

CITY OF SHEFFIELD

SWIM SQUAD

cosss.co.uk

Team Steel Meet 2026

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

Licence No. – 1NE260171

- DATE:** Saturday 13th and Sunday 14th of June 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: teamsteelgala@gmail.com
- AGE GROUPS:** 11/12, 13, 14, 15/16, 17/Over
- AGES AS AT:** 31st December 2026
- EVENTS:** 50m, 100m, 200m - All Strokes
200m I.M, 400m I.M, 400m, 800m and 1500m Freestyle
- AWARDS:** Medals to 1st, 2nd, and 3rd in each age group in each event
- ENTRY FEE:** £10.00 per event – Distance events (800m & 1500m) £13.00
- COACHES PASSES:** Coaches / Team Manager passes are £15.00 each, inclusive of start lists.

CLOSING DATE: 30th of April 2026

City of Sheffield Swim Squad

Team Steel Meet 2026

Programme of Events

Session 1	Saturday 13th June			Warm Up: TBC	Start: 9.00am
Event No	101	1500m Freestyle	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	102	200m Freestyle	Female	11/12, 13, 14, 15/16, 17/Over	
	103	100m Backstroke	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	104	200m Backstroke	Female	11/12, 13, 14, 15/16, 17/Over	
	105	200m Breaststroke	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	106	100m Breaststroke	Female	11/12, 13, 14, 15/16, 17/Over	
	107	400m I.M	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	108	50m Butterfly	Female	11/12, 13, 14, 15/16, 17/Over	
	109	50m Freestyle	Open/Male	11/12, 13, 14, 15/16, 17/Over	

Session 2	Saturday 13th June			Warm Up: TBC	Start: TBC
Event No	201	800m Freestyle	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	202	100m Butterfly	Female	11/12, 13, 14, 15/16, 17/Over	
	203	200m Butterfly	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	204	200m I.M	Female	11/12, 13, 14, 15/16, 17/Over	
	205	100m Freestyle	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	206	400m Freestyle	Female	11/12, 13, 14, 15/16, 17/Over	
	207	50m Breaststroke	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	208	50m Backstroke	Female	11/12, 13, 14, 15/16, 17/Over	

Session 3	Sunday 14th June			Warm Up: TBC	Start: 9.00am
Event No	301	1500m Freestyle	Female	11/12, 13, 14, 15/16, 17/Over	
	302	200m Freestyle	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	303	100m Backstroke	Female	11/12, 13, 14, 15/16, 17/Over	
	304	200m Backstroke	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	305	200m Breaststroke	Female	11/12, 13, 14, 15/16, 17/Over	
	306	100m Breaststroke	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	307	400m I.M	Female	11/12, 13, 14, 15/16, 17/Over	
	308	50m Butterfly	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	309	50m Freestyle	Female	11/12, 13, 14, 15/16, 17/Over	

Session 4	Sunday 14th June			Warm Up: TBC	Start: TBC
Event No	401	800m Freestyle	Female	11/12, 13, 14, 15/16, 17/Over	
	402	100m Butterfly	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	403	200m Butterfly	Female	11/12, 13, 14, 15/16, 17/Over	
	404	200m I.M	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	405	100m Freestyle	Female	11/12, 13, 14, 15/16, 17/Over	
	406	400m Freestyle	Open/Male	11/12, 13, 14, 15/16, 17/Over	
	407	50m Breaststroke	Female	11/12, 13, 14, 15/16, 17/Over	
	408	50m Backstroke	Open/Male	11/12, 13, 14, 15/16, 17/Over	

City of Sheffield Swim Squad

Team Steel Meet 2026

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 2024 and the closing date. Converted times will be accepted. **The Sportsystems entry file will be available to download from our website on the 16th of April 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.**
- 1500m Freestyle will be restricted to 2 Heats / 800m Freestyle will be restricted to 3 Heats. Entries will be restricted to the fastest times within each age group on a pro-rata basis.
- 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 at this meet.
- 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 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.
- Swimmers with disabilities will be accepted and all classes of swimmers will swim together in inclusive events.
- The promoter reserves the right to give preference to Club 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 maybe 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 so arising. This rule does not apply to the distance events. (800m & 1500m)

Withdrawals

- Withdrawals – Please notify withdrawals by email to: teamsteelgala@gmail.com or to the Omega Suite before 7.45am for morning events and 12.45pm for afternoon events.

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.

City of Sheffield Swim Squad

Team Steel Meet 2026

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 - [Team Steel Meet 2026 Officials Signup Link](#) or contact our officials' coordinator Kim Beighton at cossgalaofficials@gmail.com A copy of our official's expenses policy can be found by following this link - [Officials Information](#)

Poolside Passes

- All team staff must be DBS check 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 of a swimmer attending without their club wishing to chaperone their child 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.
- 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.
- 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.
- 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.

City of Sheffield Swim Squad

Team Steel Meet 2026

- 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
1- Attendees can pre book this via the following website- <https://www.q-park.co.uk/en-gb/cities/sheffield/>
2-Customer selects one of the two 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.

City of Sheffield Swim Squad

Team Steel Meet 2026

Qualifying Times

Swimmers must have swum faster than the times listed below.

LONG COURSE TIMES – Short Course Converted Times Will Be Accepted

OPEN/MALE					EVENT	FEMALE				
11/12 YRS	13 YRS	14 YRS	15/16 YRS	17/Over		11/12 YRS	13 YRS	14 YRS	15/16 YRS	17/Over
36.00	34.00	32.00	29.00	27.00	50 FREESTYLE	36.00	34.00	33.00	32.00	30.00
1.20.00	1.13.00	1.08.00	01.02.00	1.00.00	100 FREESTYLE	1.19.00	1.15.00	1.10.00	1.08.00	1.06.00
2.53.00	2.40.00	2.38.00	2.19.00	2.16.00	200 FREESTYLE	2.50.00	2.43.00	2.30.00	2.24.00	2.21.00
5.15.00	5.10.00	4.55.00	4.50.00	4.40.00	400 FREESTYLE	5.20.00	5.15.00	5.05.00	4.50.00	4.45.00
11.10.00	11.05.00	10.25.00	9.45.00	9.35.00	800 FREESTYLE	11.10.00	11.05.00	10.30.00	10.00.00	9.55.00
21.05.00	21.00.00	19.25.00	18.50.00	18.40.00	1500 FREESTYLE	21.30.00	21.25.00	20.35.00	19.40.00	19.35.00
50.00	47.00	44.00	41.00	40.00	50 BREASTSTROKE	50.00	48.00	45.00	43.00	41.00
1.50.00	1.40.00	1.37.00	1.30.00	1.28.00	100 BREASTSTROKE	1.50.00	1.45.00	1.40.00	1.35.00	1.33.00
3.50.00	3.40.00	3.25.00	3.10.00	3.08.00	200 BREASTSTROKE	3.45.00	3.40.00	3.28.00	3.20.00	3.17.00
42.00	39.00	35.00	32.00	30.00	50 BUTTERFLY	40.00	38.00	36.00	35.00	33.00
1.35.00	1.25.00	1.20.00	1.12.00	1.10.00	100 BUTTERFLY	1.30.00	1.26.00	1.20.00	1.18.00	1.16.00
3.30.00	3.15.00	3.00.00	2.45.00	2.42.00	200 BUTTERFLY	3.30.00	3.15.00	3.05.00	2.56.00	2.53.00
44.00	42.00	39.00	37.00	35.00	50 BACKSTROKE	44.00	42.00	39.00	38.00	36.00
1.37.00	1.30.00	1.22.00	1.16.00	1.14.00	100 BACKSTROKE	1.33.00	1.30.00	1.23.00	1.20.00	1.18.00
3.20.00	3.10.00	2.53.00	2.44.00	2.40.00	200 BACKSTROKE	3.18.00	3.10.00	2.55.00	2.50.00	2.47.00
3.15.00	3.00.00	2.45.00	2.40.00	2.37.00	200 INDIVIDUAL MEDLEY	3.10.00	3.00.00	2.48.00	2.44.00	2.41.00
6.20.00	6.15.00	5.35.00	5.25.00	5.10.00	400 INDIVIDUAL MEDLEY	6.15.00	6.10.00	5.45.00	5.39.00	5.35.00

City of Sheffield Swim Squad

Team Steel Meet 2026

Club Electronic Entry Summary Sheet

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

- Payments via BACS to City of Sheffield Swim Squad Ltd (Ref TSM26– 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 (passes will not be processed without this information)

Name	Position	Swim England Membership No.

PLEASE RETURN

To: Janine Booth
Email: teamsteelgala@gmail.com

City of Sheffield Swim Squad

Team Steel Meet 2026

Individual Entry Form

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 TSM26– 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: teamsteelgala@gmail.com

