



# Level 4 Xmas Sprint Meet

A Closed Meet for Bristol & South Gloucestershire Swimming Club Only

**Saturday 13th December 2025 (4SWTBC)**

**Easton Leisure Centre, Bristol**

**25m short course pool with anti-wave lane ropes**

Licensed Level 4 Meet to qualify for entry into county championships and Level 3 Meets

Held under Swim England Laws & Technical Rules of Racing

Age as on Saturday 13th December 2025

Age groups: 8, 9, 10, 11, 12,13,14 & 15+ years

Points Race awards for top three in each age group (including para) across all events

Four events over distances of 50m

Entry fee of £4 per race

**Please submit entries by the end of the day on Saturday 15th November 2025**

## **Programme**

The meet will stay within the start and finish times. Each event will run sequentially. Swimmers will be allocated based on entry times provided. All events will be swum as mixed gender heats and be decided by heat declared winners.

Results will be banded in the following age groups: 8, 9, 10, 11, 12,13, 14 & 15+ years

Warm Up 6.15 to 6.55pm. Races from 7 to 8.45pm

## **Events**

1. Female 50m Freestyle
2. Male 50m Freestyle
3. Female 50m Breaststroke
4. Male 50m Breaststroke
5. Female 50m Backstroke
6. Male 50m Backstroke
7. Female 50m Butterfly
8. Male 50m Butterfly

## Meet Conditions

### General Conditions

1. The meet will be held Under Swim England Laws and Regulations and Swim England Technical Rules of Racing and has been licensed at Level 4 by Swim England. Licence Number 4SWTBC so that times achieved can qualify for county competitions.
1. **The meet is run by Bristol and South Gloucestershire Swimming Club (BSG SC), affiliated to Gloucestershire ASA. The Meet Promoter is Ben Mullen: chair@bsgsc.org.**
2. This is a closed meet for members of BSG Swimming Club only.
3. Any situation not covered by these conditions will either be referred to the Lead Referee or Meet Promoter. The outcome of any decision will be based on Swim England Law or Technical Rules or in the spirit of fairness and equity and will be announced accordingly.

### Entries

4. **BSG members should enter via their online Team Unify account. If any members are unable to use their account or they are not registered on this, please submit the entry via the entry form on the final page of the meet pack.**
5. Once entries have been accepted members will be charged via their Team Unify Account. We will request payment for any members who do not have a Team Unify account.
6. All competitors must be registered Swim England Club Train or Club Compete members of BSG SC.
7. The meet will be held Under Swim England Laws and Regulations and Swim England Technical Rules of Racing and has been licensed at Level 4 by Swim England. Licence Number 4SWTBC so that times achieved can be used to qualify for county competitions.
8. 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.
9. **The entry fee is £4 per event.**
10. Age groups for the meet are based on age on Saturday 13th December 2025.
11. Entries will be restricted to keep the session times within appropriate timescales and to allow for limits on the maximum numbers allowable poolside.
12. Entries will be accepted on a first come first serve basis. The date and time of entry as recorded on Team Unify will be used to record when entries are received. The date and time of email of manual entries will be used to record when entries are received.
13. If the meet is oversubscribed, a reserve list will be operated to insulate against the effect of withdrawals and to maximise opportunities for swimmers to participate. Any swimmers whose entries are initially rejected will be invited to apply for inclusion on the reserve list. The period for application will close five days before the day of the event.
14. BSG SC will ensure that swimmers are accompanied by the necessary number of Level 2 or Swim England Swimming Coaches and TM1 qualified Team Managers. Coaches and Team Managers will hold current Swim England safeguarding certificates and be DBS checked.
15. BSG SC will provide the necessary pool passes. Pool passes must be worn at all times when poolside or in swimmer-only areas.
16. Please complete your entries by the end of the day on Saturday 15th November 2025. Entries will be accepted after this subject to space being available, and without

disadvantaging those entries received by Saturday 15th November 2025.

17. If, by the end of the day on Saturday 15th November 2025, insufficient entries have been received for the meet to be financially viable, the meet will be cancelled. In these, or any other circumstances necessitating cancellation of the meet, we will aim to refund all entry fees but reserve the right to retain sufficient funds to cover any costs unavoidably incurred.
18. Short course (25m) entry times or converted long course times should be submitted. Swimmers with no entry time for an event are encouraged to submit a realistic estimate.
19. Entries will be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 2018, and in line with GDPR 2018, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the meet on application to the Meet Promoter.
20. No refunds for entries will be given after the entries have been processed and accepted, except in the case of medical withdrawals notified before the meet commences and with the production of either a doctor's or medical certificate or an email from the swimmer's Head Coach confirming the athlete is unfit to compete. Refunds in these circumstances will be processed post meet once the appropriate certification has been received by the Meet Promoter. It is the responsibility of the entrant to then provide a summary of events entered by the withdrawing athlete along with a bank account name, account number and sort code into which the refund is to be made. Refunds will be made minus a £4 admin fee.

#### Officials

21. **The Meet Promoter will endeavour to recruit sufficient officials to meet the licence requirements for each session; if this proves not to be possible for a session, times from that session will not be submitted to Swim England rankings.**
22. Officials who officiate at any of the sessions will be entitled to Mileage Expenses from their home address to the Pool Venue and return, with an aggregate limit of 160 miles maximum. The rate will be 45p per mile.
23. Officials should request an expenses application form from the Lead Referee which should be completed and returned to the Lead Referee during the duration of the Meet.

#### The Competition

24. All events will be run on a Heat Declared Winner basis. Entries will be seeded from submitted times; the slowest heats being swum first.
25. The competition will use manual timing to record times. AOE will not be used.
26. All events will be swum as mixed gender heats.
27. The age groups are 8 years, 9 years, 10 years, 11 years, 12 years, 13 years, 14 years & 15 years and over.
28. For each event the top six swimmers in each age group and gender (including para) will be awarded points. These will be totalled to compete for the top swimmer in each age group / gender. Based on the cumulative points across all events, there will be awards for the top three swimmers in each age group and gender. Points for multi-classification para swimmers will be calculated using the British Para Swimming Points Calculator.
29. There will be no requirement for swimmers to sign in, but the organisers will be very grateful to be notified of any withdrawals.
30. All swimmers must report to marshalling when instructed to do so or may be excluded from the event.
31. Swimmers unable to execute a competitive racing dive should start in the water.

32. Backstroke starting ledges will not be used at this meet.
33. Disability Swimmer entries: all swimmers must have an authorised Swim England / IPC swimming classification, Certificate of Disability or Function Ability Card. In addition, details of disability must be provided with entry. Please ensure you present your Certificate of Disability or Function Ability Card to the Lead Referee prior to each competition session, failure to do so may result in disqualification.
34. If any swimmers require use of a secondary strobe, please contact the Meet Promoter when entering.
35. The Lead Referee may request swimmers to start races 'over the top'.
36. The Meet Promoter may adjust the session times and/or the age range allocation for the different sessions for each session once entries are received – depending on the number of entries for each session.

#### Conduct During the Meet

37. In accordance with recommendations of SE, any persons wishing to use video, zoom or close-range photography, including mobile phones, are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared on social media platforms. It is requested that all mobile phones are switched to silent during the competition, and that there is no flash photography at the start of each race. The full SE guidance on Photography can be found in Wavepower, the SE Child safeguarding policy and procedures, available at <http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>
38. **The use of any device with video or photo capture capability is strictly prohibited in the toilets, changing rooms or changing areas at any time.**
39. Swimmers must be dry and wearing t-shirt, shorts and footwear before leaving poolside / the swimmers area.
40. The Meet Promoter, BSG Swimming Club, and Easton Leisure Centre do NOT accept responsibility for any property that is lost, stolen or damaged.
41. All meet competitors and spectators must observe all safety precautions in operation at Easton Leisure Centre and follow any instructions given by Leisure Centre Staff.
42. For the duration of the meet, Team Managers and Coaches are responsible for the conduct of their swimmers.
43. Only those non-swimmers holding a poolside pass, volunteer pass, officials, and leisure centre staff are allowed poolside and into the swimmers' area.
44. In extenuating circumstances, the Lead Referee has the right to make changes to the conditions on the day to ensure the smooth running of the meet.
45. Spectators will be able to watch the open meet from the viewing gallery. **Admission to the viewing gallery will be £2.50.** Payment by debit or credit will be available. If paying with cash, the correct change will be much appreciated.

#### After the Meet

46. Results will be made available to competing clubs and individual entrants at the end of the competition.
47. Times from individual events will be submitted to Swim England rankings, subject always to condition 21 above.



**Bristol and South Gloucestershire Swimming Club**

**Level 4 Xmas Sprint Meet**

Licence Number 4SW **TBC**

### **Entry Form**

Please **ONLY** complete this form if you are unable to complete it via your Team Unify account or if you do not have a Team Unify account.

Please submit via email to [chair@bsgsc.org](mailto:chair@bsgsc.org). For example, as a word document, scan or photograph the form.

- Closing date – end of the day on Saturday 15th November 2025
- £4 per event

Full Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Swim England Member Number \_\_\_\_\_

Female or Male / Open \_\_\_\_\_

<b>Events</b>	<b>Entry Time</b>
1. Female 50m Freestyle	
2. Male 50m Freestyle	
3. Female 50m Breaststroke	
4. Male 50m Breaststroke	
5. Female 50m Backstroke	
6. Male 50m Backstroke	
7. Female 50m Butterfly	
8. Male 50m Butterfly	