



---

# **SOUTHWOLD SWIMMING CLUB**

## **FAST FIVE**

**LEVEL 3 - OPEN MEET 2025**

**Date – 12<sup>th</sup> July 2025**

GL1 Leisure Centre, Bruton Way, Gloucester GL1 1DT

License No: 3SW250926

Age Groups: 9, 10, 11, 12, 13, 14, 15, 16+

Events: 50m Free, 50m Breast, 50m Fly, 50m Back & 100m IM

Medals: Top 3 places in each age group per event

Top Male/Open & Female award in each Age Group

Entries close at midnight on **30<sup>th</sup> May 2025** or sooner if the Meet reaches capacity.

---



Southwold Swimming Club – Fast Five  
Level 3 Open Meet  
12<sup>th</sup> July 2025  
License Number: 3SW250926

---

Programme includes:

- 50m Free, Back, Breast & Fly and 100m Individual Medley
- All events are “Heat Declared Winners”
- Awards to top three swimmers, Open/Male and Female in each age group: 9, 10, 11, 12, 13, 14, 15, 16 & over, will be based on scoring system awarded across all five events
- Open to any swimmer with a PB time slower than the Cut Off times for any of the events in their age group.
- Entry fee £35 to cover entry to all five events
- Hot Heats with prizes

Entries close at midnight on **30<sup>th</sup> May 2025** or sooner if the Meet reaches capacity.



Southwold Swimming Club – Fast Five  
Level 3 Open Meet  
12<sup>th</sup> July 2025  
License Number: 3SW250926

## PROMOTERS CONDITIONS

- 1 The competition will be swum under Swim England Laws and Regulations and Technical Rules of Racing and licensed by Swim England for entry into County and Regional Competitions. Any rules not covered by the Promoter's Conditions will be covered by the Swim England Laws on Open Competitions.
- 2 All competitors must be British Swimming registered at Club Compete and must be members of a club affiliated to Swim England, WASA or SASA.
- 3 Age groups are: 9, 10, 11, 12, 13, 14, 15, 16+ years in all events.
- 4 **Swimmers will compete as of their age on day, 12/07/2025**
- 5 All events will be run on a heat declared winner (HDW) basis. Entries will be seeded into heats from submitted times, with the slowest heat first and the final heat spearheaded. Short course entry times should be submitted, converted long course times can be used.
- 6 All entries are subject to meeting the qualifying times and will be accepted on a "*first come first served basis*". Entries will be rejected when the meet is full or from the last entry received if we cannot accept that entry in full.
- 7 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.
- 8 Entries will only be confirmed by email. It is the responsibility of the Club entering the swimmers to check for any inaccuracies in the confirmed entries. Any inaccuracies must be notified to the Meet Promoter prior to the Meet. Team managers will need to confirm any withdrawals, session by session, prior to the start of the warm-up for the relevant session. In the case of individual entries this is the responsibility of the swimmer.
- 9 The Promoter reserves the right to refuse any entry. Incorrect or incomplete entries will not be accepted. Entries are accepted on the understanding that the competitor accepts the Promoter's Conditions.
- 10 No entries will be accepted after the closing date (including replacement entries on the day). Refunds will be given to Hy-Tek Meet Manager rejected entries, and not to invalid or incorrect entries. No refunds will be made to competitors who withdraw after advice of acceptance unless in extenuating circumstances and at the discretion of the promoter.



Southwold Swimming Club – Fast Five  
Level 3 Open Meet  
12<sup>th</sup> July 2025  
License Number: 3SW250926

- 11 The success of any Open Meet relies heavily on the support of visiting clubs providing officials. All visiting clubs are asked to help by providing qualified and licensed officials for each session. Clubs will, however, not be rejected if they are unable to provide officials.

Officials can sign up to the meet through Swim Meet – [Swim Meet](#). Officials who officiate at any of the Sessions will be entitled to Mileage Expenses at a Rate of 45p per mile from their home address to the Pool Venue and return, with a limit of one claim per day, regardless of the number of sessions attended in that day. Officials should request an Expenses Application Form from a Referee which should be completed and returned to that Referee during the duration of the Meet. Officials who officiate both sessions will be provided with lunch.

Please contact [Southwold@swimclubmanager.com](mailto:Southwold@swimclubmanager.com) for more information.

- 12 All events will be Heat Declared Winners (HDW) and awards will be made as detailed in point 3. Medals will be given to the top 3 swimmers in each event, in all age groups. Medals for disability categories will be awarded in addition per age group. Awards are to be collected from the Medals table when announced. All starts where possible and agreed with the referee will be over the top.
- 13 There will be trophies awarded to Top Open Swimmer and Top Girl Swimmer for all age groups in point 3. Awards will be based on the acquisition of the highest points total throughout the meet

Place	Points
1 <sup>st</sup>	8
2 <sup>nd</sup>	7
3 <sup>rd</sup>	6
4 <sup>th</sup>	5
5 <sup>th</sup>	4
6 <sup>th</sup>	3
7 <sup>th</sup>	2
8 <sup>th</sup>	1

In the event of a tie, the number of first places will decide the winner. In the event swimmers are still tied, the result of the 100IM will be used to decide the winner. Awards will be presented to winners after the final event of the meet.

- 14 Para Swimmer Entries - all swimmers must have an authorised SE/IPC swimming classification or Certificate of Exception or Certificate of Disability. In addition, details of disability, classification and exemptions must be provided with entry. It is the responsibility of each club to provide this information.

Please ensure the Certificate of Exception or Certificate of Disability are presented to the Referee prior to each competition session, failure to do so may result in disqualification.

- 15 A secondary strobe light will be available upon request, to be submitted at the time of entry.
- 16 The promoter conditions cannot be changed once Licensed. Only the Referee can make changes on the day to facilitate the smooth running of the meet.
- 17 Club entries must be made electronically and submitted via email using the Hy-Tek software only. Please submit, via email, the summary sheet & Hy-Tek entries report print-out.



Southwold Swimming Club – Fast Five  
Level 3 Open Meet  
12<sup>th</sup> July 2025  
License Number: 3SW250926

- 18 Individual entries may be made via email using the relevant entry form attached at the end of the pack. A copy of this form can be requested from [southwold@swimclubmanager.com](mailto:southwold@swimclubmanager.com).
- 19 For all entries, please supply an email address to enable the return of your acceptances / rejections and any other information as required.
- 20 All payments should be made via bank transfer - details will be sent along with entry confirmation or on request from [southwold@swimclubmanager.com](mailto:southwold@swimclubmanager.com). Closing date for entries is midnight Friday 30<sup>th</sup> May 2025
- 21 Coach/team manager passes cost £5 per day, which will entitle the holder to admission to both sessions, a programme and start sheets. It is the responsibility of attending clubs to ensure that all Coaches and Chaperones have the appropriate Swim England registration and hold a valid Disclosures & Barring Service certificate (DBS clearance). All Teams must be accompanied by at least one Level 2 or Swim England Swimming Coach who must have current Safeguarding and DBS passes. Team Managers on poolside must be TM1 Qualified and be DBS Checked. Clubs must ensure passes are always worn by their representatives when on poolside.
- 22 Coaches / team managers are responsible for their swimmers at all times.
- 23 All meet participants and spectators must observe all safety precautions in operation at GL1 Leisure Centre and follow any instructions given by Leisure Centre staff.
- 24 A spectator charge will be payable for all adult spectators. Prices will be £5 per person
- 25 Competitors are advised not to leave their belongings unattended. Neither Southwold Swimming Club nor GL1 can accept responsibility for any property that may be lost, stolen or damaged.
- 26 With the submission of entries, consent is deemed to have been given, as required by the Data Protection Act 2018, to hold and distribute as necessary, any personal information on computer, to run the meet.
- 27 If the competition is oversubscribed the promoter reserves the right to close the competition to entries before the closing date.
- 28 Anyone wishing to use a device capable of photography or video recording must take careful note of the full Swim England Guidance on Photography that can be found in Wavepower the Swim England Child Safeguarding Policy and Procedures available at [www.swimming.org](http://www.swimming.org) Mobile phones or devices capable of video and photo capture must not be used, under any circumstances, in the changing areas – this is in line with Wavepower guidelines.
- 29 The Promoter reserves the right to refuse admission to any competitor or spectator who shows aggressive or abusive behaviour towards any GL1 staff, Southwold Staff, competitors or members of the public.
- 30 The Referee's decision is final subject to Swim England Law.
- 31 The event is to be held at *GL1 Leisure Centre, Bruton Way, Gloucester, GL1 1DT* - a 25m, 8 lane pool.



Southwold Swimming Club – Fast Five  
Level 3 Open Meet  
12<sup>th</sup> July 2025  
License Number: 3SW250926

The promoter of this event is ***Natalie Luton***.

Please send all entries to [southwold@swimclubmanager.com](mailto:southwold@swimclubmanager.com) with the subject Fast Five Entry and club name (e.g Fast Five Entry – Southwold)

Meet pack and entry forms available on request from [Southwold@swimclubmanager.com](mailto:Southwold@swimclubmanager.com) and the Southwold Swimming Club website: [www.southwoldswimmingclub.com](http://www.southwoldswimmingclub.com).



Southwold Swimming Club – Fast Five  
Level 3 Open Meet  
12<sup>th</sup> July 2025  
License Number: 3SW250926

<b>Saturday 12<sup>th</sup> July 2025</b>		
<b>Session 1</b>		
<b>Warm Up: 11:15</b>		
<b>Start Time: 12:20</b>		
Event 01	Open/Male – 9 & Over	50m Breaststroke
Event 02	Female – 9 & Over	50m Breaststroke
Event 03	Open/Male – 9 & Over	50m Butterfly
Event 04	Female – 9 & Over	50m Butterfly
Event 05	Open/Male – 9 & Over	50m Backstroke
Event 06	Female – 9 & Over	50m Backstroke
Finish Time: TBC		

<b>Session 2</b>		
<b>Warm Up: TBC</b>		
<b>Start Time: TBC</b>		
Event 09	Open/Male – 9 & Over	50m Freestyle
Event 10	Female – 9 & Over	50m Freestyle
Event 11	Open/Male – 9 & Over	100m IM
Event 12	Female – 9 & Over	100m IM

**Please note that the Warm Up Times Start and Duration may be subject to change depending on the number of entries for the Meet**



No swimmer faster than the listed times for their age group may enter that event.

Female qualification times

FEMALE	9	10	11	12	13	14	15	16+
50 BREAST	50.90	44.10	41.80	39.80	36.20	34.30	33.80	32:00
50 FLY	45.00	39.50	35.20	33:00	30.20	29.60	29.00	29.00
50 BACK	45.00	40.00	37.30	34.00	32.10	31.90	30.90	29.00
50 FREE	36.00	34.00	31.70	29.80	28.90	28.60	27.70	27.00
100IM	1:48.00	1:26.00	1:19.00	1:16.50	1:11.20	1:08.00	1:07.00	1:06.50

Open/Male qualification times

OPEN/MALE	9	10	11	12	13	14	15	16+
50 BREAST	50.90	44:00	42:50	39.50	37.50	35.50	32.50	30.00
50 FLY	45.00	38.00	35.00	33.00	30.50	29.00	27.50	26.00
50 BACK	44.70	39.50	36.90	34.40	31.80	29.90	28.70	26.40
50 FREE	37.50	32.00	31.20	29.10	28.00	27.00	25.60	24.00
100IM	1:48.00	1:24.00	1:19.00	1:12.00	1:06.00	1:05.00	1:04.00	1:00.50



Southwold Swimming Club – Fast Five  
Level 3 Open Meet  
12<sup>th</sup> July 2025  
License Number: 3SW250926

---

## Individual Entry Form

<b>Swimmers Name:</b>			
<b>Club:</b>		<b>Open/Male - Female:</b>	
<b>Date of Birth:</b>		<b>Swim England No:</b>	
<b>Contact No:</b>		<b>Contact Email:</b>	
<b>Event</b>	<b>Entry time</b>	<b>Entry Fee</b>	
50 BREAST		£35.00	
50 FLY			
50 BACK			
50 FREE			
100IM			

I certify that the above details are correct. I confirm I will abide by the meet conditions and that I am an eligible competitor in accordance with the laws of Swim England.

Please send completed form to: [southwold@swimclubmanager.com](mailto:southwold@swimclubmanager.com)



Southwold Swimming Club – Fast Five  
Level 3 Open Meet  
12<sup>th</sup> July 2025  
License Number: 3SW250926

---

### Club Entry Summary Sheet

<b>Club:</b>	
<b>Contact:</b>	
<b>Contact Email:</b>	
<b>Contact No:</b>	
<b>Total Number of Swimmer Entries</b>	
<b>Total cost of entries at £35.00</b>	
<b>Number of Coaches Passes (<i>Max 4 per club</i>)</b>	
<b>Total Cost of Coaches Passes at £5 per day (<i>Pass is valid for both sessions</i>)</b>	
<b>Total Fee Payable:</b>	

This club summary form must be completed and returned along with the Hy-Tek Meet Entry Report to [southwold@swimclubmanager.com](mailto:southwold@swimclubmanager.com)