



Hillingdon Swimming Club Fast & Festive Winter Meet 2025

Saturday 20 & Sunday 21 December 2025

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

Level 3 – Short Course – Licence No: 3LR252086

Promoters Conditions

1. The competition will be swum under Swim England laws and Swim England technical rules of swimming and these Promoter's Conditions.
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. Entries open on Wednesday 1 October 2025 and **close at midnight on Friday 28 November 2025**.
5. Details of accepted and rejected entries will be published on our website as soon as possible after the closing date.
6. Final information and session times will also be confirmed to clubs and appear on the website prior to the meet.
7. The depth of the water at the start and turn ends is 2 meters.
8. Results will be emailed to British Rankings after the meet.
9. The promoter is Ann O'Leary ann.oleary@hillingdonsc.co.uk
10. The Promoter reserves the right to amend the programme and conditions should it be deemed necessary.

Entry and Eligibility

11. Clubs and their swimmers will be invited, by the host club, to enter the meet.
12. Individual entries are not permitted.
13. All swimmers must belong to their club of entry, be Swim England registered as Club Compete and have their Swim England membership number included on the entry file submitted.
14. All entries must not be faster than the Upper Time Limits and appear on Swim England Rankings on the date the entry file is submitted. Qualifying times are short course but long course conversions to short course will be accepted.
15. No Time entries are not accepted. Entries submitted with no time on British Rankings will be rejected.
16. Once the club entry file has been submitted, no changes will be made to the times that have been included.
17. 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.
18. A secondary strobe will be available to swimmers requiring one.
19. Over the top starts will be used at the Referees' discretion.
20. 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.
21. Age is at midnight 31 December 2025
22. Age Groups: 10/11, 12, 13, 14, 15 and 16/over



Events

23. The events are 50m, 100m & 200m in all 4 strokes – Backstroke, Breaststroke, Butterfly and Freestyle, 400m Freestyle and 200m & 400m Individual Medley.
24. The 400m Freestyle and 400m Individual Medley events may be limited to a maximum of 4 heats each in total across both genders.
25. Awards will be given to the first 3 in each age group, open/male and female, in each event.
26. 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.
27. An award will be given to the top visiting club, using WA points scored.

Fees & Payments

28. The entry fee is £8.50 per event. No refunds will be given except for rejected swims.
29. There will be no Time Trials available.
30. A designated club officer should make a club entry on behalf of its members, and that same person must make all communications with the meet organisers.
31. 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.
32. The club reserves the right to reject a club entry if full payment of the entry fee due is not received within 3 days of submitting a club entry file.
33. Swim meet entries will be managed via computer and available via the internet.

Withdrawals and Refunds

34. Refunds will be given for any entries rejected.
35. 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.
36. Refunds are not available for withdrawals unless medical and supported with appropriate evidence which must be submitted to the promoter by Monday 22 December 2025.

Coaches and Team Manager Poolside Passes

37. 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.
38. Poolside passes must be applied for in advance via this [LINK](#) by Friday 12 December 2025 and full payment made by the individual or club before Monday 15 December 2025.
39. A copy of free **Swim England accreditation** must be shown on arrival at the meet to collect a poolside pass, this can be obtained via this [LINK](#)
40. 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.



Officials

41. Clubs with 15 or more swimmers entered into the meet are requested to provide a minimum of four officials for all sessions in which the club has swimmers, preferably more if possible.
42. All swimming officials will be offered expenses – please contact the Officials Organiser officials@hillingdonsc.co.uk
43. Officials should follow this [LINK](#) to sign-up to officiate at the meet.

Photography and Mobile Phones

44. 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.
45. Flash photography is not permitted at the start of any heat.
46. **The use of Mobile Phones or any device with a photographic or filming facility in the changing rooms is prohibited at all times.** Phones must not be visible in the changing rooms at any time. Swimmers found in breach will be required to leave the meet immediately.

Health and Safety

47. 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.
48. 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.
49. It is the responsibility of club coaches and team manager to oversee their swimmers using the swim down facilities.
50. The swim down pool will close 15 minutes after the end of final heat each day.
51. Competitors are requested NOT to bring large kit bags poolside for safety reasons. Lockers are available, £1 (refundable). Small poolside bags should be used.
52. Competitors must wear appropriate clothing and footwear when leaving poolside to access dry areas of the facility, including the spectator gallery.
53. Clubs must ensure that their swimmers are supervised whilst poolside and under the supervision of parent/guardians at all other times.
54. 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.
55. Hillingdon Sports and Leisure Complex and Hillingdon SC shall not be responsible for the loss of property for any reason.
56. Safeguarding concerns should be reported to the Promoter.

Data Protection

57. 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.



Schedule of Events

Saturday 20 December 2025

Session 1

| <i>Warm-up: TBC Start: TBC Est Finish: TBC</i> | | | |
|--|-----------|------|--------------|
| Event 101 | Open/male | 100m | Butterfly |
| Event 102 | Female | 100m | Butterfly |
| Event 103 | Open/male | 50m | Backstroke |
| Event 104 | Female | 50m | Backstroke |
| Event 105 | Open/male | 200m | Breaststroke |
| Event 106 | Female | 200m | Breaststroke |

Session 2

| <i>Warm-up: TBC Start: TBC Est Finish: TBC</i> | | | |
|--|-----------|--------------|-------------------|
| Event 207 | Open/male | 200m | Individual Medley |
| Event 208 | Female | 200m | Freestyle |
| Event 209 | Open/male | 400m | Freestyle |
| Event 210 | Female | 400m | Individual Medley |
| Event 211 | Open/male | 14/ under | Medley SKINS |
| Event 212 | Open/male | 15/ over | Medley SKINS |

Session 3

| <i>Warm-up: TBC Start: TBC Est Finish: TBC</i> | | | |
|--|-----------|------|--------------|
| Event 313 | Open/Male | 200m | Butterfly |
| Event 314 | Female | 100m | Backstroke |
| Event 315 | Open/male | 100m | Backstroke |
| Event 316 | Female | 50m | Breaststroke |
| Event 317 | Open/male | 50m | Breaststroke |

Sunday 21 December 2025

Session 4

| <i>Warm-up: TBC Start: TBC Est Finish: TBC</i> | | | |
|--|-----------|------|--------------|
| Event 418 | Female | 100m | Breaststroke |
| Event 419 | Open/Male | 100m | Breaststroke |
| Event 420 | Female | 50m | Freestyle |
| Event 421 | Open/Male | 50m | Freestyle |
| Event 422 | Female | 200m | Backstroke |
| Event 423 | Open/male | 200m | Backstroke |

Session 5

| <i>Warm-up: TBC Start: TBC Est Finish: TBC</i> | | | |
|--|-----------|--------------|-------------------|
| Event 524 | Female | 200m | Individual Medley |
| Event 525 | Open/male | 200m | Freestyle |
| Event 526 | Female | 400m | Freestyle |
| Event 527 | Open/male | 400m | Individual Medley |
| Event 528 | Female | 14/ under | Medley SKINS |
| Event 529 | Female | 15/ over | Medley SKINS |

Session 6

| <i>Warm-up: TBC Start: TBC Est Finish: TBC</i> | | | |
|--|-----------|------|-----------|
| Event 630 | Female | 200m | Butterfly |
| Event 631 | Open/male | 100m | Freestyle |
| Event 632 | Female | 100m | Freestyle |
| Event 633 | Open/male | 50m | Butterfly |
| Event 634 | Female | 50m | 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 |