



City of Salford Swimming Club
invites you to

Spring Meet
2025
Regional Qualifier

Licence no:
3NW250047

LEVEL 3
LICENSED MEET



WELCOME!



City of Salford Swimming Club invites you to

SPRING MEET 2025

SATURDAY 1ST & SUNDAY 2ND MARCH 2025

BROUGHTON LEISURE CENTRE, SALFORD

Level 3 Short Course

Makings Waves, Creating Champions since 1977

SATURDAY AM		SUNDAY AM	
Warm up: 7.45am, Start: 9am		Warm up: 7.45am, Start: 9am	
9/ov 200 IM		9/ov 200m Butterfly	
9/ov 50 Breaststroke		9/ov 50m Freestyle	
10/ov 100m Freestyle		10/ov 100m Backstroke	
		9/ov 400m IM	
SATURDAY PM		SUNDAY PM	
Start TBC (approx. 1.30pm)		Start TBC (approx. 1.30pm)	
9/ov 200m Breaststroke		9/ov 200m Freestyle	
10/ov 100m Butterfly		9/ov 50m Butterfly	
9/ov 400m Freestyle		10/ov 100m Breaststroke	
9/ov 50m Backstroke		9/ov 200m Backstroke	

- £7 per race via entry file or £9 per individual entry
- Closing Date: Wednesday 5th February 2025
- SALFORD ENTRIES - via Swim Manager
- AWAY ENTRIES - via your Competition Secretary using the Sportsystems Entry File
- OFFICIALS - Visiting clubs are requested to provide at least one qualified J1 or J2 official if your club have over 20 swimmers entering our meet. Please complete the form included in this pack which can be forwarded with the entry information. Lunch and refreshments provided plus reasonable expenses.

Contact Kim Aitken with any enquiries at events@cityofsalfordsc.co.uk

ENTRY TIMES

Swimmers must not have achieved these times or faster in that event in 12 months prior to the last day of the competition

BOYS/OPEN	9	10	11	12	13	14	15/Over
50m Freestyle	31.00	30.00	28.00	27.00	26.00	25.00	24.00
100m Freestyle	N/A	01:01.0	01:00.0	01:00.0	57.0	56.0	54.0
200m Freestyle	02:30.0	02:22.0	02:11.0	02:10.0	02:02.0	01:58.0	01:55.0
400m Freestyle	06:09.0	05:24.0	04:38.0	04:36.0	04:24.0	04:12.0	04:01.0
50m Breaststroke	42.0	38.0	36.0	34.0	32.0	30.0	29.0
100m Breaststroke	N/A	01:18.0	01:18.0	01:17.0	01:13.0	01:09.0	01:07.0
200m Breaststroke	03:14.0	03:08.0	02:50.0	02:48.0	02:38.0	02:29.0	02:23.0
50m Butterfly	33.0	32.0	31.0	30.0	28.0	27.0	26.0
100m Butterfly	N/A	01:08.0	01:08.0	01:07.0	01:03.0	01:00.0	57.00
200m Butterfly	03:17.0	02:55.0	02:32.0	02:30.0	02:21.0	02:14.0	02:06.0
50m Backstroke	33.0	33.0	32.0	31.0	30.0	28.0	26.0
100m Backstroke	N/A	01:07.0	01:07.0	01:06.0	01:03.0	01:00.0	59.0
200m Backstroke	02:50.0	02:44.0	02:28.0	02:26.0	02:17.0	02:11.0	02:07.0
200 IM	03:00.0	02:46.0	02:31.0	02:29.0	02:20.0	02:15.0	02:05.0
400 IM	06:57.0	06:20.0	05:31.0	05:22.0	05:10.0	04:50.0	04:45.0

GIRLS	9	10	11	12	13	14	15/over
50m Freestyle	33.0	31.0	29.0	28.0	27.0	26.0	25.0
100m Freestyle	N/A	01:02.0	01:01.0	01:00.0	59.0	58.0	57.0
200m Freestyle	02:29.0	02:23.0	02:12.0	02:10.0	02:08.0	02:05.0	02:04.0
400m Freestyle	06:16.3	05:28.5	04:40.0	04:39.0	04:31.0	04:24.0	04:20.0
50m Breaststroke	39.0	37.0	35.0	34.0	33.0	32.0	31.0
100m Breaststroke	N/A	01:18.0	01:16.0	01:15.0	01:14.0	01:12.0	01:11.0
200m Breaststroke	03:15.0	03:09.0	02:51.0	02:49.0	02:40.0	02:39.0	02:37.0
50m Butterfly	36.0	34.0	33.0	32.0	31.0	30.0	29.0
100m Butterfly	N/A	01:09.0	01:09.0	01:08.0	01:05.0	01:04.0	01:03.0
200m Butterfly	03:15.0	02:55.0	02:35.0	02:33.0	02:25.0	02:23.0	02:19.0
50m Backstroke	34.0	34.0	33.0	32.0	31.0	30.0	29.0
100m Backstroke	N/A	01:09.0	01:09.0	01:08.0	01:05.0	01:03.0	01:02.0
200m Backstroke	02:49.0	02:43.0	02:28.0	02:26.0	02:21.0	02:17.0	02:15.0
200 IM	03:00.0	02:45.0	02:32.0	02:30.0	02:24.0	02:22.0	02:18.0
400 IM	06:54.0	06:19.0	05:31.0	05:22.0	05:10.0	04:50.0	04:46.0

Conditions

1. Introduction

1.1. The City of Salford Swimming Club (hereinafter 'the Club') Open Meet (hereinafter 'the Meet') will be held in accordance with the relevant FINA/SWIM ENGLAND/IPC Technical & Judicial Rules/Laws.

1.2. Bona Fide Coaches and Team Managers requiring access to the poolside must be in possession of a Pass issued by the Club. It is mandatory that all Coaches comply with the relevant Swim England Child Protection Procedures and have an up-to-date DBS certificate.

1.3. Any question or dispute arising from these conditions or disputes related to a matter not covered in these conditions shall be determined by the Meet Director.

1.4. This Meet is open to all members of a Club affiliated to Swim England. A swimmer shall be considered as foreign if they are not a member of a club affiliated to Swim England. Foreign swimmers are eligible to enter provided that they are a member of a Club in their home country, and that country is affiliated to FINA. They should also provide adequate evidence of the validity of their entry time if requested.

2. The Meet

2.1. The closing date for entries is Wednesday 5th February 2025.

2.2. Age for the competition will be as of the last day of the competition.

2.3. Age Groups will be defined as 9,10,11,12,13,14, 15/over

2.4 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.

3. Para Swimming competitors

3.1. Swimmers with a disability shall swim under IPC Rules.

3.2. Qualifying times for para-swimming competitors are not required. However, entry times shall be submitted for the purpose of seeding the heats.

3.3. Personal Care Attendants/Coaches: Personal care attendants are permitted to accompany a swimmer if they agree so beforehand with the Meet Director. A swimmer in any of these classes may have both a coach and a personal care attendant present.

No charge will be applied for personal care attendant. Poolside passes: coaches' passes shall attract the advertised fee. All coaches, chaperones and personal care attendants must conform to Swim England child protection procedures and hold a current CRB certificate.

3.4. Competition format: The competition format will be based on disability inclusion within the able-bodied program i.e., there will be no separate events for swimmers with disabilities. All swimmers will be seeded in the heats according to their entry times.

4. The Events

4.1. Individual events shall be 50m 100m and 200m in all strokes, plus 200m and 400m IM and 400m Freestyle.

4.2. All heats will be swum combined, and heat declared winner.

5. Awards

5.1. Awards will be made to the Top 3 in each age group plus the Multi-Class Para-Swimming British Points.

6. Submission of entries

6.1. The use of Sportsystems Entry Manager for submitting electronic entries is the preferred method for entry to these championships. The relevant Sportsystems entry file can be requested from the Competition Secretary on events@cityofsalfordsc.co.uk

6.2. Entry fees for each event shall be £7 if entered via Sports Systems entry file. Individual/late entries are £9 per entry. This includes the levy fee to Swim England per swim.

6.3. Any cheques should be made payable to: COSSC

6.4. Upper qualifying times will be applied to all individual events

6.5. Individual entry times must not equal or be faster than the stipulated time.

6.6. Entry times must be 25m times (conversions will be accepted).

6.7. Entries will be audited against the rankings published by Swim England and any club may be challenged to demonstrate the authenticity of the information provided. There will be no refunds for incorrect entries.

6.8. The Meet Director reserves the right to restrict entries in the interests of safety, time constraints and to ensure the smooth running of the competition. Where this rule is invoked, the Director will reduce the qualifying times for each event by the same percentage until the projected session lengths fall within licensed meet guidelines, rejecting swimmers who are outside these revised consideration times, this is with the exception of City of Salford swimmers as all their entries will be accepted 1st. Any entry rejected under these circumstances will be refunded.

6.9. Submitted entry times shall be used for seeding and rejection purposes as required.

6.10. Refunds will only be given where a competitor whose entry has been accepted, has to withdraw on medical grounds subject to an appropriate medical certificate being received by the Meet Director

6.11. Once an entry has been submitted improved times will not be accepted.

7. Confirmation of entry

7.1. Accepted swimmer's details will be posted onto the website as soon as possible after the closing date for the competition. These should be used to cross check the accuracy of swimmer entries and to allow any necessary corrections to be made.

8. Meet procedures

8.1. A withdrawal system will be in operation. Competitors or their representatives must inform the organisers of their intention to withdraw at least 60 minutes before the start of the session if they do not intend to swim. Updates on withdrawal procedures can be stipulated in the Confirmation Pack.

Notification may be made by email to the Meet Director prior to the commencement of the meet. Withdrawal messages must state NAME, CLUB, and EVENT(s).

8.2. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.

8.3. There will be no refund of entry fees for such withdrawals unless the withdrawal is for medical reasons in which case an appropriate medical certificate must be provided.

8.4. Should a swimmer withdraw from an event on medical grounds they will be removed from all other events to be held that day.

8.5. Heat Start Lists will be made available to clubs as soon as possible after the withdrawal deadline of each session.

8.6. Competitors are responsible for presenting themselves to the Marshalling area one event prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for the race.

9. Other

9.1. Photographs and Video of the meet may be taken by representatives of the promoter of the event and may be used for promotional purposes. Entry into the competition implies acceptance of this condition. It is Broughton Leisure Centre policy that no spectators take any photos or videos. If anyone is found taking these they will be asked to delete them

9.2. Any swimmer/team failing to comply with any of the foregoing conditions may not be allowed to compete in the Meet.

9.3. All other matters regarding the running and administration of the Meet shall be at the discretion of the promoter or their agent(s).

9.4. City of Salford Swimming Club accepts no responsibility for loss or damage to competitors personal belongings, how so ever caused, unless such damage is caused by the negligence of the City of Salford Swimming Club. City of Salford Swimming Club and the Meet Organisers are not responsible for individual swimmers on poolside and that responsibility should be taken up by an appropriate individual. All swimmers on poolside should be accompanied by a person with a coaches pass, who has had a DBS check and completed a Swim England safeguarding course

Summary of Entries

Contact Details (Capital Letters Please)

Name of Club	
Contact Name	
Telephone No.	
Contact Email	
Contact Address	

Entry Details

	No	Fee	Cost
Girls Entries		@£7.00	£
Boys Entries		@£7.00	£
Total Entries		@£7.00	£
Total number of Girls entries			
Total number of Boys entries			
Coaches passes including entry to poolside, start sheets & Lunch		@£20.00	£

BACS Payments ONLY, please use reference (CLUB NAME) Spring Meet 2024

Payment details

Account: City of Salford Swimming Club

Account Number: 12596031

Sort Code: 16-16-11

Officials

Do you have any qualified officials who would be available to help at any of the sessions? If so, please include below.

Name	Level (J1T, J1, J2, Starter etc)	Session 1	Session 2	Session 3	Session 4