

Parkside Swimming Pools, Cambridge.



Cambridge Grand Prix

Level 2 Regional & National
Short Course Qualifier
2ER251367C

14th, 15th & 16th November, 2025

City of Cambridge Swimming Club



City of Cambridge Swimming Club
Cambridge Grand Prix 2025
L2 Regional & National Short Course Qualifier (License Number: 2ER251367)

Friday 14th, Saturday 15th and Sunday 16th November 2025

Affiliated to the Swim England East Region
Under Swim England Technical Rules of Swimming

- Venue: Parkside Swimming Pool, Gonville Place, Cambridge, CB1 1LY
- Pool: 8 lane, 25m pool, electronic timing, Olympic-standard blocks, backstroke starting ledges, a secondary strobe will be available
- Age Groups: 10/11, 12, 13, 14, 15, 16 and over.
- Awards: Medals awarded to top three in each age group
- Cash prizes: Top Visiting Club – **£500**
Top male/open and female swimmers – **£25** each
Meet record breakers – **£25**
Spot prizes for randomly selected heats
- Events: 50m, 100m and 200m all strokes, 400m freestyle, 200m and 400m IM
Events will run from fastest to slowest
- Finals: 50m and 100m all strokes
- Entry Fee: **£8.50** per event for club entries via Sportsys
£9 per event for individual entries
- Spectators: **£5.00** per session or **£12.00** all day
- Closing Date: **12.00 Midnight 10th Oct 2025**

*Any amendments to our Meet Conditions will be communicated on our website as soon as we learn of them.
You can enter the gala in confidence should we have to cancel or reduce swimmer numbers at a later date
then we guarantee a full refund of any payment.*

Please send entries and enquiries to meets@cocsc.org.uk

Meet Programme

Session 1 – Friday 14th November

Warm-up 6.15pm – Start 7.15pm

Event 101	200 Freestyle	Female
Event 102	200 Freestyle	Male/Open

Session 2 – Saturday 15th November

Warm-up 8am – Start 9am

Event 201	400 IM	Male/Open
Event 202	400 Freestyle	Female

Session 3 – Saturday 15th November

Warm-up tbc – Start tbc

Event 301	100 Freestyle	Male/Open
Event 302	50 Breaststroke	Female
Event 303	50 Backstroke	Male/Open
Event 304	100 Butterfly	Female
Event 305	200 Butterfly	Male/Open
Event 306	200 Backstroke	Female

15-minute break before Finals

Session 3 Finals

Event 307	100 Freestyle	Male/Open
Event 308	100 Freestyle	Male/Open
Event 309	100 Butterfly	Female
Event 310	100 Butterfly	Female
Event 311	50 Backstroke	Male/Open
Event 312	50 Backstroke	Male/Open
Event 313	50 Breaststroke	Female
Event 314	50 Breaststroke	Female

Session 4 – Saturday 15th November

Warm-up tbc – Start tbc

Event 401	200 IM	Male/Open
Event 402	50 Freestyle	Female
Event 403	50 Butterfly	Male/Open
Event 404	100 Backstroke	Female
Event 405	100 Breaststroke	Male/Open
Event 406	200 Breaststroke	Female

15-minute break before Finals

Session 4 Finals

Event 407	50 Freestyle	Female
Event 408	50 Freestyle	Female
Event 409	50 Butterfly	Male/Open
Event 410	50 Butterfly	Male/Open
Event 411	100 Backstroke	Female
Event 412	100 Backstroke	Female
Event 413	100 Breaststroke	Male/Open
Event 414	100 Breaststroke	Male/Open

Session 5 – Sunday 16th November

Warm-up 8am – Start 9am

Event 501	400 IM	Female
Event 502	400 Freestyle	Male/Open

Session 6 – Sunday 16th November

Warm-up tbc – Start tbc

Event 601	100 Freestyle	Female
Event 602	50 Breaststroke	Male/Open
Event 603	50 Backstroke	Female
Event 604	100 Butterfly	Male/Open
Event 605	200 Butterfly	Female
Event 606	200 Backstroke	Male/Open

15-minute break before Finals

Session 6 Finals

Event 607	100 Freestyle	Female
Event 608	100 Freestyle	Female
Event 609	100 Butterfly	Male/Open
Event 610	100 Butterfly	Male/Open
Event 611	50 Backstroke	Female
Event 612	50 Backstroke	Female
Event 613	50 Breaststroke	Male/Open
Event 614	50 Breaststroke	Male/Open

Session 7 – Sunday 16th November

Warm-up tbc – Start tbc

Event 701	200 IM	Female
Event 702	50 Freestyle	Male/Open
Event 703	50 Butterfly	Female
Event 704	100 Backstroke	Male/Open
Event 705	100 Breaststroke	Female
Event 706	200 Breaststroke	Male/Open

15-minute break before Finals

Session 7 Finals

Event 707	50 Freestyle	Male/Open
Event 708	50 Freestyle	Male/Open
Event 709	50 Butterfly	Female
Event 710	50 Butterfly	Female
Event 711	100 Backstroke	Male/Open
Event 712	100 Backstroke	Male/Open
Event 713	100 Breaststroke	Female
Event 714	100 Breaststroke	Female

Meet Rules and Information

General Conditions

1. This Competition is licensed by Swim England and will be held under Swim England Technical Rules of Swimming, World Aquatics Technical Rules of Swimming and the following Meet Rules.
2. Entrants must be Swim England registered Category Compete, belong to an affiliated club and enter in the name of one club only.
3. The meet promoter has the right to amend the program or timings to ensure the smooth running of the event.
4. The overall meet promoter is Tone Klausen however a different person may be designated as promoter for each session on the day. Questions regarding this meet should be directed, in the first instance, to meets@cocsc.org.uk.
5. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Technical Rules of Swimming and World Aquatics Technical Rules of Swimming.

Age Groups

6. Competitors' ages shall be as of **31st December 2025**
7. The age groups will be 10/11, 12, 13, 14, 15 and 16+.

Fees

8. Race entry fee is **£8.50** per event when entered as a team (Sportsys file)
9. Individual online entry is **£9.00** per event (via individual entry link)
10. Spectator fees are **£5.00** per session or **£12.00** all day
11. Coach/Team Manager passes are **£35.00/weekend** (including food) or **£20/weekend** (without food). Friday is free of charge. Chaperone passes for para swimmers are free of charge and do not include food.

Awards

12. 200m and 400m events will be Heats Declared Winners.
13. Finals shall be swum for 50m and 100m freestyle, backstroke, breaststroke and butterfly events in the following age group, 14/Under and 15/Over and will consist of the fastest eight heat swimmers from each of the age groups defined.
14. Medals will be awarded to the top three in each age group in each event based on heat performance. Age groups as follows – 10/11, 12, 13, 14, 15 and 16+.
15. Finals will be medalled separately based purely on the finals result for 14/Under and 15/Over.
16. Cash prizes of **£25** will be awarded to the overall top male/open and female swimmers in the following age group categories: 10/11, 12, 13, 14, 15 and 16+. This is based on the highest accumulated number of World Aquatics points scored. Where swimmers achieve points in both a heat and final for an event, the highest score of the two will be counted towards the total.
17. Meet record breakers will be awarded a cash prize of **£25**. Details of current meet record holders will be linked from the event page. For 50m and 100m events the record breakers will be declared after the Finals – only one prize will be given per event.
18. Spot prizes will be awarded to randomly selected heat winners. A spot prize heat will be identified prior to the start of the race with a ringing bell. All spot prizes will be awarded at the promoter's discretion.
19. Top point scoring visiting club will receive **£500** (calculated on points awarded to the top 8 finishers in each age group).

Entries

20. Entry forms and payment must be received by the Promoters before midnight on **Friday 10th October 2025** and must be fully and correctly completed, or else they may be rejected.
21. All entries of three or more swimmers must be made electronically. Electronic SPORTSYSTEMS Entry Manager files are available on request by e-mail to meets@cocsc.org.uk or from the [Grand Prix meet page](#).
22. Entries will only be accepted once payment has been received.
23. The list of accepted and rejected entries will be published/available for download on the [Grand Prix meet page](#) approximately two weeks prior to the competition. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required.

Individual entries

24. Individual entries must be made via an online form, linked [here](#). Please check first if your club is entering before submitting an individual entry.
25. The parents/guardians of swimmers who enter a meet on an individual basis (i.e. their entry has not been organised by a club) are responsible for the supervision of their children, either directly or indirectly via a nominated adult.

26. Individual entry swimmers under 18 must sit with their parent/nominated adult in the spectators' gallery between sessions and not in the poolside areas allocated to clubs unless a) their responsible adult is a TM with a purchased poolside pass or b) they have asked and **prearranged** that Cambridge can "adopt" them at the meet. This request can only be accepted by Cambridge subject to having the correct ratio of swimmers/coaches/TMs.

Qualifying times and entry standards

27. All entry times must meet the qualifying times and criteria stated on the qualifying times below.
28. The Meet Promoter reserves the right to allow additional entries that are slower than the qualification times if the Meet is not full by the closing date.
29. Swimmers in possession of a Swim England Certificate of Swimming Disability or whose Swim England membership record details a disability sport class are welcome to enter the competition with a time slower than the lower limit standard. An entry time must be provided.

Over-subscription and rejections

30. This is a **not** a first come first serve meet. The promoter reserves the right to limit entries.
31. Competitors may be rejected if the meet is oversubscribed in order to meet license time guidelines.
32. If the meet is oversubscribed, rejections will be made proportionally across all events and ages starting with the slowest swimmer of each age group.
33. In the event that entries are rejected, fees will be refunded by a single BACS transfer to club that entered the swimmer or to the individual in the case of individual entries.
34. If the meet is oversubscribed, a reserve list may be offered, at the promoter's discretion, to counteract the effect of late withdrawals and to maximize opportunities for swimmers to participate. Swimmers whose entries are initially rejected will be invited to be on the reserve list. Anyone on the reserve list must be within the qualifying times. The period for application will close 5 days after publication of the initial list of accepted and rejected entries. Swims for those on the reserve list cannot be guaranteed. Entry fees from reserves that do not swim at the meet will be refunded after the meet.

Withdrawals and refunds

35. Swimmers **must** withdraw from any events that they no longer wish to swim. All swimmers informed of having accepted entries will be deemed as competing unless they have informed the promoter that they do not wish to swim.
36. Each club should have their own record of swimmers entered, and swimmers unable to compete must be withdrawn.
37. Clubs who submitted an entry file will have been sent a *Swim-Meet withdrawal link*, please use this link for withdrawals. Swimmers should contact their clubs to be withdrawn. Individual entries should contact the meet promoter.
38. Any on the day withdrawals must be made by coaches or the club representative any time up to 5 minutes after the start of each warm-up for the relevant session.
39. No refunds will be made for withdrawals after the registration deadline list other than for injury or illness with a medical certificate. Any competitor that withdraws on medical grounds will not be permitted to participate in any events for the remainder of that session.

Fines

40. Any swimmer failing to report to the marshalling area for their event, and subsequently missing their event will be fined **£10** which must be paid before they can join any other events they have been entered into.

Coaches and team managers

41. Coaches/Team Managers will be allowed on poolside if wearing a pre-purchased pass. These passes include admittance to the poolside for all sessions and food on Saturday and Sunday.
42. Coaches and Team Managers must be club trained personnel and clubs are asked to maintain the recommended ratio of helpers to swimmers in line with the Swim England Team manager, Coach and Chaperone Policy. Untrained parents without DBS clearance are not allowed poolside.
43. Clubs are reminded that it is their responsibility to ensure that swimmers entered under their name are supervised, at all times, by coaches/ team managers/chaperones in compliance with the Swim England Team manager, Coach and Chaperone Policy.

Pool information and Starts

44. The pool length is 25 metres, 8 lanes with anti-wave ropes and electronic timing and the depth of the pool is 1.2m at the shallow end and 1.8m at the deep end. Dives into depths between 1.2m and 1.35 metres are allowed from the poolside or starting block, as long it is not more than 0.75m above the water. If the water is between one metre and

1.2 metres, a poolside dive will be permitted providing it is not from more than 0.4 metres above the surface. All starts and changes during relay races are into 1.35m of water.

45. In accordance with the Swim England guidance of 8/12/2022 it is not permitted to dive at the shallow end of the pool. All races will start at the deep end; there are no relay events in this gala.
46. Backstroke starting ledges may be used.
47. A secondary strobe will be available.
48. All events will be seeded on submitted times. For events with finals the fastest three heats will be cyclically seeded, all other heats and heats declared winners events will be spearheaded.
49. Events will run in seeded Heats from Fastest to Slowest
50. Over-the-top starts, and side-by-side starts for backstroke events, may be used at the referees' discretion.

Warm-up

51. Warm up protocol: Strictly no diving during any warm-up sessions, except in the designated sprint lanes, odd lanes will swim clockwise (1, 3, 5, 7) even lanes (2, 4, 6, 8) will swim counter-clockwise. All swimmers must leave the water by the side of the pool and not over the timing pads. Coaches must manage the lanes their swimmers are using during the warm up sessions. Guidance will be given by the meet announcer and warm-up marshals.

Officials

52. CoCSC welcome all officials including trainees. Officials can register directly online at the [sign-up link page](#).

Photography

53. In accordance with Swim England Safeguarding Policy all parents or carers of swimmers under the age of 18 who wish to take photo, or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms. Should you have any concerns about photography or filming at this event then please bring them to the attention of the Meet Promoter in attendance.
54. The use of any **mobile device or camera** in any of the changing area is strictly forbidden.

Spectators

55. Limited seating poolside will be available for coaches and swimmers. No additional seating is permitted poolside or in the gallery.

Results

56. Results will be available on the live results link. This link will be distributed before/at the meet.

Safety

57. The promoters do not accept responsibility for any property damage, theft or loss thereof.
58. For Health and Safety reasons only small rucksack bags will be allowed poolside. Lockers are available (refundable £1 coin required). Pool staff will remove any large obtrusive bags.
59. Access to poolside is restricted to competitors for the session, coaches/team managers with a poolside pass, technical officials and appointed volunteers. Parents are not permitted access to poolside
60. Glass items are not allowed on poolside.
61. The promoters reserve the right to refuse admission to any competitor, participant, coach or spectator.

Data Protection

62. By submitting and accepting entries to the meet, consent is hereby given, as required by the Data Protection Act 2018, to the holding of personal information on computer. Personal data handled such as name, club, recorded and entered times may be made public during or after the meet.

Transgender Competition Policy

63. Entries will be made using Female and Open/Male competition categories in accordance with the Swim England Transgender and Non-binary Competition Policy on 1 September 2023.
64. 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.

Para Swimming Conditions

The conditions outlined above shall apply to all para swimmers except where varied by any of the following conditions.

1. Swimmers with S1- S15 classifications will be accepted.
2. All para swimmers must have an internationally authorised classification.
3. Competitors must be registered members of Swim England.
4. The meet does not have disability consideration times, however the organisers reserve the right to reject swimmers after the closing date if demand exceeds the time available in the galas.
5. Personal care attendants will be permitted for swimmers in all disability classes.
6. A swimmer may have both a coach and a personal care attendant present.
7. The competition format will be based on disability inclusion within the able-bodied programme. Swimmers will be integrated on a time-banded basis in all events.
8. Positions will be determined by each swimmer's times relative to the world record in their own classification.
9. Para swimmers will be included but not placed within the results for the appropriate age group in the able-bodied competition unless their entry times meet the qualifying times for the able-bodied competition. They will also be included in the multi-class results and placed within those results according to their equivalent times.
10. Winners of all events will be heat declared.
11. Competition to be run under IPC Swimming swim rules.
12. Medals shall be awarded on a multi-class basis to 1st, 2nd and 3rd place in each event.

Qualifying Times

Qualification times must have been achieved at licensed meets since the 1st of September, 2024, converted to 25m pool if necessary. All entry times will automatically be checked against British Rankings for validity. Entries with NT will be rejected.

If the meet is oversubscribed your entry may be rejected even if you are faster than the qualifying times. Please see conditions above.

MALE/OPEN						
	10/11yrs	12yrs	13yrs	14yrs	15yrs	16+ yrs
50m Free	36.92	34.71	32.85	31.07	29.68	28.78
100m Free	1:20.60	1:15.70	1:11.10	1:07.30	1:04.60	1:02.60
200m Free	2:53.05	2:43.05	2:33.45	2:25.13	2:19.39	2:14.94
400m Free	5:58.68	5:39.08	5:20.26	5:04.19	4:51.55	4:42.93
50m Breast	48.00	45.10	41.90	39.60	37.70	36.40
100m Breast	1:43.40	1:36.90	1:30.10	1:25.10	1:21.00	1:18.40
200m Breast	3:40.18	3:27.11	3:13.35	3:02.06	2:54.04	2:48.99
50m Fly	41.00	38.80	36.40	34.30	32.50	31.50
100m Fly	1:30.40	1:24.60	1:19.10	1:14.40	1:10.70	1:08.80
200m Fly	3:26.13	3:14.06	3:01.69	2:51.29	2:41.72	2:37.77
50m Back	42.50	40.30	37.60	35.80	33.90	32.60
100m Back	1:30.05	1:24.77	1:19.30	1:14.63	1:11.14	1:08.95
200m Back	3:11.37	3:00.77	2:49.39	2:39.79	2:32.76	2:28.30
200m IM	3:07.72	2:57.46	2:47.01	2:37.03	2:30.29	2:26.01
400m IM	6:59.70	6:34.30	6:12.00	5:50.30	5:34.60	5:25.40

FEMALE						
	10/11yrs	12yrs	13yrs	14yrs	15yrs	16+ yrs
50m Free	37.02	34.73	33.49	32.52	32.26	31.76
100m Free	1:21.30	1:15.91	1:13.39	1:10.54	1:09.50	1:08.70
200m Free	2:53.65	2:43.25	2:36.42	2:31.97	2:28.70	2:26.52
400m Free	5:57.60	5:36.83	5:23.20	5:14.38	5:07.52	5:04.00
50m Breast	48.30	45.40	43.20	41.80	40.08	40.30
100m Breast	1:43.50	1:37.30	1:32.30	1:28.70	1:27.10	1:26.20
200m Breast	3:39.88	3:26.71	3:16.22	3:09.59	3:06.00	3:03.94
50m Fly	41.30	39.10	37.30	36.10	35.20	34.70
100m Fly	1:30.90	1:24.90	1:21.20	1:18.30	1:16.90	1:15.80
200m Fly	3:28.21	3:13.86	3:04.39	2:57.84	2:53.58	2:51.39
50m Back	42.70	40.50	38.47	37.26	36.74	36.01
100m Back	1:29.63	1:24.02	1:20.18	1:17.82	1:15.94	1:14.96
200m Back	3:10.58	2:59.88	2:52.56	2:47.51	2:43.15	2:40.78
200m IM	3:08.00	2:56.98	2:49.86	2:44.44	2:41.03	2:38.84
400m IM	6:57.30	6:32.00	6:14.40	6:03.10	5:55.80	5:50.50

Club Summary Entry Form

Please use the online Club Summary Entry Form: [Click here](#)

Please make payment by BACS to the following account:

Account Name: City of Cambridge Swimming Club
Account No.: 03013626
Sort code: 20-17-19

Your payment reference should be “**CLUB NAME/GP25**”

Checklist – By the Closing Date of **10th October 2025** please ensure you have e-mailed the following information to meets@cocsc.org.uk:

- Club Summary Entry Form
- Sportsys Entry File
- Sportsys Meet Entry Report
- BACS transfer details

Coach/Team Manager Pass Application Form

Please use the online Poolside Pass Application form: [Click here](#)

Weekend Passes with food: **£35**
Weekend Passes without food: **£20**
Friday is free

Friday is included in the weekend pass. Only order a Friday specific pass if attending Friday *only*.
Weekend passes include brunch + hot lunch on Saturday and Sunday

Passes may be shared, but can only be used by *one person* each session. All pass holders must be DBS checked by the Club. Passes must be ordered at least 10 days before the start of the meet (Wednesday 5th November 2025). Orders received after that date may not be processed. We recommend that you only order passes once accepted entries have been published.

If you need to fill out **more than 8 names** or you need to **change** names after filling out the google form, please email the meet promoter (meets@cocsc.org.uk).

Chaperone passes: Please email the meet promoter to order chaperone passes for para swimmers. Chaperone passes do not include food and there is no charge.

Coach Passes will not be available on the day. There will be no access to poolside without a pass, and passes must be worn at all times.

Officials Request Form

CoCSC welcome all officials including trainees.

We have an on-line signing up page: <https://swim-meet.com/OfficialsSignup/Cambridge/>

Please click on the link above to select the sessions that you can help with. You will need your Swim England number. If you make any changes to your signup (add/remove), this will overwrite any submitted information, so please re-enter all availability.

Add notes on any mentoring requests and we will do our best to accommodate.

For those doing more than one session per day we provide lunch and refreshments between the sessions + parking refund for the sessions officiated.

Payment for mileage expenses will be refunded if you do not have a competing swimmer.

Car parking can be a problem around the pool, but we may have parking spaces allocated locally for officials - this will be advised nearer the time.

Any additional questions please email officials@cocsc.org.uk

Parking

Parking and traffic in Cambridge can be very busy, so allow enough time to get to the pool. Please be aware that Parkside Pool is in the centre of Cambridge, neither GLL nor CoCSC are responsible for the cost of car parking.

The closest parking is Queen Anne Car Park next to Parkside pools ([Queen Anne Terrace car park - Cambridge City Council](#))

Other options (all located approximately 10-15 minutes' walk from the pool):

- Cambridge Railway Station (pre-booking: <https://www.ncp.co.uk/find-a-car-park/car-parks/cambridge-station-g-anglia/>)
- Adam and Eve street car park
- Gwydir Street car park (free on Sunday)
- Grafton Centre car park
- Grand Arcade car park

All are located approximately 10-15 minutes' walk from the pool. For information including live parking updates and spaces go to <https://www.cambridge.gov.uk/car-parks-map>

Park and Rides is another option (<https://cambridgeparkandride.info/>)

The train station is only a 10 minute walk from Parkside Pools if you decide to take the train.