



Ocean City
Spring
National Qualifier
8 - 9 March 2025
Plymouth Life Centre

In partnership with



Plymouth Life Centre

8th-9th March 2025

Held under SE Laws and Regulations and SE Technical Rules of Racing

License No: 1SW250269

MEET OVERVIEW

Venue: Plymouth Life Centre, Plymouth PL2 3DG

10-Lane 50m Racing Pool, ROMA09-TRK Starting Blocks

2 Metres throughout and 140mm FINA regulation lane lines

6-Lane 25m Swim Down Pool

Electronic Timing & 10-Lane Video Display Screen

Integrated Strobe light on each Starting block.

Sports Hall provided for team managers/swimmer dry-side recovery, preparation prior to racing & Marshalling

On Site Cafeteria

Meet License: Level 1

Entry Times: Entries must meet the qualifying times for each event.

Main Purpose: Entry into National Competitions* & Regional Championships in 2025

* Subject to individual Regional and National Qualification windows.

Age Groups: 10/12 yrs, 13, 14, 15, 16 yrs & 17 yrs +

Ages as at: 31st December 2025

Awards:

Medals to first 3 in all Age Group Events

Male/Open & Female Highest World Aquatics Points £100 Cash Award

Mystery Medley: top 8 athletes from Open/Male & Female invited to race-off the Mystery Medley which will be the last event of each day. £50 awarded to the winners.

Top Visiting club award: £250

Fees:

Race Entry Fee

50m, 100m, 200 £9

400m £12

800m & 1500m £15

(Deck entries will incur a £2 supplement per event)

Coach/ TM Pass:

Per Day £20 will include lunch & refreshments

Weekend £35 will include lunch & refreshments

No Spectator entry fee

Free car parking on site

Entries To: meetsdirector@plymouthleander.com

Entries Close: Midnight on Friday 14th February 2025

Program of Events

Saturday 8 th March 2025		Sunday 9 th March 2025	
Session 1: Warm-Up: 07:45 Start: 09:00		Session 3: Warm-Up: 07:45 Start: 09:00	
101	Male/Open 400 IM	301	Female 400m IM
102	Female 200m Butterfly	302	Male/Open 200m Butterfly
103	Male/ Open 200 Freestyle	303	Female 200m Freestyle
104	Female 100m Freestyle	304	Male/ Open 100 Freestyle
105	Male/Open 50m Breaststroke	305	Female 50m Breaststroke
106	Female 50m Backstroke	306	Male/Open 50m Backstroke
107	Male/ Open 100 Butterfly	307	Female 100m Butterfly
108	Mixed 1500m Freestyle	308	Mixed 800 Freestyle
Session 2: Warm-Up: TBC Start: TBC		Session 4: Warm-Up: TBC Start: TBC	
201	Female 200 IM	401	Male/Open 200m IM
202	Male/Open 200m Breaststroke	402	Female 200m Breaststroke
203	Female 100m Breaststroke	403	Male/Open 100m Breaststroke
204	Male/Open 400m Freestyle	404	Female 400m Freestyle
205	Female 200m Backstroke	405	Male/Open 200m Backstroke
206	Male/ Open 100 Backstroke	406	Female 100m Backstroke
207	Female 50 Fly	407	Male/Open 50 Fly
208	Male/Open 50 Free	408	Female 50 Free
209	Female 200 Mystery Medley	409	Open/Male 200 Mystery Medley

Qualifying Times – Long Course

Age of swimmers will be as at 23:59 on Sunday 31st December 2025.

Minimum age – 10 years.

Times must be on Rankings (Level 1 - 4 meet)

Lower qualifying times apply.

All entry times should be converted to Long Course times and have been achieved since 1st September 2023.

Open/Male						
Event	10/12	13	14	15	16	17 + Over
50m Freestyle	34.90	33.00	31.30	29.70	28.70	27.40
100m Freestyle	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60	1:00.50
200m Freestyle	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30	2:13.70
400m Freestyle	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10	4:43.40
800m Freestyle	11:30.00	10:58.00	10:24.00	9:56.00	9:48.00	9:35.00
1500m Freestyle	22:20.50	21:16.60	20:19.00	19:37.10	19:07.70	18:43.30
50m Breaststroke	44.60	41.80	39.70	37.80	36.80	34.90
100m Breaststroke	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90	1:15.80
200m Breaststroke	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60	2:43.90
50m Butterfly	38.10	35.90	34.00	32.20	31.40	29.70
100m Butterfly	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80	1:05.00
200m Butterfly	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40	2:24.70
50m Backstroke	40.50	38.20	36.10	34.50	33.50	31.70
100m Backstroke	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30	1:07.50
200m Backstroke	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40	2:26.70
200IM	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90	2:29.20
400IM	6:26.70	6:06.40	5:49.30	5:36.20	5:27.60	5:17.20
Female						
Event	10/12	13	14	15	16	17 + Over
50m Freestyle	35.40	34.00	32.90	32.20	31.90	30.50
100m Freestyle	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80	1:07.30
200m Freestyle	2:42.50	2:36.20	2:32.10	2:29.10	2:27.50	2:25.80
400m Freestyle	5:38.80	5:26.30	5:18.00	05:12.00	5:09.20	5:06.30
800m Freestyle	11:39.00	11:10.80	10:56.00	10:45.50	10:36.00	10:28.30
1500m Freestyle	22:30.00	21:45.00	21:03.00	20:38.00	20:15.00	19:45.00
50m Breaststroke	45.00	43.10	41.50	40.60	40.10	38.60
100m Breaststroke	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10	1:23.60
200m Breaststroke	3:24.90	3:15.50	3:09.50	3:06.70	3:05.80	2:59.80
50m Butterfly	38.60	36.70	35.70	34.80	34.20	32.60
100m Butterfly	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80	1:12.10
200m Butterfly	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30	2:38.30
50m Backstroke	40.90	39.40	38.00	37.00	36.60	35.30
100m Backstroke	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10	1:14.60
200m Backstroke	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90	2:39.90
200IM	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90	2:43.70
400IM	6:24.90	6:10.60	6:02.00	5:55.20	5:50.80	5:43.90

MEET CONDITIONS

1. The event will be held at the Plymouth Life Centre on Saturday 8th & Sunday 9th March 2025.
2. The event will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing.
3. All British swimmers must be registered. All swimmers must be members of a club affiliated to the Swim England, Swim Wales or Scottish Swimming and registered as Cat 2, or the relevant national governing body if this is not one of the above.
4. The Meet will be run under Level 1 conditions.
5. Competitor's age groups shall be defined as at 31st December 2025.
6. A competitor may enter all events (subject to Condition 7) in his/her age group; see separate Age Group Qualifying Times attached.
7. If the meet is oversubscribed the following criteria will be applied;
 - I. 1500m will be limited to 4 Heats, 800m will be limited to 6 Heats.
 - II. 400m events may be limited to 5 Heats.
 - III. Accepted Entries will be chosen on a basis fastest swimmers first and scratches / reserves will be proportionately cut across the entry Age Bands depending on numbers per age.
 - IV. Mixed gender events to be evenly Scratched by gender and then by Entry Age group.
8. In line with Swim England, 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.
9. For entry to this Meet, times will only be accepted with actual times from British Rankings or a recognised international Rankings.
10. Times must be fastest Long Course time or Short Course converted to Long Course – whichever is the faster.
11. Disability swimmers may enter and will be placed in a Heat appropriate to their entry time within the conditions of the Level 1 Qualifying criteria and should meet the Para Consideration Times as per Appendix 1.
12. All awards will be HDW results. Awards will be given in Age Group bands; Years 10-12, 11, 12, 13, 14, 15, 16 & 17+.
13. Heats will be seeded slow to fast. The heats of all events will be spearheaded.
14. Entries of 5 or less swimmers from the same Club may be made using the official meet entry form, however there will be a £1 supplement per race. Unless arranged and agreed in advance with the Meet Promoter, entries not adhering to this condition will be rejected without consideration.

15. Clubs are responsible for their swimmer's entries. If, after publication of Accepted Entries or the programme a Club notes an error on an entry from their submission, the Promoter cannot guarantee that the swimmer will then be able to swim the preferred event or in an appropriate heat.
16. If events are under-subscribed acceptance of additional entries will be at the Promoters' discretion. These will be offered after the competition's closing date for entry. However, these competitors must still enter within the stated qualification times and will be accepted on the basis of the fastest entries first rule, by age group.
17. A system of Deck Entries will operate however extra swims will be slotted into empty lanes if space is available and the events may not be re-seeded. The Deck entries must meet the conditions of the Meet and must be in by the beginning of the warm up of each session. Cost of Late or Deck Entries will be £2 extra per event.
18. The meet promoter will check entries against the British Rankings where it is felt that a swimmer may be submitting a faster time in order to gain entry to this meet. Falsely entered times could result in the athlete being scratched from the specific race(s) affected without refund of fees.
19. No refunds for entries will be given after the entries have been processed, except in the case of:
 - a swimmer being subsequently selected to swim for their country on the same day
 - the production of a Doctor's note confirming the athlete is unfit to compete.
20. Ocean City events (Plymouth Leander & Mount Kelly Swimming) use a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Bill 2018 (GDPR), to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet. All Personal Data will be retained in a confidential manner and access to such Data will be restricted by the Meet Promoter and limited to only those operating the Meet Software in order to process results.
21. Competitors must report to the stewards in the marshalling area at least two events prior to their own where they will be given their start order. Any swimmer not reporting may be deemed to have withdrawn from that event, and their lane space offered to a reserve swimmer.
22. On acceptance of entries, the swimmer and any supporters agree that their behaviour will be of an appropriate and respectful manner, abiding by the rules of the competition and venue. Failure to do so could result in removal from the meet.
23. **Safeguarding:** The Meet Promoters follow Swim England Wavepower guidelines.
24. To support all visiting, local and club swimmers as well as Child Safe Guarding criteria the Promoters reserve the right to designate seating within the viewing balcony for swimmer use, visitors and parents are kindly requested not to occupy designated seating.
25. Meet participants must help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and should report any issues immediately to a member of the pool staff or to the Meet Promoter. Competitors are reminded that sensible footwear should be worn when off the pool deck at all times.

26. Swimmers and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and/or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet.
27. **No LARGE BAGS ARE PERMITTED POOLSIDE.** Lockers must be used for all swim bags – only small food bags will be permitted on poolside – together with swimmers' poolside footwear, club shirt, towel and water bottles.
28. The promoters do not accept responsibility for any property. Lockers are available in the changing village or main corridor and should be used for the safe keeping of all belongings.
29. Changing on poolside or spectator area is forbidden and the Changing Village must be used. Team Managers and Coaches are expected to enforce this rule. Any swimmer found changing poolside may be disqualified from further events.
30. All Clubs who require Coaches/ Team Managers to be poolside will be permitted to purchase up to 4 Coach Passes per and one additional Coach Pass per 10 athletes over 30 swimmers. Coach Passes will not be sold on the day. Admission to pool deck will be refused to non-pass holders.
31. Any swimmer unable to execute a safe dive from the starting blocks into shallow water, are reminded that they should start from the side of the pool.
32. The swim down pool will be operated at a depth of 1.5 meters to ensure the safety of swimmers during cool down, diving is strictly prohibited in the swim down pool.
33. The referee's decision is final.

Officials Requirement

To ensure we comply with Licensing requirements and deliver a successful gala, we require Swim England Licenced & Qualified Officials who are willing to assist. In recognition of the support given we offer expenses in line with our Expenses Policy, details are available from the below email, in addition a plated lunch and refreshments will be supplied.

We are grateful for your support to ensure the best possible conditions for all our swimmers, thank you. However, In the event that insufficient officials are available, the promoter reserves the right to reduce lanes, scratch swimmers and or cancel sessions to ensure we meet licensing requirements.

The Meet Promoters value the support of officials at our competitions and Galas. In recognition of your hard work and dedication, our policy is to reimburse you for reasonable & proportionate expenses. We have made every attempt to make this a fair and equitable policy. Thank you for supporting us in delivering a successful well managed competition.

Officials Travel & Expenses Policy

GDPR Statement

By completing an expense form you understand that the Meet Promoters will be gathering personal data/information about you. We do this in order to provide an accurate record of expenditure for accounting purposes and to enable us to accurately process your claim for expenses, we do not share your data with third parties. We will hold the information securely and access will be controlled by the appointed the Promoter's Officials Coordinator, this will include sharing certain information with the Treasurer for payment purposes. The information will be retained for a maximum of 12 months form the date of the form. If you have any complaint or questions in respect of the use of your data, please contact the Meet Promoter.

Mileage

Mileage will be checked and verification may be requested before payment is made. Mileage will be paid at an agreed rate of 45 pence per mile. Mileage will normally be paid for one return journey between the home address and the venue and for complete sessions only. Up to a maximum of £60 for officials attending a whole day. Officials not completing full days will be reimbursed on a pro rata basis (relevant to the number of sessions worked, up to £20 per session). Total mileage claims must not exceed £120 unless by prior agreement with the promoter. If the journey starting point differs from the home address payment will be made for whichever is the shorter distance.

Where an official has a competing swimmer at boarding school, mileage will normally only be paid from swimmer's home club/school. Please check with the official's coordinator before claiming. Officials who work incomplete sessions (e.g. half of one session) will not be reimbursed for that session.

Accommodation

Expenses for accommodation will normally only be paid for key Officials i.e. Referees and only with prior agreement from the Meet Promoter. The journey must be in excess of 1.5 hour. Any event with consecutive days; a maximum claim of 1 night per weekend, unless by prior agreement with the promoter/coordinator. Claims for accommodation on the night prior to competition (e.g. Friday night) are not normally claimable, unless with prior agreement. Please check with the Officials Coordinator. Officials must work complete sessions or a combination of sessions and more than one day. Accommodation to be shared where possible.

Where an official has a competing swimmer at boarding school, mileage will normally only be paid from swimmer's home club/school. Please check with the Officials Coordinator before claiming, whichever is the shorter. Officials who work incomplete sessions (e.g. half of one session) will not be reimbursed for that session.

Evening Meal

This is normally paid for those who have approval for overnight accommodation and where an evening meal **is not** provided. A detailed receipt **MUST** be attached to the claim form. The current rate is a maximum of £17.50 per night (can include one alcoholic drink).

Additional information

If we are in the fortunate circumstance where the number of available volunteer officials exceeds licensing requirements; the promoter reserves the right to select/de-select officials. Those who fulfil Meet duties requested by the Events Management Team are not entitled to claim expenses. Trainee Officials being mentored by qualified officials cannot normally claim expenses, in these cases, please check with the Officials Coordinator first.

Officials not claiming mileage expenses (including Promoter's Officials) can claim the following for complete sessions only:

- 1 Session £5
- 2 Sessions £10
- 3 Sessions £20
- 4 Sessions £30
- 5 Sessions £40
- 6 Sessions £50

The Meet Promoter reserves the right to make exceptions under unusual or extraordinary circumstances.

Appendix 1

Para Consideration Time

Short Course Consideration Standards - Male

	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m
	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	BACKSTROKE	BACKSTROKE	BACKSTROKE	BUTTERFLY	BUTTERFLY	BUTTERFLY
S1	02:11.22	06:45.16	08:05.74				02:07.14	04:27.46		02:16.68		
S2	01:42.66	03:54.86	08:05.74				01:52.40	03:52.10		02:16.68		
S3	01:18.17	02:54.81	06:05.38				01:18.83	03:00.13		01:22.60		
S4	01:03.75	02:21.07	05:04.44				01:13.75	03:06.25		01:13.32		
S5	00:53.57	01:54.82	04:14.74				00:59.60	02:05.97		00:57.83	02:54.98	
S6	00:49.45	01:48.56	03:52.81	08:00.49	16:45.41	31:47.32	00:58.34	02:06.68	04:36.78	00:53.35	01:56.89	
S7	00:46.38	01:42.24	03:44.38	07:43.05	17:04.33	31:54.61	00:57.07	01:55.58	04:28.79	00:53.89	02:03.44	
S8	00:44.35	01:37.26	03:34.35	07:22.31	16:25.12	31:16.29	00:52.14	01:47.41	03:51.35	00:46.73	01:41.85	03:02.59
S9	00:41.28	01:29.71	03:16.81	06:58.64	14:57.02	27:59.58	00:46.99	01:38.48	03:48.09	00:45.24	01:39.11	02:47.42
S10	00:38.15	01:22.79	03:11.81	06:38.77	14:15.37	26:43.35	00:45.85	01:37.39	03:30.10	00:41.60	01:32.29	02:45.57
S11	00:44.56	01:36.30	03:36.34	07:32.80	16:04.68	28:10.82	00:51.09	01:54.55	04:57.24	00:48.81	01:48.32	03:14.73
S12	00:40.56	01:28.38	03:29.58	06:56.58	16:04.68	28:10.82	00:45.12	01:37.82	03:36.02	00:42.58	01:35.96	02:46.29
S13	00:39.75	01:28.55	03:17.13	06:39.89	16:04.68	28:28.75	00:45.03	01:37.27	03:42.55	00:41.82	01:34.86	02:45.37
S14	00:37.84	01:24.74	03:09.63	06:47.71	13:46.88	26:29.86	00:41.51	01:36.75	03:34.79	00:40.83	01:33.91	02:44.47
	50m	100m	200m									
	BREASTSTROKE	BREASTSTROKE	BREASTSTROKE		100m IM	200m IM	400m IM					
SB1	02:43.76	03:55.64		SM1	09:07.77							
SB2	01:43.21	03:55.64		SM2	09:07.77							
SB3	01:22.02	03:02.82		SM3	03:45.62	06:00.52						
SB4	01:15.11	02:35.53	09:24.84	SM4	02:42.74	06:00.52						
SB5	01:08.02	02:24.64	05:14.58	SM5	02:14.28	04:42.10						
SB6	01:04.00	02:18.12	04:59.98	SM6	02:06.94	04:30.76	09:36.95					
SB7	00:58.57	02:06.79	04:55.82	SM7	02:01.24	04:19.11	09:36.95					
SB8	00:53.36	01:55.69	04:09.39	SM8	01:49.92	03:53.17	08:30.78					
SB9	00:49.45	01:48.10	04:08.81	SM9	01:40.42	03:40.47	08:16.25					
SB11	00:54.40	01:57.81	04:18.45	SM10	01:37.80	03:30.88	08:21.62					
SB12	00:52.09	01:55.14	04:11.58	SM11	01:48.94	03:55.87	08:03.62					
SB13	00:51.31	01:42.44	03:55.65	SM12	01:41.03	03:42.07	08:03.62					
SB14	00:46.83	01:44.16	03:58.49	SM13	01:39.62	03:36.65	07:57.61					

Short Course Consideration Standards - Female

	50m	100m	200m	400m	800m	1500m	50m	100m	200m	50m	100m	200m
	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	BACKSTROKE	BACKSTROKE	BACKSTROKE	BUTTERFLY	BUTTERFLY	BUTTERFLY
S1	01:32.05	03:22.01	08:34.03				01:54.89	03:58.65		01:26.33		
S2	01:35.23	03:59.84	08:26.28				01:53.68	03:58.97		01:39.74		
S3	01:20.38	02:50.49	05:51.95				01:26.00	03:00.71		01:44.26		
S4	01:09.26	02:30.87	05:26.42				01:29.93	03:03.55		01:28.06	03:48.43	
S5	01:03.56	02:18.74	04:45.11				01:12.49	02:36.01		01:22.50	03:05.84	
S6	00:58.17	02:06.36	04:31.93	09:08.91	24:04.30	37:34.22	01:07.27	02:21.98	04:55.02	01:01.93	02:23.90	
S7	00:54.69	01:56.55	04:14.00	08:44.50	20:09.69	34:35.33	01:01.27	02:07.45	05:02.29	00:58.89	02:17.56	
S8	00:51.70	01:51.52	03:54.28	07:54.91	18:34.06	32:23.68	01:00.71	02:01.36	04:21.51	00:56.85	02:02.81	05:02.96
S9	00:47.94	01:45.32	03:51.90	07:52.57	14:56.90	29:02.65	00:54.98	01:54.53	04:02.62	00:48.79	01:54.09	04:18.79
S10	00:46.27	01:41.01	03:33.15	07:33.37	16:12.59	31:33.56	00:51.83	01:54.68	04:03.69	00:48.31	01:47.32	03:59.55
S11	00:51.24	01:50.24	04:05.92	08:34.42	18:11.47	36:45.80	01:01.93	02:11.27	04:52.72	00:55.95	02:10.51	04:52.89
S12	00:45.12	01:39.62	03:41.29	07:37.20	16:55.87	29:40.51	00:55.42	01:51.83	04:26.07	00:50.22	01:50.67	04:22.46
S13	00:46.02	01:38.33	03:38.50	07:40.12	16:30.22	30:25.63	00:51.56	01:48.10	04:00.04	00:49.71	01:48.66	04:16.14
S14	00:43.32	01:38.36	03:30.31	07:32.34	15:02.02	29:49.66	00:47.70	01:51.66	03:56.69	00:46.07	01:49.17	04:25.57
	50m	100m	200m									
	BREASTSTROKE	BREASTSTROKE	BREASTSTROKE		100m IM	200m IM	400m IM					
SB1	02:21.36	05:22.27		SM1	05:47.40							
SB2	01:56.40	04:23.19		SM2	05:47.40							
SB3	01:28.86	03:43.58		SM3	03:51.27	08:18.47						
SB4	01:22.02	02:57.29	05:51.61	SM4	03:17.98	07:04.74						
SB5	01:14.00	02:42.01	05:51.61	SM5	02:40.43	05:43.98						
SB6	01:14.85	02:35.52	06:10.87	SM6	02:27.64	05:00.02						
SB7	01:10.30	02:27.64	05:36.63	SM7	02:21.22	04:54.22						
SB8	01:01.29	02:08.42	04:43.53	SM8	02:02.86	04:24.91	10:29.97					
SB9	00:54.64	02:00.22	04:27.16	SM9	02:02.11	04:12.50	08:51.47					
SB11	01:05.48	02:24.55	05:16.59	SM10	01:50.52	04:00.46	09:04.54					
SB12	00:56.88	02:03.42	04:28.79	SM11	02:13.82	04:33.77	10:17.58					
SB13	00:58.57	02:07.16	04:38.00	SM12	01:57.01	04:14.34	09:07.20					
SB14	00:53.60	02:03.52	04:30.95	SM13	01:55.40	04:09.15	09:07.20					
				SM14	01:46.78	04:03.25	09:00.35					