

**City of Peterborough Swimming Club**  
**Metcalfe Copeman & Pettefar Trophy Mini Meet Grand Prix**  
**2009/2010 Series**  
**(Incorporating the Lynne Tetley Trophy)**

**Introduction and Aims of Grand Prix**

- The grand prix series comprises of four time-trials for 8-12 year olds with a points based award system.
- Swimmers aged 8 may enter only if aged 9 by the final date of the series.
- The aim of the Mini Meets is to give young swimmers added incentive to attend training sessions and to provide the ideal environment to gain valuable experience of Open Meets on a small scale.
- The series will also provide swimmers with results based on the Bag Points scoring system.
- Meet attendance will allow a coach to monitor each swimmers progress through the Grand Prix programme
- Parents will be encouraged to develop skills as trainee officials and helpers in running the series if pool side resources allow.

**Rules**

- Closing date MI DNI GHT 5<sup>th</sup> October 2009
- Ages will be calculated as at 17<sup>th</sup> April 2010 (date of the final round).
- Swimmers must enter all four rounds regardless of actual attendance and are expected to swim all three races in each round unless otherwise advised by their coach.
- The Grand Prix will be held under ASA laws and ASA Technical Rules
- Event will be swum as spear-head seeding mixed age groups. Subsequent rounds will have entry times updated from the Grand Prix only.
- Swimmers that have achieved National Qualifying time for the year 2009 cannot enter the competition.
- Swimmers that gain National Qualifying times during the Mini Meets will no longer be able to swim in the competition. It is felt that once the swimmer reaches this standard the mini meets are no longer appropriate for the swimmers development. Pro rata refunds will be given on entry fees. Swimmers must declare this no later than the start of the next round so that the correct scores for awards can be calculated.

**The Mini Meet Programme**

All rounds will take place at the Regional Pool, Peterborough using whenever possible Omega Electronic timing with scoreboard display.

Cards are to be posted no later than 5.40pm, late entries will not be accepted. Warm up commences at 5:30pm. Please arrive at least 15 minutes before the warm up. The Mini Meet will begin at 6.10pm.

<b>Round 1</b>	<b>28th November 2009</b>		<b>Round 2</b>	<b>23rd January 2010</b>
Girls	Boys		Boys	Girls
50m Free	50m Fly		50m Free	50m Fly
50m Breast	50m Back		50m Breast	50m Back
200m I M	200m Free		200m I M	200m Free
<b>Round 3</b>	<b>27th February 2010</b>		<b>Round 4</b>	<b>17th April 2010</b>
Girls	Boys		Boys	Girls
200m I M	200m Free		200m I M	200m Free
50m Free	50m Fly		50m Free	50m Fly
50m Breast	50m Back		50m Breast	50m Back

**Awards**

The following awards will be presented at the end of the Round 4:

Metcalfe Copeman & Pettefar Trophy	Top point scoring swimmer Female
Metcalfe Copeman & Pettefar Trophy	Top point scoring swimmer Male
Best age group swimmers	Top 6, boys and girls in each AGE GROUP for 9, 10, 11 and 12 years
Lynne Tetley Trophy	Top point scoring visiting team

***Grand Prix Series points scoring system:*** Points will be awarded based on the BAG points scoring system. This system allocates points based on a swimmers time, multiplied by an age correction factor. The more events a swimmer competes in the better the chance of scoring high overall points. Total points after all four rounds will determine the overall winners in each age-group.

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Nb. Age Group Swimmers progressing to other Open Meets will often be scored using the similarly named BAGCAT points system, which only uses a swimmers best 50m sprint, 200m form stroke, 200/400 distance freestyle and Individual medley times. Unfortunately this system can't be used for this grand prix series.

#### Entry Fees

The entry fee is £22, which covers ALL events for all four rounds. Pro rata refunds are only available for swimmers withdrawing due to achieving national qualifying times.

Spectator entry (with programme) will be £2.50 per adult. Children under 16 are free.

#### Results

Results sheets will be displayed during each round on poolside for coaches and swimmers and the balcony for parents then within 24hours of the end of the round on the COPS website [www.copsclub.co.uk](http://www.copsclub.co.uk)

#### Officials and Helpers

Each visiting club is requested to provide to provide one qualified judge and a timekeeper for every round. Please provide contact details for your officials' secretary when returning entries. If it will not be possible to meet this request it is essential that this is made clear when returning entries. Alternatively email COPS Officials Secretary at [nigel.brigham@copsclub.co.uk](mailto:nigel.brigham@copsclub.co.uk)

We always rely on parent helpers on poolside and 'behind the scenes'. Helpers please contact Helen Freeman ahead of each round via [david.cook@copsclub.co.uk](mailto:david.cook@copsclub.co.uk)

#### Entries, General Enquiries & Info

David Cook, 12 Thornemead, Werrington, Peterborough, PE4 7ZD

Tel: 0792 00 13 134

E-mail: [david.cook@copsclub.co.uk](mailto:david.cook@copsclub.co.uk)



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