



Swim England Bedfordshire

Bedfordshire County Championships 2025

Licensed by Swim England at Level 1 under No. 1ER250098, 1ER250099, 1ER250100

Saturday 18 January 2025

Friday 24, Saturday 25 & Sunday 26 January 2025

Saturday 1 & Sunday 2 February 2025

| | |
|---------------------------------|---|
| Venue | Inspire: Luton Sports Village, Hitchin Road, Luton, LU2 8DD |
| Pool | 8 Lane, 50m Pool, Electronic Timing |
| Individual Events | 50m, 100m & 200m All Strokes 400m Freestyle, 200m & 400m IM 800m Freestyle and 1500m Freestyle (Mixed) |
| Age Groups | 10/11, 12, 13, 14, 15, 16, 17/over Ages as at 31 December 2025 10/11 year olds may not enter 800m/1500m Freestyle and 400IM |
| Relay Team Events | 4 x 50m Free and 4 x 50m Medley Relays for age groups 10/11, 12/13, 14/15, Open (Female, Open/Male & Mixed) 4 x 100m Free and 4 x 100m Medley Relays for Open age group (Female & Open/Male) |
| Fees | Race Entry Fee: £7.50 per individual event (800m/1500m at £14) Relay Teams Entry Fee: £14.00 per team Spectator Entry: £5.00 per heat session or £8.00 All Day |
| Entries To | Lindsay Wright, Promotor swimming@swimbeds.org |
| Closing Date for Entries | 12.00 Noon on Sunday 22 December 2024 |

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

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



Swim England Bedfordshire

Affiliated to Swim England East Region)



The Bedfordshire County Championships (50m) 2025

(Under Swim England Regulations and Technical Rules)

Licensed Meet Nos. 1ER250098/1ER250099/1ER250100

1. The 2025 Championships will be held at Inspire: Luton Sports Village and licensed by Swim England at Level 1. The meet will be run in accordance with Swim England Laws and Technical Rules and the rules and conditions of this competition.
2. Ages are as at 31 December 2025 and swimmers shall be at least 10 years old as at the 31 December 2025.
3. The County Junior (**under 16 years**) and Senior Championship titles shall be decided from the fastest times recorded in the finals, if swum, otherwise from HDW. When an event has no final, the fastest times recorded in the heats will be used to determine the Junior and Senior Champions. Junior swimmers are eligible for senior titles.
4. All events in these Championships will be held as long course (50m). The facility will have both primary and secondary starting strobes available. Over the top starts will be used at the referee's discretion.

5. General Entry Conditions

- 5.1. For Individual events every swimmer's Swim England membership record must display a **Club Compete** membership in addition to membership of the Swim England Bedfordshire club in whose name they are entered at the time of entry.
- 5.2. Entry will only be considered where achievement of the Minimum Qualification Standard is attained after 1 January 2024 and is recorded in the British Swimming Rankings Database at the time of entry. Long Course converted times can be used. The Minimum Qualification Standard will NOT apply to swimmers whose Swim England membership record includes a Para-swimmer Sport Class, swimmers in possession of a Swim England Certificate of Exception or any Team event; however, entry times are required and must have been attained after 1 January 2024.
- 5.3. Dependent on the number of entries, the Promotor reserves the right to reject entries to achieve what is believed to be the best compromise between events. If necessary to reject entries the slowest entries within each age group may be rejected.
- 5.4. For relay team events, each club may enter one team per age group per relay event. Team entries must be made using the electronic entry system and be based on an accurate accumulation of individual times. The names of swimmers who are only competing in relay teams should not be included in the electronic entry file.
- 5.5. Relay Team Declaration Forms, stating the names of each relay team swimmer, must be submitted to the Promotor (swimming@swimbeds.org) by 6pm on the Thursday preceding the corresponding weekend, ie. By the 23 January for Weekend One and 30 January for Weekend Two of the championships.
- 5.6. By these dates, each Relay Team swimmers Swim England membership record must display a **CLUB COMPETE** membership in addition to membership of the Swim England Bedfordshire club in whose name they are entered.
- 5.7. For all events, entries must be made via SPORTSYSTEMS Entry Manager through a single club contact and emailed to swimming@swimbeds.org. It should be noted entrants are still bound by the conditions of entry even though a form is not signed. 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 Swim England Bedfordshire website.
- 5.8. Following the launch of the Swim England Transgender and Non-binary Competition Policy on 1 September 2023, the Female category is restricted to birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the Female category, or by competing as a female in a relay team, a swimmer confirms that their birth sex is female. The category Male is referenced as Open/Male



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- 5.9. The Data Protection Act requires us to provide you with 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.
- 5.10. Results will be supplied to British Swimming for loading to Rankings.
- 5.11. 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.
- 5.12. The Promoter of this Meet is Lindsay Wright on behalf of Swim England Bedfordshire, e-mail swimming@swimbeds.org. Information regarding this meet can also be obtained from Swim England Bedfordshire website.

6. Session Dates and Times

Dates and daily start times are as indicated on the schedule of events, where 'tba' is shown, the times will be notified shortly after the accepted entry listings are published.

7. Warm Up Procedure

A controlled warm up system will be operated with a specified lane allocated to each club. The pool will be available for one hour before the start of each session. Details of the warm up procedures will be published on the Swim England Bedfordshire website at least one week before the first session. At least one club coach must be on the pool deck, at the end of their appointed lane, at all times during the warmup. There will be a short swim down facility available after the 800 and 1500 events.

8. Withdrawals

- 8.1 Every accepted entry is expected to swim unless the competitor withdraws. Notice of any withdrawals shall be reported to the Promotor (swimming@swimbeds.org) by 6pm the day before the event. Withdrawals after this deadline may only be made on medical grounds and must be notified by the club to the promotor by email and in person. Failure to comply with these conditions may result in a £10 penalty which shall be paid before the swimmer competes again in the Championships. The club in whose name the competitor has been entered will be responsible for any penalties outstanding at the end of the Championships.
- 8.2 Withdrawals from FINALS must be notified within 15 minutes of the announcement of the finalists. There will be no reserve swimmers for a final.
- 8.3 Requests to refund entry fees will only be considered when a swimmer medically withdraws from the entire Championships or all events during an entire weekend. Notification of any such withdrawal must be received by the Promotor (swimming@swimbeds.org) by 6pm on the Thursday evening preceding the corresponding weekend. Medical evidence must be sent to the Promotor before any refund will be considered.



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9. Safeguarding

- 9.1 Swim England Guidance for ratio Coach and Team Managers to number of swimmers competing must be followed at all times.
- 9.2 All swimmers must be under the supervision of the club Coach or a designated Team Manager at all times during the warm up, competition and in the vicinity of the pool.
- 9.3 In order to ensure the safety of competitors, only Inspire staff, swimmers and accredited coaches, team managers, officials and helpers will be allowed access to the Changing Village. Parents must not enter the Changing Village and will be asked to leave if they do so.
- 9.4 To keep the pool deck area clear and to assist with ventilation, swimmers are requested to use the lockers provided in the changing village for clothes, valuables and other personal belongings. Swim England Bedfordshire accepts no responsibility for loss of any personal belongings or equipment.
- 9.5 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 championships without a refund.
- 9.6 Swimmers, 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.
- 9.7 For the avoidance of doubt the photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording device. The social media guidance will apply if those images or recordings are being shared through any social media platform whether that sharing is happening instantaneously through live streaming or whether the material is being stored for sharing at a later time.
- 9.8 Parents and carers who do not wish their child to be photographed must inform Swim England Bedfordshire Welfare Officer (welfare@swimbeds.org) in writing prior to the Championships.

10. Awards

- 10.1 The results of all events shall be determined by finals, if finals are swum. When an event has no final, the fastest times recorded in the heats shall be used (Timed Finals). Gold, Silver and Bronze medals will be awarded to 1st, 2nd and 3rd places in each of the seven age groups, 10/11, 12, 13, 14, 15, 16, 17&Over and may be collected from a medal table as soon as the official results are published. Junior and Senior Champions will receive a Trophy and a unique Swim England Bedfordshire Gold Medal, Silver and Bronze medals will be presented to 2nd and 3rd places. Podium presentations will not take place but there will be an opportunity to take photos elsewhere within the facility.
- 10.2 All trophies will be engraved before being given to the winners and returned to clubs for distribution. All Trophies are the property of Swim England Bedfordshire, and must be kept in good order and returned no later than 11 January 2025. The Trophy policy can be viewed on the Swim England Bedfordshire website.
- 10.3 In the following five age groups, 10, 11, 12, 13 and 14 years, top open/male and female awards will be presented. Awards will be determined by the use of World Aquatics Tables. World Aquatic Points will be calculated using the official results for each event swum and the highest scoring event, within each stroke group, will contribute towards the overall score to determine the category winner. Swimmers may enter as many or as few of the available Category events they have qualified for as they like. To maximise your overall scoring ability, you should enter at least one event in each group. i.e., Sprint, 100, Form, Distance and Medley (see table)

Winners receive a Trophy and a unique Swim England Bedfordshire Gold medal, Silver and Bronze medals will be presented to 2nd and 3rd places.



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| Age Group | Stroke Group | Open/Male | Female |
|--|--------------|----------------------------------|----------------------------------|
| 10/11 Years | Sprint | Best 50m | Best 50m |
| | 100's | Best 100m | Best 100m |
| | Form* | Best 200m | Best 200m |
| | Distance | Best 200/400m Freestyle | Best 200/400m Freestyle |
| | Ind Medley | Best 200 IM | Best 200 IM |
| 12, 13 & 14 Years | Sprint | Best 50m | Best 50m |
| | 100's | Best 100m | Best 100m |
| | Form* | Best 200m | Best 200m |
| | Distance | Best 200/400/800/1500m Freestyle | Best 200/400/800/1500m Freestyle |
| | Ind Medley | Best 200/400 IM | Best 200/400 IM |
| *Form stroke is defined as being Backstroke, Breaststroke or Butterfly | | | |

Closing date for all entries is 12 Noon - Sunday 22nd December 2024

Payment for Club Entries should be received on or before **Tuesday 2nd January 2025**. Payments received after this date will incur a late penalty charge of 1% of the total entry fee. This fee will be added to your entry total for every day up to 10 days after the due date. If payments are not received by 12th January 2025 all the club entries will be rejected from the championships.

Received Entries will be published on the website any omissions or errors should be resolved with the Promotor (swimming@swimbeds.org) by 6th January 2025 and final Accepted Entries will be published after 12th January 2025.

Please note that all information included in the entry pack, and supplementary information published by Swim England Bedfordshire, form the conditions of the Championships. For any queries, please contact the Promotor.



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Schedule of Events



Session One

Saturday 18 January – W/U 18:00 Start 18:30

Mixed 1500m Freestyle TF

Session Two

Friday 24 January – W/U 18:00 Start 18:30

Mixed 800m Freestyle TF

Session Three

Saturday 25 January – W/U 08:25 Start 09:30

Men's 200m Freestyle TF

Female 100m Backstroke Heats

Open/Male 50m Breaststroke Heats

Female 200m Butterfly TF

Open/Male 400m Individual Med TF

Session Five

Sunday 25 January - W/U 08:25 Start 09:30

Female 400m Freestyle TF

Open/Male 50m Backstroke Heats

Female 100m Breaststroke Heats

Open/Male 200m Breaststroke TF

Relay Swimmers Only W/U Start the

Female 100m Breaststroke Finals

Open/Male 50m Backstroke Finals

Mixed 10&11 4x50m Free Team TF

Mixed 12&13 4x50m Free Team TF

Mixed 14&15 4x50m Free Team TF

Mixed Open 4x50m Free Team TF

Session Six

Sunday 26 January – W/U the Start the

Open/Male 50m Butterfly Heats

Female 100m Freestyle Heats

Open/Male 200m Backstroke TF

Relay Swimmers Only W/U start the

Female 100m Freestyle Finals

Open/Male 50m Butterfly Finals

Female Open 4x100 Med Team TF
Open/Male Open 4x100 Med Team TF

Session Seven

Saturday 1 February – W/U 08:25 Start 09:30

Female 200m Freestyle TF

Open/Male 100m Backstroke Heats

Female 50m Butterfly Heats

Open/Male 200m Butterfly TF

Female 400m Individual Med TF

Open/Male 100m Backstroke Finals
Female 50m Butterfly Finals

Session Eight

Saturday 1 February - W/U the Start the

Open/Male 100m Butterfly Heats

Female 50m Breaststroke Heats

Open/Male 200m Individual Med TF

Relay Swimmers Only W/U Start the

Female 50m Breaststroke Finals

Open/Male 100m Butterfly Finals

Female 10&11 4x50m Free Team TF

Open/Male 10&11 4x50m Free Team TF

Female 12&13 4x50m Free Team TF

Open/Male 12&13 4x50m Free Team TF

Female 14&15 4x50m Free Team TF

Open/Male 14&15 4x50m Free Team TF

Female Open 4x50m Free Team TF
Open/Male Open 4x50m Free Team TF

Session Nine

Sunday 2 February – W/U 08:25 Start 09:30

Open/Male 400m Freestyle TF

Female 50m Backstroke Heats

Open/Male 100m Breaststroke Heats

Female 200m Breaststroke TF

Relay Swimmers Only W/U Start the

Open/Male 100m Breaststroke Finals

Female 50m Backstroke Finals

Mixed 10&11 4x50m Med Team TF

Mixed 12&13 4x50m Med Team TF

Mixed 14&15 4x50m Med Team TF

Mixed Open 4x50m Med Team TF

Session Ten

Sunday 2 February - W/U the Start the

Female 50m Freestyle Heats

Open/Male 100m Freestyle Heats

Female 200m Backstroke TF

Relay Swimmers Only W/U Start the

Open/Male 100m Freestyle Finals

Female 50m Freestyle Finals

Open/Male Open 4x100m Free Team TF
Female Open 4x100m Free Team TF

Session Four

Saturday 25 January- W/U the Start the

Female 100m Butterfly Heats

Open/Male 50m Freestyle Heats

Female 200m Individual Med TF

Relay Swimmers Only W/U Start the

Open/Male 50m Freestyle Finals

Female 100m Butterfly Finals

Open/Male 10&11 4x50m Med Team TF

Female 10&11 4x50m Med Team TF

Open/Male 12&13 4x50m Med Team TF

Female 12&13 4x50m Med Team TF

Open/Male 14&15 4x50m Med Team TF

Female 14&15 4x50m Med Team TF

Open/Male Open 4x50m Med Team TF

Female Open 4x50m Med Team TF

Warm up Sessions will last one hour unless stated otherwise

800 Free and 1500 Free Warm Up will be 25 Minutes

Relay Swimmers Warm Up will be no earlier than time given and will be for 15 minutes

TF = Timed Final



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ENTRY STANDARDS (25m)

Times to be achieved after 1 January 2024 and recorded in GB rankings

| OPEN/MALE | | | | | | EVENT | FEMALE | | | | | | | |
|-----------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------|-------------------------------|-----------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-------------------------------|
| 10/11 [†] Years | 12 [†] Years | 13 [†] Years | 14 [†] Years | 15 [†] Years | 16 Years [†] | | 17Years &Over [†] | 10/11 [†] Years | 12 [†] Years | 13 [†] Years | 14 [†] Years | 15 [†] Years | 16 Years [†] | 17Years &Over [†] |
| 44.8 | 40.8 | 35.5 | 30.4 | 29.9 | 29.4 | 27.8 | 50m Freestyle | 43.6 | 37.0 | 33.2 | 33.1 | 32.70 | 31.8 | 30.9 |
| 1.51.0 | 1.37.0 | 1.18.0 | 1.13.5 | 1.08.3 | 1.05.2 | 59.9 | 100m Freestyle | 1.57.4 | 1.23.9 | 1.13.9 | 1.13.8 | 1.10.5 | 1.09.4 | 1.08.8 |
| 4.35.4 | 3.38.5 | 3.10.9 | 2.40.0 | 2.27.7 | 2.22.4 | 2.16.5 | 200m Freestyle | 3.36.8 | 3.14.3 | 2.52.8 | 2.37.7 | 2.29.0 | 2.28.0 | 2.25.5 |
| 6.30.0 | 6.10.0 | 5.55.5 | 5.32.5 | 5.15.7 | 5.00.5 | 4.55.5 | 400m Freestyle | 6.30.0 | 6.15.5 | 5.42.8 | 5.41.1 | 5.36.3 | 5.20.5 | 5.17.0 |
| - | 12.45.0 | 11.30.0 | 11.00.0 | 10.33.0 | 10.10.0 | 10.00.0 | 800m Freestyle | - | 12.52.0 | 11.51.1 | 11.22.1 | 11.19.5 | 10.55.0 | 10.35.1 |
| - | 26.11.0 | 23.11.6 | 21.01.1 | 20.10.4 | 19.35.0 | 19.27.0 | 1500m Freestyle | - | 23.30.3 | 22.10.1 | 21.13.3 | 20.59.9 | 20.12.9 | 20.00.0 |
| 1.04.7 | 49.8 | 45.2 | 43.5 | 41.6 | 40.2 | 36.6 | 50m Breaststroke | 1.00.0 | 49.8 | 45.5 | 43.2 | 42.2 | 41.5 | 39.2 |
| 3.02.7 | 1.51.2 | 1.47.5 | 1.38.5 | 1.32.2 | 1.30.0 | 1.24.5 | 100m Breaststroke | 2.21.1 | 1.48.5 | 1.40.5 | 1.36.7 | 1.36.6 | 1.34.9 | 1.32.0 |
| 4.13.5 | 4.02.9 | 3.46.7 | 3.25.0 | 3.18.0 | 3.10.8 | 2.57.5 | 200m Breaststroke | 4.08.5 | 3.50.5 | 3.35.0 | 3.28.2 | 3.20.0 | 3.16.5 | 3.10.4 |
| 52.2 | 44.1 | 43.5 | 38.5 | 35.1 | 33.5 | 29.8 | 50m Butterfly | 48.0 | 43.5 | 38.7 | 37.5 | 35.2 | 34.9 | 32.9 |
| 2.30.0 | 2.10.3 | 1.45.2 | 1.30.2 | 1.30.8 | 1.16.4 | 1.12.2 | 100m Butterfly | 2.19.8 | 1.55.5 | 1.35.0 | 1.25.1 | 1.23.4 | 1.21.0 | 1.19.0 |
| 4.00.0 | 3.55.5 | 3.50.0 | 3.28.0 | 2.59.1 | 2.44.4 | 2.32.2 | 200m Butterfly | 3.50.0 | 3.40.0 | 3.20.0 | 3.10.9 | 2.58.2 | 2.56.3 | 2.56.3 |
| 52.7 | 42.4 | 42.1 | 38.1 | 36.0 | 34.4 | 32.7 | 50m Backstroke | 49.6 | 41.1 | 38.7 | 38.6 | 38.0 | 37.5 | 35.5 |
| 2.27.5 | 1.34.4 | 1.29.5 | 1.22.0 | 1.18.5 | 1.15.9 | 1.09.3 | 100m Backstroke | 2.00.1 | 1.33.3 | 1.28.6 | 1.25.3 | 1.23.3 | 1.22.8 | 1.20.9 |
| 3.39.0 | 3.15.8 | 3.12.6 | 3.06.6 | 2.51.1 | 2.46.1 | 2.40.4 | 200m Backstroke | 3.41.2 | 3.18.2 | 3.10.6 | 3.06.3 | 3.01.1 | 2.56.5 | 2.50.0 |
| 4.56.4 | 3.56.1 | 3.46.6 | 3.04.2 | 2.48.5 | 2.42.7 | 2.38.2 | 200m I.M. | 4.29.3 | 3.40.9 | 3.13.4 | 3.01.9 | 2.58.6 | 2.54.6 | 2.50.5 |
| - | 7.45.0 | 6.22.2 | 6.05.5 | 5.59.3 | 5.56.7 | 5.50.8 | 400m I.M. | - | 7.30.0 | 7.00.0 | 6.45.7 | 6.39.9 | 6.01.2 | 6.00.0 |

[†] Ages as at 31st December 2025
 Issue 1