



## Hillingdon Swimming Club Fast & Festive Winter Meet 2024

**Saturday 21 & Sunday 22 December 2024**

**Hillingdon Sports & Leisure Complex, Gating Way, Uxbridge, UB8 1ES**

**Level 3 – Short Course – Licence No: 3LR242420**

### Promoters Conditions

1. The competition will be swum under Swim England laws and Swim England technical rules of swimming.
2. The meet will be held at Hillingdon Sports and Leisure Complex, Gating Way, Uxbridge, UB8 1ES.
3. This is a Level 3, Short Course, Licensed meet in a 25m pool with 8 lanes, anti-wave barriers and electronic timing system with scoreboard.
4. A secondary strobe will be available to swimmers requiring one.
5. Clubs and their swimmers will be invited, by the host club, to enter the meet.
6. All entries must not be faster than the Upper Time Limits and appear on Swim England Rankings. Qualifying times are short course but long course conversions to short course will be accepted. No Time entries are not accepted.
7. Entries may be restricted to ensure the smooth running of the meet and to keep the session times within appropriate timescales. Slowest times in each age group will be rejected in oversubscribed events. Acceptance into all events applied for cannot therefore be guaranteed. Refunds will be given for any entries rejected.
8. Details of accepted and rejected entries will be published on our website as soon as possible after the closing date. Final information and session times will also be confirmed to clubs and appear on the website.
9. Age is at midnight 31 December 2024
10. Age Groups: 10/11, 12, 13, 14, 15 and 16/over
11. The events are 50m, 100m & 200m in all 4 strokes – Backstroke, Breaststroke, Butterfly and Freestyle, 400m Freestyle and 200m & 400m Individual Medley.
12. The 400m Freestyle and 400m Individual Medley events may be limited to a maximum of 4 heats each in total across both genders.
13. Skins Finals will be swum based on the 200m Individual Medley events for 14/under and 15/over age groups. Skins will comprise of 4X50m races, of random stroke selection and regular interval in which the slowest two competitors in each round is eliminated until a winner is left standing. Awards will be given to the winner and runner up.



14. Awards will be given to the first 3 in each age group, open/male and female, in each event.
15. An award will be given to the top visiting club, using WA points scored.
16. The entry fee is £8.50 per event. No refunds will be given except for rejected swims.
17. There will be no Time Trials available.
18. Over the top starts will be used at the Referees' discretion.
19. 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.
20. The closing date for entries is Tuesday 3 December 2024.
21. A designated officer should make all club entries, and that same person must make all communications with the meet organisers.
22. The electronic club summary entry form is available via this [LINK](#). The club entry file should be submitted with the electronic club summary entry form. Full payment by Bank Transfer to Hillingdon SC should be made when the form is submitted, banking details are confirmed in the club summary form. Please use club name as reference.
23. Swim meet entries will be managed via computer and available via the internet.
24. Results will be emailed to British Swimming for inclusion in the national Rankings database.
25. Clubs with 15 or more swimmers entered into the meet are requested to provide a minimum of two official for all sessions in which the club has swimmers, preferably more if possible.
26. All swimming officials will be offered expenses – please contact the Officials Organiser [officials@hillingdonsc.co.uk](mailto:officials@hillingdonsc.co.uk)
27. Officials should follow this [LINK](#) to sign-up to officiate at the meet.
28. Coaches/Team Manager poolside passes are available at a cost of £30.00 for the meet or £15.00 per day. Passes will include admittance to all sessions, food, refreshments and a meet programme. Poolside passes must be applied for in advance via this [LINK](#) by Friday 13 December 2024.
29. Withdrawals after the entry deadline must be made via this [LINK](#) and can also be made poolside each day of the meet at the Tech Desk before the start of the warm-up for each session. Refunds are not available for withdrawals unless medical and supported with appropriate evidence which must be submitted to the promoter by 23 December 2024.
30. During warm-up swimmers and coaches must ensure that they take no action that would endanger themselves or others. Swimmers should swim in the direction indicated. Sprint lanes will be announced.
31. The depth of the water at the start and turn ends is 2 meters.
32. A swim down pool will be available for use throughout the duration of the meet, except whilst warm-up is available. Swimmers are expected to respect other swimmers in and around the facility and surrounding area whilst at the meet.



33. The instructions of the pool lifeguard and/or Hillingdon SC meet management staff must be followed. Hillingdon Sports and Leisure Complex staff reserve the right to close this facility.
34. Competitors are requested NOT to bring large kit bags poolside for safety reasons. Lockers are available, £1 (refundable). Small poolside bags should be used.
35. Competitors must wear appropriate clothing and footwear when leaving poolside to access dry areas of the facility, including the spectator gallery.
36. Supervision ratios must be followed as per [Swim England Supervision Policy](#) and it is the visiting clubs responsibility to ensure that this is adhered to.
37. Hillingdon Sports and Leisure Complex and Hillingdon SC shall not be responsible for the lost of property for any reason.
38. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by submission of the entry. Where the personal data of competitors, officials, coaches/tea managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure consent has been obtained.
39. Anyone wishing to use a cameral, mobile phone camera, or video camera should adhere to the updated guidance in [Swim England Wavepower](#) – Section 3 – on the use of images and restrict to their own child and their own private use with no posting on social medial or similar platforms.
40. Flash photography is not permitted at the start of any heat.
41. **The use of Mobile Phones or any device with a photographic or filming facility in the changing rooms is prohibited at all times.** Swimmers found in breach will be required to leave the meet immediately.
42. The promoter is Ann O’Leary [ann.oleary@hillingdonsc.co.uk](mailto:ann.oleary@hillingdonsc.co.uk)
43. The Promoter reserves the right to amend the programme and conditions should it be deemed necessary.
44. Safeguarding concerns should be reported to the Promoter.



## Schedule of Events

### Saturday 21 December 2024

#### Session 1

<i>Warm-up: TBC Start: TBC Est Finish: TBC</i>			
Event 1	Open/male	100m	Butterfly
Event 2	Female	100m	Butterfly
Event 3	Open/male	50m	Backstroke
Event 4	Female	50m	Backstroke
Event 5	Open/male	200m	Breaststroke
Event 6	Female	200m	Breaststroke

#### Session 2

<i>Warm-up: TBC Start: TBC Est Finish: TBC</i>			
Event 7	Open/male	200m	Individual Medley
Event 8	Female	200m	Freestyle
Event 9	Open/male	400m	Freestyle
Event 10	Female	400m	Individual Medley
Event 11	Open/male	14/ under	Medley SKINS
Event 12	Open/male	15/ over	Medley SKINS

#### Session 3

<i>Warm-up: TBC Start: TBC Est Finish: TBC</i>			
Event 13	Open/Male	100m	Backstroke
Event 14	Female	100m	Backstroke
Event 15	Open/male	50m	Breaststroke
Event 16	Female	50m	Breaststroke
Event 17	Open/male	200m	Butterfly

### Sunday 22 December 2024

#### Session 4

<i>Warm-up: TBC Start: TBC Est Finish: TBC</i>			
Event 18	Female	100m	Breaststroke
Event 19	Open/Male	100m	Breaststroke
Event 20	Female	50m	Freestyle
Event 21	Open/Male	50m	Freestyle
Event 22	Female	200m	Backstroke
Event 23	Open/male	200m	Backstroke

#### Session 5

<i>Warm-up: TBC Start: TBC Est Finish: TBC</i>			
Event 24	Female	200m	Individual Medley
Event 25	Open/male	200m	Freestyle
Event 26	Female	400m	Freestyle
Event 27	Open/male	400m	Individual Medley
Event 28	Female	14/ under	Medley SKINS
Events 29	Female	15/ over	Medley SKINS

#### Session 6

<i>Warm-up: TBC Start: TBC Est Finish: TBC</i>			
Event 30	Female	100m	Freestyle
Event 31	Open/male	100m	Freestyle
Event 32	Female	50m	Butterfly
Event 33	Opne/male	50m	Butterfly
Event 34	Female	200m	Butterfly



## Upper Limit Qualifying Times

*Short course entry times must have been achieved at a Licensed meet and appear on Swim England Rankings. Long course times converted to short course will be accepted. No Time entries are not accepted.*

Open/ Male						
Event	10/11	12	13	14	15	16/over
50m Freestyle	26.30	24.40	24.40	24.40	24.40	23.20
100m Freestyle	56.80	53.60	53.60	53.60	53.00	50.30
200m Freestyle	2:02.70	1:55.90	1:55.90	1:55.90	1:54.00	1:51.10
400m Freestyle	4:19.70	4:05.90	4:05.90	4:05.90	4:05.90	3:58.20
50m Breaststroke	33.10	30.70	30.70	30.70	29.80	28.00
100m Breaststroke	1:11.30	1:06.90	1:06.90	1:06.90	1:04.00	1:01.50
200m Breaststroke	2:35.00	2:25.80	2:25.80	2:25.80	2:20.00	2:15.00
50m Backstroke	29.10	27.40	27.40	27.40	27.40	26.20
100m Backstroke	1:02.30	58.70	58.70	58.70	58.70	56.00
200m Backstroke	2:14.90	2:08.10	2:08.10	2:08.10	2:05.00	2:02.70
50m Butterfly	28.20	26.70	26.70	26.70	26.00	24.50
100m Butterfly	1:02.00	58.50	58.50	58.50	58.00	54.00
200m Butterfly	2:17.90	2:09.60	2:09.60	2:09.60	2:08.00	2:00.00
200m Individual Medley	2:18.40	2:10.90	2:10.90	2:10.90	2:10.90	2:04.00
400m Individual Medley	4:55.10	4:39.10	4:39.10	4:39.10	4:39.10	4:30.80

Female						
Event	10/11	12	13	14	15	16/over
50m Freestyle	27.40	26.70	26.70	26.70	26.70	26.00
100m Freestyle	1:00.20	57.80	57.80	57.80	57.80	57.00
200m Freestyle	2:12.90	2:05.20	2:05.20	2:05.20	2:03.50	2:02.00
400m Freestyle	4:42.50	4:23.40	4:23.40	4:23.40	4:20.00	4:17.50
50m Breaststroke	34.40	33.60	33.60	33.60	33.00	32.80
100m Breaststroke	1:15.00	1:12.40	1:12.40	1:12.40	1:11.00	1:10.00
200m Breaststroke	2:42.30	2:37.20	2:37.20	2:37.20	2:32.00	2:30.00
50m Backstroke	30.40	29.90	29.90	29.90	29.90	29.10
100m Backstroke	1:05.40	1:03.90	1:03.90	1:03.90	1:03.90	1:02.30
200m Backstroke	2:22.90	2:17.80	2:17.80	2:17.80	2:15.00	2:13.00
50m Butterfly	29.60	28.90	28.90	28.90	28.90	28.20
100m Butterfly	1:05.10	1:03.80	1:03.80	1:03.80	1:03.80	1:02.00
200m Butterfly	2:24.40	2:20.20	2:20.20	2:20.20	2:18.00	2:16.00
200m Individual Medley	2:27.60	2:20.40	2:20.40	2:20.40	2:20.40	2:18.40
400m Individual Medley	5:14.90	4:57.60	4:57.60	4:57.60	4:57.60	4:55.10