



(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

The Two Counties Spring Open Meet 2025

PLYMOUTH LIFE CENTRE

Saturday 15th & Sunday 16th March 2025

LICENSE NUMBER: 3SW250177

50m, 100m, 200m All strokes
And 400m Freestyle, 100m IM, 200m IM

Mixed Freestyle Relay Event 13 & under & 14 and over
Mixed Medley Relay Event 13 & under & 14 and over

9yrs (50m & 200m all strokes, 100m IM & 200m IM only)
10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over – all events
(Ages as at 16th March 2025)

Heat Declared Winners

Awards to first 6 in each age group - 13 and under
Awards to first 3 in each age group - 14 and over

**** PRIZES FOR TEAM RELAY EVENTS ****

**** *Two Counties Hats will be available* ****

**@ £8 for pre-order and a limited supply on the day
Enquiries to Peter Newman - vicechair@caradonsc.co.uk**

Entry Administrator: Hannah Goodwin on caradondinnaton@gmail.com

Entries will be strictly first come first served and
will open Thursday 2nd January 2025
Closing date on or before Monday 3rd March 2025

<http://uk.teamunify.com/Home.jsp?team=swcsc>

www.dinnatonswimming.co.uk



(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

The Two Counties Spring Open Meet 2025

THE TWO COUNTIES SPRING OPEN MEET 2025 AT PLYMOUTH LIFE CENTRE

Promoted by CARADON SC & DINNATON SC

This is a Level 3 Event and is Licensed by Swim England for entry into District Competitions

LICENSE NUMBER: 3SW250177

Ages as at 16 March 2025 (Last day of competition)

SATURDAY 15 March & SUNDAY 16 March 2025

Held under Swim England Laws and Regulations and Technical Rules of Racing

SCHEDULE OF EVENTS – 25 metre SHORT COURSE

SESSION 1 - DATE: 15th March - Warm up TBA - Start TBA

1	400M FREESTYLE	O	2	400M FREESTYLE	F
3	50M BACKSTROKE	O	4	50M BACKSTROKE	F
5	100M INDIVIDUAL MEDLEY	O	6	100M INDIVIDUAL MEDLEY	F
7	200M BUTTERFLY	O	8	200M BUTTERFLY	F

INTERVAL

SESSION 2 - DATE: 15th March - Warm Up No Earlier than TBA - Start No Earlier than TBA

13 & UNDER MEDLEY RELAY EVENT, 14 & OVER FREESTYLE RELAY EVENT
No Earlier than TBA Est Finish TBA

9	200M INDIVIDUAL MEDLEY	O	10	200M INDIVIDUAL MEDLEY	F
11	100M BACKSTROKE	O	12	100M BACKSTROKE	F
13	50M BREASTSTROKE	O	14	50M BREASTSTROKE	F
15	100M FREESTYLE	O	16	100M FREESTYLE	F

SESSION 3 - DATE: 16th March - Warm Up TBA - Start TBA

17	200M BACKSTROKE	O	18	200M BACKSTROKE	F
19	50M FREESTYLE	O	20	50M FREESTYLE	F
21	100M BUTTERFLY	O	22	100M BUTTERFLY	F
23	200M BREASTSTROKE	O	24	200M BREASTSTROKE	F

INTERVAL

SESSION 4 - DATE: 16th March - Warm Up No earlier than TBA – Start No earlier than TBA

13 & UNDER FREESTYLE EVENT and 14 & OVER MEDLEY RELAY EVENT
Start no earlier than TBA Est Finish TBA

25	100M BREASTSTROKE	O	26	100M BREASTSTROKE	F
27	50M BUTTERFLY	O	28	50M BUTTERFLY	F
29	200M FREESTYLE	O	30	200M FREESTYLE	F



TWO COUNTIES

(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

The Two Counties Spring Open Meet 2025

Saturday 15th March & Sunday 16th March 2025 (Ages as at 16 March 2025)

Any swimmer having an entry time faster than any of the upper limit times will not be able to compete in this event. Swimmers are to be no faster than these times.

FEMALE TIMES

EVENT	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/Ov
50m Free	36.37	33.22	30.06	29.27	27.52	26.59	26.48	26.00
100m Free		1.14.55	1.06.07	1.04.33	59.06	58.14	56.75	56.00
200m Free	2.45.00	2.28.32	2.23.24	2.19.47	2.11.70	2.05.98	2.01.00	1.59.50
400m Free	5.25.00	5.17.29	5.01.43	4.53.49	4.33.85	4.25.84	4.14.39	4.10.15
50m Breast	49.15	44.88	40.60	39.53	37.20	35.20	35.05	34.12
100m Breast		1.38.50	1.29.12	1.26.77	1.20.85	1.17.57	1.14.77	1.13.52
200m Breast	3.35.25	3.27.56	3.07.80	3.02.85	2.52.18	2.42.77	2.37.92	2.35.24
50m Back	42.73	39.02	35.30	34.37	32.43	31.31	30.60	29.78
100m Back		1.24.59	1.16.53	1.14.52	1.09.40	1.06.47	1.03.63	1.01.98
200m Back	3.01.25	2.56.05	2.39.29	2.35.09	2.25.10	2.22.17	2.14.17	2.12.33
50m Fly	40.25	36.75	33.25	32.38	31.45	30.33	29.27	28.96
100m Fly		1.26.82	1.18.55	1.16.49	1.12.27	1.08.26	1.04.94	1.03.65
200m Fly	3.15.22	3.09.00	2.51.00	2.46.50	2.40.76	2.34.93	2.22.65	2.19.35
100m IM	1.29.19	1.23.92	1.19.92	1.13.25	1.10.50	1.07.65	1.04.57	1.02.12
200m IM	3.02.18	2.55.62	2.38.90	2.34.72	2.31.10	2.25.71	2.20.09	2.18.56

OPEN TIMES

EVENT	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/Ov
50m Free	36.75	33.56	30.36	29.56	27.43	25.60	24.95	24.50
100m Free		1.13.94	1.06.90	1.05.14	1.01.17	55.67	55.38	54.95
200m Free	2.45.00	2.39.81	2.24.59	2.20.79	2.13.59	2.02.31	1.57.10	1.55.50
400m Free	5.25.00	5.16.89	5.01.05	4.53.12	4.43.43	4.15.24	4.04.49	4.01.25
50m Breast	49.31	45.02	40.74	39.66	37.31	35.34	32.60	31.95
100m Breast		1.39.55	1.30.07	1.27.70	1.23.45	1.15.99	1.10.20	1.08.52
200m Breast	3.35.25	3.26.49	3.06.83	3.01.91	2.50.45	2.40.68	2.32.17	2.28.65
50m Back	43.51	39.91	36.11	35.16	33.32	30.22	29.58	28.24
100m Back		1.26.11	1.17.91	1.15.86	1.11.52	1.05.00	1.03.05	59.95
200m Back	3.03.26	2.59.19	2.42.13	2.37.86	2.28.66	2.15.29	2.11.73	2.09.26
50m Fly	41.52	37.91	34.30	33.39	30.80	29.42	28.14	27.38
100m Fly		1.30.75	1.22.11	1.19.95	1.13.36	1.06.92	1.02.07	1.00.26
200m Fly	3.35.00	3.21.77	3.02.55	2.57.75	2.43.62	2.29.40	2.16.62	2.16.80
100m IM	1.30.54	1.25.19	1.17.60	1.11.36	1.08.54	1.05.14	1.02.25	1.01.28
200m IM	3.20.54	3.11.69	2.45.56	2.41.20	2.34.47	2.20.96	2.15.78	2.12.39



TWO COUNTIES



(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

The Two Counties Spring Open Meet 2025

INDIVIDUAL PAPER ENTRY FORM	
CLUB:	OPEN / FEMALE
Given Name:	
Family Name:	
DOB:	
ASA Reg No:	

<u>STROKE</u>	<u>TIME - MM:SS.00</u>
50m Freestyle	
100m Freestyle (not 9yrs)	
200m Freestyle	
400m Freestyle	
50m Backstroke	
100m Backstroke (not 9yrs)	
200m Backstroke	
50m Breaststroke	
100m Breaststroke (not 9yrs)	
200m Breaststroke	
50m Butterfly	
100m Butterfly (not 9yrs)	
200m Butterfly	
100m IM – All Age Groups	
200m IM	

CONTACT NAME:	E-MAIL:
TELEPHONE NUMBER:	
NUMBER OF ENTRIES	All events @ £7.75 = £
ADD PAPER ENTRY SURCHARGE OF £1 - TOTAL ENCLOSED OR PAID BY BACS = £	

TWO COUNTIES OPEN MEET - Hannah Goodwin 16 Old Woodlands Road, Plymouth PL5 3SY

Payment by BACS (PREFERRED) to: Sort Code: 30-67-79 Account No: 44747868

Cheques PAYABLE TO: **CARADON SWIMMING CLUB**

CLOSING DATE – Monday 03 March 2025 or when full on a first come first served basis

If using Hy-Tek Entry Manager entry forms are not required.



(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

The Two Counties Spring Open Meet 2025

[Entry Fees Summary Sheet](#)

Please e-mail completed Entry Fees Summary Sheet, Hy-Tek files (or paper entry form/s) Hy-Tek entry reports and Coach Pass Application Form to: caradondinnaton@gmail.com
(Hard copy not required if paying by BACS)

Please send cheques with hard copy of fees summary sheet and hard copies of paper entry forms to **Hannah Goodwin 16 Old Woodlands Road, Plymouth PL5 3SY**
(Entry acknowledgment is via the website and/or the person named on this form)

CLUB:	
CONTACT NAME & ADDRESS:	
TEL NO:	
E-MAIL:	

NUMBER OF ENTRIES		@£7.75	£
NUMBER OF PAPER ENTRY SURCHARGES		@£1.00	£
NUMBER OF POOLSIDE PASSES (max 2)		@£15.00	£
NUMBER OF POOLSIDE PASSES		@£5.00	£
HATS		@£8.00	£
TOTAL AMOUNT DUE			£

PAYMENT DETAILS:

PAYMENT IS BY BACS to Sort Code: 30-67-79 Account No: 44747868

Please use the reference **TWO COUNTIES25**

Entries will be returned if payment is not made within 14 days of confirmation of entry or 4pm on the closing date of 3rd March 2025 whichever is the soonest.

**Please note: Poolside passes will only be issued to persons registered with Swim England
And have a current DBS.**

**Passes must be applied for in advance, including the fee of £15 with your swimmers' entries.
Clubs can apply for 2 passes @ £15 each and further passes at £5 each.**



(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

The Two Counties Spring Open Meet 2025

PROMOTERS CONDITIONS - THE TWO COUNTIES LEVEL 3 SPRING OPEN MEET

LICENCE NUMBER: 3SW250177

1. The Promoters **Caradon SC & Dinnaton SC**.
2. The meet will be held under Swim England Laws and Regulations and Technical Rules of Racing and licensed by the Swim England at level 3 for inclusion in British Swimming Rankings.
3. Competitor's age groups shall be defined as at **16th March 2025**.
4. 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.
5. **Age Groups: 9, 10, 11, 12, 13, 14, 15, 16 & Over including Masters.**
6. **Awards:** All events will be HDW, and awards will be made to the Top 6 in each Age Group 13 and under. Awards to top 3 in each age group 14 and over
7. **Events:** 50m, 100m & 200m – all strokes + 400m Freestyle, 200m IM & 100m IM. **Please note, swimmers aged 9 years cannot enter 100m stroke events. Entry to the 100m IM is permitted.**
8. Additionally, there will be **Mixed Relay Events** – 13 years & under & 14 Years & Over. Swimmers aged under 14 will be allowed to swim up, but **not** vice versa. Please can clubs confirm if they are going to enter Relay Teams at the time of entering the meet to allow for planning of timings. Names of team are not required until on the day. **Times from Relays will not be sent to Rankings.**
9. Entries will be **first come first served, no deck entries will be accepted on the day of the competition, no exhibition swimmers will be accepted.**
10. All events will include all age groups with heats seeded slowest to fastest. All heats will be spearheaded. 'Over the top' starts will be used wherever possible.
11. All communication will be via the website and email. Accepted entries will be notified by email. Should any rejections be necessary these will be notified by email.
12. The promoters do not accept responsibility for any loss of property or damage. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings.
13. The promoters use a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the **General Data Protection Regulations 2018**, to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet.



(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

The Two Counties Spring Open Meet 2025

14. Entries must be the fastest time currently held by a swimmer either Short Course or Long Course conversion; the meet promoter will check entry times against the British Rankings where it is felt that a swimmer may be submitting a slower time to gain entry to this meet. Falsely entered times will be rejected without a refund.
15. If a swimmer's fastest time on British Rankings is no longer an accurate reflection of current performance level then the option to enter on the fastest time achieved in the preceding 24 months can be considered. This must be discussed and agreed with the promoter prior to the advertised closing date.
16. If a swimmer is found to have entered a false entry time they will be disqualified from the event and their time will not be uploaded to rankings. If the false time is identified following the meet the entry will be reported to British Rankings with a request for the time to be deleted.
17. All entries must have an entry time. Club certified times will be accepted if no British Ranking time is available. Entries without an entry time will be rejected.
18. In accordance with the recommendations of the Swim England WAVE POWER 2024 child safeguarding policy <https://www.swimming.org/swimengland/wavepower-child-safeguarding-forclubs/> any person wishing to use video, zoom or close-range photography should focus on their child as much as reasonably practicable. **You are reminded that flash photography is not permitted at the start of any heat.**
19. Photographs may be taken during the meet for publicity purposes, unless you notify the promoter that you do not wish your child to be included in such photography. Please notify the promoter (**Hannah Goodwin**) or their representative (**Peter Newman**) in writing or by e-mail (caradondinnaton@gail.com vicechair@caradonsc.co.uk).
20. Any matters concerning the Meet not covered in these Terms & Conditions will be dealt with according to the laws of the sport and at the discretion of the Promoters. The Promoters reserve the right to change the Meet Terms & Conditions to ensure the smooth running of the meet and at the express wish of the Referee. This will only apply due to unforeseen circumstances on the day of the meet.
21. Closing date for entries is **Monday 3rd March 2025 and entries will be returned if payments are not made by the closing date.**
22. **Payment is to be within 14 days of confirmation of entry or entries will be returned. If entries are accepted within 14 days of the closing date of 3rd March 2025 then payment must be received by 4pm on 3rd March 2025.**
23. The promoter reserves the right to accept or reject entries and to restrict entries to complete the meet within the time available.



(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

The Two Counties Spring Open Meet 2025

24. Refunds will be given for medical reasons on production of a doctor's note no later than 72 hours prior to Meet.
25. Should it be necessary to cancel the meet, for reasons beyond the control of the promoter, refunds will not apply once the meet has commenced. The Meet Promoter will make every effort to run the event. In any situation that the meet must be cancelled competitors are not eligible for full refunds of their entry fees. Proportionate refunds may be made but only after the promoter has covered all incurred costs.
26. There will currently be a second strobe available for the Two Counties 2025 Meet in the form of strobe lights on the Starting Blocks.
27. There will be two swim lanes allocated for warm downs.
28. Officials Expenses are covered in a paragraph towards bottom of meet information.



(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

The Two Counties Spring Open Meet 2025

COACHES POOLSIDE PASS APPLICATION FORM

CLUB.....

Name	ASA Number	DBS Number

Please note: Poolside passes will only be issued to persons registered with Swim England and that have a current DBS. Passes must be applied for in advance and include the fee of £15 with your swimmers' entries. Clubs can apply for 2 passes @ £15 each and further passes at £5 each.

Please collect passes on the day from the event stewards.



(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

The Two Counties Spring Open Meet 2025

VOLUNTEER OFFICIALS

This is a level 3 licensed meet, so the requirement is for Officials to be qualified.

Benefits:

- Free admission
- Welcome refreshments.
- Poolside refreshments and lunch
- Ring side view of the action
- Complimentary bottle of wine if you last the whole weekend!
- Please sign up at the <https://swim-meet.com/Availability/?m=2091>
- Trainee officials are welcome, please sign up on swim meet.

Expenses:

- Mileage claims will be checked, and verification may be requested before payment is made. Payment for mileage will be made at the agreed current rate set by Swim England Southwest and will normally be between the home address and the venue. It will be based on the shortest distance between home address and The Plymouth Life Centre (Distances will be taken from Google Maps). If the journey starting point differs from the home address payment will be made for whichever is the shorter distance. Mileage is paid for officials who work for the whole day (i.e., 2 sessions).
- Trainee Officials being mentored by qualified Officials cannot normally claim expenses, please check with Officials co-ordinator first.
- Officials who work only part of a session will not be reimbursed for that session.
- **Any Accommodation claims are to be pre-approved by meet organisers prior to booking accommodation.**
- Accommodation costs will be considered for those who make an official request on the Officials form and approved in advance. Officials will need to book their own accommodation and make a claim for re-imbursement on the Expenses Form and include the receipt for both hotel and evening meal.
- The maximum allowance is £65 single including breakfast and car parking charges. Accommodation costs above this amount will not be reimbursed.

For the success of the meet, Clubs should endeavour to provide at least One Official per Fifteen Swimmers. Clubs that have concerns meeting this expectation should contact the promoter at the time of entry. Clubs will not be penalised if they are unable to provide Officials.



(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

The Two Counties Spring Open Meet 2025

WE DO NEED AND APPRECIATE YOUR HELP, THANK YOU

HAT PRE-ORDER FORM

CLUB.....

Don't miss out on your Two Counties Swim Hats – Pre-Order below

Club Name and Contact	Number of Hats @ £8.00 EACH	TOTAL

PAYMENT DETAILS:

PAYMENT IS BY BACS to: Sort Code: 30-67-79 Account No: 44747868

Please use the reference **HATS2C22025**





(Affiliated to Cornwall & Devon ASA & Swim England Southwest)

The Two Counties Spring Open Meet 2025

RELAY EVENT INFORMATION

The **Two Counties Meet 2025** will be running relay races in the mid-session interval on both the Saturday and Sunday. These races are intended to be fun events for the Clubs to get behind their respective Teams and hopefully raise the roof of the Plymouth Life Centre. There is no charge to enter the Relay Events.

The Two Counties Committee would like the Teams to be inclusive and as such have set out the following criteria:

- Relay Races will comprise:
 - 4 x 50m Freestyle Relay
 - 4 x 50m Medley Relay
- Teams are to comprise of 2 x Boys & 2 x Girls*
- Races will be run as:
 - 13 & under
 - 14 & over

(Age on 16th March 2025 (same as Main Meet criteria))
- Saturday 16th - 13 & Under Medley Relay, 14 & Over Freestyle
- Sunday 17th - 14 & Over Medley Relay, 13 & Under Freestyle
- Clubs are limited to 1 Team per event, per age group
- Entries are limited to 10 Clubs per event
- Swimmers must be competing at the Main Meet to be eligible to swim
- Clubs will be notified of successful entry in the Relays prior to the commencement of the Main Meet
- Clubs do not need to name their swimmers at the time of application for entry

**NB: At the discretion of the Meet organisers a Club may request to enter a Team comprising 1 x boy & 3 x girls if they can demonstrate they have no more boys eligible to swim from the Main Meet and if spaces are available*

Clubs are invited to submit entries for the Relay Events to promoter@caradonsc.co.uk

Closing Date : 8pm on Friday 7th March 2025

****Prizes for Winners of each event****