# KINGSTON SPRINTS 2025 GRADED MEET

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|  | Licence Number: WD/L3/1125/047 |
| Date | **Saturday 29th November 2025**  Session One : Warm up at 1pm - Start 1.45pm | |
|  | Session Two : Warm up at 5 pm - Start at 5.45 pm | |
| Venue | On-X, Brediland Rd, Linwood, PA3 3RA | |
| Pool | **Timing TBC if manual stopwatch or electronic,** *6 lane 25m pool, anti-wave lane ropes, spectator seating.* | |
| Age | As on **31st December 2025** | |
| Age Groups / | 9 years & under. 50m all strokes | |
| Events | 10 years 50m all strokes | |
|  | 11 years 50m all strokes | |
|  | 12-13 years 50m all strokes | |
|  | 14-15 years 50m all strokes | |
|  | 16 -18 years 50m all strokes  Swimmers may only swim in their own age group.  No faster times than the consideration times will be accepted.  Number of heats will be limited to ensure the smooth running of the sprints. Heats will be swum slowest to fastest. | |
| Closing Date | **Saturday 1 Nov 2025** | |
| Entry Details | All entries must be supplied as a Hy-Tek entry file, details available on request from [kingstonsprints@gmail.com](mailto:kingstonsprints@gmail.com) .  All entry times must be short course or conversions to short course.  Entries will not be accepted without a valid SASA Registration ID. | |
| Entry Fee | **£7** per event. | |
|  | The correct entry fees, including coaches passes, will be invoiced to each club once the list of accepted swims has been agreed. Please DO NOT send entry fees with entries as you will be invoiced after the accepted swims have been circulated. | |
| Coaches Pass | **£10.00 for the day** includes refreshments. | |
| Awards | Medals to 1st, 2nd and 3rd places | |
|  | A memento will be awarded to swimmers who exceed the medal cut-off time. | |
|  |  | |
| Spare Lanes | Kingston ASC reserves the right to fill spare lanes with their own swimmers if available where any event is undersubscribed. | |

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Programme Entry Lists with details of accepted swims and rejections will be sent out to your club’s nominated representative as soon after the closing date as possible. Details for your swimmers must be checked and any errors or omissions reported immediately.

Withdrawals Withdrawals will be accepted by email to kingstonsprints@gmail.com up to 2pm on **25/10/25** for exclusion from the Start Sheets.

No refunds will be granted for any withdrawals after the closing date on 1 Nov 2025.

On-day withdrawal forms **must** be completed andreturned to the recorders’ table **no less than 35 minutes before the start of each session**, after which Start Sheets will be issued.

Starts / Diving “**Over the top starts**” will be used in all heats apart from backstroke events. Please ensure that only swimmers who are competent to dive are allowed to dive.

Any special requirements must be reported to the referee in advance before each session and certificates supplied where appropriate.

* All swimmers must have a current S.A.S.A. annual competitive registration number.
* No swimmer should be **faster than** the consideration time set.
* Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep water. There will be no diving at the shallow end of the pool.
* With regards to photography and videography: please focus on your own swimmer. Please do not publicly publish any photos on social media etc without the permission of everyone in the photograph or video.
* The use of mobile phones in the changing room area and toilets is STRICTLY PROHIBITED.
* Meals, snacks and refreshments will be available in the **Milldale room** for officials and those who purchase a Coach pass.
* Kingston A.S.C. reserves the right to exclude or refuse admission to any competitor, official, spectator or team official.
* Swimmers and officials must not take glassware or food onto poolside.
* Swimmers outside of the poolside must wear dry clothing and footwear at all times.
* An entry fee for spectators of £3 will be chargedper adult (no charge for children). This will be cash only. Would clubs please make sure anyone travelling to support their team is made aware of this. All fees are collected to cover the meet running cost.

# KINGSTON SPRINTS 2025 GRADED MEET

**Main contact for all correspondence:**

Anne McGovern

Tel: 07834613583

E-mail: [kingstonsprints@gmail.com](mailto:kingstonsprints@gmail.com)

# KINGSTON SPRINTS 2025 GRADED MEET

# CONSIDERATION TIMES

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event No.** | |  | **SESSION 1** |  |  |
| **GIRLS** | **BOYS** |  |  | **GIRLS** | **BOYS** |
| **101** | **102** | **9 & Under** | **50M Butterfly** | **57.49** | **58.94** |
| **103** | **104** | **10 Years** | **50M Butterfly** | **49.66** | **50.09** |
| **105** | **106** | **11 Years** | **50M Butterfly** | **45.41** | **45.50** |
| **107** | **108** | **9 & Under** | **50M Backstroke** | **57.40** | **57.30** |
| **109** | **110** | **10 Years** | **50M Backstroke** | **51.15** | **51.42** |
| **111** | **112** | **11 Years** | **50M Backstroke** | **47.06** | **47.42** |
| **113** | **114** | **9 & Under** | **50M Front Crawl** | **49.08** | **48.66** |
| **115** | **116** | **10 Years** | **50M Front Crawl** | **42.75** | **43.77** |
| **117** | **118** | **11 Years** | **50M Front Crawl** | **40.00** | **40.00** |
| **119** | **120** | **9 & Under** | **50M Breaststroke** | **1:05.55** | **1:06.48** |
| **121** | **122** | **10 Years** | **50M Breaststroke** | **58.75** | **59.16** |
| **123** | **124** | **11 Years** | **50M Breaststroke** | **52.96** | **46.00** |
|  | |  |  |  |  |
| **Event No.** | |  | **SESSION 2** |  |  |
| **GIRLS** | **BOYS** |  |  | **GIRLS** | **BOYS** |
| **201** | **202** | **12-13 Years** | **50M Butterfly** | **39.58** | **38.36** |
| **203** | **204** | **14-15 Years** | **50M Butterfly** | **35.60** | **32.89** |
| **205** | **206** | **16 & Over** | **50M Butterfly** | **34.42** | **29.50** |
| **207** | **208** | **12-13 Years** | **50M Backstroke** | **40.00** | **40.21** |
| **209** | **210** | **14-15 Years** | **50M Backstroke** | **36.88** | **34.00** |
| **211** | **212** | **16 & Over** | **50M Backstroke** | **35.64** | **32.61** |
| **213** | **214** | **12-13 Years** | **50M Front Crawl** | **33.55** | **34.53** |
| **215** | **216** | **14-15 Years** | **50M Front Crawl** | **32.90** | **29.30** |
| **217** | **218** | **16 & Over** | **50M Front Crawl** | **31.64** | **27.65** |
| **219** | **220** | **12-13 Years** | **50M Breaststroke** | **45.48** | **44.73** |
| **221** | **222** | **14-15 Years** | **50M Breaststroke** | **41.87** | **37.60** |
| **223** | **224** | **16 & Over** | **50M Breaststroke** | **40.37** | **34.65** |

**No times faster than the consideration times will be considered. Max age: 18.**

**For all age groups, the fastest eligible swimmer in each event will be declared the winner.**

**Medals to 1st, 2nd and 3rd places. A memento will be awarded for ‘swam too fast.’**

***Session One: warm up at 1pm- start at 1.45 pm***

***Session Two: warm up at 5 pm - start at 5.45 pm***

# KINGSTON SPRINTS 2025 GRADED MEET

Health and Safety Form

In order to comply with health and safety requirements, this form must be completed and returned along with the entry information

* I confirm that all the entered swimmers have paid their current S.A.S.A annual competitive fee.
* I understand that any swimmer entered without a valid S.A.S.A. id number will be automatically rejected.
* I confirm that all entered swimmers have been trained and are competent to dive into deep water in a safe manner as prescribed by current/planned legislation.
* I confirm that the information regarding the use of photographic equipment has been passed on to swimmers and parents who intend to travel to the meet.

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| --- | --- | --- |
| Signed |  |  |
|  |  |  |
| Position in club |  |  |
|  |  |  |
| Name of club |  |  |

Please return this form along with entry details to:

**Anne McGovern**

**Tel: 07834613583**

**E-mail:** [**kingstonsprints@gmail.com**](mailto:kingstonsprints@gmail.com)

*Please Return by 1 Nov 2025*

# KINGSTON SPRINTS 2025 GRADED MEET

Name of Club:

Coaches Pass: @ **£10.00** = £

Total = £

No. of Boys Entries: @ **£7.00** = £

No. of Girls Entries: @ **£7.00** = £

Total = £

Total Bank Transfer = £

**Please fill in and return form to** [kingstonsprints@gmail.com](mailto:kingstonsprints@gmail.com)

**Please DO NOT send payment. An invoice will be sent once swims are accepted.**

**Your contact for any return correspondence:**

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| Name |  |  |
|  |  |  |
| Position in club |  |  |
|  |  |  |
| Postal Address |  |  |
|  |  |  |
| Email address |  |  |
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*Please Return by 1 Nov 2025*