



# Nova Centurion November Meet

HARVEY HADDEN SPORTS COMPLEX, NOTTINGHAM, NG8 4PB

18<sup>th</sup> & 19<sup>th</sup> NOVEMBER 2023

2EM231063

Meet to be held under Swim England Regulations and Technical Rules

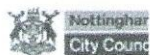
## Promoters Conditions

### General

- 1) The promoter is 'NOVA Centurion Swimming Club'
- 2) The meet will be held under the relevant Swim England Technical Rules of Swimming.
- 3) The competition is open to Swim England or other National Swimming Association registered swimmers only.

### Entries

- 1) All meet information can be downloaded via the website [www.novacenturion.co.uk](http://www.novacenturion.co.uk)
- 2) **Age as at 19<sup>th</sup> November 2023**
- 3) Entry times must meet the published qualifying standards and verified against **Rankings from 1<sup>st</sup> October 2022**.  
Times are short course 25m pool, conversions allowed.
- 4) **The closing date is Wednesday 8<sup>th</sup> November 2023.**
- 5) 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.
- 6) Should the meet be oversubscribed, every effort will be made to minimise the number of rejections, whilst ensuring the meet remains balanced across all events/age-groups, and that it fits within the available daily swim time. This is likely to be done by applying a maximum number of full heats to oversubscribed events and then raising the relevant meet qualifying times as necessary to achieve this. The Promoter reserves the right to adapt or change this method.
- 7) The preferred method of entry is using **SPORTSYSTEMS Entry Manager**. When using Entry Manager, the completed entry file is submitted by email and payment made by BACS.
- 8) Where a number of swimmers are entering from one club it is requested that one person coordinate the entries and submits one entry file.
- 9) Individual manual entries may be submitted by email only. Payment must be received by BACS.
- 10) Payment must be made at the time of entry.
- 11) The entry fee is **£8.00** per swim or **£8.50** for paper entries (these must be sent by email).
- 12) **Summary Form must be sent by email (no paper entries or summaries to be sent).**
- 13) Refunds will not be given for withdrawn swimmers (unless due to point 14) or for entry errors or omissions attributable to the individual or their club. Refunds will only be considered for withdrawals prior to the closing date.
- 14) If a swimmer has to isolate or has a positive test due to Covid-19, then they must provide a Doctor's note or confirmation of the isolation and/or positive test from the NHS. Once this is provided, we will provide a refund.
- 15) The promoter reserves the right to return any entry not fulfilling the above requirements.
- 16) **NO LATE ENTRIES OR ENTRIES ON THE DAY WILL BE ACCEPTED**





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- 17) Entries are welcome from Para-Swimmers who are of sufficient standard to swim in a 25m pool. Entry times must be submitted for the purposes of seeding, but the times do not need to meet any qualifying standards. Para Swimmers swim inclusive within the able-bodied programme and seeded on their entry time. The decision to accept such entries will be at the discretion of the promoter.
- 18) Notification of accepted entries shall be via a list on the website. Day of meet information, confirmation of session times and withdrawal procedures will also be available on the website as soon as possible after the closing date. There will be no other communication of these matters.





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## Promoters Conditions

### Events and Age Groups

- 20) Events are 50m, 100m & 200m all strokes, 200IM and 400IM, and 400m Freestyle.
- 21) The girls 800m Freestyle (HDW restricted to 4 heats) & open/boys 1500m Freestyle (HDW restricted to 2 heats)
- 22) There will be 3 reserve spaces in both the 800m Freestyle (HDW) & 1500m Freestyle (HDW).
- 23) All events are open to swimmers 9yrs/over at 21<sup>st</sup> November 2021(except the 800m & 1500m Freestyle\*)
- 24) \*9-10 year olds cannot enter the 800m & 1500m Freestyle.
- 25) Events are heat declared winners except for 100m events which have finals for Junior 14/under & Senior 15/over.

### Awards

- a) The top 3 placed swimmers in each age group in HDW events.
- b) The top 3 placed swimmers in 14/under & 15/over in each event with Finals.
- c) Para-Swimmers awards will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places based on multi-classification using Para Swimming Points in an open age group, for less than 4 swimmers in any one event the -1 rule will be applied i.e. for 3 swimmers 1<sup>st</sup> & 2<sup>nd</sup> place are awarded, for 2 swimmers only 1<sup>st</sup> place is awarded. Should there only be one swimmer then an award will be made if the swimmer has improved on their entry time.

### The Competition

- 26) The pool is 8 lanes each 2.5mtrs wide, 2.0mtrs deep with Colorado timing system and 'wedge' starting blocks.
- 27) Coaches / Team Manager passes are issued subject to holding a current DBS certificate and must be applied for in advance, £15 per day, £25 for the weekend. Passes CANNOT be purchased on the day
- 28) Para-Swimmers, in addition to a coach a personal care assistant may be permitted for classes S1 to S5 & S11. A poolside pass must be applied for in advance and is free of charge, the applicant must hold a current DBS certificate.
- 29) The North pool will be used for a cool down and warm up facility throughout the meet when a lifeguard is on duty. The pool should be managed by coaches and/or team managers.
- 30) Heats that culminate in a final shall be spearheaded, the last 3 heats being cyclically seeded. All heats of a heat declared winner event shall be spearheaded.
- 31) The names of the finalists and up to 2 reserves shall be published as soon as practical following the event.
- 32) Finalists/reserves who do not wish to swim the final must withdraw within 30mins of the publication of event result.
- 33) All finalists and reserves must report to the competitor stewards for the final unless they have withdrawn. Reserves may be allowed to swim if a finalist does not show and has failed to withdraw.
- 34) If a reserve is brought in at short notice, then the reserve shall occupy the vacant lane and there shall be no change to the allocations of the other lanes.





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- 35) It is the swimmers' responsibility to report to the Competitors' Stewards when their event is called, races will not wait for missing swimmers.
- 36) Over the top/side by side starts may be used at any time at the discretion of the lead referee.
- 37) A secondary strobe will be provided where it is requested by the athlete at the time of entry.

## Withdrawals

- 38) If a swimmer is unable to swim or simply wishes to withdraw then it is important to notify the recorders.  
This is to ensure the smooth running of the meet by minimising empty lanes.
- 39) Known withdrawals prior to the meet should be notified immediately by email on the day of the meet by one of the following options:
  - (1) To the recorders at the venue, no later than One hour prior to the start of the session.
  - (2) By email to: [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk)
  - (3) By online withdrawal facility via website





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## Covid-19 Regulations & Waiver

- 1) An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. By attending or participating in this competition, you voluntarily assume all risks associated with exposure to covid-19 and forever release and hold harmless all associated officers of Nova Centurion Swimming Club, and Nottinghamshire Amateur Swimming Association.
- 2) No liability or claims including personal injury, death or property losses, or any other loss, including, but not limited to claims of negligence or damages can be sought after.
- 3) You should follow the latest government advice.
- 4) If you have displayed symptoms or have tested positive, you should follow government advice. Do not attend the open meet under any circumstances! Instead you should report your positive test to the governments track and trace system, and isolate as advised.
- 5) The Meet Promoter and Referee have final authority at this event and will be working with the Facility Management, Nova Centurion Management Board and volunteers to enforce any safety and Covid-19 guidelines that are deemed necessary for the safe running of our meet.
- 6) Whilst mask wearing is no longer a legal require, we would encourage all attending our meets to consider wearing a mask in a crowded place to ensure everyone can enjoy the return to competition.

**Anything not covered in these conditions is at the discretion of the meet promoter and Nova Centurion SC.**

**The promoter will communicate to all clubs prior to the open meet taking place.**





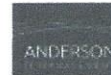
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## Event Schedule

Session 1	Start 9:00am	HEATS	Saturday 18th November	Session 5	Start 9:00am	HEATS	Sunday 19th November
101	Girls Open	100m	Backstroke	501	Open/Boys Open	100m	Backstroke
102	Open/Boys Open	400m	Freestyle HDW	502	Girls Open	400m	Freestyle HDW
103	Girls Open	50m	Breaststroke HDW	503	Open/Boys Open	50m	Breaststroke HDW
104	Open/Boys Open	100m	Breaststroke	504	Girls Open	100m	Breaststroke
105	Girls Open	200m	Freestyle HDW	505	Open/Boys Open	200m	Freestyle HDW
106	Open/Boys Open	200m	Individual Medley HDW	506	Girls Open	200m	Individual Medley HDW
107	Girls Open	50m	Backstroke HDW	507	Open/Boys Open	50m	Backstroke HDW
10 MINUTE BREAK				10 MINUTE BREAK			
Session 2			FINALS	Session 6			FINALS
201	Girls 14/under	100m	Backstroke	601	Open/Boys 14/under	100m	Backstroke
202	Girls 15/over	100m	Backstroke	602	Open/Boys 15/over	100m	Backstroke
203	Open/Boys 14/under	100m	Breaststroke	603	Girls 14/under	100m	Breaststroke
204	Open/Boys 15/over	100m	Breaststroke	604	Girls 15/over	100m	Breaststroke
205	Girls Open	800m	Freestyle HDW	605	Open/Boys Open	1500m	Freestyle HDW
Session 3	Start TBA pm		HEATS	Session 7	Start TBA pm		HEATS
301	Open/Boys Open	400m	Individual Med HDW	701	Girls Open	400m	Individual Med HDW
302	Girls Open	100m	Freestyle	702	Open/Boys Open	100m	Freestyle
303	Open/Boys Open	100m	Butterfly	703	Girls Open	100m	Butterfly
304	Girls Open	50m	Butterfly HDW	704	Open/Boys Open	50m	Butterfly HDW
305	Open/Boys Open	200m	Breaststroke HDW	705	Girls Open	200m	Breaststroke HDW
306	Girls Open	200m	Backstroke HDW	706	Open/Boys Open	200m	Backstroke HDW
307	Open/Boys Open	50m	Freestyle HDW	707	Girls Open	50m	Freestyle HDW
308	Girls Open	200m	Butterfly HDW	708	Open/Boys Open	200m	Butterfly HDW
10 MINUTE BREAK				10 MINUTE BREAK			
Session 4			FINALS	Session 8			FINALS
401	Open/Boys 14/under	100m	Butterfly	801	Open/Boys 14/under	100m	Freestyle
402	Open/Boys 15/over	100m	Butterfly	802	Open/Boys 15/over	100m	Freestyle
403	Girls 14/under	100m	Freestyle	803	Girls 14/under	100m	Butterfly
404	Girls 15/over	100m	Freestyle	804	Girls 15/over	100m	Butterfly





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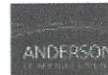
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## Qualifying Times

Minimum Times to be achieved from 1<sup>st</sup> Oct 2022 - Age as at 19<sup>th</sup> November 2023

Open/Boys – Short Course Times								
EVENT	9/10	11	12	13	14	15	16	17/over
50m Freestyle	39.3	37.2	35.1	33.1	31.3	29.9	29.0	28.4
100m Freestyle	1:30.5	1:20.6	1:15.7	1:11.1	1:07.3	1:04.6	1:02.6	1:01.4
200m Freestyle	3:06.0	2:54.8	2:44.7	2:35.0	2:26.6	2:20.8	2:16.3	2:13.8
400m Freestyle	6:36.0	6:06.0	5:46.0	5:26.8	5:10.4	4:54.2	4:48.7	4:42.5
800m Freestyle								
1500m Freestyle		23:55.00	23:35.00	23:05.00	23:03.75	21:05.00	20:45.00	20:45.00
50m Breaststroke	51.3	48.0	45.1	41.9	39.6	37.7	36.4	35.7
100m Breaststroke	1:58.0	1:43.4	1:36.9	1:30.1	1:25.1	1:21.0	1:18.4	1:16.7
200m Breaststroke	3:59.0	3:42.4	3:29.2	3:15.3	3:03.9	2:55.8	2:50.7	2:46.3
50m Butterfly	43.8	41.0	38.8	36.4	34.3	32.5	31.5	30.7
100m Butterfly	1:45.0	1:30.4	1:24.6	1:19.1	1:14.4	1:10.7	1:08.8	1:07.0
200m Butterfly	3:37.3	3:18.2	3:06.6	2:54.7	2:44.7	2:35.5	2:31.7	2:26.9
50m Backstroke	45.1	42.5	40.3	37.6	35.8	33.9	32.6	32.1
100m Backstroke	1:40.0	1:30.5	1:25.2	1:19.7	1:15.0	1:11.5	1:09.3	1:07.6
200m Backstroke	3:26.7	3:13.3	3:02.6	2:51.1	2:41.4	2:34.3	2:29.8	2:27.0
200m Individual Medley	3:32.2	3:17.6	3:06.8	2:55.8	2:45.3	2:38.2	2:33.7	2:30.5
400m Individual Medley	7:25.0	6:59.7	6:34.3	6:12.0	5:50.3	5:30.0	5:25.4	5:18.7







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Girls – Short Course Times								
EVENT	9/10	11	12	13	14	15	16	17/over
50m Freestyle	39.9	37.7	35.7	34.3	33.3	32.5	32.0	31.9
100m Freestyle	1:27.6	1:21.3	1:16.6	1:13.5	1:11.3	1:09.9	1:08.7	1:08.4
200m Freestyle	3:06.8	2:55.4	2:44.9	2:38.0	2:33.5	2:30.2	2:28.0	2:26.4
400m Freestyle	6:34.9	6:04.9	5:43.7	5:29.8	5:20.8	5:15.6	5:10.2	5:07.2
800m Freestyle		12:45.00	12:35.00	12:25.25	11:43.35	11:30.50	11:01.35	11:01.35
1500m Freestyle								
50m Breaststroke	51.7	48.3	45.4	43.2	41.8	40.8	40.3	40.0
100m Breaststroke	1:52.5	1:43.5	1:37.3	1:32.3	1:28.7	1:27.1	1:26.2	1:24.9
200m Breaststroke	3:59.5	3:42.1	3:28.8	3:18.2	3:11.5	3:07.9	3:05.8	3:04.1
50m Butterfly	43.9	41.3	39.1	37.3	36.1	35.2	34.7	34.2
100m Butterfly	1:39.3	1:30.9	1:24.9	1:21.2	1:18.3	1:16.9	1:15.8	1:14.9
200m Butterfly	3:40.0	3:20.2	3:06.4	2:57.3	2:51.0	2:46.9	2:44.8	2:42.8
50m Backstroke	45.3	42.7	40.5	38.7	37.5	36.8	36.1	35.8
100m Backstroke	1:38.5	1:31.0	1:25.3	1:21.4	1:19.0	1:17.1	1:16.1	1:15.6
200m Backstroke	3:28.7	3:12.5	3:01.7	2:54.3	2:49.2	2:44.8	2:47.2	2:45.7
200m Individual Medley	3:32.7	3:17.9	3:06.3	2:58.8	2:53.1	2:49.5	2:47.2	2:45.7
400m Individual Medley	7:22.3	6:57.3	6:32.0	6:14.4	6:03.1	5:55.5	5:50.5	5:48.2





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## VOLUNTEERS & OFFICIALS WE NEED YOU!

This is a level 2 licensed meet.

### Benefits:

- Free admission
- Ring side view of the action

<b>Name of Official</b>			
<b>Swim England Number</b>		<b>Contact Email</b>	
		<b>Contact Phone</b>	
<b>Qualified as</b>	Judge 1		
	Judge 2		
	Timekeeper		
	Referee		

Please indicate below which sessions you can help at:

<b>Sessions 1 &amp; 2</b>	
<b>Sessions 3 &amp; 4</b>	
<b>Sessions 5 &amp; 6</b>	
<b>Sessions 7 &amp; 8</b>	

Thank you to all of our officials that dedicate their time for the benefit of the swimmers.

We really appreciate your assistance!

**Thank you, The Nova Management Board**

