



Leicester Sharks CSC

(Affiliated to Swim England East Midlands Region & Leicestershire ASA)

PRESENTS

TRICK OR TREAT 2025

Level 3 Open Meet under Swim England Regulations & Technical Rules of Swimming
Licenced by Swim England for entry into County and Regional Championships under licence number:

3EM251475

Event Overview

DATE:	Saturday 25 th & Sunday 26 th October 2025
VENUE:	Pingles Leisure Centre, Avenue Road, Nuneaton, CV11 4LX
AGE AS AT:	31 st December 2025
AGE GROUPS:	Male/Open & Female – 10, 11, 12, 13, 14, 15/Over
EVENTS:	50m – Freestyle, Backstroke, Breaststroke, Butterfly 100m - Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley 200m - Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley 400m – Freestyle, Individual Medley
HDW:	All Events are Heat Declared Winner
AWARDS:	To the first three in each age group band
SESSIONS:	2 Saturday (Afternoon & Evening) 2 Sunday (Morning & Afternoon)
ENTRIES:	First come, First Served
CLOSING DATE:	Saturday 4 th October 2025 or when full

8 Lane 25m COMPETITION POOL – ELECTRONIC TIMING

Entry Email: sharkstrickntreat@gmail.com



PROGRAMME OF EVENTS

Saturday

Session 1 – Warm up 13:30pm	
101	Open / Male 400 I.M
102	Female 200 I.M
103	Open / Male 100 Back
104	Female 200 Back
105	Open / Male 200 Breast
106	Female 100 Free
107	Open / Male 50 Free
108	Female 50 Breast

Session 2	
209	Open / Male 200 Free
210	Female 400 Free
211	Open / Male 100 Breast
212	Female 50 Fly
213	Open / Male 200 Fly
214	Female 100 Fly
215	Open / Male 50 Back
216	Female 100 I.M

Sunday

Session 3 – Warm up 08.00am	
317	Female 400 I.M
318	Open / Male 200 I.M
319	Female 100 Back
320	Open / Male 200 Back
321	Female 200 Breast
322	Open / Male 100 Fly
323	Female 50 Free
324	Open / Male 50 Breast

Session 4	
425	Female 200 Free
426	Open / Male 400 Free
427	Female 100 Breast
428	Open / Male 50 Fly
429	Female 200 Fly
430	Open / Male 100 Free
431	Female 50 Back
432	Open / Male 100 I.M

*400 IM** event for both Open / Male and Female will be capped at three heats maximum (24 competitors in total)*

Full Programme and timings will be confirmed once all entries accepted





LEICESTER SHARKS TRICK OR TREAT 2025

Upper Limit Times (not faster than)

Event	Open / Male			
	10yrs	11yrs to 12yrs	13yrs to 14yrs	15yrs+
50m Freestyle	29.70	27.90	25.60	23.80
100m Freestyle	1.07.80	1.02.50	56.70	51.40
200m Freestyle	2.26.10	2.09.80	2.01.30	1.54.60
400m Freestyle	4.52.2	4.17.0	4.15.2	4.07.08
50m Breaststroke	41.20	38.10	32.50	30.50
100m Breaststroke	1.29.30	1.19.80	1.09.10	1.05.60
200m Breaststroke	3.10.60	2.56.70	2.39.30	2.30.60
50m Butterfly	34.90	31.10	28.10	27.10
100m Butterfly	1.19.60	1.10.80	1.02.70	58.50
200m Butterfly	2.54.00	2.38.10	2.16.10	2.11.40
50m Backstroke	35.20	32.30	29.40	27.90
100m Backstroke	1.16.30	1.08.90	1.04.80	59.0
200m Backstroke	2.38.00	2.18.00	2.11.30	2.06.50
400m IM		4.50.3	4.45.1	4.39.1
200m IM	2.48.10	2.34.30	2.12.70	2.08.50
100 IM	1.17.00	1.10.00	1.03.00	1.00.00

Event	Female			
	10yrs	11yrs to 12yrs	13yrs to 14yrs	15yrs+
50m Freestyle	31.40	29.80	27.90	27.40
100m Freestyle	1.09.00	1.03.90	1.00.50	59.80
200m Freestyle	2.26.50	2.11.90	2.08.20	2.06.70
400 Freestyle	5.02.0	4.25.4	4.23.2	4.21.4
50m Breaststroke	41.00	37.00	34.00	33.40
100m Breaststroke	1.29.60	1.20.50	1.17.20	1.14.10
200m Breaststroke	3.10.20	2.55.20	2.44.70	2.40.10
50m Butterfly	34.80	31.80	28.80	28.20
100m Butterfly	1.19.30	1.11.80	1.05.40	1.03.10
200m Butterfly	2.56.00	2.35.60	2.25.60	2.22.00
50m Backstroke	35.90	33.70	31.70	31.10
100m Backstroke	1.18.10	1.11.80	1.08.80	1.07.50
200m Backstroke	2.45.10	2.32.30	2.25.10	2.23.10
400m IM		4.59.9	4.57.8	4.55.8
200m IM	2.47.40	2.33.50	2.25.10	2.22.50
100 IM	1.18.00	1.10.00	1.06.00	1.04.00



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.

1. All entrants must be registered members of SE 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 25th August 2025 entries will be accepted after that date on a first come first served basis until MIDNIGHT on Saturday 04 October 2025 or when the event is full, whichever is earlier. LEICESTER SHARKS 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 SHORT course times (or converted from long course). It is the responsibility of all competing clubs to ensure that entry times are accurate. Entries for our 400m events will be limited - 400 IM** event for both Open / Male and Female will be capped at three heats maximum (24 competitors in total). Leicester Sharks 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 IM event.
3. The events will take place on 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 to download off our website or via request by emailing sharkstrickntreat@gmail.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 Leicester Sharks, HSBC Sort Code 40-12-35; Account number 41431765 Reference (your club name) LSTnT 2025. Please send completed electronic entries to sharkstrickntreat@gmail.com along with a PDF copies of the Sports Systems entry reports.
5. All individual entries must be made via the email and submitted to sharkstrickntreat@gmail.com. All emails must include the entrants full name, SE ID number, DOB, Club and events with times if no times on rankings. Entries that are incomplete or sent without the correct entry fee will not be accepted. Payments to be made by BACS to Leicester Sharks, HSBC Sort Code 40-12-35; Account number 41431765 Reference (your surname) LSTnT 2025 & 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 Friday 17th October 2025. All withdrawals are to be sent to sharkstrickntreat@gmail.com or by google form which will be sent out after the meet has closed.

8. Age as at end of year (31st December 2025). All swimmers must be SE Category 2 members.

9. The competition pool will be 25m in length with up to 8 lanes. Anti-turbulence ropes, electronic timing & placing will be used. A secondary strobe light will not be available. All times will be recorded using AOE and submitted on this basis to Swim England.

10. Leicester Sharks Swimming 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.

- a) All withdrawals must be submitted online via the form from the website and by 6pm on the day prior to the event – (18:00hrs).
- b) The promoter cannot accept any responsibility for a withdrawal that has not been submitted using the correct procedures.
- c) Withdrawals once actioned for either heat and or finals cannot be reinstated unless an error by the admin team.

12. Heats will have “over the top” starts except for backstroke which may be ‘side by side’

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.

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 schedule, failure to comply with the schedule could lead to exclusion from further involvement in the meet. Any swimmer who fails to follow the instructions of the warmup 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 Leicester Sharks 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 Wave Power 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. **We ask that all coaches/Team managers who are going to be on poolside apply for Swim England DBS, Safeguarding, qualification check accreditation.** Instructions on how to do this are available on our webpage. 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 Leicester Sharks, specifically changing rooms, showers, foyer & stairs area.

24. In case of fire or other emergency: Leicester Sharks 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, 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 Pingles Leisure Centre, please do not park on the roads around the facility as we wish to avoid causing upset to the local residents.

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). There will be a poolside door monitor and swimmers will not be allowed poolside with large bags.

30. Possessions - Neither the promotor nor Leicester Sharks Swimming 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 3 officials for each session (preferably 1 official for each 10 swimmers) of the meet and a J2 official per session. 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.

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. The Promotor for this meet is Richard Kyle for & on behalf of Leicester Sharks. A full risk assessment will be done jointly between the pool operator & Leicester Sharks Swimming Club following Swim England & Government Covid 19 Guidelines should this

Officials Expense subsistence Policy

Overview

Leicester Sharks ONLY reimburses Officials who attend our events at special request by the Clubs Officials Coordinator and does not relate to Leicester Sharks home Officials.

NO expenses can be claimed without prior authorisation from the Promoter / Officials Coordinator.

Travel

Officials will be able to reclaim expenses for travel to and from events at £0.45 per mile HMRC standard rate for attending a meet without a swimmer.

Officials staying in accommodation (Referee/Starters) for an event will be able to claim travel to and from the pool. Google maps will be used to check mileage incurred; please include route details including diversions and reroutes on the expense's application.

Accommodation

Overnight accommodation will only be provided with prior arrangement from the Promoter / Officials Coordinator and will be subject to the meeting being able to be ran (Referee/Starters). It is not common practice for accommodation to be provided.

Officials requiring overnight stays must contact event management to request accommodation. Officials wishing to book their own accommodation can reclaim up to £50 per night per room, couples can reclaim a £50 room allowance between them.

Individual requests for overnight accommodation may be considered under exceptional circumstances by event management.

Officials may be asked to room share-this is not compulsory. Officials who wish to room share should notify event management before arrival.

Meals

Officials attending Leicester Sharks events will be provided with refreshments, tea and coffee throughout the day, as well as lunch.

Officials staying in overnight accommodation are eligible to reclaim up to £15 meal allowance; this includes food and beverages, excluding alcoholic beverages. To reclaim meal allowances all receipts must be submitted with the final expenses application.

By volunteering at Leicester Sharks events you are agreeing to the above policy.

The above policy is to ensure our events run smoothly, are enjoyable for our officials, and are designed to reimburse expenses incurred.

Expenses are processed either on the day or 28 days after the close of an event, to ensure applications are processed expenses must be submitted by this deadline. Expense form can be obtained at the event from the Promoter.