



This Event is designated by Swim England for entry into Regional  
and County Championships  
Affiliated to Swim England. South East Region Licence Number –  
3SE191640

## Meet Information Pack

**COSC Summer Sizzler July 13<sup>th</sup>, 14<sup>th</sup> 2019**  
**Leys Pools and Leisure Centre, Oxford, OX4 6JL.**

**Closing date for entries: 21<sup>st</sup> June 2019**

# COSC summer Sizzler Meet – July 13<sup>th</sup>-14<sup>th</sup> 2019

## Meet Information and Conditions

This Meet is a Level 3 Open Competition and is held under SE 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 - 3SE191640

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

### Competitors

- Must be members of an SE/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 14<sup>th</sup> 2019

### Age groups

- Age groups will be 9, 10, 11, 12, 13, 14, 15,16,17+

### Awards

- Age groups will be 9, 10, 11, 12, 13, 14, 15,16,17+.
- 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 requested to provide times where possible to aid the running of the meet. Entry times must be slower than or equal to the NFT times stipulated per event and age group.

### Entries

- Enter via Sport-sys. File available from City of Oxford Website [www.oxfordswim.com](http://www.oxfordswim.com)
- All entries to be sent to the Entry Manager on: [external.fixtures+CoscMeets@gmail.com](mailto: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.

- A secondary strobe is available at this meet and classed as, "A strobe light, in addition to that included in the AOE starting system". It must be part of the AOE system and should be able to be moved to a lane where a deaf swimmer (S15) is starting. Please notify the entry team at point of entering if it will be required.

### **Closing Date for Entries**

- 8pm 21<sup>st</sup> June 2019
- 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

### **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 2019.
- 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 –**

- The meet is first come first served.
- These will be posted on the City of Oxford Website [www.oxfordswim.com](http://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 meet is first come first served.
- The promoter reserves the right to limit entries to meet gala license timing restrictions.
- In the unlikely event of oversubscription events chosen for restrictions will be at the meet Organisers' discretion, and 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:- 1<sup>st</sup> place = 8 points, 2<sup>nd</sup> place = 7 points, 3<sup>rd</sup> place = 6 points, 4<sup>th</sup> place = 5 points, 5<sup>th</sup> place = 4 points, 6<sup>th</sup> place = 3 points, 7<sup>th</sup> place = 2 points, 8<sup>th</sup> 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 SE 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 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](mailto:jd.ox.swimming@gmail.com)

## City of Oxford Summer Sizzler 13<sup>th</sup>-14<sup>th</sup> 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.

### SATURDAY 13th July 2019

Session	Event	Gender	Distance	Stroke
<b>Session 1</b> W/U: 12.00am TBC Start: 13.00 Estimated finish:	1	Female	100	Back
	2	Male	200	Breast
	3	Female	400	Free
	4	Male	200	Fly
	5	Female	50	Breast
	6	Male	100	Free
	7	Female	100	IM
Session	Event	Gender	Distance	Stroke
<b>Session 2</b> W/U: TBC Start: Estimated finish:	8	Male	100	Back
	9	Female	200	Breast
	10	Male	400	Free
	11	Female	200	Fly
	12	Male	50	Breast
	13	Female	100	Free
	14	Male	100	IM

## Programme of Events

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

### SUNDAY 14th July 2019

Session	Event	Gender	Distance	Stroke
<b>Session 3</b> W/U: 8.30am TBC Start:9.30 Estimated finish:	15	Female	100	Fly
	16	Male	400	IM
	17	Female	50	Back
	18	Male	50	Fly
	19	Female	200	Free
	20	Male	200	Back
Session	Event	Gender	Distance	Stroke
<b>Session 4</b> W/U: TBC Start: Estimated finish:	21	Male	100	Fly
	22	Female	400	IM
	23	Male	50	Back
	24	Female	50	Fly
	25	Male	200	Free
	26	Female	200	Back
Session	Event	Gender	Distance	Stroke
<b>Session 5</b> W/U: TBC Start: Estimated finish:	27	Female	100	Breast
	28	Male	200	IM
	29	Female	50	Free
	30	Male	50	Free
	31	Female	200	IM
	32	Male	100	Breast

## City of Oxford Summer Sizzler – July 13<sup>th</sup>-14<sup>th</sup>. Ages at 14<sup>th</sup> July 2019 – 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 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](mailto: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

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



## City of Oxford Summer Sizzler Level 3 Meet – July 13<sup>th</sup>-14<sup>th</sup>

**Not faster than times - 25m Short Course. LC conversions accepted. Age as at 14<sup>th</sup> July 2019**

Female									Event	Male								
9	10	11	12	13	14	15	16	17/Over		9	10	11	12	13	14	15	16	17/over
33.59	33.35	31.31	29.35	27.56	27.23	27.11	26.97	25.79	50m freestyle	31.00	30.00	29.00	28.00	26.00	25.50	24.70	24.70	24.10
1:12.00	1:10.30	1:04.30	1:02.30	1:00.50	59.50	58.38	58.38	55.51	100m Freestyle	1:10.00	1:08.40	1:05.80	1:01.80	58.10	56.00	53.60	53.60	53.34
3:09.48	2:39.38	2:28.29	2:13.80	2:10.10	2:08.00	2:08.00	2:08.00	2:06.98	200m Freestyle	2:43.00	2:27.00	2:21.10	2:14.10	2:06.60	2:00.50	1:56.50	1:55.50	1:54.96
5:35.76	5:19.00	5:10.94	4:43.57	4:33.80	4:27.11	4:25.52	4:21.86	4:15.86	400m Freestyle	5:25.79	5:09.1	5:09.10	4:55.05	4:40.06	4:27.12	4:21.86	4:15.14	4:09.75
44.5	42.70	39.0	35.0	34.5	34.2	34.0	34.0	33.78	50m Breaststroke	45.00	42.50	40.00	37.50	35.10	33.70	32.00	30.80	30.45
1:28.00	1:26.0	1:22.0	1:14.0	1:13.0	1:12.5	1:12.12	1:12.0	1:11.78	100m Breaststroke	1:30.00	1:27.90	1:23.40	1:19.40	1:14.80	1:10.90	1:08.10	1:07.10	1:06.63
3:28.40	3:15.60	3:00.0	2:41.0	2:40.0	2:38.0	2:37.0	2:36.0	2:35.82	200m Breaststroke	3:30.00	3:14.00	3:02.20	2:51.20	2:41.00	2:32.70	2:27.80	2:26.80	2:25.12
37.30	36.30	33.2	31.0	30.6	30.0	29.8	29.5	29.42	50m Butterfly	37.40	36.40	34.10	32.30	30.50	29.20	28.10	27.60	27.51
1:22.00	1:20.00	1:15.00	1:08.0	1:07.00	1:06.82	1:06.20	1:05.89	1:05.20	100m Butterfly	1:18.00	1:15.80	1:12.50	1:08.50	1:04.90	1:01.90	59.70	58.70	58.54
3:20.00	3:03.00	2:46.00	2:32.0	2:27.60	2:26.30	2:22.20	2:21.94	2:20.57	200m Butterfly	3:20.00	2:55.00	2:42.80	2:32.80	2:24.40	2:16.30	2:13.40	2:11.40	2:11.21
40.20	37.40	33.9	31.5	31.0	30.8	30.65	30.43	30.2	50m Backstroke	38.00	37.40	35.50	33.60	31.60	30.50	29.00	28.80	28.43
1:21.00	1:19.30	1:13.70	1:10.10	1:09.0	1:08.60	1:07.21	1:05.0	1:04.86	100m Backstroke	1:19.00	1:16.60	1:13.00	1:09.00	1:05.30	1:01.80	1:01.10	1:00.10	59.98
2:58.20	2:42.20	2:38.60	2:34.2	2:28.2	2:26.4	2:24.2	2:22.2	2:20.41	200m Backstroke	2:59.00	2:48.80	2:37.80	2:28.80	2:20.10	2:13.00	2:11.10	2:10.10	2:05.15
1:34.30	1:20.80	1:18.00	1:15.30	1:14.70	1:12.80	1:11.80	1:10.80	1:10.23	100m IM	1:32.40	1:22.40	1:18.20	1:13.90	1:09.80	1:06.50	1:05.50	1:04.50	1:01.67
3:04.20	2:54.80	2:43.20	2:33.8	2:30.80	2:28.70	2:27.60	2:26.60	2:24.98	200m IM	3:05.90	2:51.40	2:42.70	2:32.70	2:23.30	2:18.00	2:15.70	2:13.70	2:09.65
6:40.65	6:08.76	5:55.50	5:39.34	5:19.81	5:10.16	5:03.16	5:01.26	5:00.10	400m IM	6:35.56	6:02.76	5:51.16	5:25.2	5:13.78	5:02.86	5:00.65	4:45.67	4:36.76



## City of Oxford July 13<sup>th</sup>-14th Summary of Entries

Club:

<b>Swimmers:-</b>			
Female Entries	No.	@ £7.00 per event	£
Males Entries	No.	@ £7.00 per event	£
<b>Coaches &amp; Team Managers:-</b>			
All sessions Poolside Pass	No	@ £25per pass	£
Saturday Poolside Pass with Food	No.	@ £15 per pass	£
Sunday Poolside Pass with Food	No.	@ £15 per pass	£

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

Totals	£
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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](mailto:external.fixtures+CoscMeets@gmail.com)

**CLOSING DATE:-** 21<sup>st</sup> June 2019