

SPRINT NIGHT INFORMATION SHEET

Congratulations, if you are reading this it may be because you have reached the level where your current Swimming Teacher thinks you are ready to start the ladder of Competitive Swimming. Sprint Night is an event held on the first Friday of every month (except for August and Sept) with the aim being to introduce swimmers to speed swimming and also for them to then improve their sprint times for 25m. Details of exact dates for the year can be found on the Club's website www.coventry-swimming.org.uk.

Sprint Nights are held at Coventry Sports Centre starting at 6.00pm and every swimmer swims 1 x 25m swim on each stroke from the Spectator side of the pool across into the diving pit side of the pool. The swimmers swim in heats of 8 swimmers maximum and are organised by COCSC staff.

Once on poolside from the changing rooms the boys need to make their way to the left hand side of the diving pit (when looking at it from the exit from the changing rooms) and the girls need to go to the right hand side of the Diving Pit. Here the COCSC Staff will arrange the heats according to age and ability so children swimming against people who will be in a similar standard group.

The stroke order for the heats is Backstroke, Breaststroke, Front crawl & Butterfly. There will be starting Blocks available for swimmers who have passed their Competitive Diving Award otherwise swimmers will need to start in the water. Each race will be started with proper starting equipment of a buzzer and for anyone with hearing problems there is a flash light on the top of the box. The starting command is "Take your Marks" and then the buzzer will sound/light flash and the race will begin.

All times are taken by timekeepers at the end of the lane and we also have a set of recorders who write down the times, swimmers name and Year of Birth. All these timekeepers & recorders are volunteers and it is a great way to start to get involved in your child's sport, if interested in becoming one of these volunteers please email Calie Smith on calie.smith@coventry-swimming.org.uk

We aim for Sprint night to be finished by 7.00pm but depending on the number of heats we sometimes run past this time. Results will be posted on the Club's website within 24 hours of the event finishing so swimmers can see what they have achieved and also track their own progress. We use these times to select teams, especially relay teams and our Junior League Teams, so regular attendance of Sprint Night will enable a better chance of selection to represent COCSC. There are also awards that are available for achieving different times dependant on the stroke and these are outlined in the box below:

	Bronze	Silver	Gold
Backstroke	26.00	23.20	20.90
Breaststroke	28.40	25.40	23.30
Front crawl	23.10	20.50	18.10
Butterfly	26.10	23.30	21.30

If the swimmers times better the times above then they can purchase a badge and certificate from the Club Night Desk on Friday Nights.

Sprint Night is free to enter but we ask that you still pay your normal swimming fee if you swim in Club Night normally on a Friday Night.