



## 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) 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 competition calendar <https://www.coventry-swimming.org.uk/?p=122>

Sprint Nights are held at The Alan Higgs Centre. The High Achievers groups start at 6.00pm (please arrive by 5.50pm) and will swim 1x 50m on each stroke as well as a 25m freestyle. Reception Achievers 1+2, Blue and Red Achievers start at 7.15pm (please arrive by 7.00pm) and every swimmer swims 1 x 25m swim on each stroke. The swimmers swim in heats of 8 swimmers maximum and are organised by COCSC staff.

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](mailto:calie.smith@coventry-swimming.org.uk)

Sprint night for each group will be finished by the time your child's normal session would finish. Results will be posted on the Club's website within 72 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	
	25m	50m	25m	50m	25m	50m
<b>Butterfly</b>	23.20	52.40	20.30	45.70	18.50	41.50
<b>Backstroke</b>	24.70	54.50	21.50	47.50	19.60	43.00
<b>Breaststroke</b>	27.20	1.00.40	23.80	52.70	21.70	48.00
<b>Freestyle</b>	21.00	47.00	18.30	41.00	16.70	37.20

If the swimmers times better the times above then they can purchase a badge and certificate from [Sprint Night Badge Ordering Form](#).