

Parkside Swimming Pools, Cambridge.

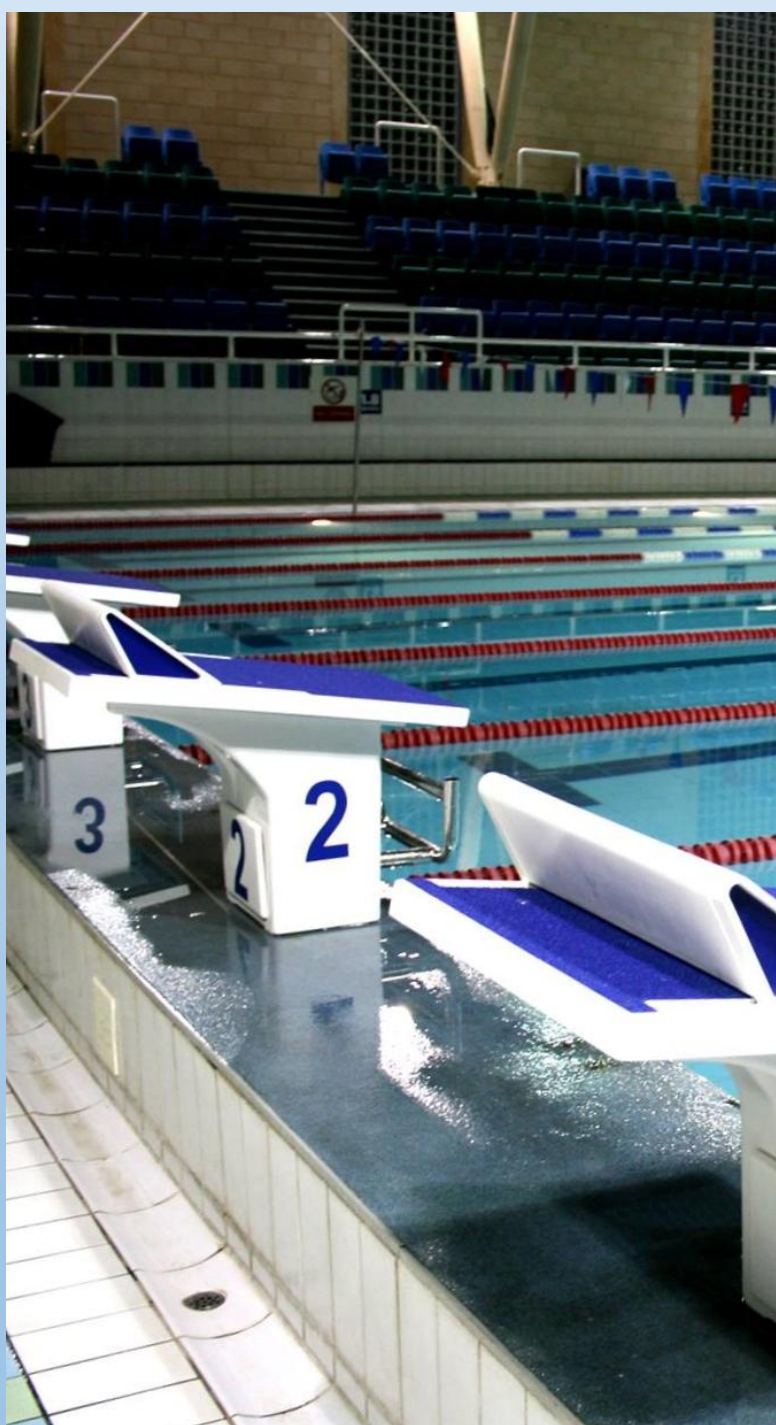


Jeanne Barker Open 2025

Level 3 no. 3ER250951

5th and 6th July 2025

City of Cambridge Swimming Club



City of Cambridge Swimming Club
Cambridge Jeanne Barker 2025
(License Number: 3ER250951)

Saturday 5th and Sunday 6th July 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.
A secondary strobe will be available at this meet.
- Age Groups: 9, 10, 11, 12, 13, 14, 15 and over. Age as at 6th July 2025
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 + 150m IM (para event)
- Fees: **£7** per event for club entries via Sportsys
£7.50 per event for individual entries
- Spectators: Spectator Entry **£6** per session or **£10** all day.
- Entries to: Entries will be accepted via Sportsys file or online form ONLY.
NT swimmers will be accepted, but please provide estimated times.

Closing Date for Entries: **12.00 Midnight on 6th June 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*

This is a first come first serve meet.

Enquiries can be e-mailed to meets@cocsc.org.uk

Meet Programme

Session 1 Saturday 5th July

Warm-up 12pm
Start 1pm

1	150m IM	Female
2	200m IM	Female
3	50m Breaststroke	Male/Open
4	50m Butterfly	Female
5	200m Backstroke	Male/Open
6	200m Breaststroke	Female
7	100m Butterfly	Male/Open
8	100m Freestyle	Female

Session 2 Saturday 5th July

Warm-up 4pm (TBC)
Start 5pm (TBC)

9	50m Freestyle	Male/Open
10	50m Backstroke	Female
11	100m IM	Male/Open
12	200m Freestyle	Female
13	200m Butterfly	Male/Open
14	100m Breaststroke	Female
15	100m Backstroke	Male/Open

Session 3 Sunday 6th July

Warm-up 12pm
Start 1pm

16	150m IM	Male/Open
17	200m IM	Male/Open
18	50m Breaststroke	Female
19	50m Butterfly	Male/Open
20	200m Backstroke	Female
21	200m Breaststroke	Male/Open
22	100m Butterfly	Female
23	100m Freestyle	Male/Open

Session 4 Sunday 6th July

Warm-up 4pm (TBC)
Start 5pm (TBC)

24	50m Freestyle	Female
25	50m Backstroke	Male/Open
26	100m IM	Female
27	200m Freestyle	Male/Open
28	200m Butterfly	Female
29	100m Breaststroke	Male/Open
30	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 Technical Rules, 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 regarding this meet should be directed, in the first instance, to the promoter at 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 **6th July 2025**
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 **£30.00** per weekend (with lunch) or **£18** per weekend (without food). Chaperone passes for para swimmers are free and do not include food.

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 6th June 2025** 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 or from the [Jeanne Barker meet page](#).
16. Entries will only be accepted once payment has been received.
17. The list of accepted and rejected entries will be published/available for download on the club website ([Jeanne Barker 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

18. Individual entries must be made via an online form, linked [here](#). Please check first if your club is entering before submitting an individual entry.
19. 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.
20. 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

21. All entry times must meet the qualifying times and criteria stated on the qualifying times below. Entries with NT will be accepted, but estimated times should be provided in place of NT.
22. 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

23. This is a first come first serve meet.
24. Competitors may be rejected if the meet is oversubscribed in order to meet license time guidelines.
25. The last club(s) and/or last individual swimmer to enter will be rejected first.

26. In the interest of safety and to ensure the smooth running of the competition the promoter reserves the right to limit the number of overall entries and the number of heats in any event to maintain a balanced programme. If the whole competition or any individual event is oversubscribed, entries will be rejected proportionally across the defined age groups.
27. 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.

Reserve list

28. If the meet is oversubscribed, a reserve list might be offered, at the promoter's discretion, to maximize opportunities for swimmers to participate. Swimmers whose entries are initially rejected will be invited to be on the reserve list by emailing the meet promoter (meets@cocsc.org.uk). 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. The reserve list will be seeded based on a first come first served basis, however swimmers with parents who sign up to officiate at the meet will be prioritised. If swims become available, they will be offered to those highest on the reserve list. 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

29. 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.
30. Each club should have their own record of swimmers entered, and swimmers unable to compete must be withdrawn.
31. 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.
32. 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.
33. No refunds will be made for withdrawals after the registration deadline 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

34. 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

35. Coaches/Team Managers will be allowed on poolside if wearing a pre-purchased pass. These passes include admittance to the poolside for all sessions. Passes can be with or without lunch.
36. 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 Swim England Team manager, Coach and Chaperone Policy. Untrained parents without DBS or Safeguarding clearance are not allowed on poolside.
37. 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

38. 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.
39. 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.
40. Backstroke starting ledges may be used at the discretion of the meet promoter.
41. A secondary strobe will be available and in use at this meet.
42. 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.
43. Over the top starts may be used at the referees' discretion.

Warm-up

44. Warm up protocol: Strictly no diving during any warm-up sessions, 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 and warm up marshals.

Officials

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

Photography

46. In accordance with the 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.
47. The use of any **mobile device or camera** in any of the changing area is strictly forbidden.

Spectators

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

Results

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

Safety

51. The promoters do not accept responsibility for any property damage, theft or loss thereof.
52. 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.
53. 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.
54. Glass items are not allowed on poolside.

Data Protection

55. 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

56. 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.
57. 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 were 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 1st Jan 2024, converted to 25m pool if necessary.

All entry times will automatically be checked against British Rankings for validity.

Swimmers with no previous times will be accepted but estimated times must be provided in place of NT entries.

150m IM is open to para swimmers only so has no upper qualification times.

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.

ENTRY DEADLINE: MIDNIGHT ON 6th JUNE 2025

Club Name:	
Contact Name:	
Email Address:	

Entry Details:

		No. of Entries	Cost
Swimmers	@ £7.00 per event		£
Poolside Passes	£30 with food £18 without food Please order via form link on next page		
		TOTAL	£

You can fill in an online Club Summary Entry Form instead: [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/JB25"

Checklist – **By the Closing Date of 6^h June 2025** please ensure you have e-mailed the following information:

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

Coach/Team Manager Pass Application Form

Passes must be ordered at least 10 days before the start of the meet (Wednesday 25th July). Orders received after that date may not be processed.

We recommend that you order all passes at the same time, when the entries have been confirmed. Passes will not be issued unless payment is received in advance by bank transfer to City of Cambridge Swimming Club as detailed in the meet conditions.

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. All pass holders must be DBS checked by the Club.

All poolside pass applications are to be made via the google form in the link below:

[Click here to order passes](#)

Weekend Passes with food: **£30**
Weekend Passes without food: **£18**

Passes may be shared, but can only be used by *one person* per session.

If you need to change/edit names after filling out the form, please email the meet promoter.

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.

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 two sessions per day, and payment for expenses incurred in travel if you do not have a competing swimmer.

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.

Other options:

- Gwydir Street car park (free on Sundays)
- Cambridge Railway Station
- Adam and Eve 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>