

Enfield Swim Squad
Affiliated to Swim England London

ESS SPRING OPEN MEET 2025

Licensed by Swim England No. 3LR250141

15th & 16th March 2025

Southbury Leisure Centre
Southbury Road
Enfield EN1 1YP

Closing Date: Friday, 21st February 2025 (or sooner if full)



MEET SUMMARY

VENUE:	Southbury Leisure Centre, Southbury Road, Enfield, EN1 1YP	
POOL:	25 metres, 8 Lanes with anti-wave lane ropes, starting blocks with wedges, backstroke ledges, swim down facilities, secondary strobe light and Colorado electronic timing.	
EVENTS:	50m, 100m, and 200m - All Strokes 400m Freestyle 200m & 400m IM All events will be heat declared winners (HDW).	
AGES:	9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs and 16 & Over. Ages as of last day of the meet - 16th March 2025.	
AWARDS:	Top 3 in each age group will receive awards.	
FEES:	Race Entry Fee:	£8 per event, £10 for 400m events
	Poolside Pass:	£20 per day, £30 for the weekend
	Spectator Entry:	£10 per day
TIMELINE:	Closing Date:	Friday, 21st February 2025
	Accepted Entries:	Monday, 24th February 2025
	Session Start Times Confirmed:	Monday, 3rd March 2025
	Online Withdrawals Deadline:	Wednesday, 12th March 2025
CONTACTS:	Promoter - Oskar Soulas	essopenmeets@enfieldswimsquad.org
	Officials Coordinator - Vicki Lead	officials@enfieldswimsquad.org
FORMS:	Club Summary Form	https://forms.gle/XXzYkQcHQ4mXCW717
	Individual Entry Form	https://forms.gle/i4xJ56ZCgFpBnXVK9

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GENERAL ENTRY CONDITIONS

1. MEET ADMINISTRATION

- 1.1. The promoter for this meet is Oskar Soulas - essopenmeets@enfieldswimsquad.org.
- 1.2. The closing date for entries and full payment is midnight on Friday, 21st February 2025. Confirmation of accepted entries will be returned by email as soon as possible after this date.

2. GENERAL CONDITIONS

- 2.1. The competition will be held under Swim England laws, Swim England Technical Rules of Swimming and these promoter's conditions.
- 2.2. The Meet has been licensed at Level 3 by Swim England, licence no **3LR250141**.
- 2.3. The pool is 25m long with 8 lanes, anti-wave lane ropes and Colorado electronic timing system in operation. The pool depth is 1.8m at the start end of the pool and 1m at the turn end.
- 2.4. There will be a secondary strobe available at the venue.

3. DATA PROTECTION

- 3.1. A full set of results will be sent by email to all clubs. **Please ensure a correct email address is provided to us with your entries.**
- 3.2. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared by form of results with Swim England (Rankings) and the clubs who have entered the meet. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted. If any persons would like to exercise their right to erasure or processing of their personal data they will need to make a written request to the promoter. We will only hold competition data for 12 months after which it will be destroyed and erased from our systems.

4. ELIGIBILITY FOR ENTRY

- 4.1. The competition is open to eligible competitors, as defined by Swim England, who are Club Compete members of clubs affiliated to Swim England, Scottish Swimming or Nofio Cymru (Swim Wales) or equivalent membership status competitors from swimming clubs affiliated to World Aquatics (WA) whose submitted entry times meet the qualifying standards.
- 4.2. Competitors are either Female or Open/Male. These new competition categories were introduced following the launch of the Swim England Transgender and Non-binary Competition Policy on 1st September 2023.
- 4.3. 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.
- 4.4. There are no Qualifying Times, but there are Upper Limit Times; NT (No Time) entries are accepted for this meet.
- 4.5. Time trials may be available to swimmers at the promoter's discretion and dependent upon space and will incur a fee of £12 for 400m events and £10 for all other events, payable before the race takes place. They will not be eligible for medals. No refunds will be given except where entries are rejected.

5. AGE CRITERIA

- 5.1. The age groups for awards are: 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs and 16 & Over.
- 5.2. Ages shall be determined as on the last day of the meet - 16th March 2025.

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6. EVENTS

- 6.1. The events are:
 - 50m & 100m & 200m all four strokes, all age groups
 - 400m Freestyle, all age groups
 - 200m & 400m Individual Medley, all age groups
- 6.2. In the interests of time, 'over the top' starts may be operated at the discretion of the referee.

7. ENTRY FEES

- 7.1. The entry fee will be £8 per event for all 50m, 100m and 200m events and £10 per 400m events (this includes Swim England's 20p levy).
- 7.2. Full payment for entries submitted must be received on or before the stated entry deadline.
- 7.3. No refunds will be given except for rejected swims.

8. ENTRY PROCEDURE

- 8.1. Entry times must be 25m pool times.
- 8.2. Clubs with more than 5 swimmers should enter electronically by using Hy-Tek's Team Manager Software. This can be downloaded from Hy-Tek's website. The Hy-Tek Team Manager entry file is available from the promoter on request. Please complete the electronic entry summary form (<https://forms.gle/XXzYkQcHQ4mXCW717>) and submit the Hy-Tek entry file using the same form.
- 8.3. Individual entries can be submitted using the electronic entry form (<https://forms.gle/i4xJ56ZCgFpBnXVK9>).
- 8.4. When the relevant forms are submitted, payments must be made to: Enfield Swim Squad, HSBC, sort code 40-22-34, account number 61471260.
- 8.5. Payments need to be received in full before the entries are processed. If payment is not received by the closing date, Enfield Swim Squad reserves the right to reject the entries in full.
- 8.6. Clubs bringing a team of 10 or more swimmers are asked to provide at least one Swim England registered official (J1T, J1, J2, J2S, Referee), for each session.
- 8.7. Entries per club will be processed on a first come first served basis, however if the gala is nearing capacity the promoter reserves the right to restrict entries from the last club's entries received to ensure compliance with licensing guidelines.

9. MEET PROCEDURE

- 9.1. All events will be swum as combined age groups and seeded slowest to fastest irrespective of age.
- 9.2. Competitors whose entries have been accepted will be expected to swim unless they have complied with the withdrawal procedures.

10. WITHDRAWAL SYSTEM

- 10.1. Withdrawals before the event will only be accepted up until Wednesday, 12th March 2025. Any withdrawals after this date must be made at the commencement of the warm-up of each session in which the event is to be withdrawn at the latest.
- 10.2. An electronic entry system will be operated at this meet. Swimmers must withdraw using the appropriate form at the relevant desk no later than 15 minutes prior to the start of each warm up.

11. MARSHALLING

- 11.1. It is your responsibility to report to the Competition Stewards in the designated Marshalling area in good time for your event. Heat start lists for each event will be available before the session starts and it is the competitor's responsibility to ensure their name appears on the list prior to the start time of the session.

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- 11.2. Swimmers must report to the clerks of the course when instructed to do so. Any competitor not reporting in time may be excluded.

12. AWARDS

- 12.1. Awards will be given to the first 3 in each age group in each event, on a HDW basis.

13. COACHES AND TEAM MANAGERS

- 13.1. No one will be allowed onto the poolside without a poolside pass.
- 13.2. Poolside passes are available at a cost of £20 per person per day or £30 per person for the weekend. This includes a catered lunch and refreshments between morning and afternoon sessions.
- 13.3. Poolside passes are not transferable.
- 13.4. Poolside passes are to be requested by each visiting club using the club summary form.
- 13.5. Clubs are expected to follow [Swim England's Club Supervision Ratios Guidelines](#). DBS numbers and Swim England registration numbers of attending club personnel must be provided to the promoter no later than one week before the start of the event.
- 13.6. Poolside passes will be available for collection at the timing desk on the days of the meet. They must be clearly displayed at all times when on poolside.

14. SPECTATORS

- 14.1. Spectator entry will be £10 per day.

15. SAFEGUARDING, SAFETY AND SECURITY

- 15.1. It is the responsibility of coaches and parents to ensure the safety of their swimmers. All swimmers should meet the requirements of the Swim England competitive start award and should obey all safety notices and announcements.
- 15.2. Safeguarding concerns should be reported to the promoter. If the concerns relate to conduct of the promoter, a report should be made to the Chairman and Welfare Officer of Enfield Swim Squad.
- 15.3. All participants and spectators must observe all safety precautions in operation at the pool and follow instructions of pool staff and the Enfield Swim Squad management team. Prior to leaving the poolside, swimmers must dry off and put on appropriate clothing and footwear. No swimmers will be allowed into the spectator area or the main entrance foyer area unless they have complied with this requirement.
- 15.4. All visiting clubs must ensure that coaches, team managers and officials comply with all aspects of [Wavepower](#).

16. PHOTOGRAPHY, VIDEO OR DIGITAL CAPTURING DEVICES

- 16.1. All photography or video recording must fall within the guidelines on photography and video recording set out by [Wavepower](#). It is requested that all mobile telephones are switched off or turned to silent during the competition and that there is no flash photography at the start of each event. There may be a designated official videographer/photographer.
- 16.2. **Swim England changing room policy now prohibits all use of a mobile phone or device in a changing area during Swim England regulated activity. No photography, filming or use of mobile phones of any kind is permitted in the changing rooms or village. Anyone found contravening this requirement will be required to leave the facility with immediate effect and without refund.**
- 16.3. All persons attending the competition are advised to exercise reasonable care when taking photos or video, particularly with regards to the sharing of images on social media. [Wavepower](#) guidance should be followed at all times.
- 16.4. **No photography by competitors should take place at the venue at any time during the meet - this includes from admittance into the centre and until they have left the building.**

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17. OFFICIALS

17.1. All Swimming Officials shall be offered expenses upon request - Please contact essopenmeets@enfieldswimsquad.org or officials@enfieldswimsquad.org for the expenses policy.

18. OTHERS

18.1. By submitting their entries, swimmers accept these conditions in full. Failure to comply with any condition may result in suspension from the competition and forfeiture of any fee paid. The promoter reserves the right to refuse admission to any competitor or spectator to any session.

18.2. Enfield Swim Squad reserves the right to amend these Conditions, without prior notice, to ensure the smooth running of the meet. For any matters not covered by these Conditions, the promoter will make any decisions they deem necessary to provide for the satisfactory running of the competition. By submitting an entry, participants are deemed to have agreed to such decisions.

18.3. Anything not covered within these rules will be at the discretion of the promoter.

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Programme of Events

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Session 1 - 15th March - Warm Up 9.30am - Start 10.35am			
Event 1	Open/Boys	400m Freestyle	All Ages
Event 2	Girls	200m Individual Medley	All Ages
Event 3	Open/Boys	200m Backstroke	All Ages
Event 4	Girls	50m Breaststroke	All Ages
Event 5	Open/Boys	100m Breaststroke	All Ages
Event 6	Girls	200m Freestyle	All Ages
Event 7	Open/Boys	50m Backstroke	All Ages
Event 8	Girls	100m Butterfly	All Ages

Session 2 - 15th March - Warm Up TBA - Start TBA			
Event 9	Girls	400m Individual Medley	All Ages
Event 10	Open/Boys	200m Butterfly	All Ages
Event 11	Girls	100m Backstroke	All Ages
Event 12	Open/Boys	50m Butterfly	All Ages
Event 13	Girls	200m Breaststroke	All Ages
Event 14	Open/Boys	100m Freestyle	All Ages
Event 15	Girls	50m Freestyle	All Ages

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Session 3 - 16th March - Warm Up 9.00am - Start 10.05am			
Event 16	Girls	400m Freestyle	All Ages
Event 17	Open/Boys	200m Individual Medley	All Ages
Event 18	Girls	200m Backstroke	All Ages
Event 19	Open/Boys	50m Breaststroke	All Ages
Event 20	Girls	100m Breaststroke	All Ages
Event 21	Open/Boys	200m Freestyle	All Ages
Event 22	Girls	50m Backstroke	All Ages
Event 23	Open/Boys	100m Butterfly	All Ages

Session 4 - 16th March - Warm Up TBA - Start TBA			
Event 24	Open/Boys	400m Individual Medley	All Ages
Event 25	Girls	200m Butterfly	All Ages
Event 26	Open/Boys	100m Backstroke	All Ages
Event 27	Girls	50m Butterfly	All Ages
Event 28	Open/Boys	200m Breaststroke	All Ages
Event 29	Girls	100m Freestyle	All Ages
Event 30	Open/Boys	50m Freestyle	All Ages

Age Groups for awards: 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 & Over

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Upper Limit Times

*Swimmers must not have swum faster than the times below.
Times based on short course times.*

OPEN / MALE	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs +
50m Freestyle	32.40	30.80	29.39	29.39	27.40	25.69	25.17	23.48
100m Freestyle	1:10.60	1:06.60	1:05.40	1:05.40	1:01.76	55.26	55.19	52.18
200m Freestyle	2:32.30	2:22.16	2:20.00	2:20.00	2:12.35	2:01.73	1:58.66	1:54.83
400m Freestyle	5:10.00	5:10.00	5:05.40	5:05.40	4:46.63	4:20.19	4:19.67	4:10.66
50m Breaststroke	42.50	40.00	36.80	36.80	33.72	31.81	30.93	28.67
100m Breaststroke	1:32.80	1:26.00	1:22.59	1:22.59	1:14.18	1:08.44	1:08.42	1:02.95
200m Breaststroke	3:18.10	3:04.70	2:58.20	2:58.20	2:45.83	2:35.03	2:34.14	2:17.52
50m Butterfly	36.40	34.10	32.65	32.65	29.25	27.32	27.14	24.56
100m Butterfly	1:22.60	1:17.87	1:15.40	1:15.40	1:06.11	1:00.21	59.92	54.44
200m Butterfly	3:00.80	2:53.04	2:44.70	2:44.70	2:30.80	2:13.67	2:12.82	2:07.74
50m Backstroke	37.40	35.50	34.73	34.73	31.38	30.06	28.64	27.36
100m Backstroke	1:21.40	1:15.30	1:14.05	1:14.05	1:08.31	1:02.21	1:01.62	58.40
200m Backstroke	2:50.80	2:40.10	2:38.30	2:38.30	2:27.17	2:20.63	2:13.71	2:04.90
200m Ind. Medley	2:54.90	2:43.40	2:41.94	2:41.94	2:30.72	2:16.78	2:14.85	2:09.45
400m Ind. Medley	5:45.00	5:45.00	5:41.61	5:41.61	5:30.48	4:52.31	4:49.91	4:41.87
FEMALE	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs +
50m Freestyle	32.80	31.30	29.27	29.27	28.43	28.24	27.36	25.29
100m Freestyle	1:12.10	1:08.20	1:05.11	1:05.11	1:04.12	1:01.09	1:00.01	56.09
200m Freestyle	2:33.10	2:24.50	2:19.64	2:19.64	2:18.59	2:12.13	2:12.13	2:06.68
400m Freestyle	5:10.00	5:10.00	5:05.20	5:05.20	4:49.29	4:41.35	4:40.65	4:27.48
50m Breaststroke	42.70	40.10	36.48	36.48	36.12	35.19	34.74	32.86
100m Breaststroke	1:33.30	1:25.90	1:21.00	1:21.00	1:19.99	1:18.41	1:16.25	1:13.68
200m Breaststroke	3:18.30	3:04.40	2:57.52	2:57.52	2:53.89	2:49.27	2:47.29	2:39.25
50m Butterfly	36.30	34.50	31.32	31.32	30.41	29.88	29.34	28.44
100m Butterfly	1:22.50	1:15.70	1:14.69	1:14.69	1:13.41	1:06.52	1:04.51	1:02.68
200m Butterfly	3:03.10	2:53.00	2:47.50	2:47.50	2:46.75	2:29.46	2:28.65	2:18.77
50m Backstroke	37.40	35.50	33.72	33.72	33.35	31.94	31.60	29.07
100m Backstroke	1:21.40	1:15.40	1:12.88	1:12.88	1:12.43	1:10.11	1:07.55	1:04.05
200m Backstroke	2:52.20	2:39.57	2:39.10	2:39.10	2:35.91	2:29.87	2:29.79	2:28.36
200m Ind. Medley	2:54.80	2:44.20	2:38.34	2:38.34	2:36.63	2:31.09	2:27.41	2:22.37
400m Ind. Medley	5:51.00	5:51.00	5:50.44	5:50.44	5:32.73	5:22.34	5:08.41	5:05.50

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