



SANDWELL AQUATICS CLUB

SPRING INTO REGIONALS LONG COURSE OPEN MEET

SATURDAY 22ND & SUNDAY 23RD MARCH 2025

Sandwell Aquatics Centre, Smethwick

ENTRY INFORMATION PACK

ENTRY FILE AVAILABLE FROM 20TH JANUARY 2025

ENTRIES ACCEPTED ON A FIRST COME FIRST SERVED BASIS

✉ sandwellaquatics@outlook.com

PROGRAMME OF EVENTS





SANDWELL AQUATICS CLUB
Spring into Regionals LC Qualifier
Saturday 22 & Sunday 23 March 2025
Licence No. 3WM250048

PROGRAMME OF EVENTS

Saturday 22nd March 2025			Saturday 22nd March 2025		
Session 1			Session 2		
F	101	400m Individual Medley	M/O	201	400m Freestyle
M/O	102	200m Individual Medley	F	202	200m Freestyle
F	103	100m Backstroke	M/O	203	100m Butterfly
M/O	104	200m Backstroke	F	204	100m Freestyle
<i>Mid-Session Break if required</i>			<i>Mid-Session Break if required</i>		
F	105	200m Breaststroke	M/O	205	200m Butterfly
M/O	106	50m Butterfly	F	206	50m Breaststroke
F	107	50m Freestyle	M/O	207	50m Backstroke
M/O	108	100m Breaststroke			
Sunday 23rd March 2025			Sunday 23rd March 2025		
Session 3			Session 4		
M/O	301	400m Individual Medley	F	401	400m Freestyle
F	302	200m Individual Medley	M/O	402	200m Freestyle
M/O	303	100m Backstroke	F	403	100m Butterfly
F	304	200m Backstroke	M/O	404	100m Freestyle
<i>Mid-Session Break if required</i>			<i>Mid-Session Break if required</i>		
M/O	305	200m Breaststroke	F	405	200m Butterfly
F	306	50m Butterfly	M/O	406	50m Breaststroke
M/O	307	50m Freestyle	F	407	50m Backstroke
F	308	100m Breaststroke			

Any entries for 9 & 10-year-olds to our 400m events will not be accepted.

Points will be won for each event entered based on 8 points for winner down to 1 point for 8th place in each age group. The top swimmer awards will go to one Senior male/open (14yrs and over) & one Junior (13yrs and under) male/open and one Senior female (14yrs and over) and one Junior (13yrs and under) female who has accrued the most points. Visiting Club with most points will also receive an award.

ENTRY TIMES

NO FASTER THAN TIMES





SANDWELL AQUATICS CLUB - AFFILIATED TO SWIM ENGLAND WEST MIDLANDS REGION

SPRING INTO REGIONALS LC QUALIFIER 2025

SATURDAY 22 & SUNDAY 23 MARCH 2025

Long Course Qualifying Times

There are NO lower cut off times. These are the long course upper cut off times - entry times submitted that are faster than those shown will not be accepted.

MALE/OPEN								FEMALE								
9	10	11	12	13	14	15	Open	Event	9	10	11	12	13	14	15	Open
38.10	34.20	32.90	32.10	28.81	27.10	26.50	25.70	50m Freestyle	37.50	32.90	31.80	31.00	30.10	29.00	28.50	28.00
1.23.00	1.16.00	1.13.10	1.11.00	1.04.89	1.01.6	58.81	55.90	100m Freestyle	1:22.10	1:19.00	1:11.10	1:10.20	1:06.90	1:06.00	1:04.00	59.40
3.05.00	2.49.00	2.40.13	2.38.55	2.24.91	2.17.70	2.11.89	2.03.10	200m Freestyle	3:06.21	2:58.00	2:38.09	2:36.95	2:23.1	2:20.91	2:17.30	2:10.20
		5.35.69	5.29.09	5.20.24	4.53.09	4.43.50	4.29.90	400m Freestyle			5.33.89	5.30.0	5.10.25	4.54.10	4.47.80	4.42.49
50.20	47.90	44.10	41.25	39.80	35.79	33.69	31.60	50m breaststoke	49.29	45.90	41.90	41.00	38.75	37.10	36.33	35.00
1.53.90	1.44.5	1.39.50	1.37.90	1.29.70	1.22.0	1:15.50	1:10.10	100m Breaststroke	1:50.10	1:38.90	1:32.30	1:31.0	1:26.1	1:23.50	1:20.89	1:17.15
3.55.00	3.44.80	3.29.60	3.27.90	3.11.90	2.54.20	2.43.70	2.38.10	200m Breaststroke	3:55.00	3:32.65	3:26.0	3:25.1	3:09.00	2:58.70	2:54.79	2:46.30
45.90	42.25	37.75	33.90	32.10	30.70	28.85	27.20	50m Butterfly	45.00	41.80	36.00	35.10	33.90	32.90	31.10	29.20
1.59.90	1.32.00	1.24.00	1.22.35	1.20.90	1.12.0	1.06.51	1.01.25	100m Butterfly	1:56.50	1:35.40	1:25.00	1:23.30	1:18.1	1:13.25	1:10.49	1:07.00
3.47.1	3.47.1	3.23.89	3.21.9	2.56.75	2.45.65	2.31.25	2.27.11	200m Butterfly	3:46.80	3:46.80	3:20.90	3:18.10	3:02.75	2:54.20	2:47.90	2:38.50
43.99	41.10	37.00	36.10	34.79	31.25	30.90	29.50	50m Backstroke	43.09	40.25	37.50	36.80	34.30	33.40	32.10	31.00
1.36.00	1.33.90	1.23.49	1.21.10	1.17.10	1:10.00	1:07.40	1.04.50	100m Backstroke	1:35.20	1:30.00	1:23.10	1:22.39	1:15.6	1:13.70	1:10.57	1:07.80
3.38.00	3.24.90	2.56.70	2.53.15	2:44.20	2.33.20	2:21.00	2:16.30	200m Backstroke	3:32.00	3:08.90	2:53.29	2:52.70	2:42.49	2:34.60	2:32.60	2:30.30
3.40.00	3.29.60	2.58.50	2:56.20	2.44.19	2.29.90	2.23.00	2.16.90	200m Individual Medley	3:30.00	3:12.90	2:56.29	2:46.49	2:38.31	2:30.10	2:28.00	2:20.19
		6.30.00	6.27.90	6.08.99	5.32.50	5.12.10	4:52.00	400m Individual Medley			6.28.20	6.01.15	5.43.88	5.30.45	5.22.90	5.07.70

Entries to our 400m events with be restricted.

Any entries for 9 & 10 year olds to 400m events will not be accepted.

PROMOTORS CONDITIONS





SANDWELL AQUATICS CLUB
Spring into Regionals LC Qualifier
Sandwell Aquatics Centre, Londonderry Lane B67 7EW
22nd & 23rd March 2025
Licence No. 3WM250048

PROMOTORS TERMS & CONDITIONS

This meet is to be licensed by Swim England at level 3 for entry into County & Regional Championships. It will be run under Swim England Regulations & Technical Rules & conditions of this competition (as set out below), for swimmers who are members of a club affiliated to SE, SASA or WASA

1. All entrants must be registered members of SE, SASA or WASA and amateurs as defined by Swim England Laws. In accordance with the licensed meet transgender policy entrants will be Female & Male/Open. The Female category is for birth sex females in accordance with Swim England's Transgender & Non-Binary Competition Policy. By entering the "Female" category, the swimmer confirms that their birth sex is female.
2. Entries will only be accepted on the official entry form or via Sports System entry file. Entry fee £8.00 per event. Our entry file will be available from 20th January 2025 & entries will be accepted after that date on a first come first served basis until MIDNIGHT on Sunday 09 February 2025 unless full earlier. Sandwell Aquatics Club members will be given priority. Sandwell Aquatics Club reserve the right to refuse an entry, or to close entries before this date should it be proved necessary. Accepted entries will be emailed to the competition secretary of each club & should be checked for accuracy. No details will be sent by post. The promotor reserves the right to refuse entries at their discretion. Any entry not accepted will be refunded in full. All times shown on entry forms must be long course times (or converted from short course). It is the responsibility of all competing clubs to ensure that entry times are accurate. Entries for our 400m events will be limited. Sandwell Aquatics Club reserves the right to restrict the number of heats for the 400m events & to reject entries to these events for good gala management. Additionally, swimmers who are 10 years of age & under will not be eligible to compete in our 400m events.
3. The events will take place on Saturday 22 & Sunday 23 March 2024. All entries to be slower than the fastest time list shown, entries submitted with a faster time will be rejected. For qualifying times please see separate table.
4. Electronic club entries: For clubs with 5 or more swimmers entering please use the Sports System entry file available via request by emailing sandwellaquatics@outlook.com. Electronic entries are only accepted once payment has been received in full. All entrants are still bound by these terms & conditions even though an entry form is not signed. Electronic club entries (£8.00 per event). Payment for entries is to be made via BACS to Sandwell Aquatics Club Cooperative Bank Sort Code 08-92-99 Account Nr. 67274510. Ref: SAC325 & your club/swimmer name. Please send completed electronic entries to sandwellaquatics@outlook.com

5. All individual entries must be made via the entry form and submitted to sandwellaquatics@outlook.com. All forms must include the entrants SE ID number. Entries that are incomplete or sent without the correct entry fee will not be accepted. Payments to be made by BACS to Sandwell Aquatics Club, Cooperative Bank Sort Code 08-92-99 Account Nr. 67274510. Ref: SAC325 & your Swimmer's name.
6. Entries to this meet will be held on a computer & consent, as required by GDPR Regulations, to the holding of personal information on computer will be deemed to have been given by the submission of entry. Personal data will be available for inspection during the meet on written application to the promotor.
7. Each club will be required to advise any withdrawals by the Sunday 16th March 2025. All withdrawals are to be sent to sandwellaquatics@outlook.com.
8. Age as at end of year (31st December 2025). All swimmers must be SE Category 2 members.
9. The competition pool will be 50m in length with up to 10 lanes. Anti-turbulence ropes, electronic timing & placing will be used. A secondary strobe light will be available as will adjustable backstroke ledges. All times will be recorded using AOE and submitted on this basis to Swim England.
10. Sandwell Aquatics Club reserves the right to refuse any entry. Incorrect entries will not be accepted. Entries are accepted on the understanding that the competitor accepts the promotor's conditions. The promotor reserves the right to further restrict entries for good gala management.
11. No refunds will be made to competitors who withdraw after advice of acceptance, except where the competitor can show that they have been chosen for National, Regional or County team at an event which partially or wholly clashes with this event & that the selection occurred after their entry was submitted for this meet.
12. Heats will have "over the top" starts except for backstroke which may be 'side by side'. Pool depth will be a constant 2m
13. It is the responsibility of team managers & coaches to ensure that their swimmers report to the marshalling stewards in time for the start of their race.
14. The order of events may be changed at the discretion of the promotor or referee.
15. Entries will be seeded in to heats from submitted times, with the slowest heat first.
16. All entries will be heat declared winners. There will be prizes for top Female (Junior (13 & under) and Senior (14 & over), top Male/Open (Junior (13 & under) and Senior (14 & over) & for top visiting club. Competitors placed 1st, 2nd, & 3rd in each event, in each age group, will receive awards. Points will be awarded as 8 points for 1st down to 1 point for 8th place (no points will be awarded for a disqualification). In the event of a tie, the result will be decided by count back of the number of first, second or third places (as necessary) to decide a winner.

17. The promotor reserves the right to amend these conditions with the licencing officers' approval.
18. The event is run under Swim England Laws & Swim England Technical Rules, and the Swim England Laws on Open Competitions shall cover any laws not covered by the promoters' conditions
19. Warm up times will be advised prior to the event once all entries have been received & checked, the pool will be cleared at least 5 minutes prior to the start of each session. Coaches are responsible for over-seeing their swimmers during warmups. Swimmers, coaches & lane marshals should always follow the directions of the warmup supervisor, failure to comply with the supervisor's directions could lead to exclusion from further involvement in the meet. Any swimmer who fails to follow the instructions of the warmup supervisor will be held responsible for any accidents that may result from their actions. All swimmers/coaches should be aware of the 'warm up guidelines' which will be published on the Sandwell Aquatics website prior to the meet.
20. Supervision (Club entries) - It is the direct responsibility of each club to provide adequate supervision of their swimmers at all times. Swimmers should be supervised at all times by designated DBS/SE registered adults who hold appropriate qualifications. For club entries, in line with Swim England Open Meet Licencing Guidelines, a ratio of 1:10 should be considered as a minimum requirement for swimmers aged 16 years & under. Clubs should provide a minimum of one adult for each gender of their swimmers.
21. All those responsible for the supervision of a club's swimmers should be:
 - (a) Club members & Swim England Members (Cat 3)
 - (b) Have a current (club specific) DBS check
 - (c) Have attended a Safeguarding Children workshop (recommended). This information must be provided by the club & is required to issue poolside passes. Please complete the form provided with entries. When coaches/supervisors need a break (for refreshment etc.), they should ensure that one of the other DBS checked personnel is left to supervise swimmers in their absence, or that swimmers are supervised by their parents.
22. Supervision (Individual entries) - The parents/guardians of swimmers who enter the meet on an individual basis (i.e. their entry has not been organised by a club) are responsible for the supervision of their children, either directly or indirectly via a nominated adult.
23. The supervision of swimmers is the direct responsibility of the club for which the swimmer entered. In the absence of a club official the responsibility then resides with the parent/carer. This responsibility applies especially to periods when no competition is taking place, for example, warm up sessions & between sessions. It also applies to areas which are open to the public & cannot be monitored by Sandwell Aquatics Club, specifically changing rooms, showers, foyer & stairs area.
24. In case of fire or other emergency: Sandwell Aquatic Centre procedure will be announced at the beginning of each session & we request that all supervising adults, poolside or in the spectator

gallery, pay careful attention to the location of their nearest fire exit & the procedure to follow to ensure the safe evacuation of everyone in case of emergency.

25. Coaches & supervisors passes will be issued at a cost of £15.00 per day or £25.00 for both days. Passes must be purchased when submitting entries (passes will include refreshments, snacks & lunch). There will be no entry to poolside without a pass & passes must always be worn. Parents will not be permitted poolside, instead swimmers can leave poolside to be with parents but must be dry & be wearing appropriate clothing & footwear.
26. **No photography/video will be permitted** other than by the appointed sports photographers for this event. This event by its very nature, is in the public arena & when entering for the event the participant & their parents acknowledge this fact, which may result in recording & publication of their image. All photographs taken at this event will be password protected when posted on the official website. All photographers have been DBS checked & operate within a strict Child Protection Policy & Code of Ethics.
27. Spectators are welcome at the event however the promotor reserves the right to refuse entry when the maximum capacity for the spectator gallery has been met. Spectators are required to keep aisles clear of bags & to sit on seats provided. No chairs, except wheelchairs, are permitted on the walkways of the spectator gallery. This area must also be kept clear of bags. There will be a daily spectator admission charge (cost to be advised), there may also be a daily raffle at a separate charge.
28. Car Parking – There is a reasonable quantity of parking at the Sandwell Aquatic Centre, please do not park on the roads around the facility as we wish to avoid causing upset to the local residents. The centre will issue passes for coaches & officials. All other parking will be on a first come first served basis however the centre will limit spaces for other centre users, overflow parking will be off-site with a 15-minute walk once swimmers have been dropped off.
29. Poolside bags – Swimmers are limited to 1 drawstring bag poolside for health & safety reasons, all large bags should be placed in the lockers provided (£1 refundable).
30. Possessions - Neither the promotor nor Sandwell Aquatics Club take any responsibility for loss or damage to personal possessions during the event. Swimmers, coaches, responsible adults & spectators are advised to keep their possessions with them at all times or to make use of the lockers provided.
31. Clubs with 10 or more swimmers are requested to please supply a minimum of 2 officials for each session (preferably 1 official for each 10 swimmers) of the meet. It is requested that the names, Swim England licence number & qualification of officials be provided at least 3 weeks prior to the event. As this event is being licenced as level 3 all officials will need to be minimum J1 qualified. Mentoring for officials will be provided upon request, on a first come first served basis, subject to operational requirements, officials being mentored do not count as part of the minimum 2 officials per club unless qualified to at least J1. Clubs, please complete the "Officials Request" form for each official who will be attending, this form will be emailed out on acceptance of entries. Officials

are requested to wear white t-shirts & black trousers/skirts/shorts. Break(s) will be inserted into the programme & will be used as may be required &/or comfort officials may be utilised.

32. Any matters concerning the meet not covered in these terms & conditions will be dealt with according to the laws of the sport & at the discretion of the promotor. All participants must comply with the safety regulations in operation at Sandwell Aquatics Centre, the promoters' terms & conditions & SE safety regulations.
33. Lead Referee: Sue Beatrup
34. Lead Starter: Dean Cunniffe
35. The Promotor for this meet is Keith Jones for & on behalf of Sandwell Aquatics Club. A full risk assessment will be done jointly between the pool operator & Sandwell Aquatics Club following Swim England & Government Covid 19 Guidelines should this prove to be necessary.

INDIVIDUAL ENTRY FORM



SANDWELL AQUATICS CLUB
SPRING INTO REGIONALS LC OPEN MEET
Saturday 22nd and Sunday 23rd March 2025
Entry Form

Licence No. 3WM250048



Name of Swimmer _____

Sex : Female or Male/Open
(delete as applicable)

DOB _____

SE Number _____

Total Cost £ _____

This meet is licenced by Swim England, West Midlands Region at level 3 & will be run in accordance with SE Regulations and Technical Rules, age is as at end of year. Please mark with X each event the swimmer is entering. Entries will only be accepted on the official entry form. Entry Fee £8.00 per event. The closing date is midnight Sunday 9th February 2025 or sooner if full. Entries will be accepted on a first come first served basis with Sandwell Aquatics Club members being given priority. Sandwell Aquatics Club reserve the right to refuse an entry, or to close entries before this date should it be proved necessary. The promotor reserves the right to refuse entries at their discretion. Any entry not accepted will be refunded in full. It is the responsibility of the club/entrant to ensure that entry times are accurate. All entries not to be faster than the cut off times provided, entries submitted with a faster time will be rejected. For qualifying times please see seperate table. For any queries please contact sandwellaquatics@outlook.com

All entrants must be reigistered members of Swim England & amateurs as defined by Swim England Laws. In accordance with the licensed meet transgender policy entrants will be Female & Male/Open. The Female category is for birth sex females in accordance with Swim England's Transgender & Non-Binary Competition Policy. By entering the "Female"category, the swimmer confirms that their birth sex is female.

Female		Event	Male/Open	
X to enter	Entry Time		X to enter	Entry Time
		50m Freestyle		
		50m Back Stroke		
		50m Breast Stroke		
		50m Butterfly		
		100m Freestyle		
		100m Back Stroke		
		100m Breast Stroke		
		100m Butterfly		
		200m Freestyle		
		200m Back Stroke		
		200m Breast Stroke		
		200m Butterfly		
		200m Individual Medley		
		400m Freestyle		
		400m Individual Medley		