



City of Coventry Swimming Club
Affiliated to Swim England West Midland Region

Duel in the Pool

(Under Swim England Laws and Technical Rules)

Sunday 9th February 2025 - Alan Higgs Centre - Warm up not before 3:00pm

**Open to Foundation, Development, Fitness, AGC and AGD
 Academy swimmers may enter if at the entry they have completed an Inter
 House Sprint Night**

Age as at 31st December 2025

Latest Date to enter Saturday 29th January 2025

A Secondary Strobe Light will be available if required.

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.

Cost of Entry: £2 per event (includes spectator admission). If sufficient officials/timekeepers have volunteered to help by January 26th, application for a L4 licence will be made.

Training is cancelled on the afternoon of February 9th. The swimmer's squad for entry is the squad in which they are in when the meet opens to entry ie January 8th 2025

Academy	50m Free Mandatory
	50m Breast
Foundation	100m Free Mandatory
	50m Back
Development	200m IM Mandatory
	100m Back
AGC/AGD	400m IM Mandatory
	200m Free
YF/AGF	100m Back
	50m Breast



Entry is by SCM invitation. Entry times will be taken from times recorded in SwimClub Manager. If you do not have a time recorded please enter the Default Time in the table below. This will help us with understanding the gala timings. The last date to enter is January 29th.

Once entered, if you are not able to swim, then please email Julia.betteley@coventry-swimming.org.uk before the January 29th to withdraw your entry. You will not then be charged.

On January 29th the invoices will be issued and payment is then required. Refunds on production of a medical note will be provided but not for any other reason.

Programme of Events:

Event	Default Time
1. Female 400m IM (AGC/AGD)	07:00.00
2. Open/Male 400m IM (AGC/AGD)	07:00.00
3. Female 50m Breast (Academy/AGF/YF)	01:00.00
4. Open/Male 50m Breast (Academy/AGF/YF)	01:00.00
5. Open/Male 200m IM (Dev)	03:30:00
6. Female 200m IM (Dev)	03:30.00
7. Female 100m Free (Foundation)	02:00.00
8. Open/Male 100m Free (Foundation)	02:00.00
9. Female 200m Free (AGC/AGD)	03:00:00
10. Open/Male 200m Free (AGC/AGD)	03:00.00
11. Female 50m Back (Foundation/)	01:00.00
12. Open/Male 50m Back (Foundation)	01:00.00
13. Female 50m Free (Academy)	01:00.00
14. Open/Male 50m Free (Academy)	01:00.00
15. Female 100m Back (Dev/AGF/YF)	02:00.00
16. Open/Male 100m Back (Dev/AGF/YF)	02:00.00

Once the entry has closed a list of Accepted entries will be produced which must be checked and any errors/omissions must be advised asap to Julia.betteley@coventry-swimming.org.uk

No changes will be made on the day of competition