

CITY OF SHEFFIELD

SWIM SQUAD

cosss.co.uk

Premier Open Meet 2026

THIS IS A LEVEL 1 LICENSED MEET FOR ENTRY INTO NATIONAL COMPETITIONS AND CHAMPIONSHIPS

Licence No. – 1NE260055

- DATE:** Friday 13th, Saturday 14th and Sunday 15th of March 2026
- VENUE:** Ponds Forge International Sports Centre, Sheffield
- FACILITIES:** 10 Lane, 50m Pool, Anti-wave lane ropes and electronic timing.
- MEET DIRECTOR:** Janine Booth Email: premiermeet1@gmail.com
- AGE GROUPS:** Female: 13/Under, 14, 15, 16, 17/Over
Open/Male: 13/Under, 14, 15, 16, 17/Over
- AGES AS AT:** 31st December 2026
- EVENTS:** 50m, 100m, 200m All Strokes, 200m & 400m IM – all HDW
400m, 800m & 1500m Freestyle - all HDW
- AWARDS:** Medals to 1st, 2nd, and 3rd in each age group.
- ENTRY FEE:** £10.00 per Event – 800m & 1500m £13.00 per event.
- COACHES PASSES:** Coaches / Team Manager passes are £15.00 each, inclusive of start lists.

CLOSING DATE: Thursday, 29th of January 2026

City of Sheffield Swim Squad

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Programme of Events

Session 1	Friday 13 th March			Warm Up: 5.15pm	Start: 6.00pm
Event No	101	1500m Freestyle	Mixed	13/Under, 14, 15, 16, 17/Over	
	102	800m Freestyle	Mixed	13/Under, 14, 15, 16, 17/Over	
Session 2	Saturday 14 th March			Warm Up: TBC	Start: 9.00am
Event No	201	200m Freestyle	Female	13/Under, 14, 15, 16, 17/Over	
	202	100m Backstroke	Open/Male	13/Under, 14, 15, 16, 17/Over	
	203	200m Backstroke	Female	13/Under, 14, 15, 16, 17/Over	
	204	200m Breaststroke	Open/Male	13/Under, 14, 15, 16, 17/Over	
	205	100m Breaststroke	Female	13/Under, 14, 15, 16, 17/Over	
	206	400m I.M	Open/Male	13/Under, 14, 15, 16, 17/Over	
	207	50m Butterfly	Female	13/Under, 14, 15, 16, 17/Over	
	208	50m Freestyle	Open/Male	13/Under, 14, 15, 16, 17/Over	
Session 3	Saturday 14 th March			Warm Up: TBC	Start: TBC
Event No	301	100m Butterfly	Female	13/Under, 14, 15, 16, 17/Over	
	302	200m Butterfly	Open/Male	13/Under, 14, 15, 16, 17/Over	
	303	200m I.M	Female	13/Under, 14, 15, 16, 17/Over	
	304	100m Freestyle	Open/Male	13/Under, 14, 15, 16, 17/Over	
	305	400m Freestyle	Female	13/Under, 14, 15, 16, 17/Over	
	306	50m Breaststroke	Open/Male	13/Under, 14, 15, 16, 17/Over	
	307	50m Backstroke	Female	13/Under, 14, 15, 16, 17/Over	
Session 4	Sunday 15 th March			Warm Up: TBC	Start: 9.00am
Event No	401	200m Freestyle	Open/Male	13/Under, 14, 15, 16, 17/Over	
	402	100m Backstroke	Female	13/Under, 14, 15, 16, 17/Over	
	403	200m Backstroke	Open/Male	13/Under, 14, 15, 16, 17/Over	
	404	200m Breaststroke	Female	13/Under, 14, 15, 16, 17/Over	
	405	100m Breaststroke	Open/Male	13/Under, 14, 15, 16, 17/Over	
	406	400m I.M	Female	13/Under, 14, 15, 16, 17/Over	
	407	50m Butterfly	Open/Male	13/Under, 14, 15, 16, 17/Over	
	408	50m Freestyle	Female	13/Under, 14, 15, 16, 17/Over	
Session 5	Sunday 15 th March			Warm Up: TBC	Start: TBC
Event No	501	100m Butterfly	Open/Male	13/Under, 14, 15, 16, 17/Over	
	502	200m Butterfly	Female	13/Under, 14, 15, 16, 17/Over	
	503	200m I.M	Open/Male	13/Under, 14, 15, 16, 17/Over	
	504	100m Freestyle	Female	13/Under, 14, 15, 16, 17/Over	
	505	400m Freestyle	Open/Male	13/Under, 14, 15, 16, 17/Over	
	506	50m Breaststroke	Female	13/Under, 14, 15, 16, 17/Over	
	507	50m Backstroke	Open/Male	13/Under, 14, 15, 16, 17/Over	

City of Sheffield Swim Squad

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Meet Conditions

Entries

- This competition will be held under Swim England Laws and Swim England Technical Rules.
- This meet is open to all members of a club affiliated to Swim England/Scottish Swimming or Swim Wales, or their own national association as appropriate. They must be eligible to compete and may enter in the name of one club only.
- This meet will be run using the linked Sportsystems software. Entry times must be recorded in British Rankings (Levels 1-4) between 1st January 2025 and the closing date. Converted times will be accepted. **The Sportsystems entry file will be available to download from our website on the 14th of January 2026.**
- The submission of entries, either electronic or by email indicates an acceptance of the meet conditions. **Entries will not be accepted until the appropriate payment is received.**
- The promoter reserves the right to limit entries to meet gala license timing restrictions. Where this rule is invoked, the swimmers with the fastest times submitted will take precedence. Events chosen for restrictions will be at the meet organisers discretion. In this case, within each event, entries will be restricted to the fastest times within each age group on a pro-rata basis.
- A draft programme, final programme and live results will be posted on our website: cosss.co.uk.
- Poolside entries will not be accepted and once the entry file has been submitted, improved times will not be accepted. Late entries may be accepted at the discretion of the promoter.
- There will be no reserve list for this meet.
- Entries will be accepted for only one distance event (800m, 1500m) per swimmer, should an entry be received for both events then they will be allocated as female - 800m, open/male - 1500m.
- Swimmers with disabilities will be accepted and all classes of swimmers will swim together in inclusive events.
- 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.
- Entries and results will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required by the Data Protection Act 1998, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be available during the meet.
- The promoter reserves the right to give preference to entries from overseas clubs where the pre-booking of flights is required to travel to and from the meet. All entries must meet the published qualifying times, proof may be requested. The promoter recommends that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry. COSSS cannot be held responsible for any costs that arise as a result. This rule does not apply to the distance events. (800m & 1500m)

Withdrawals

- Withdrawals: Please notify withdrawals by email to: premiermeet1@gmail.com or to the Omega Suite before 4.45pm on Friday for Friday Evening Events or before 7.30am for morning events and 12.45pm for afternoon events on Saturday and Sunday.

Officials

- In order to run a licensed meet a lot of help is required. We would be extremely grateful if your club has any licensed officials that would be prepared to help during the meet. If so, then please signup using the following link - [Premier Meet 2026 Officials Signup Link](#) or contact our officials' coordinator Kim Beighton at cosssgalaofficials@gmail.com A copy of our official's expenses policy can be found by following this link - [Officials Information](#)

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Refunds

- Refunds will not be given for swimmers withdrawing after the closing date or for any errors or omissions attributable to the individual or their club. Refunds will only be given to individuals who can prove that they are unfit to compete on medical grounds subject to an appropriate medical certificate being received by the meet promoter. All refunds will be made via the club who submitted the entries.

Poolside Passes

- All team staff must be DBS checked and have undertaken a relevant safeguarding course (e.g., Swim England Safeguarding course) to gain a coaches / team managers pass, access to poolside and the swimmers seating area. Any parent wishing to chaperone their swimmer who is attending without their club must also be DBS-checked to purchase a pass. Coaches and team staff MUST wear badges provided. City of Sheffield Swim Squad will NOT be responsible for any unaccompanied swimmers on poolside; the responsibility falls on the club entering the swimmer. Passes will be available to collect from the main entrance to the competition hall.

General

- A copy of the venues competition safety briefing can be found here – [Ponds Forge Event Safety Briefing](#)
- No outdoor shoes to be worn on the poolside. Footwear must be worn outside the pool area.
- Over the top starts will be used at the referee's discretion.
- Warm Up/Swim Down pool will be available. Clubs through their team staff MUST supervise their swimmers in the swim down pool and be responsible for the behaviour/actions of their swimmers within the facility. Swimmers using these facilities must follow any instructions issued by the lifeguards. If the Swim Down Pool is not used in a sensible manner, it will be closed. Swimmers must NOT attempt to swim to the bottom of the pool.
- It is the responsibility of swimmers to report to the stewarding area in sufficient time for each event. Neither City of Sheffield Swim Squad nor the promoter can be held responsible for any swimmer missing their heat.
- Parents and carers who wish 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. Please refrain from sharing on social media.
- If cancellation of the event is necessary, then the only claim will be the entry fees paid.
- Clubs are to be seated on the balcony as we are operating a clear pool deck.
- Mobile phones and cameras must not be used in the changing rooms and must be kept out of sight. Phones may only be used in case of an emergency. Photography is not allowed on the pool deck.
- A secondary strobe should be available throughout the competition, any competitor who needs to use it should notify the referee prior to the start of the session.
- Neither the Promoter nor City of Sheffield Swim Squad will be responsible for any loss or damage occurring during this meet.
- Any point not covered by these conditions will be at the discretion of the meet promoter. Depending upon the situation, the meet promoter or referee's decision respectively will be final

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- When entering this event, you agree that we may collect and publish personal information as part of the entry to and results of the event. We may pass such information to the Governing Body or Affiliated organisations for the purpose of membership and qualification checking. Following that, your personal information will be used for publishing results either for the event alone or combined with or compared to other events (British Rankings). The published results may include (but not limited to) Name, Club Membership, Race Times, Age Category.

Spectators

- Spectator tickets will be available on the door. Adults £8, Concessions £4.00 (Over 65's & Under 16's) Under 5's free. Cash and card payments accepted.

Parking for attendees

All event attendees are advised to use the official event car park- Castlegate Q-Park (closest to Ponds) or Sheffield Station

- Attendees can pre book this via the following website- <https://www.q-park.co.uk/en-gb/cities/sheffield/>
- Customer selects one of the 2 list car parks (Castlegate or Sheffield Station).

Customers can enter and exit as many times as they like during the prebooked period without the need for any tickets.

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Qualifying Times

LONG COURSE TIMES - CONVERSIONS FROM SHORT COURSE ALLOWED.

ALL TIMES MUST BE RECORDED IN BRITISH RANKINGS AT LEVELS 1-4 ACHIEVED BETWEEN THE 1ST OF JANUARY 2025 AND THE CLOSING DATE

Open/Male					Events	Female				
13 YRS/Under	14 YRS	15 YRS	16 YRS	17/OV		13 YRS/Under	14 YRS	15 YRS	16 YRS	17/OV
33.00	31.00	29.00	28.00	27.00	50 FREESTYLE	34.00	32.00	31.00	30.00	29.00
1.12.00	1.07.00	1.01.00	1.00.00	59.00	100 FREESTYLE	1.14.00	1.10.00	1.08.00	1.07.00	1.06.00
2.30.00	2.20.00	2.10.00	2.08.00	2.06.00	200 FREESTYLE	2.29.00	2.23.00	2.20.00	2.18.00	2.13.00
5.05.00	4.50.00	4.45.00	4.40.00	4.30.00	400 FREESTYLE	5.10.00	5.00.00	4.50.00	4.45.00	4.40.00
11.05.00	10.25.00	9.50.00	9.45.00	9.35.00	800 FREESTYLE	11.05.00	10.30.00	10.05.00	10.00.00	9.55.00
21.00.00	19.25.00	18.55.00	18.50.00	18.40.00	1500 FREESTYLE	21.25.00	20.35.00	19.45.00	19.40.00	19.35.00
45.00	42.00	41.00	40.00	39.00	50 BREASTSTROKE	47.00	45.00	43.00	42.00	40.00
1.38.00	1.35.00	1.28.00	1.26.00	1.18.00	100 BREASTSTROKE	1.43.00	1.38.00	1.34.00	1.31.00	1.27.00
3.18.00	3.03.00	2.54.00	2.52.00	2.42.00	200 BREASTSTROKE	3.10.00	3.06.00	3.03.00	3.01.00	2.57.00
38.00	33.00	30.00	29.00	28.00	50 BUTTERFLY	37.00	35.00	34.00	33.00	32.00
1.23.00	1.18.00	1.10.00	1.08.00	1.07.00	100 BUTTERFLY	1.24.00	1.18.00	1.16.00	1.14.00	1.12.00
3.00.00	2.45.00	2.36.00	2.34.00	2.28.00	200 BUTTERFLY	3.07.00	2.50.00	2.48.00	2.46.00	2.44.00
40.00	37.00	36.00	35.00	34.00	50 BACKSTROKE	40.00	38.00	37.00	36.00	35.00
1.28.00	1.19.00	1.14.00	1.12.00	1.09.00	100 BACKSTROKE	1.25.00	1.20.00	1.18.00	1.16.00	1.14.00
2.49.00	2.39.00	2.29.00	2.27.00	2.23.00	200 BACKSTROKE	2.47.00	2.39.00	2.38.00	2.36.00	2.32.00
2.49.00	2.36.00	2.30.00	2.28.00	2.24.00	200 INDIVIDUAL MEDLEY	2.50.00	2.45.00	2.39.00	2.37.00	2.35.00
6.00.00	5.30.00	5.20.00	5.10.00	5.00.00	400 INDIVIDUAL MEDLEY	6.05.00	5.40.00	5.34.00	5.32.00	5.25.00

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Club Electronic Entry Summary Sheet

PLEASE RETURN THIS SHEET WITH YOUR PAYMENT, SPORTSYSTEM ENTRY FILE AND PRINTOUTS TO THE EMAIL ADDRESS BELOW

- Payments via BACS to City of Sheffield Swim Squad Ltd (Ref PM26– Your Club Code) Account No 19893376
Sort Code 05-08-48 – Virgin Money
- A draft programme will be published on the club website for corrections.
- Please enclose a computer-generated Sportsystems printout of swims with a record of your payment.

Club			
Club Contact			
Email Address			
ENTRIES	Quantity		Sub Total
Female Entries		@ £10.00	£
Female Entries		@13.00	£
Open/Male Entries		@ £10.00	£
Open/Male Entries		@13.00	£
Total No. Entries		Total Entries	£
Coaches / TM Passes		@ £15.00	£
		Total	£

Coaches / TM Pass DBS Information (passes will not be processed without this information)

Name	Position	Swim England Membership Number

PLEASE RETURN

To: Janine Booth
Email: premiermeet1@gmail.com

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Individual Entry Form (no more than 5 individual entry forms per club)

Swimmers Name		D.O.B.	
Club		ASA No.	
Contact Email Address		Open Male/Female	

EVENT NO.	EVENT	ENTRY TIME	EVENT NO.	EVENT	ENTRY TIME
	50m Freestyle			50m Breaststroke	
	100m Freestyle			100m Breaststroke	
	200m Freestyle			200m Breaststroke	
	400m Freestyle			50m Butterfly	
	800m Freestyle			100m Butterfly	
	1500m Freestyle			200m Butterfly	
	50m Backstroke			200m I.M.	
	100m Backstroke			400m I.M	
	200m Backstroke				

Coach/TM Passes		@ £15.00	£
Total No. of Entries		@£10.00 per event	£
		@£13.00 per event	£
		Total	£

- Payments via BACS to City of Sheffield Swim Squad Ltd (Ref PM26– Swimmer’s name) Account No 19893376
Sort Code 05-08-48

Coach / TM Pass Information (passes will not be processed without this information)

Parents of swimmers attending without their club wishing to chaperone their child must be DBS checked to purchase a pass.

Name	Position	Swim England Membership Number

PLEASE RETURN

To: Janine Booth
Email: premiermeet1@gmail.com

