



This Event is designated by ASA for entry into Regional and County
Championships

Affiliated to Swim England. South East Region Licence Number –
3SE181288

Meet Information Pack

COSC L3 Meet July 13th, 14th and 15th 2018
Leys Pools and Leisure Centre, Oxford, OX4 6JL.

Closing date for entries: 13th June 2018

City of Oxford Level 3 Meet – July 13th-15th 2018

Meet Information and Conditions

This Meet is a Level 3 Open Competition and is held under ASA Law and Technical Rules of Racing and the following:

City of Oxford Swimming Club

- Affiliated to the Swim England South East Region and Oxon & North Bucks Counties ASA.

Location

- Leys Pools and Leisure Centre, Pegasus Rd, Blackbird Leys, Oxford OX4 6JL

Licence Number

- 3SE181288
- The competition is licensed and will be held under ASA Law and technical rules.

Competitors

- Must be members of an ASA/WASA/SASA affiliated club, eligible to compete and registered in accordance with said laws and technical rules

Pool

- 25m long, 8 lanes, anti-wave lane ropes and electronic timing.

Age

- Age as at last day of Meet, in this case July 15th 2018

Age groups

- Age groups will be 9, 10, 11, 12, 13, 14, 15, and 16+

Awards

- Age groups will be 9, 10, 11, 12, 13, 14, 15, and 16+.
- The 800m and 1500m events will be a mixed gender open event, where both male and female swimmers can swim 800/1500m events.
- All events are Heat Declared Winner (HDW)
- Medals will be given to the first 3 places in each age group
- Additional awards (top club, top boy/girl)

Events & Timings

- Session timing will be finalised once all entries have been processed and swimmers/clubs will be notified accordingly.
- Please note that it is the swimmers' responsibility to present themselves ready to swim, to the Marshalling Area prior to the start of their event.
- There will be no finals, and all heats in each event will be seeded accordingly.
- It is the responsibility of competitors, coaches and clubs to ensure that all swimmers are competent to the standard of the Swim England Competitive Start Award.
- Swim down facilities cannot be provided at this meet.
- Swimmers holding a Certificate of Swimming Disability, signed by the Swim England Medical Officer or a Functional Ability Card must submit this to the Referee via the Promoter at the beginning of the session in which they intend to swim.

Entry Times

- Swimmers will be required to have recorded times to enter. Entry times must be slower than or equal to the NFT times stipulated per event and age group.
- Entry times must have been obtained at a licensed meet, random checks will be made against Online Rankings Database
- Swimmers found to have entered the meet with any false or made up times, they will be disqualified from all events and their entry fees will be forfeited.

Entries

- Enter via Sport-sys. File available from City of Oxford Website www.oxfordswim.com
- All entries to be sent to the Entry Manager on: external.fixtures+CoscMeets@gmail.com
- If the information required on the entry form is not given fully or is found to be incorrect, irrespective of any previous acceptance of entry, the Promoter may at their discretion reject the entry.
- All swimmers with disabilities will be accepted and all classes of swimmers will swim together in inclusive events and not separate events.

Closing Date for Entries

- 8pm 13th June 2018
- Entries after this date will NOT be accepted, without exception.
- Entries will be on a first come first served basis.

Event Entry Fees

- £7.00 per event
- £10 per 800m/1500m event

Manual Entry Surcharge

- All manual entries (entries not submitted within a Sports-sys compatible data file), both paper based sent by post and forms completed and sent by email will incur an additional administration fee of £5.00 per entry. Proof of payment will be required.

Payment

- Electronic Bank Transfer: [Barclays Bank](#). Sort Code: 20 65 18. Account number: 90260991
- Payment Reference: July L3 2018.
- Clubs are requested to send all entries with one payment, via BACS transfer, to cover all swimmers and coach passes.
- Entries will not be processed until payment is confirmed

Accepted Entries -

- These will be posted on the City of Oxford Website www.oxfordswim.com .
- It is the responsibility of the club representative to check the entries for any errors in names, ages, times etc and to notify the Promoter of any such errors. Failure to do so may result in swimmers being excluded from events and entry fees forfeited.

Rejections

- The promoter reserves the right to limit entries to meet gala license timing restrictions.
- Events chosen for restrictions will be at the meet Organisers' discretion.
- Swimmers with the fastest submitted times will take precedence.

Poolside Passes

- One pass required for each Coach/Team Manager on pool side.
- Various pass options are available - cost of passes is shown on Summary of Entries sheet.
- It is the responsibility of attending clubs to ensure that pool side passes are only issued to people who are members of Swim England and have an up to date DBS.

Withdrawals

- This is a cardless competition and an active withdrawal system will be in operation.
- Withdrawals are to be submitted for swimmers who are not intending to swim NO LATER THAN 15 MINUTES BEFORE THE START OF WARM-UP for that particular session.
- Withdrawal forms will be provided in advance of the competition.
- The inclusion of an incorrectly withdrawn entry will be at the sole discretion of the Promoter, subject to spare lanes being available in the first 2 heats and will be allocated on a first come first served basis.
- No refunds will be made for withdrawals other than on medical grounds, a medical note must be provided.

Top Visiting Club

- A trophy for 'Top Visiting Club' will be awarded to the Club who, at the end of the Meet, have the highest aggregate of points.
- Points will be awarded in each event to the top 8 in each age group, in each event:- 1st place = 8 points, 2nd place = 7 points, 3rd place = 6 points, 4th place = 5 points, 5th place = 4 points, 6th place = 3 points, 7th place = 2 points, 8th place = 1 point.

Swimmers supervision and Health and Safety

- All swimmers must be under the direct supervision of the Club coaches or pool side designated Club Official (in possession of a pool side pass) AT ALL TIMES.
- In the absence of a Club Official this responsibility then resides with the parent/carer. This responsibility applies especially to periods of non-competition or between sessions.
- It is the responsibility of competitors, coaches and clubs to ensure that all swimmers are competent to the standard of the A Competitive Start Award. Over the top starts will be used wherever possible.
- Please note, as this venue is a Leisure Centre the changing facilities are open to the general public during the Meet.
- Large swimming bags will not be allowed on poolside, please bring a small poolside bag. Lockers are available to leave belongings (a £1 coin, which is returnable, is required).
- Swimmers must wear suitable clothing and footwear on poolside and when moving around Leys Leisure pool.

Officials

- Anyone who can help officiate please confirm availability on the doodle poll below. This is to enable the smooth running of the meet.
- Meals and refreshments will be provided.

Photographs and Filming

- Taking of photographs and / or filming using mobile phones and tablets are STRICTLY NOT PERMITTED inside the pool environs and changing areas. This policy is actively enforced and all visitors are asked to comply.

Conduct

- The Promoter, referee and Fusion Management reserves the right to remove any person from the pool area whose behaviour is either against the pool rules, Promoter's conditions or the efficient running of the Meet.

Data Protection

- By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. Personal Data, including submitted and recorded times, may be made public during the Meet.

General

- The electronic timing display results are only provisional and may be over ruled by the Referee.
- The Learner Pool is strictly out of bounds to all swimmers during the course of the weekend.
- A catering facility serving refreshments for swimmers, spectators and coaches, will operate throughout this Meet.
- Failure to comply with any of the above may result in the Competitor's entry into this Meet being withdrawn without refund.
- Any point not covered by these rules will be at the discretion of the Organisers.

Promoter

- The Promoter reserves the right to address matters arising on the day where prior approval is not possible, to ensure the smooth running of the meet.
- The Promoter reserves the right to nominate a representative who will be present at the meet, known as Meet Manager.
- Promoter on behalf of City of Oxford Swimming Club: Addy Porter jd.ox.swimming@gmail.com

City of Oxford Level 3 Meet – July 15th-15th Programme of Events & Provisional Timings

The following Warm Up and Session times are provisional. Session timings will be finalised once all entries have been processed, and swimmers/clubs will be notified accordingly.

Programme of Events

All events are heat declared winners. All times are approximate.

FRIDAY 13th July 2018

| Session 1 Wu: 18.15 Start: 16.45 Estimated finish 21.00 | 1 | Mixed | 1500 | Free |
|---|---|-------|------|------|
| | 2 | Mixed | 800 | Free |

SATURDAY 14th July 2018

| Session | Event | Gender | Distance | Stroke |
|--|-------|--------|----------|--------|
| Session 2 W/U: 11.30am Start: 12.30am Estimated finish: 3.20pm | 3 | Female | 400 | IM |
| | 4 | Male | 400 | Free |
| | 5 | Female | 50 | Back |
| | 6 | Male | 50 | Breast |
| | 7 | Female | 100 | Breast |
| | 8 | Male | 100 | Fly |
| | 9 | Female | 200 | IM |
| | 10 | Male | 50 | Back |
| Session | Event | Gender | Distance | Stroke |
| Session 3 W/U: 3.45pm Start: 4.45pm Estimated finish: 7.20pm | 11 | Female | 200 | Back |
| | 12 | Male | 200 | Free |
| | 13 | Female | 100 | Free |
| | 14 | Male | 100 | Back |
| | 15 | Female | 200 | Fly |
| | 16 | Male | 200 | Breast |
| | 17 | Female | 50 | Free |
| | 18 | Male | 100 | IM |

Programme of Events

All events are heat declared winners. All times are approximate.

SUNDAY 15th July 2018

| Session | Event | Gender | Distance | Stroke |
|--|-------|--------|----------|--------|
| Session 4 W/U: 11.00am Start: 12.00am Estimated finish: 2.30pm | 19 | Male | 400 | IM |
| | 20 | Female | 400 | Free |
| | 21 | Male | 50 | Fly |
| | 22 | Female | 50 | Breast |
| | 23 | Male | 100 | Breast |
| | 24 | Female | 100 | Fly |
| | 25 | Male | 200 | IM |
| | 26 | Female | 200 | Free |
| Session | Event | Gender | Distance | Stroke |
| Session 5 W/U: 3.00pm Start: 4.00pm Estimated finish: 6.30pm | 27 | Male | 200 | Back |
| | 28 | Female | 100 | Back |
| | 29 | Male | 100 | Free |
| | 30 | Female | 100 | IM |
| | 31 | Male | 200 | Fly |
| | 32 | Female | 200 | Breast |
| | 33 | Male | 50 | Free |
| | 34 | Female | 50 | Fly |

City of Oxford ASA Level 3 Meet – July 13th-15th. Ages at 15th July 2018 - 25m (Short Course)

City of Oxford Swimming Club Member Entries

- Check with your coach which events you should enter.

Log on to COSC Swim Manager <https://cosc.swimmanager.co.uk> go to the Meets tab on the left hand side menu, select your child / children allocated to JulyL3 and enter your events.

- Payment of **£7.00** per event entered and **£10.00** per 800/1500m event entered should be paid at time of entry.
- Entries can remain as a draft entry until you are happy with your selections. Please ensure you submit your entry and make your payment prior to the closing date of the meet. Any entries, which remain as draft or unpaid after this time will not be processed.

External Clubs

To enter you will need to:

- Collect and collate your clubs entries into a SportsSystems entry file (available for free download from <http://www.sportsys.co.uk/> and select entry manager).
- Complete the Club summary form (at the end of this pack).
- Transfer payment to Barclays Bank, sort code **20 65 18**, account no. **90260991**, reference your club name and JULY L3 and obtain proof of payment.
- Email your Club summary, meet officials form, SportsSys file, and proof of payment to external.fixtures+CoscMeets@gmail.com (if your club do not pay by bank transfer you should email all files as above and then print out a club summary and send with a cheque to : J Bryan 22 Abingdon road. Dorchester- On –Thames, OX10 7JY

Officials

- Anyone who can help officiate please confirm availability. This is to enable the smooth running of the meet.
- Meals and refreshments will be provided.
- Please can officials indicate their availability using the following link <https://goo.gl/forms/4NSGsggegRmAugFDe2>

Any questions please contact Karen Underwood on <mailto:swimunderwood@yahoo.co.uk>

City of Oxford ASA Level 3 Meet – July 13th-15th

NFT = Not Faster Than Time

Qualifying and consideration Times - 25m Short Course. LC conversions accepted. Age as at 15th July 2018

| Female | | | | | | | | Event | Male | | | | | | | |
|---------|---------|---------|---------|---------|---------|---------|---------|-----------------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16/Over | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16/Over |
| 32.0 | 31.0 | 29.0 | 28.5 | 28.0 | 27.8 | 27.5 | 27.0 | 50m freestyle | 31.00 | 30.00 | 29.00 | 28.00 | 26.00 | 25.50 | 24.70 | 24.70 |
| 1:12.00 | 1:10.30 | 1:04.30 | 1:02.30 | 1:00.50 | 59.50 | 58.90 | 58.90 | 100m Freestyle | 1:10.00 | 1:08.40 | 1:05.80 | 1:01.80 | 58.10 | 56.00 | 53.60 | 53.60 |
| 2:43.10 | 2:33.10 | 2:23.80 | 2:13.80 | 2:10.10 | 2:08.00 | 2:08.00 | 2:08.00 | 200m Freestyle | 2:43.00 | 2:27.00 | 2:21.10 | 2:14.10 | 2:06.60 | 2:00.50 | 1:56.50 | 1:56.50 |
| 5:35.76 | 5:19.00 | 5:10.94 | 4:56.80 | 4:46.11 | 4:40.52 | 4:41.86 | 4:45.86 | 400m Freestyle | 5:25.79 | 5:09.1 | 5:09.10 | 4:55.05 | 4:40.06 | 4:27.12 | 4:25.86 | 4:21.14 |
| | | | | | | | | 800m/ 1500m Freestyle | | | | | | | | |
| 44.5 | 42.70 | 39.0 | 35.0 | 34.5 | 34.2 | 34.0 | 34.0 | 50m Breaststroke | 45.00 | 42.50 | 40.00 | 37.50 | 35.10 | 33.70 | 32.00 | 31.00 |
| 1:28.00 | 1:26.0 | 1:22.0 | 1:14.0 | 1:13.0 | 1:12.5 | 1:12.0 | 1:12.0 | 100m Breaststroke | 1:30.00 | 1:27.90 | 1:23.40 | 1:19.40 | 1:14.80 | 1:10.90 | 1:08.10 | 1:08.10 |
| 3:28.40 | 3:15.60 | 3:00.0 | 2:41.0 | 2:40.0 | 2:38.0 | 2:36.0 | 2:36.0 | 200m Breaststroke | 3:30.00 | 3:14.00 | 3:02.20 | 2:51.20 | 2:41.00 | 2:32.70 | 2:27.80 | 2:27.80 |
| 37.30 | 36.30 | 33.2 | 31.0 | 30.6 | 30.0 | 29.5 | 29.5 | 50m Butterfly | 37.40 | 36.40 | 34.10 | 32.30 | 30.50 | 29.20 | 28.10 | 27.60 |
| 1:22.00 | 1:20.00 | 1:15.00 | 1:08.0 | 1:07.00 | 1:05.90 | 1:05.20 | 1:05.20 | 100m Butterfly | 1:18.00 | 1:15.80 | 1:12.50 | 1:08.50 | 1:04.90 | 1:01.90 | 58.70 | 58.70 |
| 3:20.00 | 3:03.00 | 2:46.00 | 2:32.0 | 2:27.60 | 2:25.30 | 2:24.20 | 2:24.20 | 200m Butterfly | 3:20.00 | 2:55.00 | 2:42.80 | 2:32.80 | 2:24.40 | 2:16.30 | 2:11.40 | 2:11.40 |
| 40.20 | 37.40 | 33.9 | 31.5 | 31.0 | 30.6 | 30.2 | 30.2 | 50m Backstroke | 38.00 | 37.40 | 35.50 | 33.60 | 31.60 | 30.50 | 29.00 | 28.80 |
| 1:21.00 | 1:19.30 | 1:13.70 | 1:07.0 | 1:06.0 | 1:05.0 | 1:04.0 | 1:04.0 | 100m Backstroke | 1:19.00 | 1:16.60 | 1:13.00 | 1:09.00 | 1:05.30 | 1:01.80 | 1:00.10 | 1:00.10 |
| 2:58.20 | 2:42.20 | 2:38.60 | 2:24.2 | 2:22.2 | 2:21.4 | 2:20.2 | 2:20.2 | 200m Backstroke | 2:59.00 | 2:48.80 | 2:37.80 | 2:28.80 | 2:20.10 | 2:13.00 | 2:10.10 | 2:10.10 |
| 1:34.30 | 1:20.80 | 1:18.00 | 1:14.30 | 1:12.70 | 1:11.80 | 1:10.80 | 1:10.80 | 100m IM | 1:32.40 | 1:22.40 | 1:18.20 | 1:13.90 | 1:09.80 | 1:06.50 | 1:04.50 | 1:03.50 |
| 3:04.20 | 2:54.80 | 2:43.20 | 2:30.8 | 2:26.80 | 2:24.70 | 2:24.60 | 2:24.60 | 200m IM | 3:05.90 | 2:51.40 | 2:42.70 | 2:32.70 | 2:23.30 | 2:18.00 | 2:13.70 | 2:13.70 |
| 6:40.65 | 6:08.76 | 5:55.50 | 5:39.34 | 5:23.81 | 5:19.16 | 5:18.16 | 5:17.26 | 400m IM | 6:35.56 | 6:02.76 | 5:51.16 | 5:35.2 | 5:13.78 | 5:02.86 | 5:00.65 | 4:59.67 |



City of Oxford July 13th-15th Summary of Entries

Club:

| | | | |
|--------------------------------------|-----|--------------------|---|
| Swimmers:- | | | |
| Female Entries | No. | @ £7.00 per event | £ |
| Males Entries | No. | @ £7.00 per event | £ |
| Long Distance entries | No. | @ £10.00 per event | £ |
| Coaches & Team Managers:- | | | |
| | | | |
| All sessions Poolside Pass | No | @ £20 per pass | £ |
| Friday Poolside Pass without Food | No. | @ £5 per pass | £ |
| Saturday Poolside Pass with Food | No. | @ £10 per pass | £ |
| Sunday Poolside Pass with Food | No. | @ £10 per pass | £ |

| |
|---|
| Manual Entry Surcharge (applicable if entry is not submitted in a Sportsys file) @ £5 per swimmer |
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| | |
|--------|---|
| Totals | £ |
|--------|---|

| | |
|---|-------------|
| Payment by Bank Transfer (insert transfer date) | |
| Name of person submitting the entry (insert name) | |
| I hereby certify that I have read & understood the Promoters Conditions (please sign) | |
| Email:- | Telephone:- |

Email electronic entries to:- external.fixtures+CoscMeets@gmail.com

CLOSING DATE:- 13th June 2018