



CUMBRIA WINTER MEET

2025



# Copeland

Saturday 29th & Sunday 30th Nov

Cleator Moor Rd  
Whitehaven  
CA28 8RW



## NOTE

**Entries for this event are on a first come first served basis.**

Entries are been restricted by both gender and event / stroke.

Once the limits for each event have been reached the entries will automatically be closed.

Entries to be made using the Swim England entry system which is available on [swimmingresults.org](https://swimmingresults.org)

Events

	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>
Freestyle	✓	✓	✓	✓		
Backstroke	✓	✓	✓			
Breaststroke	✓	✓	✓			
Butterfly	✓	✓	✓			
Individual Medley		✓	✓	✓ (10/Over)		

Session 1

Session 2

Session 3

Session 4

Saturday 29/11/2025 8.15am Warm-Up for 9.15am Start					Saturday 29/11/2025 1.15pm Warm-Up for 2.15pm Start (TBC)				
101	HDW	Boys	9yrs/Over	200m Backstroke	201	HDW	Girls	9yrs/Over	100m Butterfly
102	HDW	Girls	9yrs/Over	50m Breaststroke	202	HDW	Boys	9yrs/Over	50m Freestyle
103	HDW	Boys	9yrs/Over	100m IM	203	HDW	Girls	9yrs/Over	100m Backstroke
104	HDW	Girls	9yrs/Over	200m Butterfly	204	HDW	Boys	9yrs/Over	200m Breaststroke
105	HDW	Boys	9yrs/Over	400m Freestyle	205	HDW	Girls	10yrs/Over	400m IM
106	HDW	Girls	9yrs/Over	200m Freestyle	206	HDW	Boys	9yrs/Over	200m IM
107	HDW	Boys	9yrs/Over	50m Backstroke	207	HDW	Girls	9yrs/Over	50m Butterfly
108	HDW	Girls	9yrs/Over	100m Breaststroke	208	HDW	Boys	9yrs/Over	100m Freestyle
Sunday 30/11/2025 8.15am Warm-Up for 9.15am Start					Sunday 30/11/2025 1.15pm Warm-Up for 2.15pm Start (TBC)				
301	HDW	Girls	9yrs/Over	200m Backstroke	401	HDW	Boys	9yrs/Over	100m Butterfly
302	HDW	Boys	9yrs/Over	50m Breaststroke	402	HDW	Girls	9yrs/Over	50m Freestyle
303	HDW	Girls	9yrs/Over	100m IM	403	HDW	Boys	9yrs/Over	100m Backstroke
304	HDW	Boys	9yrs/Over	200m Butterfly	404	HDW	Girls	9yrs/Over	200m Breaststroke
305	HDW	Girls	9yrs/Over	400m Freestyle	405	HDW	Boys	10yrs/Over	400m IM
306	HDW	Boys	9yrs/Over	200m Freestyle	406	HDW	Girls	9yrs/Over	200m IM
307	HDW	Girls	9yrs/Over	50m Backstroke	407	HDW	Boys	9yrs/Over	50m Butterfly
308	HDW	Boys	9yrs/Over	100m Breaststroke	408	HDW	Girls	9yrs/Over	100m Freestyle

All Warm-Up and Session start times are estimates and will be confirmed once the entries are confirmed.

‘HDW’ = Heat Declared Winner  
‘MC’ = Multi-Classification Para Inclusive Event

**Female**

	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14/OV</u>
50 Freestyle	00:32.10	00:29.90	00:28.20	00:27.20	00:26.70	00:26.50
100 Freestyle	01:14.00	01:06.90	01:01.70	00:59.70	00:58.10	00:57.70
200 Freestyle	02:37.10	02:23.00	02:14.50	02:09.00	02:05.90	02:05.70
400 Freestyle	05:05.00	04:55.00	04:42.50	04:27.40	04:26.40	04:23.30
50 Breaststroke	00:42.10	00:38.80	00:35.80	00:34.40	00:33.40	00:32.70
100 Breaststroke	01:37.80	01:27.90	01:20.40	01:13.90	01:11.70	01:12.20
200 Breaststroke	03:26.30	03:04.00	02:51.80	02:42.50	02:39.80	02:38.40
50 Butterfly	00:36.10	00:33.00	00:31.00	00:29.50	00:28.70	00:28.40
100 Butterfly	01:29.00	01:18.50	01:08.80	01:04.70	01:02.40	01:02.50
200 Butterfly	03:08.40	02:49.50	02:33.30	02:24.90	02:18.50	02:19.10
50 Backstroke	00:36.00	00:34.00	00:32.90	00:30.60	00:29.90	00:28.20
100 Backstroke	01:22.30	01:16.80	01:09.30	01:04.70	01:04.70	01:00.50
200 Backstroke	02:51.00	02:35.50	02:29.80	02:16.40	02:18.60	02:09.40
200 Individual Medley	02:58.20	02:43.00	02:31.10	02:24.30	02:20.80	02:18.20
100 Individual Medley	01:22.70	01:17.60	01:13.20	01:07.30	01:05.90	01:05.00
400 Individual Medley		05:38.40	05:23.90	05:10.50	04:59.20	04:48.40

**Open/Male**

	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14/OV</u>
50 Freestyle	00:32.00	00:29.90	00:28.40	00:25.40	00:24.00	00:23.20
100 Freestyle	01:13.80	01:08.90	01:01.00	00:57.70	00:54.00	00:51.60
200 Freestyle	02:37.70	02:23.90	02:17.50	02:06.40	01:59.00	01:53.30
400 Freestyle	05:05.70	04:55.70	04:42.20	04:24.70	04:07.20	04:03.50
50 Breaststroke	00:41.30	00:36.80	00:34.90	00:31.60	00:30.00	00:28.80
100 Breaststroke	01:31.70	01:30.10	01:18.00	01:12.80	01:08.10	01:06.30
200 Breaststroke	03:15.00	02:56.10	02:44.80	02:36.50	02:31.40	02:22.50
50 Butterfly	00:34.80	00:31.80	00:31.40	00:28.20	00:26.00	00:25.10
100 Butterfly	01:26.20	01:22.10	01:11.90	01:03.40	00:57.80	00:55.00
200 Butterfly	03:14.30	02:51.30	02:34.30	02:23.40	02:11.70	02:04.40
50 Backstroke	00:36.30	00:34.80	00:32.10	00:30.10	00:27.30	00:27.00
100 Backstroke	01:23.50	01:18.30	01:11.40	01:02.90	00:59.60	00:56.50
200 Backstroke	02:46.70	02:37.70	02:26.10	02:19.10	02:08.60	02:02.90
200 Individual Medley	02:55.20	02:40.30	02:33.20	02:19.00	02:10.90	02:07.50
100 Individual Medley	01:22.50	01:16.40	01:10.50	01:05.60	01:02.30	01:00.20
400 Individual Medley		05:30.60	05:15.40	04:56.30	04:40.00	04:29.40

Swimmers must not be faster than the time above.

	Freestyle					Back			Fly			Breast			IM	
	50m	100m	200m	400m		50m	100m		50m	100m		50m	100m		100m	200m
S1	✓	✓	✓			✓	✓					SB1	✓			
S2	✓	✓	✓			✓	✓		✓			SB2	✓			
S3	✓	✓	✓			✓			✓			SB3	✓			
S4	✓	✓	✓			✓			✓			SB4		✓		
S5	✓	✓	✓			✓			✓			SB5		✓	SM5	✓
S6	✓	✓		✓			✓		✓			SB6		✓	SM6	✓
S7	✓	✓		✓			✓		✓			SB7		✓	SM7	✓
S8	✓	✓		✓			✓			✓		SB8		✓	SM8	✓
S9	✓	✓		✓			✓			✓		SB9		✓	SM9	✓
S10	✓	✓		✓			✓			✓					SM10	✓
S11	✓	✓		✓			✓			✓		SB11		✓	SM11	✓
S12	✓	✓		✓			✓			✓		SB12		✓	SM12	✓
S13	✓	✓		✓			✓			✓		SB13		✓	SM13	✓
S14	✓	✓	✓	✓			✓			✓		SB14		✓	SM14	✓

Para swimmers can also enter all other events if they are within the accepted times.



## **1 - General Conditions**

1. Entries to the meet will be held on computer and consent, as required by the Data Protection Act 2018, to the holding of personal information on computer will be deemed to have been given by the submission of an entry.
2. You agree that we may publish your Personal Information as part of the results of the competition. Your information will only be shared in relation to your participation in the event, e.g. the list of entrants, results and event reports and may be shared on the Cumbria ASA website, social media pages or in emails sent by the organiser. We may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Information may include but not be limited to name, club affiliation, race times, age category and para swimming classification(s).
3. Cumbria ASA may appoint an official photographer for the event, photos may be available to purchase from a password protected website by competitors and parents.
4. Photos from the event may be used by Cumbria ASA for the purpose of publicising the county and the sport on the counties website and social media channels.
5. The Cumbria Winter Meet shall be run in accordance with Swim England Laws and Technical Rules
6. Event will take place on the 29th & 30th November at Copeland Leisure Centre
7. The competition is licensed at Level 3 and is open all SE affiliated clubs
8. The competition shall include the following age groups for each gender: 9, 10, 11, 12, 13, 14 years and over
9. The upper limit times for entry to this event are shown on Page 4. There are no qualifying times.
10. Upper limit times can be achieved at a level 1, 2, 3 or 4 licensed meet.
11. All events will be swum as 'Heat Declared Winner' in mixed age groups, seeded by entry time.
12. All heats shall be spearheaded.
13. Age Groups will be separated for results and awards purposes.
14. Results will be published in time order.
15. The entry fee will be £5.00 per event.
16. Closing date for entries will be Saturday 14th November. Late entries may be accepted at the discretion of the Competition Organiser. Poolside or improved entries will not be accepted.
17. Entries will be restricted to ensure safe running of the meet using limits per gender and per event and to comply with local restrictions, this will be at the discretion of the Competition Organiser.
18. Refunds will only be given:
  - Where entrants are denied entry because the number of entries has been restricted in the interests of safety or to ensure the smooth running of the competition. Where this rule is invoked it will be at the discretion of the Competition Organiser.
  - Where a competitor has to withdraw on proven medical grounds with documentary evidence.
19. Age on the day will be as of November 30th 2025.
20. ALL Withdrawals must be submitted online at [live.swimcumbria.org.uk](http://live.swimcumbria.org.uk)

21. 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
22. Any matters not covered in these conditions or any supplementary information will be at the discretion of the Competition Organiser.
23. Competition organiser:
  - M Ralph
  - Tel: 07793-325179
  - e-mail: [markrswim@gmail.com](mailto:markrswim@gmail.com)
24. Individual entry fees to be paid online by 'Paypal' at the point of entry on the Swim England Online entry system. It is important that when processing your entry that the email address on the entry matches the emails address of your paypal account or your entry will be rejected. It is the parents responsibility to ensure this is correct,
25. Treasurer
  - K J Chisholm
  - Tel: 01946-694019
  - e-mail: [keithchisholm@gmail.com](mailto:keithchisholm@gmail.com)

## **2 - Awards**

1. There will be awards to the first 3 swimmers in each age group in each event.

## **3. Para Swimmers**

1. The general conditions for the Cumbria Winter Meet shall apply to para swimmers except where varied by any of the following conditions.
2. Para Events page shows the events and classifications that will be accepted for this competition.
3. Competitors must indicate their disability classification OR provide a valid Certificate of Disability issued by Swim England at the time of entry.
4. There are no qualifying times for para swimmers.
5. Personal Care Attendants/Coaches will be permitted for all para swimmers and they must conform to the Swim England child protection procedures.
6. Competition format:
  - The competition format will be based on disability inclusion within the able bodied programme
  - All swimmers will be seeded in the heats according to their entry times.
  - There will be no separate para swimmer awards

## **4 Meet Procedures**

1. Entries must be received no later than Saturday 14th November 2025.
2. All entries to be submitted using the Swim England online entry system.  
swimmingresults.org
3. The final gala programmes will be produced as a result of any corrections that are received and will be published on the Cumbria ASA event website (live.swimcumbria.org.uk) several days in advance of the competition.
4. Withdrawals will be accepted until the start of the warm up for each session. There will be no refund of entry fees except in the case of injury.
5. Any withdrawals after the closing deadline will result in heats being swum with empty lanes.
6. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.
7. Heat Start Lists will be made available to clubs as soon as possible after the commencement of the warm-up of each session.
8. Heat start Lists will be available for spectators at £1 per session.
9. Swimmers must present themselves to the Competitors Stewards one event prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for their race
10. Spectators
  - Spectators will be allowed subject to local restrictions
  - Spectator entry will be £5/session. Wristbands will be issued to all spectators
  - Wristbands will be limited to '1' per swimmer.
  - Spectator fees to be cashless, card payments only.
11. Each coach/team manager requiring access to the poolside must be in possession of a pass issued by Cumbria ASA. It is mandatory that all Clubs and Coaches comply with the 'Swim England Supervision Ratio Policy' and all relevant Swim England Child Protection Procedures and have an up to date DBS certificate. Mixed teams must have both male and female coaches/team staff
12. Poolside passes will be issued on the basis of a club's entries; there will be no charge:
  - Up to 20 swimmers: 3 passes only
  - 21-30 swimmers: maximum of 4 passes
  - 31-40 swimmers: maximum of 5 passes
  - More than 41 swimmers: maximum of 6 passes.
    - \*Poolside passes maybe further restricted due to local restrictions.
13. Only pass holders, swimmers and officials will be allowed on poolside.
14. Over the top' starts may be used in backstroke events at the referee's discretion.
15. Swiss Quantum timing system will be used in conjunction with SportSystem software, a strobe light will be available.



## **5. Live Streaming**

Many events are now streamed online, Cumbria ASA strives for excellence and looks to provide a fantastic experience for all who attend our events.

Winter Meet may be live streamed and if so will be available to view via our official YouTube channel.

<https://www.youtube.com/@CumbriaASA>

All swimmer/parents/guardians/coaches and all swim clubs attending our meet agree by entering to allow all their swimmers to appear on the live stream.

We will not be able to edit the live stream once it has been uploaded to YouTube therefore if anyone does not wish for images of their children to be seen we advise them not to enter this meet. There will be no refunds for withdrawals for this reason once entries have been submitted.

Additionally, the stream will also remain online to view once the swim meet has concluded.

The stream/video will be controlled by Cumbria ASA, and as meet organisers we reserve the right to remove the stream from the internet should we feel necessary. This will be at the discretion of Cumbria ASA.

Should anyone have any concerns or questions in relation to this or data privacy then please contact [admin@swimcumbria.org.uk](mailto:admin@swimcumbria.org.uk)

We strive to ensure that our online events are held safely without technical hitches however it is impossible to eliminate these completely, so we apologise in advance should there be any disruptions.

We hope that everyone attending our events appreciate this enhancement to our event which will allow swimmers to rewatch their races and share their success with friends and family.