

City of Peterborough Swimming Club L3 COPS Winter Meet



City of Peterborough L3 Winter Meet

Saturday 29th November and Sunday 30th November 2025

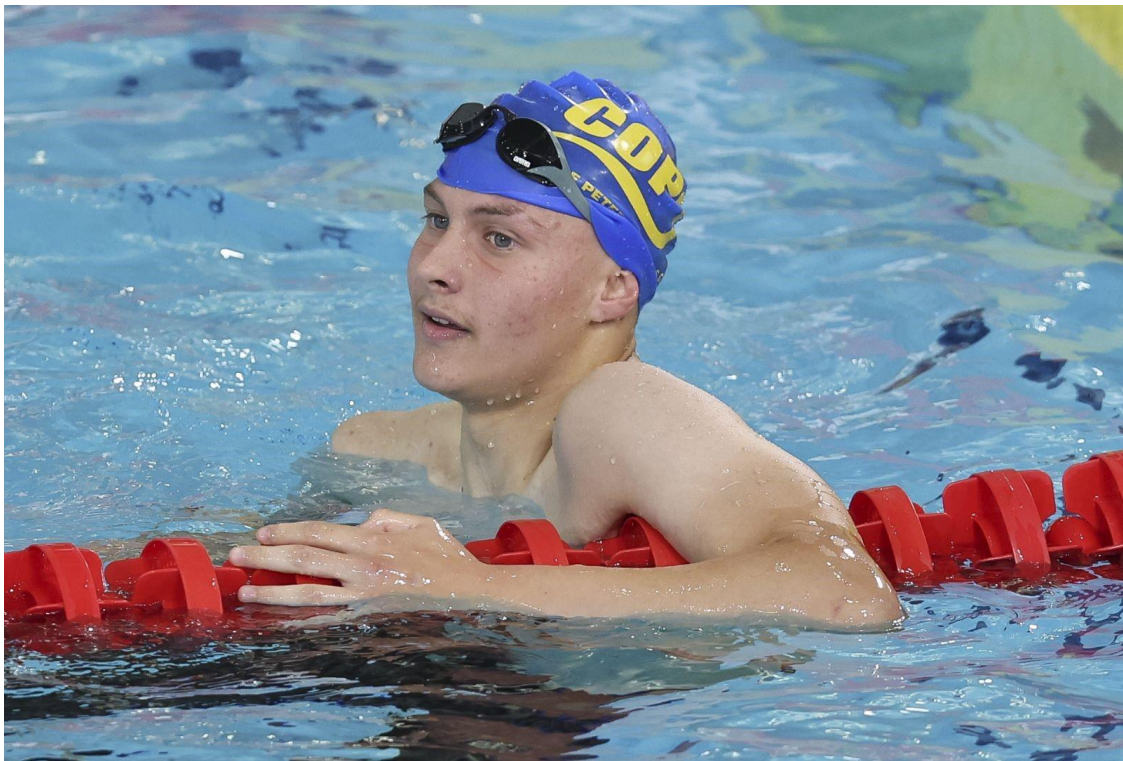
Under Swim England (SE) Regulations, Technical Rules and to SE Open Meet Licensing Criteria

Level 3

Licence number: **3ER251105**

**6 Lane Short Course Meet | Electronic Timing | Racing Blocks
Real Time Results shared at the pool and on Whatsapp Community
Free Parking**

Manor Leisure Centre,
Station Road,
Whittlesey.
PE7 1UA



We hope you have an enjoyable meet and please let us know of anything you think could help us to improve the meet in the future

www.copsclub.co.uk

City of Peterborough Swimming Club

L3 COPS Winter Meet



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Saturday 29th November and Sunday 30th November 2025
Manor Leisure Centre, Station Road, Whittlesey, PE7 1UA
Under Swim England Regulations and Technical Rules

Entries: All entries to be submitted electronically. Please follow the information which can be found in a downloadable zip file available from City of Peterborough Swimming Club website.

Once fully subscribed, any further entries received will be rejected. Slowest times within each event may need to be rejected to ensure the meet runs to time.

Closing Date: Midday on 7th November 2025

Entry fee: £7 per event

Age Groups (ages at midnight on 30th November 2025):

Female: 9, 10, 11, 12, 13, 14, 15 & Over.

Male/Open: 9, 10, 11, 12, 13, 14, 15 & Over.

Events:

50m: all 4 strokes for all ages.

100m: all strokes for 10yr+

200m: all strokes for 10yr+

200m IM: for all ages.

Awards:

Awards will be given for heat declared winners for 1st, 2nd and 3rd place male/open and female in each age group for all events.

Meet Objective:

This is a Level 3 Meet to allow swimmers to gain entry times for County and Regional competitions.

The age range for this meet is 9 years to 17 years plus and all events to be entered at coaches discretion.

For further details:

Meet Promoter: Anna Bertou, on behalf of City of Peterborough Swimming Club

Contact details: Galas@copsclub.co.uk

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Schedule of Events

Session 1 – Saturday 29 th November				
Warm up: 13:30 Start:14:20				
101	M/O	100	Free	All Age Groups
102	F	100	Free	All Age Groups
103	M/O	200	Fly	All Age Groups
104	F	200	Fly	All Age Groups
105	M/O	50	Breast	All Age Groups
106	F	50	Breast	All Age Groups

Session 2 – Saturday 29 th November				
Warm up: TBC Start: TBC				
201	F	100	Breast	All Age Groups
202	M/O	100	Breast	All Age Groups
203	F	200	Back	All Age Groups
204	M/O	200	Back	All Age Groups
205	F	50	Free	All Age Groups
206	M/O	50	Free	All Age Groups

Session 3 – Sunday 30 th November				
Warm up: 09:45 Start: 10:35				
301	M/O	200	IM	All Age Groups
302	F	200	IM	All Age Groups
303	M/O	50	Back	All Age Groups
304	F	50	Back	All Age Groups
305	M/O	100	Fly	All Age Groups
306	F	100	Fly	All Age Groups
307	M/O	200	Free	All Age Groups

Session 4 – Sunday 30 th November				
Warm up: TBC Start: TBC				
401	F	200	Breast	All Age Groups
402	M/O	200	Breast	All Age Groups
403	F	50	Fly	All Age Groups
404	M/O	50	Fly	All Age Groups
405	F	100	Back	All Age Groups
406	M/O	100	Back	All Age Groups
407	F	200	Free	All Age Groups

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Qualifying Times

- Swimmers with NT will not be accepted.

Female

Event		9	10	11	12	13	14	15
50m Freestyle	Slower	00:28.38	00:28.38	00:28.38	00:28.38	00:27.69	00:26.48	00:26.21
100m Freestyle	Slower		01:03.60	01:03.60	01:02.60	01:00.49	00:58.10	00:57.23
200m Freestyle	Slower		02:20.20	02:20.20	02:18.20	02:13.23	02:08.96	02:05.18
50m Breaststroke	Slower	00:37.23	00:37.23	00:37.23	00:37.23	00:35.35	00:33.94	00:31.52
100m Breaststroke	Slower		01:23.48	01:23.48	01:20.48	01:17.36	01:16.96	01:15.69
200m Breaststroke	Slower		03:01.41	03:01.41	02:59.41	02:48.72	02:40.99	02:32.58
50m Fly	Slower	00:31.99	00:31.99	00:31.99	00:31.99	00:30.54	00:29.21	00:28.03
100m Fly	Slower		01:15.35	01:14.35	01:11.35	01:10.60	01:07.53	01:05.89
200m Fly	Slower		02:57.59	02:57.59	02:45.59	02:38.42	02:26.14	02:16.15
50m Backstroke	Slower	00:32.49	00:32.49	00:32.49	00:32.49	00:30.36	00:29.56	00:28.07
100m Backstroke	Slower		01:11.67	01:11.67	01:10.67	01:06.75	01:04.75	01:01.87
200m Backstroke	Slower		02:35.01	02:35.01	02:30.01	02:26.22	02:20.66	02:13.43
200m Individual Medley	Slower	02:38.10	02:38.10	02:38.10	02:33.10	02:28.95	02:20.68	02:15.59

Open/Male

Event		9	10	11	12	13	14	15
50m Freestyle	Slower	00:28.38	00:28.38	00:28.38	00:27.38	00:26.19	00:24.98	00:24.21
100m Freestyle	Slower		01:03.60	01:03.60	01:02.60	00:58.50	00:57.01	00:54.23
200m Freestyle	Slower		02:20.20	02:20.20	02:16.00	02:08.23	02:04.96	01:55.00
400m Freestyle	Slower		04:58.00	04:58.00	04:48.00	04:35.55	04:27.76	04:08.93
50m Breaststroke	Slower	00:37.23	00:37.23	00:37.23	00:36.23	00:33.85	00:32.52	00:29.00
100m Breaststroke	Slower		01:23.48	01:23.48	01:18.48	01:14.36	01:10.96	01:05.69
200m Breaststroke	Slower		03:01.41	03:01.41	02:54.41	02:46.72	02:37.99	02:26.58
50m Fly	Slower	00:31.99	00:31.99	00:31.99	00:30.99	00:29.04	00:27.71	00:26.50
100m Fly	Slower		01:15.35	01:14.35	01:11.35	01:08.60	01:05.53	01:01.89
200m Fly	Slower		02:57.59	02:57.59	02:48.59	02:30.42	02:15.14	02:05.15
50m Backstroke	Slower	00:32.49	00:32.49	00:32.49	00:31.49	00:28.86	00:28.50	00:26.50
100m Backstroke	Slower		01:11.67	01:11.67	01:08.67	01:05.75	01:02.75	00:57.87
200m Backstroke	Slower		02:35.01	02:35.01	02:28.01	02:22.22	02:16.66	02:03.43
200m Individual Medley	Slower	02:38.10	02:38.10	02:38.10	02:32.10	02:28.95	02:20.68	02:06.59

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City of Peterborough Swimming Club

L3 COPS Winter Meet



Competition Rules and Information

The competition will be held under Swim England Laws & Regulations and Swim England Technical Rules of Racing.

Competitors must be Club Compete members of an affiliated club, eligible to compete and registered in accordance with Swim England Regulations and Technical Rules and may enter in the name of one club only. Entries will only be accepted from competitors registered as members of Swim England, SASA or WASA or competitors from a country affiliated to World Aquatics.

Length of Pool

The pool is 25 metres long with six lanes. Anti-turbulence lane ropes will be used. Electronic time keeping will be used.

Entry Procedure

Club entries:

All entries to be submitted electronically. Please follow the information which can be found in a downloadable zip file available from City of Peterborough Swimming Club website (www.copsclub.co.uk).

Once fully subscribed, any further entries received will be rejected. Slowest times within each event may need to be rejected to ensure the meet runs to time.

Once accepted, entries will be posted on the City of Peterborough Swimming Club website. It will be the responsibility of the club / individual representative to check entries, inform all swimmers of their entries and notify the meet secretary immediately of any errors.

Once entry times have been accepted, no changes will be made unless with agreement of COPS Gala Secretary.

Individual entries:

Individual entries should be submitted to Galas@copsclub.co.uk. Please note, individual entries will incur an additional £0.50 fee per event entered. For all queries, please contact the Gala Secretary via email.

COPS swimmers must enter through the Team Unify system to ensure club approval.

Please note that Aquatics GB may reject Meet results containing database errors. The errors are often in the accuracy of the entrant's name, the official club name and date of birth. As recommended by the Rankings Department, all entries will be validated using the online entry tools available at www.swimmingresults.org. It is therefore recommended that Clubs should use these tools to validate their entries prior to submission. Entries that are found to contain errors may be rejected.

Swimmers with additional needs

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Swimmers with classifications (S Categories) and those who require additional provisions to access the event (including personal support assistants) are requested to notify the Meet Promoter in advance of the meet. They will be accepted at the Promoter's discretion and will be exempt from the Qualification Time requirements, but their times must show in the SE Rankings.

Transgender Policy

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 you confirm that your birth sex is female. The Male/Open category is for birth sex males, Trans or Non-Binary swimmers and any swimmer not eligible for the female category.

Entries will be made using Female/ Male competition categories, as these are the recognised categories at this time. You will notice a transition into the use of Female and Open/Male as the new competition categories following the launch of the Swim England Transgender and Non-binary Competition Policy on 1 September 2023.

Refunds

There will be no refund of entry fees to swimmers who withdraw from the event after the initial closing date unless the withdrawal is for medical reasons and a doctors certificate or medical evidence is supplied.

Refunds will be made where a swimmer is rejected from the meet due to it being over-subscribed.

All refunds will be made via the clubs who submitted the entries.

Competitors that do not intend to compete in an event must notify of their withdrawal from the event by the commencement of the warm-up for each session.

Seeding

Events will be seeded based on the submitted entry and achieved prelim times.

Warm up / Warm down

Warm up protocol: Strictly no diving during any warm-up session, except in the designated sprint lanes. Odd numbered lanes will swim clockwise and even numbered lanes anti-clockwise. All swimmers must leave the water by the side of the pool and not over the timing pads.

Warm Down: A warm down facility will not be provided at this meet.

Starts

At the referees discretion we reserve the right to use over the top starts.

Marshalling

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Competitors must report to marshalling when their event or heat is called. Any competitor not reporting on time for their event may be excluded. In the event a swimmer is excluded from competing, a refund will not be issued.

Awards

Awards will be given for heat declared winners for 1st, 2nd and 3rd place male/open and female in each age group for all events.

Officials

Visiting clubs are requested to support the meet by providing suitably qualified officials.

Any meet that does not have the number of officials required by the licensing board run the risk of it being downgraded. Names and contact details for officials should be provided by the person responsible for submitting the entries and forwarded to Galas@copsclub.co.uk and Officials@copsclub.co.uk.

Travel expenses for officials can be claimed in line with the conditions laid out by SE East Region policy (dated November 2023), found [here](#).

Meet Results

Results sheets will be posted on poolside and within the spectators area on the day and will be available to download from COPS website after the events.

Results will also be passed to Swim England for their reference and inclusion in Rankings.

Spectators

There will be a charge of £6 per session to enter the spectator area for each gala, or £10 for the day. O.A.P.'s will be charged a discounted price of £4 per session. There is no charge for Under 18's. Payments can be made by CARD ONLY.

Car parking

There is free onsite parking at the Manor Leisure.

Health and Safety

All meet participants must observe the safety precautions that will be communicated at the start of every session.

Please be aware, members of the public are able to use the changing rooms and toilet facilities at the venue during the meet.

Swimmers must have on footwear and be fully clothed when on the balcony.

To maintain a high level of health and safety swimmers and spectators must not block stairwells, emergency exits and walkways.

NO GLASS ITEMS ALLOWED POOLSIDE.

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Teams will have a dedicated area by poolside, clubs are reminded to be mindful of officials and their working area. Due to limited space poolside we kindly request that swimmers only bring small bags poolside and use the lockers provided. Chairs should not be brought on to poolside.

Poolside Access Passes

Coach and Team Manager's packs are available, at £15 per person per day, or £25 for the weekend. Passes will include start sheets, food between sessions and poolside refreshments.

Only swimmers, Coaches and Team Managers with passes will be allowed on poolside (for swimmers this is only for the session in which they are competing).

Poolside coaches and Team Managers need to be registered with Swim England (or equivalent national swimming organisation), have completed appropriate safeguarding training and hold a valid DBS check, as per SE Team Manager, Coach and Chaperone Policy. Team Managers must also hold a relevant team managing qualification.

If parents of swimmers attending the meet as individuals (not with a club) wish to be poolside they must pay for a coach's pass for the day. They must also have a valid Swim England membership number, have completed appropriate safeguarding training and hold a valid DBS check, as per SE Team Manager, Coach and Chaperone Policy.

Chaperone passes are available if required, please contact galas@copsclubs.co.uk for more information.

Data Protection

Entries will be held on a computer solely for the purposes of this competition. Consent, as required by the General Data Protection Regulation (GDPR), to the holding of personal information on computer will be deemed to have been given by the submission of the entry. This data will be held at least 1 year. Data and results will be shared with Aquatics GB for rankings and the competitors own swimming clubs.

Filming and Photography

Anyone who wishes to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way. Any photos taken should fall within the Swim England Safeguarding Policy guidelines. No flash photography is permitted.

The use of any mobile device in the changing area is strictly forbidden, as per SE Wavepower.

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Swimmers should ensure their mobile phones are put away at all times in the changing rooms to avoid any misunderstanding. Filming or photographing of yourself or anyone else for any purpose (other than coaching as above) is prohibited both poolside and in the changing rooms.

Any swimmer or coach found to be breaking these rules may be asked to leave the building and will take no further part in the competition. The club also reserves the right to take further action against anybody breaking this rule.

The safety of children and young people for this event is of paramount importance. If you have any safeguarding concerns at the event, please contact the meet coordinator.

Appeals

Any appeals must be submitted in accordance with Swim England procedures and will be handled by the Meet Promoter and Referees.

General

Freedom Leisure shall not be held responsible for loss or damages to spectators or swimmers property.

The promoters reserve the right to refuse admission to any competitor, participant, coach or spectator.

Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Regulations and Technical Rules of Racing.

In extenuating circumstances and due to situations out of the clubs control during the competition the promoter reserves the right to make changes to the running of the meet.

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Saturday 29th November and Sunday 30th November 2025
Manor Leisure Centre, Station Road, Whittlesey, PE7 1UA
Under Swim England Regulations and Technical Rules

Club Summary Entry Form

Please return this completed form with your electronic entry file and summary report to: galas@copsclub.co.uk

Closing date for full entry submission: 12:00 Midday on Friday 7th November 2025

Club Name:			
Contact Name:			
Email Address:			
Telephone No:			
Entry Details:			
		Number	Cost
Individual entries	@ £7 per event		£
Coaches Pass	@£15.00 per day, or @£25 per weekend		£
TOTAL			£

Once entries have been accepted, invoices will be issued with payment details.

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Scan or complete this form and return by email to Galas@copsclub.co.uk

INDIVIDUAL ENTRY FORM FOR VISITING CLUBS									
FORENAME:				SURNAME:					
CLUB:				AGE (@ 30/11/25):					
GENDER:	MALE/OPEN or FEMALE			DATE OF BIRTH:					
EMAIL ADDRESS:				DISABILITY CLASSIFICATION:					
TELEPHONE NO:				SE MEMBERSHIP NO					
EVENT	COST PER EVENT				SHORT COURSE TIME:				
50M FREESTYLE	@ £7.50 (Includes admin charge for individual entry)								
100M FREESTYLE	@ £7.50 (Includes admin charge for individual entry)								
200m FREESTYLE	@ £7.50 (Includes admin charge for individual entry)								
50M BACKSTROKE	@ £7.50 (Includes admin charge for individual entry)								
100M BACKSTROKE	@ £7.50 (Includes admin charge for individual entry)								
200M BACKSTROKES	@ £7.50 (Includes admin charge for individual entry)								
50M BREASTSTROKE	@ £7.50 (Includes admin charge for individual entry)								
100M BREASTSTROKE	@ £7.50 (Includes admin charge for individual entry)								
200M BREASTSTROKE	@ £7.50 (Includes admin charge for individual entry)								
50M BUTTERFLY	@ £7.50 (Includes admin charge for individual entry)								
100M BUTTERFLY	@ £7.50 (Includes admin charge for individual entry)								
200M BUTTERFLY	@ £7.50 (Includes admin charge for individual entry)								
200M IM	@ £7.50 (Includes admin charge for individual entry)								
					Total:	£			

CLOSING DATE FOR ENTRIES IS 12:00 Midday ON Friday 7th November 2025

Please return this form to Anna Bertou, Galas@copsclub.co.uk.

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Coach / Team Manager Form

Club:	29 th November 2025 @ £15 each	30 th November 2025 @ £15 each	Weekend Pass @ £25 each
Full name			
Position (i.e. Coach)			
Tel number			
Email address			
DBS certificate number			
Full name			
Position (i.e. Coach)			
Tel number			
Email address			
DBS certificate number			
Full name			
Position (i.e. Coach)			
Tel number			
Email address			
DBS certificate number			
Full name			
Position (i.e. Coach)			
Tel number			
Email address			
DBS certificate number			
Total:			
Grand 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 and there will be no access to poolside without a pass.

All completed forms to be returned by e-mail to galas@copsclub.co.uk.

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Officials Form

All visiting clubs are requested to support the support the meet by providing suitably qualified officials.

Any meet that does not have the number of officials required by the licensing board run the risk of it being downgraded.

There will also be refreshments provided during all sessions including, soft drinks (water, squash etc) and sweets.

Names and contact details for officials should be provided by the person responsible for submitting the entries. Please complete the form and return to: Galas@copsclub.co.uk and Officials@copsclub.co.uk .

Club	
Name	
Address	
Qualification	
SE Membership Number	
Email Address	

Alternatively, please go to the COPS website events page at the following: <http://www.copsclub.co.uk> where you will be able to access the Job Sign Up section of this event to register your availability to assist.

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