

Team Luton Swimming Club

Summer Long Course Meet 2025

(Licensed as: 3ER250948)

Inspire: Luton Sports Village, Luton

Saturday 21 & Sunday 22 June 2025

Under Swim England Laws & Technical Rules

Venue	Inspire: Luton Sports Village, Hitchin Road, Luton, LU2 8DD
Pool	8 Lane, 50m Pool, Electronic Timing, Anti-turbulence lane ropes
Age Groups	9, 10, 11, 12, 13, 14, 15, 16/over Ages as at 21 June 2025 9 year olds may not enter 800m/1500m Freestyle
Awards	Top 3 in each age band, each event Spot cash prizes available in each event
Events	50m, 100m & 200m All Strokes 400m Freestyle, 200m & 400m IM 800m and 1500m Freestyle
Fees	Race Entry Fee: £7.50 per event (800m/1500m at £15) Spectator Entry: £5.00 per session or £10.00 all day.
Entries To	galas@teamluton.com

Closing Date for Entries Noon Saturday 24 May 2025

Any amendments to our Meet Conditions will be communicated on our website as soon as we learn of them.

You can enter the gala in confidence – should we have to cancel or reduce swimmer numbers at a later date then we guarantee a full refund of any payment.

Team Luton Swimming Club Summer Long Course Meet 2025

(Under Swim England Laws and Technical Rules)

Licensed by the Swim England for entry into Regional Championships at Level 3 under No. 3ER250948

Saturday 21 & Sunday 22 June 2025

at Inspire: Luton Sports Village

Hitchin Road, Luton, LU2 8DD

COMPETITION CONDITIONS

1. The meet will take place at Inspire: Luton Sports Village on Saturday 21 & Sunday 22 June 2025 and is licensed by Swim England at Level 3 under Licence No. 3ER250948. The meet will be run in accordance with Swim England Laws and Technical Rules, Licensing Criteria and the rules and conditions of this competition.
2. Age bands are 9,10,11,12,13,14,15,16 and over. 9 year old's are not permitted to swim 800m and 1500m events. Ages are as at 22 June 2025
3. Awards will be available for collection to the first 3 placed swimmers in each event, in each age group.
4. The competition pool will be configured as 50m; the competition will be swum long course.
5. Cash spot prizes of £5 will be awarded randomly to selected heat winners. A spot prize heat will be identified prior to the start of the race with a ringing bell. All spot prizes will be awarded at the promoter's discretion.
6. **Entry**
 - a. Competitors must be members of an affiliated club, eligible to compete and may enter in the name of one club only. Entries will only be accepted from competitors registered as members of Swim England, SASA or WASA or registered in a country affiliated to World Aquatics. Team Luton Swimming Club is affiliated to Swim England Bedfordshire and Swim England East Region.
 - b. Valid entries (which must include payment) will be accepted in the order of receipt, that is: first come first served. Complete entries for each club are required together with a single payment. Individual entries will only be accepted at the Promoter's discretion.
 - c. In the event that entries are rejected, fees will be refunded by a single payment made payable to club in question.
 - d. Upper cut-off times are provided. These are shown as 25m times but long course converted times will be accepted. There will be no lower limit times and entries will be accepted without entry times.
 - e. Where entry times are used these will be taken as the best personal time since 1 January 2024, be on the Aquatics GB Rankings and should be short course times; times converted using Sportsystems will be accepted.
 - f. Entries must be made via SPORTSYSTEMS Entry Manager file or individual entry form together with entry fees and should reach the Promoter by **12 noon Saturday 24 May 2025**. Entries with five or more competitors from the same club must be made using SPORTSYSTEMS Entry Manager and sending the Entry file to the Promoter. The Entry Manager software may be downloaded free of charge from the SPORTSYSTEMS website <http://www.sportsys.co.uk/entry/index.php> and the required Entry File Set for this competition will be available on the Team Luton website. NOTE. Entries for the 1500 and 800 freestyle are made under individual group 2 Open/Male and Female events as these attract a different entry fee.
 - g. The meet promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In particular, in the event of over-subscription, the meet promoter reserves the right to limit the total number of 800m heats to 5 in Session 2, and to 3 heats of 1500m in Session 5.

Team Luton Swimming Club Summer Long Course Meet 2025

(Under Swim England Laws and Technical Rules)

Licensed by the Swim England for entry into Regional Championships at Level 3 under No. 3ER250948

Saturday 21 & Sunday 22 June 2025

at Inspire: Luton Sports Village

Hitchin Road, Luton, LU2 8DD

-
- h. Following the launch of the Swim England Transgender and Non-binary Competition Policy on 1 September 2023. 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. The category Male is referenced as Open/Male.
 - i. Those swimmers in possession of a Swim England Certificate of Swimming Disability or those swimmers whose Swim England membership details record a Para-Swimmer Sport Class are welcome to enter the competition.
 - j. Late entries, day of meet entries, time trials and day of meet alterations will not be accepted, unless due to administrative error.
 - k. Paper entries can be emailed to: Lindsay Wright galas@teamluton.com and must arrive by the closing date. Payment should be made by an online payment. Accepted and rejected entries will be posted on the Team Luton website within 2 weeks of the closing date.

7. Fees

- a. The entry fee is £7.50 per event with the exception of 800/1500m freestyle at £15.00.
- b. Coaches' passes will be issued at a cost of £20 per day or £35 for a two-day pass. This will entitle the holder to admission to all sessions, a programme, session start lists, meals and refreshments.
- c. Team Manager passes will be issued at a cost of £10. This will entitle the holder to admission to all sessions, session start lists and refreshments
- d. There will be no entry to poolside without a pass and passes must be worn at all times.
- e. Swim England Guidance for minimum supervision ratios must be followed for coach, team manager and chaperones to number of swimmers competing. The new guidance can be found here [Swim England releases new policy on club supervision ratios](#)

8. Safeguarding

- a. No cameras, video or digital capturing devices (including mobile phones) may be used in the changing area. This policy will be vigorously enforced and any person found to be contravening this policy will be asked to leave the gala without refund.
- b. Participants, spectators and coaches are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England Safeguarding Policy and Procedures, [Wavepower | Safeguarding for Swim England clubs \(swimming.org\)](#) provides guidance on the use of social networking and guidance on photography. Both sets of guidance apply if social media platforms are being used to share images or recordings either after the meet or during live streaming of the event.

Team Luton Swimming Club Summer Long Course Meet 2025

(Under Swim England Laws and Technical Rules)

Licensed by the Swim England for entry into Regional Championships at Level 3 under No. 3ER250948

Saturday 21 & Sunday 22 June 2025

at Inspire: Luton Sports Village

Hitchin Road, Luton, LU2 8DD

9. Other matters

- a. Swimmers must withdraw from events that they no longer wish to swim. Each club will be provided with a schedule of their accepted entries with their coaches' pack. Withdrawal may be made on the day, or can be e-mailed in advance, but must be made prior to the start of the warm-up in each session. Refunds are not available for withdrawals after the accepted entries have been posted, other than for medical reasons.
- b. A secondary strobe is available at the pool. To ensure a smooth and efficient gala it would be appreciated if swimmers needing the secondary strobe make this known to the Promoter in advance.
- c. Backstroke ledges are not available at the pool.
- d. Entries to this meet will be processed in accordance with our privacy notice for swim meets. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers have been passed to us by a swim club rather than by the individuals themselves, we rely on the swim club to ensure that consent has been obtained. If required, the swim club should be able to provide evidence to us that such consent has been given. Please see 'Privacy Notice - Swim Meets' <https://bit.ly/2H8mAjD> for further information.
- e. All participants must observe the safety precautions in operation at Inspire: Luton Sports Village. Neither the Promoter nor Team Luton Swimming Club will be responsible for any loss or damage occurring.
- f. Warm up protocol: Each warm up session will be divided into equal length sessions. There is to be strictly no diving during warm-up, with the exception of designated sprint lanes. Odd lanes (1, 3, 5, 7) will swim clockwise and even lanes (2, 4, 6, 8) will swim anti-clockwise. Swimmers must leave the water by the side of the pool and not over the timing pads. Coaches are responsible for managing the lanes that their swimmers use during the warm up sessions.
- g. Over the top starts may be used at the referee's discretion.
- h. Results will be supplied to Aquatics GB for loading to Rankings.
- i. Any matters concerning the Meet not covered in these rules will be dealt with according to the laws of the Sport and at the discretion of the Promoter in consultation with the Lead Referee.
- j. The Promoter of this Meet is Lindsay Wright on behalf of Team Luton Swimming Club, e-mail galas@teamluton.com. Information regarding this meet can also be obtained from Team Luton Swimming Club's website: www.teamluton.com

Team Luton Swimming Club Summer Long Course Meet 2025

(Under Swim England Laws and Technical Rules)

Licensed by the Swim England for entry into Regional Championships at Level 3 under No. 3ER250948

Saturday 21 & Sunday 22 June 2025

at Inspire: Luton Sports Village

Hitchin Road, Luton, LU2 8DD

PROGRAMME OF EVENTS

Saturday 21 June 2025

Sunday 22 June 2025

45 mins warm up

Session 1

Warm Up 8.10 - Start 09.00

Female	400m	Ind Medley
Open/Male	400m	Freestyle
Female	100m	Breaststroke
Open/Male	100m	Butterfly
Female	50m	Backstroke
Open/Male	50m	Breaststroke
Female	100m	Freestyle

Session 4

Warm Up 8.10 - Start 09.00

Open/Male	400m	Ind Medley
Female	400m	Freestyle
Open/Male	100m	Breaststroke
Female	100m	Butterfly
Open/Male	50m	Backstroke
Female	50m	Breaststroke
Open/Male	100m	Freestyle

45 mins warm up

Session 2

Warm Up TBC – Start TBC

Open/Male	100m	Backstroke
Female	200m	Butterfly
Open/Male	200m	Freestyle
Mixed	800	Freestyle

Session 5

Warm Up TBC – Start TBC

Female	100m	Backstroke
Open/Male	200m	Butterfly
Female	200m	Freestyle
Mixed	1500m	Freestyle

45 mins warm up

Session 3

Warm Up TBC – Start TBC

Open/Male	200m	Ind Medley
Female	200m	Backstroke
Open/Male	200m	Breaststroke
Female	50m	Freestyle
Open/Male	50m	Butterfly

Session 6

Warm Up TBC – Start TBC

Female	200m	Ind Medley
Open/Male	200m	Backstroke
Female	200m	Breaststroke
Open/Male	50m	Freestyle
Female	50m	Butterfly

Approx Finish TBC

Team Luton Swimming Club Summer Long Course Meet 2025

(Under Swim England Laws and Technical Rules)

Licensed by the Swim England for entry into Regional Championships at Level 3 under No. 3ER250948

Saturday 21 & Sunday 22 June 2025

at Inspire: Luton Sports Village

Hitchin Road, Luton, LU2 8DD

The cost of a Coach pass including a programme and meals between sessions will be £20.00 per day per pass, or £35.00 for the weekend. Team Manager passes will be issued at a cost of £10 including start sheet and refreshments (no meals). Swim England Guidance for ratio coach/team manager to number of swimmers competing must be followed.

REQUEST FOR POOLSIDE PASSES – PLEASE COMPLETE DETAILS AND TICK BOXES FOR PASSES REQUIRED

Name of pass holder	Saturday 21 June Only	Sunday 22 June Only	All Weekend
Coach Passes			
Team Manager Passes (£10)			

Name of Club

Signed

Position in Club.....

Please email to galas@teamluton.com

Team Luton Swimming Club Summer Long Course Meet 2025

(Under Swim England Laws and Technical Rules)

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER250948

Saturday 21 & Sunday 22 June 2025

at Inspire: Luton Sports Village

Hitchin Road, Luton, LU2 8DD

ENTRY FORM

Full Name		DoB		Male / Female
Club				
Tel No		SE Number		
Email				

EVENT	ENTRY TIME
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
800m Freestyle (10/ov) (@£15)	
1500m Freestyle (10/ov) (@£15)	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
200m Ind Medley	
400m Ind Medley	
TOTAL ENTRY FEE ENCLOSED <small>Entry Fee is £7.50 for all events EXCEPT 800m/1500m freestyle at £15.00.</small>	£.....

I declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the Swim England and will abide by the conditions laid down by Team Luton Swimming Club for this competition. I consent to the use of my personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings.

Signature of competitor Date

Closing date for entries: 12 noon Saturday 24 May 2025. Late or incomplete entries WILL NOT be accepted.
E-mail electronic entry to galas@teamluton.com
Payment by BACS to: Team Luton Swimming Club, Co-op bank, Sort Code 08-90-13, Account No. 50352724
 Please use "JL25" and swimmer/club name as a reference

Team Luton Swimming Club Summer Long Course Meet 2025

(Under Swim England Laws and Technical Rules)

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER250948

Saturday 21 & Sunday 22 June 2025

at Inspire: Luton Sports Village

Hitchin Road, Luton, LU2 8DD

SUMMARY OF ENTRIES

(to be submitted with club entries)

Club

		Total
No. of entries @ £7.50		
No. of entries @ £15.00		
No. of coach passes @ £20.00 (1 day)		
No. of coach passes @ £35.00 (2 day)		
No. of Team Manager passes @ £10 (2 day)		
	GRAND TOTAL £	

Closing date for entries is Saturday 24 May 2025. Late or incomplete entries may not be accepted.

E-mail electronic entry files to: galas@teamluton.com

Payment by BACS to: Co-op bank, 2-6 Alma Street, Luton LU12PL

Team Luton Swimming Club, Sort Code 08-90-13, Account number 50352724

(Please use "JL25" and your Swim England Club Code as reference)

Team Luton Swimming Club Summer Long Course Meet 2025

(Under Swim England Laws and Technical Rules)

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER250948

Saturday 21 & Sunday 22 June 2025

at Inspire: Luton Sports Village

Hitchin Road, Luton, LU2 8DD

OPEN/MALE Upper cut off times		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15 yrs	16yrs/ov
50m Freestyle	Upper	35.0	32.0	30.0	28.5	26.0	25.5	24.4	24.1
100m Freestyle	Upper	1:25.0	1:10.5	1:05.4	59.8	57.2	53.9	53.0	52.0
200m Freestyle	Upper	2:55.0	2:35.0	2:22.0	2:12.8	2:06.5	2:00.2	1:55.0	1:54.0
400m Freestyle	Upper	6:21.8	5:29.9	5:01.0	4:43.0	4:26.0	4:16.0	4:10.0	4:05.0
800m Freestyle	Upper		13:00.0	10:30.0	10:00.0	09:30.0	09:10.0	08:50.0	08:47.0
1500m Freestyle	Upper		25:00.0	20:32.0	19:00.5	17:35.2	16:35.7	16:32.0	16:29.9
50m Breaststroke	Upper	47.1	43.0	38.8	36.3	33.9	32.5	31.0	30.7
100m Breaststroke	Upper	1:50.3	1:35.3	1:25.0	1:19.3	1:14.4	1:10.0	1:07.5	1:06.2
200m Breaststroke	Upper	3:20.0	3:10.0	3:04.0	2:48.5	2:39.2	2:32.8	2:30.0	2:25.7
50m Butterfly	Upper	40.2	35.8	32.9	31.1	29.0	27.7	26.6	26.0
100m Butterfly	Upper	1:38.2	1:24.2	1:14.0	1:07.2	1:04.1	1:00.0	0:58.0	0:57.5
200m Butterfly	Upper	3:10.3	2:56.3	2:49.3	2:35.0	2:20.0	2:15.0	2:11.0	2:09.0
50m Backstroke	Upper	41.0	37.7	34.5	32.4	30.2	28.9	27.7	27.3
100m Backstroke	Upper	1:30.5	1:20.3	1:15.0	1:10.3	1:06.2	1:01.0	0:59.0	0:57.0
200m Backstroke	Upper	2:57.8	2:50.0	2:40.0	2:26.4	2:19.0	2:10.0	2:07.0	2:06.1
200m Individual Medley	Upper	3:16.6	2:58.4	2:42.6	2:32.6	2:22.3	2:16.5	2:11.5	2:09.0
400m Individual Medley	Upper	7:00.0	6:32.2	5:45.3	5:21.5	5:02.8	4:51.0	4:41.9	4:36.0

Team Luton Swimming Club Summer Long Course Meet 2025

(Under Swim England Laws and Technical Rules)

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER250948

Saturday 21 & Sunday 22 June 2025

at Inspire: Luton Sports Village

Hitchin Road, Luton, LU2 8DD

FEMALE Upper Cut off times		9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15 yrs	16yrs/ov
50m Freestyle	Upper	35.4	32.5	30.0	29.0	28.0	27.3	27.1	26.7
100m Freestyle	Upper	1:15.2	1:09.0	1:05.0	1:04.3	1:03.0	1:02.0	1:00.0	58.0
200m Freestyle	Upper	2:37.5	2:30.8	2:24.0	2:18.9	2:15.2	2:10.5	2:06.0	2:05.6
400m Freestyle	Upper	6:29.7	5:28.2	5:03.0	4:50.4	4:37.5	4:30.0	4:29.5	4:25.6
800m Freestyle	Upper		10:45.0	10:29.0	10:00.0	9:45.0	9:35.0	9:16.0	9:12.5
1500m Freestyle	Upper		23:00.0	20:50.0	20:00.0	19:15.0	18:50.0	18:20.0	18:08.5
50m Breaststroke	Upper	47.6	42.5	38.8	36.6	35.1	34.4	34.2	33.9
100m Breaststroke	Upper	1:40.4	1:33.4	1:25.0	1:20.3	1:16.8	1:15.1	1:14.0	1:12.9
200m Breaststroke	Upper	3:20.5	3:10.5	3:02.0	2:56.4	2:49.8	2:44.9	2:40.7	2:39.6
50m Butterfly	Upper	40.7	35.8	33.1	31.5	30.2	29.7	28.9	28.8
100m Butterfly	Upper	1:23.4	1:18.4	1:15.3	1:13.0	1:10.6	1:07.8	1:05.0	1:04.0
200m Butterfly	Upper	3:05.0	2:54.0	2:50.0	2:42.9	2:35.8	2:30.7	2:24.0	2:21.8
50m Backstroke	Upper	41.02	37.3	34.0	32.7	31.5	30.6	30.2	29.6
100m Backstroke	Upper	1:25.3	1:18.3	1:14.4	1:09.5	1:07.9	1:05.5	1:04.0	1:03.0
200m Backstroke	Upper	2:54.2	2:45.7	2:39.0	2:32.5	2:28.5	2:24.4	2:20.5	2:19.0
200m Individual Medley	Upper	3:16.3	2:56.0	2:41.6	2:34.1	2:28.9	2:24.7	2:22.8	2:21.4
400m Individual Medley	Upper	7:00.0	6:23.7	5:42.6	5:28.2	5:13.8	5:07.1	5:03.4	5:02.0