                    | Open/Male    | 200m  | Breaststroke           | 601                    | Female       | 200m | Breaststroke                     |
| 302                    | Female       | 100m  | Freestyle              | 602                    | Open/Male    | 100m | Freestyle                        |
| 303                    | Open/Male    | 100m  | Butterfly              | 603                    | Female       | 100m | Butterfly                        |
| 304                    | Female       | 50m   | Butterfly              | 604                    | Open/Male    | 50m  | Butterfly                        |
| 305                    | Open/Male    | 400m  | Freestyle              | 605                    | Female       | 400m | Freestyle                        |
| 306                    | Female       | 200m  | Backstroke             | 606                    | Open/Male    | 200m | Backstroke                       |
| 307                    | Open/Male    | 50m   | Freestyle              | 607                    | Female       | 50m  | Freestyle                        |
| 308                    | Female       | 200m  | Butterfly              | 608                    | Open/Male    | 200m | Butterfly                        |





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## QUALIFYING TIMES

Minimum Times to be achieved from 1<sup>st</sup> Oct 2023 at a Level 1-4 Competition

Age as at 17<sup>th</sup> November 2024

Long Course conversion accepted.

### Open/Male - Short Course Times

| EVENT                  | 9/10   | 11      | 12     | 13     | 14     | 15     | 16     | 17/over |
|------------------------|--------|---------|--------|--------|--------|--------|--------|---------|
| 50m Freestyle          | 39.3   | 37.2    | 35.1   | 33.1   | 31.3   | 29.9   | 29.0   | 28.4    |
| 100m Freestyle         | 1:30.5 | 1:20.6  | 1:15.7 | 1:11.1 | 1:07.3 | 1:04.6 | 1:02.6 | 1:01.4  |
| 200m Freestyle         | 3:06.0 | 2:54.8  | 2:44.7 | 2:35.0 | 2:26.6 | 2:20.8 | 2:16.3 | 2:13.8  |
| 400m Freestyle         | 6:36.0 | 6:06.0  | 5:46.0 | 5:26.8 | 5:10.4 | 4:54.2 | 4:48.7 | 4:42.5  |
| 800m Freestyle         |        | 9:30.0  |        |        |        |        |        |         |
| 1500m Freestyle        |        | 18:00.0 |        |        |        |        |        |         |
| 50m Breaststroke       | 51.3   | 48.0    | 45.1   | 41.9   | 39.6   | 37.7   | 36.4   | 35.7    |
| 100m Breaststroke      | 1:58.0 | 1:43.4  | 1:36.9 | 1:30.1 | 1:25.1 | 1:21.0 | 1:18.4 | 1:16.7  |
| 200m Breaststroke      | 3:59.0 | 3:42.4  | 3:29.2 | 3:15.3 | 3:03.9 | 2:55.8 | 2:50.7 | 2:46.3  |
| 50m Butterfly          | 43.8   | 41.0    | 38.8   | 36.4   | 34.3   | 32.5   | 31.5   | 30.7    |
| 100m Butterfly         | 1:45.0 | 1:30.4  | 1:24.6 | 1:19.1 | 1:14.4 | 1:10.7 | 1:08.8 | 1:07.0  |
| 200m Butterfly         | 3:37.3 | 3:18.2  | 3:06.6 | 2:54.7 | 2:44.7 | 2:35.5 | 2:31.7 | 2:26.9  |
| 50m Backstroke         | 45.1   | 42.5    | 40.3   | 37.6   | 35.8   | 33.9   | 32.6   | 32.1    |
| 100m Backstroke        | 1:40.0 | 1:30.5  | 1:25.2 | 1:19.7 | 1:15.0 | 1:11.5 | 1:09.3 | 1:07.6  |
| 200m Backstroke        | 3:26.7 | 3:13.3  | 3:02.6 | 2:51.1 | 2:41.4 | 2:34.3 | 2:29.8 | 2:27.0  |
| 200m Individual Medley | 3:32.2 | 3:17.6  | 3:06.8 | 2:55.8 | 2:45.3 | 2:38.2 | 2:33.7 | 2:30.5  |
| 400m Individual Medley | 7:25.0 | 6:59.7  | 6:34.3 | 6:12.0 | 5:50.3 | 5:30.0 | 5:25.4 | 5:18.7  |





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## QUALIFYING TIMES

Minimum Times to be achieved from 1<sup>st</sup> Oct 2023 at a Level 1-4 Competition

Age as at 17<sup>th</sup> November 2024

Long Course conversion accepted.

| Female – Short Course Times |        |         |        |        |        |        |        |         |
|-----------------------------|--------|---------|--------|--------|--------|--------|--------|---------|
| EVENT                       | 9/10   | 11      | 12     | 13     | 14     | 15     | 16     | 17/over |
| 50m Freestyle               | 39.9   | 37.7    | 35.7   | 34.3   | 33.3   | 32.5   | 32.0   | 31.9    |
| 100m Freestyle              | 1:27.6 | 1:21.3  | 1:16.6 | 1:13.5 | 1:11.3 | 1:09.9 | 1:08.7 | 1:08.4  |
| 200m Freestyle              | 3:06.8 | 2:55.4  | 2:44.9 | 2:38.0 | 2:33.5 | 2:30.2 | 2:28.0 | 2:26.4  |
| 400m Freestyle              | 6:34.9 | 6:04.9  | 5:43.7 | 5:29.8 | 5:20.8 | 5:15.6 | 5:10.2 | 5:07.2  |
| 800m Freestyle              |        | 10:00.0 |        |        |        |        |        |         |
| 1500m Freestyle             |        | 18:40.0 |        |        |        |        |        |         |
| 50m Breaststroke            | 51.7   | 48.3    | 45.4   | 43.2   | 41.8   | 40.8   | 40.3   | 40.0    |
| 100m Breaststroke           | 1:52.5 | 1:43.5  | 1:37.3 | 1:32.3 | 1:28.7 | 1:27.1 | 1:26.2 | 1:24.9  |
| 200m Breaststroke           | 3:59.5 | 3:42.1  | 3:28.8 | 3:18.2 | 3:11.5 | 3:07.9 | 3:05.8 | 3:04.1  |
| 50m Butterfly               | 43.9   | 41.3    | 39.1   | 37.3   | 36.1   | 35.2   | 34.7   | 34.2    |
| 100m Butterfly              | 1:39.3 | 1:30.9  | 1:24.9 | 1:21.2 | 1:18.3 | 1:16.9 | 1:15.8 | 1:14.9  |
| 200m Butterfly              | 3:40.0 | 3:20.2  | 3:06.4 | 2:57.3 | 2:51.0 | 2:46.9 | 2:44.8 | 2:42.8  |
| 50m Backstroke              | 45.3   | 42.7    | 40.5   | 38.7   | 37.5   | 36.8   | 36.1   | 35.8    |
| 100m Backstroke             | 1:38.5 | 1:31.0  | 1:25.3 | 1:21.4 | 1:19.0 | 1:17.1 | 1:16.1 | 1:15.6  |
| 200m Backstroke             | 3:28.7 | 3:12.5  | 3:01.7 | 2:54.3 | 2:49.2 | 2:44.8 | 2:47.2 | 2:45.7  |
| 200m Individual Medley      | 3:32.7 | 3:17.9  | 3:06.3 | 2:58.8 | 2:53.1 | 2:49.5 | 2:47.2 | 2:45.7  |
| 400m Individual Medley      | 7:22.3 | 6:57.3  | 6:32.0 | 6:14.4 | 6:03.1 | 5:55.5 | 5:50.5 | 5:48.2  |





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## Officials and Volunteers

- 1) We would not be able to run meets without the help of our amazing volunteers and officials. We do ask as part of our conditions that if you are sending 10 or more swimmers to our meet to please provide at least 2 officials for each session.
- 2) To sign up to officiate please visit: <https://www.swim-meet.com/OfficialsSignup/NovaCenturion/>
- 3) To Sign up as a volunteer please visit: <https://www.swim-meet.com/VolunteersSignup/NovaCenturion/>
- 4) Expense policy for officials:
  - a. 45p per mile (20p per mile if a swimmer is competing).
  - b. Lunch and refreshments provided.
  - c. Any other expenses will be considered at the discretion of the meet promoter.
  - d. Expenses Forms available from the timing room.







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## COACHES POOLSIDE PASS

- 1) Passes must be ordered when entries are submitted and will be invoiced along with the total cost for your clubs entries. Passes are priced at £15 per pass for the competition. Maximum numbers of passes will be allowed as per the ratios mentioned in the Swim England Guidance as per item 8 below. Both the individual meet accreditation and the poolside pass must be displayed while on poolside.
- 2) Poolside passes will only be issued to those personnel displaying a valid accreditation, and must be collected from the team on the medals desk.
- 3) Only those accredited personnel showing a valid pass and accreditation will be allowed onto the poolside along with swimmers and event volunteers.
- 4) Accreditation must be ordered online using the meet accreditation system in advance of this competition. There is no charge for these accreditations online.
- 5) [https://www.swimmingresults.org/member\\_options](https://www.swimmingresults.org/member_options)
- 6) To get a valid accreditation online, each person must have the following:
  - a. A valid in-date DBS with barred list check
  - b. A valid safeguarding certificate logged with Swim England
  - c. Either a valid Coaching Qualification, Team Manager Qualification or Chaperone status logged with Swim England
  - d. A photo uploaded on the member options
- 7) Passes will only be issued to the maximum number of passes ordered by each club.
- 8) Clubs are required to cover within their individual risk assessments the required number of Coaches, Team Managers and Chaperones along with genders of these for their team for each session, as per the ratio guidance set out by Swim England.
- 9) Coaches and swimmers are responsible for keeping the poolside tidy, ensuring all litter is put in the bins/rubbish bags around the center and not left on poolside.





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## ENTRY FORM for Manual entries or Club use

|               |                     |
|---------------|---------------------|
| Club:         |                     |
| Given Name:   |                     |
| Family Name:  |                     |
| DOB:          | OPEN/MALE OR FEMALE |
| SE Reg No:    | Email:              |
| Contact Name: | Phone:              |

| EVENT                  | TICK TO ENTER<br>(Times will be taken from the national rankings at the point of entry) |
|------------------------|---|
| 50m Freestyle          |   |
| 100m Freestyle         |   |
| 200m Freestyle         |   |
| 400m Freestyle         |   |
| 800m Freestyle         |   |
| 1500m 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 |   |

Number of entries..... @ £8.50 = .....

Number of Poolside Passes..... @ £15.00 = .....

Number of Poolside Passes..... @ £25.00 = .....

**TOTAL** = .....

**CLOSING DATE ON WEDNESDAY, 30<sup>th</sup> OCTOBER 2024**

Please return to Email: [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk)

