

Parkside Swimming Pools, Cambridge.



# Jeanne Barker Open 2024

Level 3 no. 3ER240457  
6<sup>th</sup> and 7<sup>th</sup> July 2024

City of Cambridge Swimming Club



City of Cambridge Swimming Club  
Cambridge Spring Open 2024  
(License Number: 3ER240457)

**Saturday 6th and Sunday 7th July 2024**

Affiliated to the Swim England East Region  
Under Swim England Laws and Regulations and 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.  
A secondary strobe will be available at this meet.
- Age Groups: 9, 10, 11, 12, 13, 14, 15 and over. Age as at 7<sup>th</sup> July 2024  
For event restrictions see qualifying times below.
- Awards: Heat declared winners with awards to top three in each age group.  
Heats will run slowest to fastest seeded times.  
Spot prizes will be given in each event.
- Events: 50m, 100m and 200m all strokes, 100m and 200m IM.
- Fees: **£7** per event for club entries via Sportysys  
**£7.50** per event for individual online entries
- Specators: Spectator Entry **£6** per session or **£10** all day.
- Entries to: Entries will be accepted via Sportysys file or online form ONLY.  
Entries with NT will be accepted, estimated times may be provided in place of NT entries (but are not required).

Closing Date for Entries: **12.00 Midnight on 7<sup>th</sup> June 2024**

*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*

This is a first come first serve meet.

Enquiries can be e-mailed to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk)

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## Meet Programme

### Session 1 Saturday 6<sup>th</sup> July

Warm-up 12pm  
Start 1pm

1	200m IM	Female
2	50m Breaststroke	Male/Open
3	50m Butterfly	Female
4	200m Backstroke	Male/Open
5	200m Breaststroke	Female
6	100m Butterfly	Male/Open
7	100m Freestyle	Female

### Session 2 Saturday 6<sup>th</sup> July

Warm-up tbc  
Start tbc

8	50m Freestyle	Male/Open
9	50m Backstroke	Female
10	100m IM	Male/Open
11	200m Freestyle	Female
12	200m Butterfly	Male/Open
13	100m Breaststroke	Female
14	100m Backstroke	Male/Open

### Session 3 Sunday 7<sup>th</sup> July

Warm-up 12pm  
Start 1pm

15	200m IM	Male/Open
16	50m Breaststroke	Female
17	50m Butterfly	Male/Open
18	200m Backstroke	Female
19	200m Breaststroke	Male/Open
20	100m Butterfly	Female
21	100m Freestyle	Male/Open

### Session 4 Sunday 7<sup>th</sup> July

Warm-up tbc  
Start tbc

22	50m Freestyle	Female
23	50m Backstroke	Male/Open
24	100m IM	Female
25	200m Freestyle	Male/Open
26	200m Butterfly	Female
27	100m Breaststroke	Male/Open
28	100m Backstroke	Female

***Timings noted above are indicative and may alter slightly.  
Final timings will be confirmed shortly before the meet.***

## Meet Rules and Information

### General Conditions

1. This Competition is licensed by Swim England and will be held under Swim England Laws and Regulations, Technical Rules of Racing, 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 and fairness 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/queries regarding this meet should be directed, in the first instance, to the promoter at [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk).
5. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Swim England Regulations and Technical Rules of Racing.

### Age Groups

6. Competitors' ages shall be as of **7<sup>th</sup> July 2024**
7. The age groups for each event will be 9, 10, 11, 12, 13, 14, 15 and over.

### Fees

8. Race entry fee is **£7** per event when entered as a team (Sportsys file)
9. Individual online entry is **£7.50** per event (via individual entry link)
10. Spectator fees are **£6** per session or **£10** per day.
11. Coach/Team Manager passes are **£16.00** per day (includes lunch)

### Awards

12. Medals will be awarded to the top three in each age group in each event based on heat declared winner
13. 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.

### Entries

14. Entry forms and payment must be received by the Promoters before midnight on **Friday 7<sup>th</sup> June 2024** and must be fully and correctly completed, or else they may be rejected.
15. All entries of three or more swimmers must be made via club entry. Electronic SPORTSYSTEMS Entry Manager files are available on request by e-mail to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk) or from the club website at [www.cocsc.org.uk](http://www.cocsc.org.uk). There will be an administration charge of **£20** for group entries not submitted via meet entry file.
16. Individual entries must be made via an online form, linked here: <https://swim-meet.com/Entry/Cambridge/>. Please check first if your club is entering before submitting an individual entry.
17. Entries will only be accepted once payment has been received.
18. The list of accepted and rejected entries will be published/available for download on the club website ([www.cocsc.org.uk](http://www.cocsc.org.uk)) 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.

### Qualifying times and entry standards

19. All entry times must meet the qualifying times and criteria stated on the qualifying times below.
20. 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

21. This is a first come first serve meet.
22. Competitors may be rejected if the meet is oversubscribed in order to meet license time guidelines.
23. The promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme.
24. In the event that entries are rejected, fees will be refunded by a single payment to club in question. Individual entries will be refunded to the individual's bank account.

### Withdrawals and refunds

25. 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.
26. Each club should have their own record of swimmers entered, and swimmers unable to compete must be withdrawn.
27. Withdrawals must be done online by using the **Swim-Meet withdrawal link** provided by the promoter before the meet.
28. 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.
29. No refunds will be made for withdrawals after the publication of the Accepted 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

30. 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

31. 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 lunch on the day.
32. 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 SE guideline. Untrained parents without DBS or Safeguarding clearance are not allowed on poolside.
33. 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

34. 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.
35. In accordance with 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.
36. Backstroke starting ledges may be used at the discretion of the meet promoter.
37. A secondary strobe will be available and in use at this meet.
38. All events will be seeded on submitted times, and all heats will be spearheaded. The first three swimmers in each event in each age group will receive awards.
39. Over the top starts may be used at the referees' discretion.

### Warm-up

40. 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 Anti 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 & warm up Marshals.

### Officials

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

### Photography

42. In accordance with Swim England Child Safety Procedures and Policies 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.
43. There can be **no cameras or phones** in any of the changing rooms.

### Spectators

44. Limited seating poolside will be available for Coaches and swimmers. No additional seating is permitted poolside or in the gallery.
45. The promoters reserve the right to refuse admission to any competitor, participant, coach or spectator

### Results

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

### Safety

47. The promoters do not accept responsibility for any property damage, theft or loss thereof.
48. 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.
49. 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.
50. Glass items are not allowed on poolside.

### Data Protection

51. 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

52. 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.
53. 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(S14) classifications will be accepted.
2. All para swimmers must have an internationally authorised classification.
3. Competitors must be registered members of Swim England.
4. Personal care attendants will be permitted Poolside for swimmers in all disability classes.
5. A swimmer may have both a coach and a personal care attendant present Poolside.
6. 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.
7. Positions will be determined by each swimmer's times relative to the world record in their own classification.
8. 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.
9. Competition to be run under IPC Swimming rules.
10. Medals shall be awarded on a multi-class basis to 1st, 2nd and 3rd place in each event.

## Qualifying Times

### Swimmers time must be slower than the Qualifying time

Qualification times must have been achieved at any meet since 1<sup>st</sup> Jan 2023, converted to 25m pool if necessary. All entry times will automatically be checked against British Rankings for validity.

Entries with “No Time” will be accepted, and estimated times may be provided in place of NT entries (but are not required).

MALE/OPEN							
“Upper Qualifying time limits” (Short course or long course converted times accepted*)							
	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs +
50m Free	34.25	31.75	30.00	28.50	26.50	25.75	24.00
100m Free	1:17.50	1:10.00	1:06.00	1:02.00	58.50	56.25	52.50
200m Free	2:42.50	2:30.00	2:23.75	2:14.00	2:07.75	2:03.50	1:57.50
50m Breast	46.00	42.50	39.00	36.50	34.00	33.00	30.25
100m Breast	1:38.00	1:32.50	1:25.00	1:20.00	1:13.50	1:11.00	1:06.00
200m Breast	3:35.50	3:17.50	3:05.00	2:52.50	2:40.00	2:35.00	2:23.00
50m Fly	38.75	36.00	33.50	31.00	29.25	28.50	26.50
100m Fly	1:30.00	1:21.50	1:15.50	1:10.50	1:05.25	1:01.25	57.75
200m Fly	3:19.00	2:57.25	2:45.50	2:33.25	2:20.75	2:16.00	2:10.00
50m Back	39.75	36.50	34.75	32.50	30.25	29.75	27.25
100m Back	1:25.00	1:18.50	1:14.50	1:09.50	1:05.50	1:03.25	58.50
200m Back	3:02.50	2:50.00	2:41.75	2:30.50	2:22.75	2:16.50	2:08.50
100m IM	1:30.00	1:22.00	1:17.50	1:12.00	1:07.50	1:05.50	59.50
200m IM	3:03.50	2:53.25	2:43.50	2:31.25	2:23.00	2:18.25	2:08.25

FEMALE							
“Upper Qualifying time limits” (Short course or long course converted times accepted*)							
	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs +
50m Free	34.75	32.25	30.50	29.50	29.00	28.25	26.75
100m Free	1:18.75	1:11.50	1:07.00	1:04.00	1:02.00	1:00.00	58.50
200m Free	2:41.50	2:33.25	2:25.00	2:20.00	2:15.25	2:10.00	2:05.00
50m Breast	46.50	42.00	39.00	37.50	36.25	35.75	32.75
100m Breast	1:40.50	1:33.00	1:24.25	1:21.75	1:18.75	1:16.75	1:11.50
200m Breast	3:33.75	3:18.50	3:06.00	2:57.00	2:50.00	2:45.25	2:35.00
50m Fly	39.00	36.75	33.50	31.75	30.75	30.50	28.50
100m Fly	1:35.75	1:25.25	1:15.00	1:12.50	1:09.75	1:07.50	1:02.50
200m Fly	3:23.50	3:03.50	2:47.50	2:35.25	2:29.25	2:23.75	2:16.00
50m Back	39.75	36.75	35.00	33.75	32.00	31.50	29.00
100m Back	1:28.25	1:20.50	1:16.00	1:12.50	1:10.25	1:08.00	1:02.00
200m Back	3:04.25	2:52.50	2:42.00	2:35.75	2:27.50	2:25.00	2:15.00
100m IM	1:30.00	1:24.00	1:18.50	1:14.25	1:11.25	1:10.00	1:04.00
200m IM	3:05.50	2:55.75	2:44.00	2:34.75	2:30.50	2:26.50	2:16.50

## Club Summary Entry Form

Please return this completed form by e-mail to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk).

**ENTRY DEADLINE: MIDNIGHT ON 7th JUNE 2024**

Club Name:	
Contact Name:	
Postal Address:	
Email Address:	
Telephone No:	

Entry Details:

		No. of Entries/Passes	Cost
Swimmers	@ £7.00 per event		£
Coach/Team Manager Passes	@ £16 per person per day		£
		TOTAL	£

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/JB24"

Checklist – **By the Closing Date of 7<sup>h</sup> June 2024** please ensure you have e-mailed the following information:

- Club Summary Entry Form (this form)
- Coach/Team Manager Form
- SportSys Entry File
- SportSys Meet Entry Report
- BACS transfer details



## Coach/Team Manager Pass Application Form

Club Name: \_\_\_\_\_

**Closing date 7<sup>th</sup> June 2024**

	Saturday (£16 PER PERSON)	Sunday (£16 PER PERSON)
Full Name:		
Position (e.g. Coach):		
Telephone No:		
Email Address:		
DBS Certificate No.:		
Full Name:		
Position (e.g. Coach):		
Telephone No:		
Email Address:		
DBS Certificate No.:		
Full Name:		
Position (e.g. Coach):		
Telephone No:		
Email Address:		
DBS Certificate No.:		
Full Name:		
Position (e.g. Coach):		
Telephone No:		
Email Address:		
DBS Certificate No.:		
Number of passes @ £16 per person per day. Total: £		

The above named person(s) is (are) authorised to hold a pass for this club:

Signed \_\_\_\_\_ Club Representative

Coach/Team Manager Passes will not be available on the day. There will be no access to poolside without a pass. Passes include entry to poolside, programme and meal on Saturday and Sunday. All completed forms to be returned by e-mail to [meets@cocsc.org.uk](mailto:meets@cocsc.org.uk).

## Officials Request Form

CoCSC welcome all officials including trainees.

We have an on-line signing up page, you just need your Swim England number:

<https://swim-meet.com/OfficialsSignup/Cambridge/>

Please click on the link above to select the sessions that you can help with.

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

We provide lunch and refreshments for those doing more than one session and payment for expenses incurred in travel 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](mailto: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
- 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.