

Northampton Swimming Club Ltd Winter Festival Open Meet

(Affiliated to Swim England East Midland Region)

(Held under Swim England Law and Technical Rules)

Corby East Midlands, International Swimming Pool Sat 20th and Sun 21st December 2025

Level 1 Meet (1EM252387)

To Club Entries Officers!

Thank you for your interest in our Open Meet. It's a great pleasure to send you the Meet Information Pack. You should find enclosed:

- **Programme of Events (below)**
- **Meet information**
- **Coach Pass Application Form**

Programme of Events

Session 1 - Sat 20th December 2025- Warm up TBC

101	Open/Male 400m IM HDW	All ages	102	Female 200m Backstroke	All ages
103	Open/Male 100m Butterfly	All ages	104	Female 100m Breaststroke	All ages
105	Open/Male 50m Breaststroke	All ages	106	Female 50m Backstroke	All ages
107	Open/Male 200m Freestyle	All ages	108	Female 200m Butterfly	All ages
109	Mixed 1500m Freestyle HDW	All Ages			

Break - Finals

110	Female 200m Backstroke	B Final	112	Open / Male 100m Butterfly	B Final
111	Female 200m Backstroke	A Final	113	Open / Male 100m Butterfly	A Final
114	Female 100m Breaststroke	B Final	116	Open / Male 50m Breaststroke	B Final
115	Female 100m Breaststroke	A Final	117	Open / Male 50m Breaststroke	A Final
118	Female 50m Backstroke	B Final	120	Open / Male 200m Freestyle	B Final
119	Female 50m Backstroke	A Final	121	Open / Male 200m Freestyle	A Final
122	Female 200m Butterfly	B Final			
123	Female 200m Butterfly	A Final			

Session 2- Sat 20th December 2025- Warm up TBC

201	Female 100m Freestyle	All ages	202	Open/Male 200m IM	All ages
203	Female 50m Butterfly	All ages	204	Open/Male 50m Freestyle	All ages
205	Female 200m Breaststroke	All ages	206	Open/Male 100m Backstroke	All ages
207	Female 400m Freestyle HDW	All ages			

Break - Finals

208	Female 100m Freestyle	B Final	210	Open / Male 200m IM	B Final
209	Female 100m Freestyle	A Final	211	Open / Male 200m IM	A Final
212	Female 50m Butterfly	B Final	214	Open / Male 50m Freestyle	B Final
213	Female 50m Butterfly	A Final	215	Open / Male 50m Freestyle	A Final
216	Female 200m Breaststroke	B Final	218	Open / Male 100m Backstroke	B Final
217	Female 200m Breaststroke	A Final	219	Open / Male 100m Backstroke	A Final

Session 3 – Sun 21st December 2025 – Warm Up TBC

301	Female 400m IM	All ages	302	Open / Male 200m Backstroke	All ages
303	Female 100m Butterfly	All ages	304	Open / Male 100m Breaststroke	All ages
305	Female 50m Breaststroke	All ages	306	Open / Male 50m Backstroke	All ages
307	Female 200m Freestyle	All ages	308	Open / Male 200m Butterfly	All ages
309	Mixed 800m Freestyle HDW	All Ages			

Break - Finals

310	Open / Male 200m Backstroke	B Final	312	Female 100m Butterfly	B Final
311	Open / Male 200m Backstroke	A Final	313	Female 100m Butterfly	A Final
314	Open / Male 100m Breaststroke	B Final	316	Female 50m Breaststroke	B Final
315	Open / Male 100m Breaststroke	A Final	317	Female 50m Breaststroke	A Final
318	Open / Male 50m Backstroke	B Final	320	Female 200m Freestyle	B Final
319	Open / Male 50m Backstroke	A Final	321	Female 200m Freestyle	A Final
322	Open / Male 200m Butterfly	B Final			

Northampton Swimming Club Ltd Winter Festival Open Meet

(Affiliated to Swim England East Midland Region)

(Held under Swim England Law and Technical Rules)

Corby East Midlands, International Swimming Pool Sat 20th and Sun 21st December 2025

Level 1 Meet (1EM252387)

323	Open / Male 200m Butterfly	A Final			
Session 4 – Sun 21st December 2025 – Warm up TBC					
401	Open/Male 100m Freestyle	All ages	402	Female 200m IM	All ages
403	Open/Male 50m Butterfly	All ages	404	Female 50m Freestyle	All ages
405	Open/Male 200m Breaststroke	All ages	406	Female 100m Backstroke	All ages
407	Open/Male 400m Freestyle HDW				
Break - Finals					
408	Open / Male 100m Freestyle	B Final	410	Female 200m IM	B Final
409	Open / Male 100m Freestyle	A Final	411	Female 200m IM	A Final
412	Open / Male 50m Butterfly	B Final	414	Female 50m Freestyle	B Final
413	Open / Male 50m Butterfly	A Final	415	Female 50m Freestyle	A Final
416	Open / Male 200m Breaststroke	B Final	418	Female 100m Backstroke	B Final
417	Open / Male 200m Breaststroke	A Final	419	Female 100m Backstroke	A Final

Northampton Swimming Club Ltd Winter Festival Open Meet

(Affiliated to Swim England East Midland Region)

(Held under Swim England Law and Technical Rules)

Corby East Midlands, International Swimming Pool Sat 20th and Sun 21st December 2025

Level 1 Meet (1EM252387)

Meet Information and Competition Rules

General Conditions

- 1) The competition is open to amateurs only as defined by Swim England and will be swum under Swim England regulations and Technical Rules.
- 2) The promoter is Liam Noonan.
- 3) The female category is for individuals with a birth sex of female, 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) The pool is 50 metres long and 8 lanes wide.
- 5) Electronic timing will be in use. Swimmers must not leave the pool by climbing over the time pads.

Entries

- 6) This is not a first-come first served meet. Slowest competitors may be rejected if the meet is oversubscribed.
- 7) The competition will be open to age groups 10/11, 12, 13, 14, 15, 16, 17+ Ages will be **at 31st December 2025**.
- 8) Payment should be made at the time of entry. If payment isn't received, entries may not be accepted.
- 9) All clubs must submit their entries using the electronic entry files that will be available on the Northampton Swimming Club website.
- 10) The summary report from Sportsystems must be returned by the closing date of **Friday 21st November 2025**. Entry fees are £9 per event for electronic submission. Paper entries are accepted at a cost of an extra 50p per event (£9.50)
- 11) Exported entry files to be emailed to johnmcdonald579@btinternet.com and coach.noonan@northamptonswimming.com

Awards and Finals

- 12) All 400m/800m/1500m events will be Heat Declared Winner.
- 13) All 50m/100m/200m events will have A and B Finals.
- 14) All Finals will have 6 spaces reserved for Para Swimmers with an S1 to S14 classification in either the A or B final. These will be based on their WPS Points /Time.
- 15) Refunds will only be made where a swimmer is rejected from the meet due to it being over-subscribed. No refunds will be made for entries accepted under any circumstances once the meet has been closed to new entrants.

Northampton Swimming Club Ltd Winter Festival Open Meet

(Affiliated to Swim England East Midland Region)

(Held under Swim England Law and Technical Rules)

Corby East Midlands, International Swimming Pool Sat 20th and Sun 21st December 2025

Level 1 Meet (1EM252387)

- 16) An award will be made to the fastest 3 swimmers in each age group
- 17) All entry times should be converted to a 50m pool.
- 18) Competitors must report to the Competitor Stewards when they are called. Any competitor not reporting in time **may** be excluded.
- 19) Live results will be available on the Northampton Swimming Club website
www.northamptonswimming.com
- 20) There will be a secondary strobe available during the meet.

Coaches Information

- 21) Coaches packs are available for £20 for one day Saturday, £20 for one day Sunday or £35 for a weekend. They include start sheets and refreshments.
- 22) Clubs should follow the Swim England guidance with regard to Swimmer coach/T Mratios.
- 23) Breakfast Rolls and Lunch will be provided for Officials/ Coaches/ Team managers during the course of the weekend. Clubs will be contacted on how to order these.
- 24) Coaches or Team Managers **must** submit withdrawal forms for any swimmers not competing to the meet promoter 45 minutes before the start of each session. Withdrawals can be made up until 1800 on Friday 19th December 2025 via email to johnmcdonald579@btinternet.com. After this time, withdrawals must be made on a withdrawal form that will be in the coaches' packs and the technical office.

General Information

- 25) There will be a charge to enter the building past the reception area. These can either be paid by cash or card on the day.
- 26) A swim shop will be in attendance.
- 27) Entry Confirmation will be on the Northampton Swimming Club website
www.northamptonswimming.com
- 22) Any point not covered in these rules is at the discretion of the organisers.
- 23) Officials who are attending meets with swimmers will be unable to claim mileage but will be provided with a Breakfast roll and lunch. Officials attending without any swimmers will be able to claim mileage @0.45p per mile from the club and also will be able to receive a breakfast roll. Car parking will also be able to be claimed on the Saturday during the meet.

Mobile Phone Policy

- 24) This can be found on the Northampton Swimming Club Website.

Northampton Swimming Club Ltd Winter Festival Open Meet

(Affiliated to Swim England East Midland Region)

(Held under Swim England Law and Technical Rules)

Corby East Midlands, International Swimming Pool Sat 20th and Sun 21st December 2025

Level 1 Meet (1EM252387)

Club Summary and Coaches Passes Application Form

Return the completed coaches pass forms and Sportsystems printout, together with the entry fees to: Northampton Swimming Club Mounts Baths Upper Mounts Northampton NN13DN

Cheques made payable to 'Northampton Swimming Club' to be returned by Fri 21.11.25

Club		
Address		
Telephone		
e-mail		
Address		
Telephone		
e-mail		
Names of Coaches using passes		
Number of Female Electronic Entries	@9	£
Number of Male Electronic Entries	@9	£
Number of Paper Entries	@9.50	£
Number of 1 day Coaches pass Saturday	@20.00	£
Number of 1 day Coaches pass Sunday	@20.00	£
Number of weekend passes	@35.00	£
<u>Total Amount of Club Cheque Enclosed</u>		£

THIS FORM MUST BE COMPLETED AND RETURNED FOR ALL CLUB ENTRIES WITH THE SPORTSYSTEMS PRINTOUTS.

THIS FORM MUST BE COMPLETED AND RETURNED WITH ALL PAPER ENTRIES.

ALL FORMS, PRINTOUTS AND PAYMENTS MUST BE SENT TO

NSC MOUNTS BATHS UPPER MOUNTS NORTHAMPTON NN13DN

ELECTRONIC ENTRY FILES TO BE EMAILED TO JOHN MCDONALD

johnmcdonald579@btinternet.com FOR CLUB ENTRIES VIA SPORTSYTEMS

INDIVIDUAL ENTRIES CANNOT BE MADE USING SPORTSYSTEMS

Northampton Swimming Club Ltd Winter Festival Open Meet

(Affiliated to Swim England East Midland Region)

(Held under Swim England Law and Technical Rules)

Corby East Midlands, International Swimming Pool Sat 20th and Sun 21st December 2025

Level 1 Meet (1EM252387)

Lower Limit times				Boys			
EVENT	10/11	12	13	14	15	16	17+
50m Freestyle	37.00	34.90	33.00	31.30	29.70	28.70	28.40
100m Freestyle	1.18.80	1.13.70	1.09.80	1.06.90	1.04.40	1.02.60	1.01.50
200m Freestyle	2.51.30	2.40.80	2.32.60	2.25.60	2.20.70	2.16.30	2.13.70
400m Freestyle	5.56.00	5.38.10	5.21.80	5.07.00	4.57.60	4.49.10	4.44.60
800m Freestyle	10.50.00	10.32.80	10.04.60	9.20.40	9.08.20	9.00.90	8.44.10
1500m Freestyle	20.55.00	20.25.60	19.43.20	18.26.20	17.49.80	17.36.40	17.12.80
50m Breaststroke	48.20	44.60	41.80	39.70	37.80	36.80	35.80
100m Breaststroke	1.41.50	1.34.70	1.28.80	1.24.60	1.21.40	1.18.90	1.17.00
200m Breaststroke	3.39.10	3.25.20	3.12.50	3.02.50	2.55.40	2.51.60	2.47.00
50m Butterfly	40.80	38.10	35.90	34.00	32.20	31.40	30.60
100m Butterfly	1.27.70	1.21.50	1.16.80	1.12.80	1.09.80	1.07.80	1.06.50
200m Butterfly	3.12.50	2.59.90	2.49.90	2.40.90	2.34.40	2.30.40	2.27.60
50m Backstroke	43.20	40.50	38.20	36.10	34.50	33.50	32.70
100m Backstroke	1.29.80	1.24.10	1.19.20	1.15.00	1.12.20	1.10.30	1.09.30
200m Backstroke	3.12.00	3.00.70	2.50.30	2.42.30	2.36.00	2.31.40	2.28.60
200m Individual Medley	3.14.30	3.02.80	2.52.70	2.44.80	2.38.40	2.33.90	2.31.00
400m Individual Medley	6.50.80	6.26.70	6.06.40	5.49.30	5.36.20	5.27.60	5.22.60

Lower Limit times				Girls			
EVENT	10/11	12	13	14	15	16	17+
50m Freestyle	37.30	35.40	34.00	32.90	32.20	31.90	31.80
100m Freestyle	1.19.30	1.15.20	1.12.70	1.10.70	1.09.60	1.08.80	1.08.10
200m Freestyle	2.51.30	2.42.50	2.36.20	2.32.10	2.29.10	2.27.50	2.25.80
400m Freestyle	5.56.40	5.38.80	5.26.30	5.18.00	5.12.80	5.09.20	5.06.30
800m Freestyle	11.00.00	10.44.70	10.10.90	9.49.90	9.42.60	9.38.00	9.35.40
1500m Freestyle	20.30.00	19.58.00	19.03.60	18.46.00	18.36.10	18.24.90	18.22.20
50m Breaststroke	47.80	45.00	43.10	41.50	40.60	40.10	38.80
100m Breaststroke	1.41.60	1.35.20	1.30.80	1.28.50	1.27.50	1.26.10	1.25.20
200m Breaststroke	3.36.0	3.24.60	3.15.50	3.09.50	3.06.70	3.05.80	3.04.00
50m Butterfly	40.70	38.60	36.70	35.70	34.80	34.20	34.20
100m Butterfly	1.27.90	1.22.60	1.19.10	1.17.20	1.15.50	1.14.80	1.14.00
200m Butterfly	3.12.60	3.01.70	2.53.50	2.48.00	2.45.70	2.43.30	2.41.30
50m Backstroke	43.10	40.90	39.40	38.00	37.00	36.60	36.30
100m Backstroke	1.29.90	1.24.50	1.21.70	1.19.60	1.17.90	1.17.10	1.16.30
200m Backstroke	3.11.00	3.00.60	2.54.30	2.49.80	2.45.80	2.43.90	2.42.80
200m Individual Medley	3.14.30	3.03.30	2.56.80	2.52.30	2.48.90	2.46.90	2.45.50
400m Individual Medley	6.47.30	6.24.90	6.10.60	6.02.00	5.55.20	5.50.80	5.48.70

Northampton Swimming Club Ltd Winter Festival Open Meet

(Affiliated to Swim England East Midland Region)

(Held under Swim England Law and Technical Rules)

Corby East Midlands, International Swimming Pool Sat 20th and Sun 21st December 2025

Level 1 Meet (1EM252387)

Swimmers Entry Form

(Form must be submitted for paper entries by individuals to the address shown below)

(If Clubs use the form for internal entries and then for submission by electronic entries the fees will be £9.00 and not £9.50 as shown and the forms do not have to be returned)

Name: _____ / Club _____

DOB: _____

ASA Number: _____

Event	Please tick (entry time is taken from British rankings)	Paper entry £9.50 per event
50m Freestyle		
100m Freestyle		
200m Freestyle		
400m Freestyle		
800m Freestyle		
1500m Freestyle		
50m Backstroke		
100m Backstroke		
200m Backstroke		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
50m Butterfly		
100m Butterfly		
200m Butterfly		
200m IM		
400m IM		
		Total cost:

For Paper Submission please post

**Northampton Swimming Club
Mounts Baths
Upper Mounts
Northampton
NN1 3DN**

BACS details
Northampton Swimming Club
Sort code: 09-07-24
Account number: 61751984

Cheques made payable to NSC

Northampton Swimming Club Ltd Winter Festival Open Meet

(Affiliated to Swim England East Midland Region)

(Held under Swim England Law and Technical Rules)

Corby East Midlands, International Swimming Pool Sat 20th and Sun 21st December 2025

Level 1 Meet (1EM252387)

Qualified Officials Required

We will need help with officials / timekeepers / , from all attending clubs and therefore ask that this request is passed on to all officials that will be attending the meet.

Officials sign up is via Swim Meet using the following link.

[NSC Swim Meet Officials Sign Up](#)

Any questions should be directed to the NSC officials coordinator using the email

Officials@northamptonswimming.com