



NCD & NEWQUAY CORMORANTS SPRINTS MEET 2025

SUNDAY 14TH SEPTEMBER 2025

Bodmin Leisure Centre

25m, 6 Lane Competition Pool

Electronic Timing with Hy-Tek Meet Manager



AGES AS AT 14TH SEPTEMBER 2025

Ages 9 and over

Programme includes:

50m Freestyle

50m Butterfly

50m Backstroke

50m Breaststroke

100m Individual Medley

All events are Heat Declared Winners

Medals for 1st, 2nd & 3rd in each age group



Closing date for entries is midnight on:

Friday 29th August 2025

Electronically by Hy-tek file and paper entries

LEVEL 3 LICENSED MEET

Qualifying Times

Upper Cut Off Times

£7.00 per event

Level 3 Licensed Meet No. 3SW251559

Held under Swim England Laws and Swim England technical rules

North Cornwall Dragons & Newquay Cormorants Sprints Meet
Sunday 14th September 2025
SCHEDULE OF EVENTS

Session 1 Warm up 10.00am Start time TBC

Event No.	Gender	Event
1	Girls	50m Freestyle
2	Open	50m Freestyle
3	Girls	50m Butterfly
4	Open	50m Butterfly
5	Girls	50m Backstroke
6	Open	50m Backstroke

Session 2 Warm up TBC Start time TBC

Event No.	Gender	Event
7	Girls	50m Breaststroke
8	Open	50m Breaststroke
9	Girls	100m Individual Medley
10	Open	100m Individual Medley

Warm up times are provisional and may be subject to change once
the entries have been received. Swimmers will be notified
accordingly.

Closing date for entries is midnight on:
Friday 29th August 2025

North Cornwall Dragons & Newquay Cormorants Sprints Meet

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ENTRY FORM

Surname: _____ First Name: _____

Age at 07.09.2025* _____ Member ID: _____

Club: _____ Email: _____

* Ages are as at midnight on 06/09/2025, age 9 and over

SESSION 1		
Event	Select ✓	Entry Time
GIRLS 50m Freestyle		
OPEN 50m Freestyle		
GIRLS 50m Butterfly		
OPEN 50m Butterfly		
GIRLS 50m Backstroke		
OPEN 50m Butterfly		
SESSION 2		
Event	Select ✓	Entry Time
GIRLS 50m Breaststroke		
OPEN 50m Breaststroke		
GIRLS 100m Individual Medley		
OPEN 100m Individual Medley		

Fees paid with entry _____ @ £7.00 per event = £ _____

I declare I am an eligible competitor and I accept the promoters conditions

Signature of Competitor: _____

Signature of Club Coach/ official is required below, ratifying the above entry times and that the swimmer is capable of diving as per the Competitive Start Award

Signature of Coach / Official Club Representative: _____

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QUALIFYING TIMES

Upper Cut Off Times (times must be slower than)

OPEN								
Race	9	10	11	12	13	14	15	16+
50m Free	36.00	33.66	31.14	29.20	27.00	26.57	25.72	25.44
50m Breast	48.00	44.49	41.31	37.90	35.53	33.88	32.79	32.59
50m Fly	40.40	37.12	34.50	32.39	30.30	28.95	28.03	28.00
50m Back	42.50	38.45	35.80	33.75	31.81	30.15	29.32	29.00
100m IM	1:34.00	1:25.18	1:19.16	1:14.13	1:09.44	1:06.14	1:04.55	1:04.30

GIRLS								
Race	9	10	11	12	13	14	15	16+
50m Free	36.00	33.66	31.44	29.76	29.05	28.50	28.00	27.90
50m Breast	48.00	44.49	40.68	37.94	36.44	35.68	34.90	34.60
50m Fly	40.40	37.12	34.90	32.62	31.23	30.55	29.90	29.70
50m Back	42.50	38.45	35.91	33.75	32.51	31.57	30.68	30.44
100m IM	1:34.00	1:25.18	1:19.95	1:14.30	1:11.42	1:09.84	1:09.03	1:08.80

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SUMMARY ENTRIES SHEET

Please note that Club entries of more than 5 swimmers must also be made electronically by Team Manager file. Team Manager Lite is available as a free download, www.hy-tekltd.com/downloads.html, where instructions can be found.

Please find enclosed entries from:

Club: _____

There are a total of _____ swimmers.

No. male entries: _____ @ £7.00 each = £ _____

No. female entries: _____ @ £7.00 each = £ _____

No. coaches passes: _____ @ £10.00 each = £ _____

I enclose a payment of £ _____

- ☐ BACs Account Number 96393653 / Sort Code 54-41-12
☐ Cheque Made Payable to Newquay Cormorants Swimming Club

Signed: _____ **Club Official /Coach**

Name & address: _____

Email: _____ Telephone: _____

Please return this form with your consolidated club cheque payable to Newquay Cormorants SC or via BACs for the above amount, together with a copy of the Hy-Tek Meet Entries Report. Individual entry forms should be retained by the club.

Contact Michelle Hague cormorants.gala.entries@gmail.com if you have any questions.

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PROMOTER'S CONDITIONS

1. The competition will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing and is licensed to Level 3 by Swim England (3SW251559).
2. An automatic timing system will be in use for this meet.
3. A secondary strobe is not available, but if the situation changes before the closing date of the meet, there will be a notice to that effect via email, and an updated meet pack will be published there showing this change of conditions.
4. All entrants must be registered members of a Swim England affiliated club.
5. Entry times on the entry form must be given using 25m pool times (converted if appropriate).
6. All events will be age at 14th September 2025.
7. Team entries of more than 5 swimmers must be made electronically. The Hy-Tek Meet Manager file for Team Manager or Team Manager Lite is available from Michelle Hague at cormorants.gala.entries@gmail.com to which electronic entries should also be made. Signed hard copies of entries must be retained by the submitting club for reference in the event of a query. Individual entries from clubs of less than 5 swimmers may be made by hard copy only, but must arrive by Friday 29th August 2025.
8. The correct entry fee must accompany each entry form or the entry will be treated as incorrect. Entry fees should be paid from a club in one consolidated cheque, made payable to Newquay Cormorants Swimming Club, or payment may be made by bank transfer, Newquay Cormorants, Account Number 96393653 / Sort Code 54-41-12 but should be made within 7 days of closing.
9. The closing date is Friday 29th August 2025 for entries made electronically by Hy-Tek file and paper entries.
10. Each swimmer must be no faster than the cut-off times shown in the qualifying standard tables. Swimmers wishing to enter who are faster than the cut off times may be permitted if the gala is not oversubscribed, but will be listed as time trials and not eligible for a medal.
11. The age groups for events are 9, 10, 11, 12, 13, 14, 15, 16 & over. 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.
12. Disabled swimmers: Please advise us of any special requirements and we will do our best to meet them in consultation with coaches. Disabled swimmers will swim in abled bodied heats and will receive medals in able bodied categories should they win 1, 2 or 3 in able bodied events.

13. The promoter reserves the right to refuse or restrict entries, and in the event of over-subscription, any deletions required will be based on entry time and balanced across each age group and event.
14. Those entries not accepted, will be returned with their entry fee.
15. Warm-up times and start times will be as stated in the programme.
16. Entry fee is £7.00 per event.
17. No refunds will be made for incorrect entries or withdrawals after entries have closed.
18. There will be neither deck entries nor substitutions on the day.
19. Refunds for injury will be made on an individual basis but the request must be made by your club in the first instance and will require a doctor's note.
20. Competing teams must request the correct amount of team managers/coaches poolside passes required in line with Swim England's policy on club supervision ratios. All Teams must be accompanied by at least one Level 2 or Swim England Swimming Coach who must have current Safeguarding and DBS passes. Team Managers on poolside must be TM1 Qualified and be DBS Checked.
21. These passes are to be requested along with the swimmers' entries at a cost of £10.00 each.
22. Passes will not be available on the day. This is a Swim England Requirement.
23. Passes will be checked by the promoter on the day.
24. Entries will be seeded into heats, slowest to quickest with heats spearheaded.
25. All events are H.D.W. based on age groups.
26. Medals will be awarded to the first three swimmers in each age group for each event unless disqualified.
27. The full Swim England Guidance on Photography can be found in Wavepower the Swim England Child Safeguarding Policy and Procedures available at <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>. Mobile phones and video capturing equipment is not permitted in the changing area. Any suspected or confirmed incident involving indecent images or upskirting must be reported to the relevant agencies.
28. The pool is hired under agreements with the pool operators. As the pool is run primarily for the benefit of the public the temperature of the water and surrounding air is under the control of the pool operators. The water temperature is normally maintained above 28°C. No refunds will be given if a swimmer decides not to compete on any day based on water temperature, and a higher water temperature will not be a basis for a protest or complaint or legal action in the event of resulting harm.
29. Please look after your valuables, North Cornwall Dragons Swimming Club, Newquay Cormorants Swimming Club and/or GLL will not be responsible for any loss or damage.
30. No items of glassware are to be taken onto the poolside by any swimmers or spectators. This is a Swim England requirement.

31. Force majeure: In situations of force majeure (including Covid related circumstances) or other unforeseen circumstances leading to the cancellation of the gala or parts thereof or other incomplete performance, North Cornwall Dragons and Newquay Cormorants' liability will be restricted to a maximum of a refund of the entry fees to those affected for the affected events. The Club will communicate the circumstances to visiting clubs as soon as possible and seek to make alternative arrangements when this is reasonably feasible.
32. All competitors must comply with the promoter's conditions.
33. Anything not covered by these conditions will be at the discretion of the referee, who also reserves the right to alter these conditions in order to ensure the smooth running of the Open Meet. Any such alterations will be announced during the meet.
34. Data Protection – North Cornwall Dragons Swimming Club and Newquay Cormorants Swimming Club uses a computer to record entries and results. By submitting entries and accepting entry to the Club Championships Meet, consent will be deemed to have been given for the holding of personal information on a computer, as required by the Data Protection Act 2018 and in line with GDPR 2018. Personal data recorded such as name, club, date of birth, and times entered and recorded may be made public during or after the Open Meet. This data will be passed to Swim England for the purpose of calculating and publishing swimmers' national rankings. Personal Data will be available for inspection during the Meet on application to the Promoter.