



(AFFILIATED TO LINCOLNSHIRE COUNTY SWIM ENGLAND AND EAST MIDLANDS REGION)

ROB WELBOURN OPEN MEET 2025

Level 3 Licenced Meet – Licence No: - TBC
(HELD UNDER SWIM ENGLAND REGULATIONS AND TECHNICAL RULES OF SWIMMING)

SATURDAY 4th OCTOBER and SUNDAY 5th OCTOBER 2025

MERES LEISURE CENTRE, TRENT ROAD, GRANTHAM, NG31 7XQ

ENTRY FEE EVENTS - £7.50 per event, £8.50 per relay team made with SportsSystem Entry Manager or Paper Entry. All entries will be accepted on a '**first come first serve**' basis to a maximum capacity.

50m, 100m and 200m Freestyle, Backstroke, Breaststroke and Butterfly, and 100m, 200m Individual Medley. All events will be heat declared winners

Junior (12/under) and Senior Mixed Medley Relays (13/over) will be held at the end of session 1 and Mixed Free Relays held at the end of session 3 - **Relays capped to 2 teams per club**

9-10yrs, 11-12yrs, 13-14yrs, 15yrs/over Age as at 5th October 2025

SESSIONS – 1st session will commence at 12:45 (warm up 12:00)

2nd session will commence at 17:45 (warm up 17:00).

3rd session will commence at 11:45 (warm up 11:00)

4th session will commence at 16:45 (warm up 16:00).

Actual times of warm up and start for sessions 2 and 4 will be notified with the accepted entries – emailed to the Club Contact.

Warm up sessions will be supervised

ENTRY CARDS - The meet will operate as a cardless meet. Coaches are asked to supply a list of any swimmers not competing to the meet promoter 45 minutes before the start of each session to prevent empty lanes.

All entries will be accepted on a first come first serve basis to a maximum capacity
No late entries will be accepted.

CLOSING DATE FOR ENTRIES Midnight Saturday 13th September 2025 Further copies can be found on our website

www.deepingsssc.co.uk



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PROGRAMME OF EVENTS Saturday 4th October & Sunday 5th October 2025

PROGRAMME OF EVENTS

Event Session 1 – Warm up 12:00 – Start 12.45

101	Open/Boys	200m Backstroke
102	Girls	200m Freestyle
103	Open/Boys	50m Butterfly
104	Girls	50m Breaststroke
105	Open/Boys	100M Freestyle
106	Girls	100m Butterfly
107	Open/Boys	200m IM
108	Mixed	12/under 200m Medley Relay
109	Mixed	13/over 200m Medley Relay

Event Session 2 – Warm up 16:30 – Start 17:15

201	Girls	200m Breaststroke
202	Open/Boys	200m Butterfly
203	Girls	50m Backstroke
204	Open/Boys	50m Freestyle
205	Girls	100M Breaststroke
206	Open/Boys	100m Backstroke
207	Girls	100m IM

Event Session 3 – Warm up 11:00am – Start 11:45am

301	Girls	200m Backstroke
302	Open/Boys	200m Freestyle
303	Girls	50m Butterfly
304	Open/Boys	50m Breaststroke
305	Girls	100M Freestyle
306	Open/Boys	100m Butterfly
307	Girls	200m IM
308	Mixed	12/under 200m Free Relay
309	Mixed	13/over 200m Free Relay



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Event Session 4 – Warm up 15:30 – Start 16:15

401	Open/Boys	200m Breaststroke
402	Girls	200m Butterfly
403	Open/Boys	50m Backstroke
404	Girls	50m Freestyle
405	Open/Boys	100M Breaststroke
406	Girls	100m Backstroke
407	Open/Boys	100m IM

AGE AS AT 5th October 2025

* Please note, times are subject to change and will be confirmed before the event

Relays capped to 2 teams per club



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MEET INFORMATION AND RULES

Saturday 4th October & Sunday 5th October 2025

MEET INFORMATION AND RULES

General

1. The competition will be held under current Swim England Regulations and Technical Rules of swimming.
2. The competition is Open to SE registered swimmers only and is a Level 3 Licenced Meet – Licence No. tbc
3. The venue is Grantham Meres Leisure Centre, Trent Road, Grantham, NG31 7XQ

Entries

4. Entry fee - £7.50 per event and £8.50 per relay team where entry is made with SportsSystem Entry Manager. The electronic entry file can be found on the Club website at www.deepingssc.co.uk which should be returned via email to the Club at deepings@swimclubmanager.co.uk. Paper entries should also be sent to the same email address. Entries will be accepted on a first come first serve basis to a maximum capacity. **Closing date is Midnight on Saturday 13th September 2025** Full reimbursement of fees shall be made to unsuccessful applicants.
5. No entries will be accepted after the closing date or during the meet, unless the promoter has made an error. Club entries may be partially declined if the numbers designated for each event are oversubscribed. Acceptance lists of entries will be notified to Clubs by email.
6. The entry forms have provision for applying for "coaches' passes". For reasons of Child Protection these will not be sold on the day. All applicants should have registered with the SE's scheme- see your Club Secretary.
7. Notification of successful applicants will be notified to the contact email address as soon as possible after the closing date. Any refunds will be made 'en block' to the club submitting the entries, these will be available for collection by the clubs over the weekend.
8. Clubs with 8 or more entries are requested to provide 2 qualified licenced officials, with at least 1 qualified to Judge J2 level for each session – names and licence numbers to be supplied prior to the event.

Age groups

9. Age groups are based on age on last day of completion 5th October 2025
10. Age groups are: 9-10yrs, 11-12yrs, 13-14yrs, 15yrs/over

The competition

11. The meet will operate as a cardless meet. Coaches are asked to supply a list of any swimmers not competing to the meet promoter at the start of each warm up session to prevent empty lanes.
12. It is the swimmers' responsibility to report to the Competitors' Stewards when the event is called, so that they are ready for the start of their event. **Swimmers WILL NOT be fetched.**
13. Events are to be swum in integrated age groups with seeding by submitted times. The final heat in each event will be spearheaded.
14. All events will have heat declared winners. There will be no finals.
15. Over the top starts will be at the promoter's discretion.
16. Relays must consist of 2 open/males and 2 females in the age group and will be seeded randomly
17. Completed relay sheets must be handed in at the beginning of sessions 1 & 3 respectively

18. 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.



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Awards

19. There will be an award for the three fastest swimmers in each age group for each event. Which are to be collected from the Trophy Stewards following the final announcement of the results.

Other

20. All swimmers and other personnel must abide by the Health & Safety rules as laid down by the venue management. Any person contravening these rules may be excluded from taking any further part in the proceedings.
21. Access to the pool will be restricted to swimmers taking part in the gala in progress, officials and coaches with an official pass.
NO OUTDOOR SHOES ARE PERMITTED ON POOLSIDE.
22. Coaches and team managers are responsible for their clubs swimmers during warm-ups. Warm-up details will be posted around the pool and announced.
23. All swimmers must be able to execute a competitive racing dive as laid down by SE regulations and technical rules of swimming, or they should start in the water. It is the swimmer's or their representative's responsibility to inform a meet official of any reason why they cannot conform to the SE technical rules; this should be before the event in which they are taking part commences.
24. Coaches or team managers are responsible for the swimmers' conduct at all times.

Photography and Social Networking

25. Official photographs and social networking feeds from this event will comply with the SE photography and Social networking guidance's. Parents/carers who do not wish their child to be photographed must inform the organisers in writing prior to the event. For the avoidance of doubt the photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording device. The social media guidance will apply if those images or recordings are being shared through the social media platform whether that sharing is happening instantaneously through live streaming or whether the material is being stored for sharing at a later time.
26. Please do not leave clothing or valuables lying around as neither the Promoter nor the Pool Management can accept liability for loss or damage.
27. The Promoter reserves the right to refuse admission to any person.
28. Your co-operation is requested to keep fire exits free and clear of obstruction at all times.

29. NO FOOD IS TO BE EATEN ON POOLSIDE

30. Refunds following the closing date will only be considered for medical reasons supported by appropriate documentation. Deepings Swimming Club uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, in line with the GDPR regulations, to the holding of personal information on computer.
32. Personal data handled such as name, club, recorded and entered times may be made public during or after the meet on the club website and the SE website
32. Anything not covered within these rules will be at the discretion of the meet organiser and/or the promoter of the competition, i.e. Deepings Swimming Club.



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Open/BOYS UPPER LIMITS (i.e. Swimmer's times must be slower than) *

Event	9/10yrs	11/12yrs	13/14yrs	15/over
50m Freestyle	30.1	26.0	26.0	24.8
100m Freestyle	1:04.8	55.4	55.4	53.6
200m Freestyle	2:13.1	2:01.1	2:01.1	1:56.4
50m Breaststroke	38	32.9	32.9	31.4
100m Breaststroke	1:20.3	1:10.8	1:10.8	1:07.3
200m Breaststroke	3:00.6	2:33.7	2:33.7	2:26.1
50m Butterfly	32.3	28.5	28.5	27.1
100m Butterfly	1:12.6	1:01.3	1:01.3	58.8
200m Butterfly	2:40.0	2:16.7	2:16.7	2:09.1
50m Backstroke	33	29.8	29.8	28.4
100m Backstroke	1:10.3	1:02.6	1:02.6	59.5
200m Backstroke	2:30.0	2:12.8	2:12.8	2:08.1
100m Individual Medley	1:16.0	1:04.0	1:04.0	56.0
200m Individual Medley	2:33.1	2:15.7	2:15.7	2:11.2

GIRLS UPPER LIMITS (i.e. Swimmer's times must be slower than) *

Event	9/10yrs	11/12yrs	13/14yrs	15/over
50m Freestyle	31.4	27.6	27.6	27.1
100m Freestyle	1:09.0	58.9	58.9	58.09
200m Freestyle	2:20.0	2:06.0	2:06.0	2:04.4
50m Breaststroke	40.0	34.7	34.7	34.0
100m Breaststroke	1:23.6	1:13.7	1:13.7	1:12.4
200m Breaststroke	3:00.2	2:38.8	2:38.8	2:36.3
50m Butterfly	33.8	30.1	30.1	29.4
100m Butterfly	1:15.3	1:05.1	1:05.1	1:04.1
200m Butterfly	2:45.0	2:22.1	2:22.1	2:18.8
50m Backstroke	34.9	31.2	31.2	30.7
100m Backstroke	1:12.1	1:05.5	1:05.5	1:04.1
200m Backstroke	2:35.1	2:20.1	2:20.1	2:16.9
100m Individual Medley	1:20.0	1:08.0	1:08.0	1:00.0
200m Individual Medley	2:37.4	2:22.8	2:22.8	2:20.5

Times effective from 01/10/2023



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Please return this completed form with your entry file and entries report to sophie.beckerton@gmail.com

CLUB ENTRIES SUMMARY FROM VISITING CLUBS ONLY Saturday 4th October & Sunday 5th October 2025

CLUB.....

CONTACT NAME.....

CONTACT ADDRESS.....

Telephone no.....

E-mail for Club

Item	Rate	Quantity	Cost
Entries	@£7.50 per event		£
Coaches and Team Manager Passes	@£25 per pass		£
Coaches and Team Manager Passes with food	@£35 per pass		£
Freestyle Relay = 12/under	@£8.50 each		£
Freestyle Relay - 13/over	@£8.50 each		£
Medley Relay = 12/under	@£8.50 each		£
Medley Relay = 13/over	@£8.50 each		£
		TOTAL	£

Bank Details are: Account Name: DSC Open Meet - Sort Code: Account No: Reference: 40-32-24
21107186 Home Club Name



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ENTRIES SUMMARY FROM VISITING CLUBS ONLY Saturday 4th October & Sunday 5th October 2025

CLUB.....

CONTACT ADDRESS.....

Telephone no.....

E-mail for Club

SWIMMER'S NAME/RELAY ENTRY	NUMBER OF EVENTS		AMOUNT PAID
TOTAL ENTRY		@£7.50 EACH	£
TOTAL RELAY ENTRY		@£8.50 EACH	£
COACHES' PASSES REQUIRED		@£25 EACH	£
COACHES' PASSES REQUIRED WITH FOOD	Food will be served in the small hall	@£35 EACH	£

Cheques should be made payable to "Deepings Swimming Club"

Closing date entries is Midnight 13th September 2025

SIGNED BY CLUB OFFICIAL.....

Coaches passes at £25 each including programme, £35 with food.



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OFFICIALS AVAILABILITY

Saturday 4th October & Sunday 5th October 2025

If you are a qualified official (or under training and registered) and are able to assist, please indicate below and return with your Club's entry form.

Thank you

Full Name.....

Swimming Club.....

Telephone no.....

E-mail.....

Qualification.....

Swim England Licence Number

Availability:

Session 1	
Session 2	
Session 3	
Session 4	

Alternatively please email Sophie on sophie.beckerton@gmail.com or fill in this form <https://swim-meet.com/Availability/?m=2804>



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(HELD UNDER SWIM ENGLAND LAWS AND REGULATIONS AND SWIM ENGLAND TECHNICAL RULES OF SWIMMING)

INDIVIDUAL ENTRY FORM

Please complete all details requested below in full Name

Name:	Male/Female		
Address:			
Telephone No.			
Email Address:			
Date of Birth		Age as at 5 th October 2025	
SE No.			

EVENT	ENTRY TIME	EVENT	ENTRY TIME
50m Freestyle		50m Butterfly	
100m Freestyle		100m Butterfly	
200m Freestyle		200m Butterfly	
50m Backstroke		100m IM	
100m Backstroke		200M IM	
200m Backstroke			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			

Total no of entries		@£7.50 per event = Total	£
No of Coaches Passes Required		@£25.00 each includes programme without food	£
No of Coaches Passes Required		@£35.00 each includes programme with food	£

All entries to be returned to deepings@swimclubmanager.co.uk and sophie.beckerton@gmail.com. Closing date is Midnight on Saturday 13th September 2025

Bank Details are: Account Name: DSC Open Meet - Sort Code: Account No: Reference: 40-32-24
21107186 Home Club Name



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Coaches/Team Managers Information Form

Please return this completed form to sophie.beckerton@gmail.com

All passes must be requested and paid for in advance, additional passes will not be sold at the event. In accordance with Swim England guidelines for child protection please list below the names of all coaches and team managers who will require passes.

CLUB	
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Full Name	Swim England Number	DBS Number

Passes will be available on the day

Please collect at the AOE Desk