



Bristol Penguin Olympic  
Swimming Club  
<https://uk.teamunify.com/team/bposc/page/home>  
&



Keynsham Amateur Swimming Club  
[www.keynshamswimmingclub.co.uk](http://www.keynshamswimmingclub.co.uk)

*jointly present their:*

# Spring Open Meet

**Saturday 8<sup>th</sup> & Sunday 9<sup>th</sup> March 2025 (3SW250391)**

**Hutton Moor Leisure Centre, Weston-Super-Mare**

**25m short course pool with electronic timing and anti-wave lane ropes**

Licensed Level 3 Meet to qualify for entry into county & regional competitions.

(Held under Swim England Laws & Technical Rules of Racing)

Age group eligibility is determined as at 9<sup>th</sup> March 2025

Age groups for awards: 9, 10, 11, 12,13,14,15 & 16+ years

**Medals:** top SIX males/open and top SIX females in each age category and event

**Award:** top overall male/open and top overall female multi-classification (para swimmer).

**Special Awards:** Top Female and Male Swimmers age 9-10, 11-12, 13-14 and 15+ yrs.

## **Top Club Award & Top Visiting Club Award**

All events included over distances of 50, 100, 200 and 400 metres  
Entry fee per race: £8 for 50, 100m or 200m events and £9 for 400m events

+

**8x25m Mixed Cannon Relay**

**Please submit entries by 10pm on Saturday 15<sup>th</sup> February 2025\***

\*Please note that if the meet is over-subscribed, entries may close earlier than the above date

## PROGRAMME

The meet will stay within the start and finish times outlined below however exact intermediate times for each day are estimates and these will be finalised once entries are confirmed.

Each event will run sequentially. All heats may be mixed gender.

Swimmers will be allocated based on entry times provided.

Separate awards for males/open and females for each event to be collected from the medals desk.

Age groups for awards: 9, 10, 11, 12,13, 14, 15 and 16+ years.

<b>SATURDAY 8th MARCH SESSION 1</b> <i>WARM UP 13:00 to 13:45, RACING 13:50 TO 16:20</i>  1. Mixed 400m Freestyle 2. Mixed 50m Breaststroke 3. Mixed 100m Butterfly 4. Mixed 100m IM	<b>SATURDAY 8th MARCH SESSION 2</b> <i>WARM UP 16:25 to 17:10 RACING 17:15 TO 19:45</i>  5. Mixed 200m Backstroke 6. Mixed 50m Freestyle 7. Mixed 100m Breaststroke 8. Mixed 200m IM
<b>SUNDAY 9th MARCH SESSION 3</b> <i>WARM UP 09:30 to 10:15, RACING 10:20 TO 13:20</i>  9. Mixed 400m IM 10. Mixed 50m Backstroke 11. Mixed 200m Freestyle 12. Mixed 50m Butterfly	<b>SUNDAY 9th MARCH SESSION 4</b> <i>WARM UP 13:30 to 14:15 RACING 14:20 TO 17:20</i>  13. Mixed 200m Breaststroke 14. Mixed 100m Backstroke 15. Mixed 200m Butterfly 16. Mixed 100m Freestyle

*No session will exceed three hours*

*The 8x25m Mixed Cannon Relay will be scheduled only once entries have closed and will be organised on the day of the competition. The running of the Mixed Cannon Relay is subject to their being sufficient time available.*

## UPPER QUALIFYING TIMES

*(Entrants should not have swum faster than this since 1<sup>st</sup> January 2024)*

### FEMALE

EVENT	9	10	11	12	13	14	15	16+
50 FREE	34.50	32.00	31.00	29.50	28.50	27.50	27.00	26.50
100 FREE	1:14.00	1:11.00	1:08.50	1:03.50	1:01.00	59.00	58.00	57.00
200 FREE	2:45.00	2:33.00	2:27.00	2:21.00	2:10.00	2:07.00	2:05.00	2:03.00
400 FREE	5:45.00	5:30.00	5:15.00	4:52.00	4:40.00	4:32.00	4:25.00	4:20.00
50 BREAST	45.00	43.50	40.00	37.50	36.00	35.00	34.00	33.00
100 BREAST	1:38.00	1:35.00	1:28.00	1:22.00	1:19.00	1:16.00	1:14.00	1:12.50
200 BREAST	3:25.00	3:18.00	3:11.00	2:59.00	2:49.00	2:42.00	2:39.00	2:36.00
50 BACK	40.00	37.50	36.00	33.00	32.00	31.00	30.25	29.50
100 BACK	1:26.00	1:20.00	1:15.00	1:11.00	1:08.00	1:06.00	1:04.50	1:03.00
200 BACK	2:57.00	2:49.50	2:43.00	2:35.00	2:28.00	2:22.00	2:18.00	2:15.50
50 FLY	38.00	36.00	33.00	32.00	31.00	30.00	29.00	28.25
100 FLY	1:30.00	1:24.00	1:17.00	1:12.00	1:09.00	1:06.00	1:04.00	1:03.00
200 FLY			2:50.00	2:40.00	2:32.00	2:26.00	2:22.00	2:19.00
100 IM	1:31.00	1:24.00	1:17.00	1:13.00	1:10.00	1:08.00	1:06.50	1:05.50
200 IM	3:02.00	2:54.00	2:46.50	2:36.00	2:32.00	2:28.00	2:23.00	2:20.00
400 IM			5:48.00	5:35.00	5:25.00	5:15.00	5:10.00	5:08.00

### MALE/OPEN

EVENT	9	10	11	12	13	14	15	16+
50 FREE	34.50	32.00	31.00	29.50	27.00	26.00	24.00	23.00
100 FREE	1:14.00	1:11.00	1:08.50	1:03.00	59.00	56.00	53.00	51.00
200 FREE	2:45.00	2:33.00	2:26.00	2:17.00	2:09.00	2:02.00	1:56.00	1:53.00
400 FREE	5:45.00	5:30.00	5:14.00	4:50.00	4:37.00	4:24.00	4:10.00	4:00.00
50 BREAST	45.00	43.50	40.00	37.50	35.50	33.00	30.50	28.50
100 BREAST	1:38.00	1:35.00	1:27.00	1:21.00	1:16.00	1:12.00	1:08.00	1:03.75
200 BREAST	3:25.00	3:18.00	3:11.00	2:57.00	2:46.00	2:37.00	2:30.00	2:24.00
50 BACK	40.00	37.50	35.50	33.00	31.00	29.50	28.00	26.75
100 BACK	1:26.00	1:20.00	1:14.00	1:10.00	1:06.50	1:03.50	1:01.00	59.00
200 BACK	2:57.00	2:49.50	2:42.00	2:34.00	2:25.00	2:17.00	2:12.00	2:07.00
50 FLY	38.00	36.00	33.00	31.50	30.00	28.00	26.00	24.50
100 FLY	1:30.00	1:24.00	1:17.00	1:12.00	1:06.00	1:02.00	58.00	55.00
200 FLY			2:50.00	2:40.00	2:30.00	2:22.00	2:16.00	2:09.00
100 IM	1:31.00	1:23.00	1:17.00	1:12.50	1:06.50	1:03.50	1:01.00	56.75
200 IM	3:02.00	2:54.00	2:46.00	2:37.00	2:28.00	2:20.50	2:15.00	2:09.50
400 IM			5:48.00	5:30.00	5:14.00	4:59.00	4:45.00	4:32.00

## MEET CONDITIONS

### GENERAL CONDITIONS

1. The meet will be held Under Swim England (SE) Laws and Regulations and Swim England Technical Rules of Racing and has been licensed at Level 3 by Swim England so that times achieved can qualify for county and regional competitions.
2. **The meet is jointly run by Bristol Penguin Olympic Swimming Club (Gloucester County ASA) and Keynsham Amateur Swimming Club (Somerset County ASA). The meet promoter is Chris Metcalfe: [kascmeets@outlook.com](mailto:kascmeets@outlook.com).**
3. Any situation not covered by these conditions will either be referred to the Lead Referee or Meet Promoter. The outcome of any decision will be based on SE Law or Technical Rules or in the spirit of fairness and equity and will be announced accordingly.

### ENTRIES – INDIVIDUAL EVENTS

4. **Keynsham Amateur Swimming Club will handle the entries. All entries of more than three swimmers must be submitted as a HyTek entry file, available to download from the website: [www.keynshamswimmingclub.co.uk](http://www.keynshamswimmingclub.co.uk), or on request from [kascmeets@outlook.com](mailto:kascmeets@outlook.com) or alternatively from [ben.mullen@bristolpenguins.com](mailto:ben.mullen@bristolpenguins.com) or via <https://uk.teamunify.com/team/bposc/page/home>. Details for payment of meet fees will be provided on receipt of an entry.**
5. All Competitors must be registered as Club Compete if in England and the equivalent in Swim Wales or Scottish Swimming.
6. Swimmers will be required to swim in one of two groups, Female or Open/Male swimmers. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary competition policy for swimming. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
7. **The entry fee for visiting clubs is £8 per individual event of 50, 100m or 200m and £9 per individual event for 400m events.**
8. Age groups for the meet are based on the competitor's age on 9<sup>th</sup> March 2025.
9. Entries to an event will only be accepted from a swimmer who has NOT achieved a short course or converted long course time faster than that event's upper qualification time, for their age and gender, since 1<sup>st</sup> January 2024. Swimmers who achieve a faster time than the upper qualification time between submission of entry and the weekend of the meet will be permitted to compete.
10. Poolside passes are £10 each for the whole meet and must be requested at least

two weeks before the meet. A club with one or more swimmers needing assistance to compete will be issued one poolside pass free of charge. Passes are transferable, but we ask clubs to ensure they are only held by registered members with an up-to-date DBS check. Passes must be worn at all times when poolside or in swimmer-only areas. Clubs will normally be restricted to a maximum of five poolside passes, but a club should contact the promoter if this will be insufficient to manage their swimmers.

11. Please submit entries by 10pm on Saturday 15<sup>th</sup> February 2025 (the “Entry Deadline”). Entries may be accepted after the Entry Deadline subject to space being available, and without disadvantaging those entries received prior to the Entry Deadline. Requests for time trials (e.g. from a swimmer faster than the upper QT for an event) should be submitted with other club entries. Such applications will be considered under the same conditions as late entries and will be accommodated only if there is capacity once the meet has closed to entries.
12. Entries will be accepted on a first-come first-served basis. The meet will close early once as many entries as can be accommodated are received. The Mixed Cannon Relay may be dropped if the meet is over-subscribed.
13. If insufficient entries have been received by the Entry Deadline for the meet to be financially viable, the meet will be cancelled. In these, or any other circumstances necessitating cancellation of the meet, we will aim to refund all entry fees, but reserve the right to retain sufficient funds to cover any costs unavoidably incurred.
14. Short course (25m) entry times or converted long course times should be submitted. Swimmers with no entry time for an event are encouraged to submit a realistic estimate.
15. Entries will be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 2018, and in line with UK GDPR, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the meet on application to the promoters.
16. No refunds for entries will be given after the entries have been processed and accepted, except in the case of medical withdrawals notified before the meet commences and with the production of either a doctor’s or medical certificate or an email from the swimmer’s Head Coach confirming the athlete is unfit to compete. Refunds in these circumstances will be processed post meet once the appropriate certification has been received by the meet promoter. It is the responsibility of the

entrant to then provide a summary of events entered by the withdrawing athlete along with a bank account name, Account number and sort code into which the refund is to be made.

#### ENTRIES – 8x25m MIXED CANNON RELAY

17. Competing clubs will be invited to enter teams into the relay, and team members will be confirmed at the start of the relevant session.
18. Entry to the relay event is free of charge.
19. Teams for the 8x25m Mixed Cannon Relay will include four females and four male/open category swimmers in each of the following age groups: 10/u, 12/u and 14/u and Open.
20. Clubs are welcome to enter more than one team to each relay event; if more teams enter than can be accommodated, multiple teams will be accepted in proportion to the number of swimmers each club has at the event.
21. Relay team members must fulfil the age and gender requirements of the event. Only competitors entered for at least one individual event during the meet will be eligible for selection and participation in the Mixed Cannon Relay.
22. Medals for relays will be for the top three teams in each age category.
23. No relay times will be submitted to rankings.

#### OFFICIALS

24. Clubs are requested to provide a licensed official (or J1 trainee with timekeeper competency signed off in their workbook) for every ten swimmers entered. **The Meet Promoter will endeavour to recruit sufficient officials to meet the licence requirements for each session; if this proves not to be possible for a session, times from that session will not be submitted to SE rankings.**
25. Officials who officiate at any of the sessions will be entitled to Mileage Expenses from their home address to the Pool Venue and return, with an aggregate limit of 160 miles maximum. The rate will be 45p per mile for those officials without a swimmer taking part in the event and 20p per mile for those officials with a swimmer taking part.
26. Officials should request an Expenses Application Form from the Lead Referee which should be completed and returned to the Lead Referee during the duration of the Meet. Officials will be provided with refreshments before the start of each day and lunch in between sessions.

## THE COMPETITION

27. All events will be run on a Heat Declared Winner basis. Entries will be seeded into mixed gender heats from submitted times, the slowest heats being swum first.
28. Medals will be given to the top SIX swimmers in each gender category within each age group category. The age groups are 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15 years and 16+ years.
29. Swimmers achieving times faster than the upper qualification times will be eligible for medals; there will not be a "speeding ticket" system.
30. For each event the top six swimmers in each age group will be awarded points towards the top male/open category swimmer and top female swimmer competitions. There will be a top male/open swimmer and top female swimmer of the meet award in the following categories: 9-10, 11-12, 13-14 and 15+ yrs.
31. There will be an award for Top Club and Top Visiting Club.
32. Swimmers are not required to sign in, but we will be grateful to hear of withdrawals from 400m and 200m events by the beginning of the respective session."
33. All swimmers must report to marshalling when instructed to do so or may be excluded from the event.
34. Swimmers unable to execute a competitive racing dive should start in the water.
35. Backstroke starting ledges will not be used at this meet.
36. The 200m fly and 400m IM events are only open to swimmers aged 11 years and over.
37. Disability Swimmer entries: all swimmers must have an authorised SE/IPC swimming classification, Certificate of Disability or Function Ability Card. In addition, details of disability must be provided with entry. Please ensure you present your Certificate of Disability or Function Ability Card to the Referee prior to each competition session, failure to do so may result in disqualification.
38. A secondary starting strobe is available. Please will swimmers requiring the secondary strobe indicate this on entering.
39. The referee may request swimmers to start races "over the top".
40. The meet will stay within the start and finish times outlined on page 2 however exact intermediate times for each day are estimates and these will be finalised once entries are confirmed.

## CONDUCT DURING THE MEET

41. In accordance with recommendations of SE, any persons wishing to use video, zoom or close-range photography, including mobile phones, 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 on social media platforms. It is requested that all mobile phones are switched to silent during the competition, and that there is no flash photography at the start of each race. The full SE guidance on Photography can be found in Wavepower, the SE Child safeguarding policy and procedures, available at <http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>
42. Swimmers must be dry and wearing t-shirt, shorts and footwear before leaving poolside / the swimmers area.
43. The Meet Promoter, Keynsham Amateur Swimming Club, Bristol Penguin Olympic Swimming Club, and Hutton Moor Leisure Centre do NOT accept responsibility for any property that is lost, stolen or damaged.
44. All meet competitors and spectators must observe all safety precautions in operation at Hutton Moor Leisure Centre and follow any instructions given by Leisure Centre Staff.
45. For the duration of the meet, Team Managers and Coaches are responsible for the conduct of their swimmers.
46. Only those non-swimmers holding a poolside pass, volunteer pass, officials, and leisure centre staff are allowed poolside and into the swimmers' area.
47. In extenuating circumstances, the referee has the right to make changes to the conditions on the day in order to ensure the smooth running of the meet.
48. Spectators will be able to watch the open meet from the viewing gallery. **Admission to the viewing gallery will be £3 per session or £5 per day.** Payment by debit or credit will be available. If paying with cash, the correct change will be much appreciated.

## AFTER THE MEET

49. Results will be made available to competing clubs and individual entrants at the end of the competition.
50. Times from individual events will be submitted to SE rankings, subject always to condition 24 above.



# Bristol Penguin Olympic Swimming Club & Keynsham Amateur Swimming Club

Level 3 Spring Open Meet - 8th and 9th March 25

Licence Number 3SW250391



## Entry Form

Please complete this form for entries of up to 3 swimmers per club. Please submit via email, attaching a completed version of this form as a word document, scan or photograph.

Note - all entries of more than three swimmers must be submitted as a HyTek entry file, available to download from the websites: <https://uk.gomotionapp.com/team/bposc/page/home> and or <https://www.keynshamswimmingclub.co.uk/page/home> on request from [kascmeets@outlook.com](mailto:kascmeets@outlook.com) and/or [ben.mullen@bristolpenguins.com](mailto:ben.mullen@bristolpenguins.com).

- Age eligibility: determined by reference to the swimmer's age on **9<sup>th</sup> March 2025**
- Closing date: 10pm on Saturday 15th February 2025
- Entry fees: £8 per event for 50m, 100m and 200m events and £9 per event for 400m events.

Full Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Swim England Member ID \_\_\_\_\_

Club \_\_\_\_\_

Female or Male / Open \_\_\_\_\_

*Note: inserting an Entry Time in the appropriate box below indicates entry for the relevant event.*

Saturday Events	Entry Time	Sunday Events	Entry Time
1. 400m Freestyle		9. 400m IM	
2. 50m Breaststroke		10. 50m Backstroke	
3. 100m Butterfly		11. 200m Freestyle	
4. 100m IM		12. 50m Butterfly	
5. 200m Backstroke		13. 200m Breaststroke	
6. 50m Freestyle		14. 100m Backstroke	
7. 100m Breaststroke		15. 200m Butterfly	
8. 200m IM		16. 100m Freestyle	

# Bristol Penguin Olympic Swimming Club & Keynsham Amateur Swimming Club

Level 3 Spring Open Meet - 8th and 9th March 25

Licence Number 3SW250391



## Club Summary Form

Please complete this form for entries of up to 3 swimmers per club. Please submit via email, attaching a completed version of this form as a word document, scan or photograph.

- Age eligibility: determined by reference to the swimmer's age on **9<sup>th</sup> March 2025**
- Closing date: 10pm on Saturday 15<sup>th</sup> February 2025
- Entry fees: £8 per event for 50m, 100m and 200m events and £9 per event for 400m events.

Club \_\_\_\_\_

Female Entries \_\_\_\_\_ @ £8 per event = £ \_\_\_\_\_

Male / Open Entries \_\_\_\_\_ @ £8 per event = £ \_\_\_\_\_

Female Entries \_\_\_\_\_ @ £9 per event = £ \_\_\_\_\_

Male / Open Entries \_\_\_\_\_ @ £9 per event = £ \_\_\_\_\_

Poolside passes \_\_\_\_\_ @ £10 per pass = £ \_\_\_\_\_

TOTAL COST \_\_\_\_\_ = £ \_\_\_\_\_

Contact name (print) \_\_\_\_\_

Tel (daytime) \_\_\_\_\_ (evenings) \_\_\_\_\_

Email address: \_\_\_\_\_

I certify that all information and stated entry times are correct.

\_\_\_\_\_(Signature)

Email entries to [kascmeets@outlook.com](mailto:kascmeets@outlook.com)