



Sevenside Tritons

November Sparkler L3 Open Meet



Under Swim England Laws and Regulations and Swim England Technical Rules of Racing

15th and 16th November 2025

GL1 Leisure Centre, Gloucester

25M POOL, 8 LANE, ANTI WAVE LANE ROPES, ELECTRONIC TIMING

All Strokes 50m, 100m, 200m

400m Free, 400 IM

License Number- 3SW251859

Entries Close on 31st October 2025

MEET INFORMATION

Age as at midnight on the 16th of November 2025.

Stroke	Age Groups
50m Free, Back, Fly and Breast	9,10,11,12,13,14, 15 and 16 &Over
100m Free, Back, Fly, Breast and IM	9,10,11,12,13,14, 15 and 16 &Over
200m Free, Back, Fly, Breast and IM	9,10,11,12,13,14, 15 and 16 &Over
400m Free	9, 10, 11,12,13,14, 15 and 16 &Over
400m IM	12,13,14, 15 and 16 &Over

Awards will be given to the top three placed competitors in each age group in each individual event. All events will be run on a Heat Declared Winner (“HDW”) basis. Entries will be seeded into heats from submitted times, with the slowest heat first and all heats spearheaded. Short Course Entry Times should be submitted.

All starts where possible and, where agreed with the Referee, will be over the top.

GENERAL

The competition will be swum under Swim England Laws and Regulations and Swim England Technical Rules of Racing and licensed by Swim England for entry into County and Regional Competitions. Any rules not covered by the Promoter’s conditions will be covered by Swim England Laws on Open Competitions.

All competitors must be Swim England Registered as Club compete and must be Club members of a club affiliated to Swim England, Swim Wales or Scottish Swimming. Competitors not British Swimming registered may enter at the meet promoter’s discretion and must give evidence of registration to a FINA recognised international swimming federation.

The meet is inclusive and entries will be accepted into events from disability swimmers who will be swum fully integrated with able-bodied swimmers in appropriate heats. Disabled swimmers will have their own category and awards. See further details below regarding Para Swimmer entries.

During the competition and to facilitate it’s smooth running the Referee may amend any competition condition. All participating clubs will be made aware of any amendments.

OFFICIALS

All clubs are asked to provide qualified officials for each session of this meet. Severnside Tritons will make every effort to meet the requirements of a Level 3 meet but bears no liability if this is unachievable and the meet is downgraded. Entering clubs should understand that it is becoming harder and harder to meet the level of officials required at meets and must try to supply officials for this event.

Officials who officiate at any of the sessions will be entitled to Mileage Expenses at a rate of £0.45p per mile from their home address to the Pool venue and return, with a limit of one claim per day, regardless of the number of sessions attended in that day. Officials should request an Expenses Application Form from a Referee which should be completed and returned to that Referee during the duration of the Meet.

Officials can sign up for the meet through Swim Meet accessed below:

[Swim-Meet](#)

SAFETY & SAFEGUARDING

Coaches/Team Managers are responsible for their swimmers at all times. All visitors must observe all safety precautions in operation at GL1 and follow any instructions given by Leisure Centre Staff. All Teams must be accompanied by at least one Level 2 or Swim England Swimming Coach who must have current Safeguarding and DBS passes. Team Managers on poolside must be TM1 Qualified and be DBS Checked.

Competitors are advised not to leave their belongings unattended. Neither Severnside Tritons Swimming Club nor GL1 can accept responsibility for any property that may be lost, stolen or damaged.

The full Swim England guidance on photography can be found in Wavepower the Swim England Child Safeguarding Policy and Procedures available at: <http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>

It is requested that all mobile phones are switched off or to silent during the competition and that there is no flash photography at the start of each race. **The use of any device with video or photo capture capability are strictly prohibited in the changing rooms or changing areas at any time.**

With the submission of entries, consent is deemed to have been given, as required by the Data Protection Act 2018, to hold and distribute as necessary, any personal information on computer, to run the meet.

Swimmers will be required to swim in one of two groups, Female or Open/Male swimmers. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary competition policy for swimming. By entering the 'Female' category, a swimmer confirms that their birth sex is female.

The Promoter reserves the right to refuse admission to any competitor or spectator who exhibits rude or aggressive behaviour such as using foul language.

The Referee's decision is final subject to Swim England Laws and Regulations and Swim England Technical Rules of Racing.

ENTRIES

The closing date for entries is **midnight on the 31st October 2025**. Entries will be on a first come, first serve basis and may close early if the event reaches capacity.

The entry fee is £8.50 for each event. Entries from clubs must be made electronically and submitted via e-mail using software compatible with Hy – Tek only. Individual entries may be made using the entry form and via e-mail. All entries must be paid for by electronic bank transfer. Our club bank details are available on request.

There may also be the opportunity for on deck entries on the day of the competition. Please see the promoter in the control room prior to warm up to check availability.

Para Swimmer Entries- all swimmers must have an authorised SE/IPC swimming classification or Certificate of Exception or Certificate of Disability. In addition, details of disability, classification and exemptions must be provided with entry. Please ensure the Certificate of Exception or Certificate of Disability are presented to the Referee prior to each competition session, failure to do so may result in disqualification.

Please email Summary Sheets for swimmers and coach passes, Hy- Tek entry and fee report to ssopenmeets@severnsidetritons.org.uk. For individual entries please email a copy of your entry form.

Entries will be confirmed by e-mail only. It is the responsibility of the club entering the competitors to check for any inaccuracies in the confirmed entries. Any inaccuracies must be notified to the Meet Promoter prior to the competition. Incorrect or incomplete entries will not be accepted. Entries are accepted on the basis the competitor accepts the Promoters Conditions.

All Entries are subject to the Upper Limit Times specified on the separate sheet. Entries may be restricted in order to keep the session times within appropriate time scales. If the entries are oversubscribed, entries will be accepted on a first come, first served basis.

No refunds will be made to competitors who withdraw after advice of acceptance.

Coach/Team Manager Passes are available at £10.00 each, generally up to a maximum number of four per club, unless the club entry is large and extra supervision is needed. Names of the Coach/Team Manager must be submitted at the time of applying for a Pass along with their Swim England and DBS Numbers. Passes must be worn conspicuously at all times. It is the responsibility of the participating club to ensure their poolside staff have up to date DBS clearances.

AWARDS

There will be trophies presented to the Top Open swimmer, Top Girl and Top para swimmer, in addition to Top Visiting Club based on points awarded for individual event performances. Award of trophies will be made on the basis of the acquisition of the highest points total throughout the Meet (3 points for first place and 2 points for second place etc). In the event of a tie the number of 1st places etc will decide the winner. Trophies will be presented at the end of the meet.



Programme of Events

Day 1

Please note that warm up times are subject to change depending on number of entries to the meet

Session One

Saturday 15th November 2025

Warm Up – 12pm

Event No.1	Girls 400m Free
Event No.2	Open/Male 50m Backstroke
Event No.3	Girls 50m Breaststroke
Event No.4	Open/Male 200m Butterfly
Event No.5	Girls 200m Backstroke
Event No.6	Open/Male 200m Freestyle
Event No.7	Girls 100m IM
Event No.8	Open/Male 100m Breaststroke

Session Two

Saturday 15th November 2025

Warm Up – TBC

Event No.9	Girls 100m Freestyle
Event No.10	Open/Male 200m Breaststroke
Event No.11	Girls 200m IM
Event No.12	Open/Male 50m Freestyle
Event No. 13	Girls 100m Fly
Event No.14	Open/Male 400m IM
Event No.15	Girls 50m Butterfly
Event No.16	Open/Male 100m Backstroke



Programme of Events

Day 2

Please note that warm up times are subject to change depending on number of entries to the meet

Session Three

Sunday 16th November 2025

Warm Up – 08.30am

Event No.17	Open/Male 400m Freestyle
Event No.18	Girls 50m Backstroke
Event No.19	Open/Male 50m Breaststroke
Event No.20	Girls 200m Butterfly
Event No.21	Open/Male 200m Backstroke
Event No.22	Girls 200m Freestyle
Event No.23	Open/Male 100m IM
Event No.24	Girls 100m Breaststroke

Session Four

Sunday 16th November 2025

Warm Up – TBC

Event No.25	Open/Male 100m Freestyle
Event No.26	Girls 200m Breaststroke
Event No. 27	Open/Male 200m IM
Event No. 28	Girls 50m Free
Event No.29	Open/Male 100m Butterfly
Event No.30	Girls 400m IM
Event No.31	Open/Male 50m Butterfly
Event No.32	Girls 100m Backstroke



Sevenside Tritons

November Sparkler L3 Open Meet, GL1

15/16th November 2025

License Number: 3SW251859

Entry Form

Surname:

Name:

DOB:

Age at 16/11/25:

SE Membership Number:

Swim Club:

Male/Female:

£8.50 Per Event **Total Number of Events:** _____ **Total Cost:** _____

Event	Entry Time	Event	Entry Time
50m Freestyle		100m Breaststroke	
100m Freestyle		200m Breaststroke	
200m Freestyle		50m Butterfly	
400m Freestyle		100m Butterfly	
50m Backstroke		200m Butterfly	
100m Backstroke		100 IM	
200m Backstroke		200 IM	
50m Breaststroke		400 IM	

I confirm that I accept the Promoter's conditions. I am an eligible swimmer as defined in SE Law and proficient in the execution where necessary of performing entry dives in accordance with the SE recommendations (if under 18 years of age)

Competitor's Signature _____ **Parent Signature** _____

15/16th November 2025

License Number: 3SW251859

Club Name:

Number of Open Entries:	x £8.50 = £
Number of Female Entries:	X £8.50 = £
Number of Coach Passes:	X £10.00 = £
	Total Amount Payable= £

Contact Name	
Phone Number	
Email Address	

I certify that all information and stated entry times are correct

Signature: _____

Email entries to sstopenmeets@severnsidetritons.org.uk



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Upper Limit Times

Open/Male								
EVENT	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16&Over
50 Free	37.42	34.77	32.87	29.86	27.84	26.07	25.38	23.51
100 Free	1:20.98	1:16.51	1:13.70	1:06.17	1:01.37	58.17	55.90	52.54
200 Free	3:15.95	2:49.90	2:35.05	2:26.80	2:15.14	2:09.09	2:02.37	1:55.52
400 Free	7:00.45	6:00.35	5:30.01	5:10.30	4:48.28	4:32.99	4:15.44	4:02.61
50 Back	46.14	41.44	38.73	35.00	32.49	31.36	29.08	26.44
100 Back	1:42.67	1:29.45	1:23.56	1:15.83	1:10.71	1:05.56	1:02.63	58.12
200 Back	3:42.29	3:14.53	3:01.81	2:42.41	2:30.35	2:23.12	2:18.01	2:08.89
50 Breast	51.31	47.23	42.52	39.48	37.47	35.83	32.10	29.48
100 Breast	1:49.21	1:41.17	1:33.35	1:28.28	1:20.64	1:15.97	1:10.25	1:04.21
200 Breast	3:57.72	3:37.00	3:18.49	3:05.39	2:54.41	2:45.13	2:32.32	2:23.56
50 Fly	43.15	39.99	35.06	33.18	30.70	28.39	27.36	25.31
100 Fly	1:52.17	1:40.54	1:19.23	1:14.81	1:08.90	1:04.68	1:00.42	56.92
200 Fly	3:55.67	3:45.08	3:13.00	2:54.99	2:41.38	2:28.57	2:16.96	2:10.49
100 I.M.	1:45.72	1:34.33	1:25.58	1:20.82	1:10.62	1:06.82	1:05.68	58.77
200 I.M.	3:28.32	3:09.93	2:53.95	2:39.96	2:30.53	2:22.75	2:16.96	2:07.40
400 I.M.				5:14.45	4:54.31	4:34.20	4:27.60	4:18.61

Female								
EVENT	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16&Over
50 Free	37.20	35.13	31.76	29.39	28.46	27.64	27.47	26.79
100 Free	1:25.70	1:18.82	1:10.10	1:05.92	1:02.34	59.51	58.80	56.28
200 Free	3:10.89	2:47.50	2:33.19	2:23.68	2:17.87	2:13.47	2:08.00	2:04.33
400 Free	6:12.64	5:44.17	5:19.52	5:08.78	4:48.95	4:40.16	4:25.20	4:18.55
50 Back	45.68	40.26	37.03	35.13	33.23	32.25	30.10	29.47
100 Back	1:37.20	1:27.52	1:20.88	1:15.54	1:09.79	1:06.30	1:04.73	1:02.90
200 Back	3:41.46	3:11.43	2:53.19	2:43.03	2:34.03	2:28.89	2:19.91	2:17.08
50 Breast	51.17	46.59	41.77	39.50	37.12	35.86	33.85	33.12
100 Breast	1:51.69	1:41.60	1:32.83	1:26.25	1:19.73	1:18.97	1:13.45	1:12.30
200 Breast	4:11.41	3:42.81	3:18.34	3:06.20	2:59.16	2:49.92	2:39.12	2:34.06
50 Fly	45.06	39.11	35.78	34.03	33.08	31.97	28.75	27.68
100 Fly	1:53.68	1:37.96	1:22.67	1:17.63	1:10.85	1:08.10	1:05.44	1:03.12
200 Fly	3:55.02	3:39.64	3:15.35	3:02.54	2:45.14	2:39.99	2:34.10	2:25.49
100 I.M.	1:45.53	1:29.21	1:18.83	1:20.73	1:11.46	1:08.88	1:08.19	1:08.32
200 I.M.	3:35.78	3:10.66	2:54.66	2:48.08	2:38.66	2:28.75	2:22.05	2:19.07
400 I.M.				5:31.33	5:12.88	5:07.14	4:58.32	4:53.17