



Harwich, Dovercourt and Parkeston Swimming Club
200m and 400m Championships and Time trials 2025

Schedule of Events

Saturday 26th April 2025

1. Male/Open 200m Freestyle
2. Female 200m Freestyle
3. Mixed 100m IM
4. Male/Open 200m Breaststroke
5. Female 200m Breaststroke
6. Mixed 50m Backstroke
7. Male/Open 400m IM
8. Female 400m IM

Sunday 27th April 2025

1. Female 200m IM
2. Male/Open 200m IM
3. Mixed 50m Butterfly
4. Female 200m Backstroke
5. Male/Open 200m Backstroke
6. Mixed 50m Breaststroke
7. Female 200m Butterfly
8. Male/Open 200m Butterfly
9. Mixed 50m Freestyle
10. Female 400m Freestyle
11. Male/Open 400m Freestyle

Championship trophies/medals will be awarded for the 200m & 400m events.
50m and 100m events are for time trials only and no awards are given.

£3 per 200m/400m event
£2 per 50m/100m event

Entries will open soon through your club organiser account.
Closing date 13th April 2025

Harwich Swimming Club

Affiliated to Swim England East Region and Essex.

HARWICH SWIMMING CLUB 200M/400M CHAMPIONSHIPS AND TIME TRIALS

Held under Swim England Laws and Regulations, the Swim England Technical Rules of Swimming and to the Swim England Open Meet Licensing Criteria

Level 4 Licence 4ER250946

26th/27th April 2025

Dovercourt Swimming Pool, Low Road, Dovercourt, CO12 3TA

MEET RULES AND INFORMATION

1. The meet will take place at Dovercourt Bay Lifestyles on 26th and 27th April and is licensed by Swim England at Level 4 under Licence No. 4ER250946
2. The meet will be run in accordance with held under Swim England Regulations, Swim England Technical Rules of Swimming and these conditions.
3. The competition is open to members of Harwich Swimming Club only.
4. The promoter is Katie Holmes on behalf Harwich Swimming Club.
5. There will be awards for the 1st, 2nd & 3rd placed swimmers in each age group for the 200m/400m events only, along with over all age group points trophies. All 50m and 100m events will be swum as time trials, so no awards will be issued.
6. The age groups for Male/Open and Female are: 11/Under, 12/13 and 14/over.
7. Age as at 31st December 2025.
8. 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.
9. The events will be 50m of all strokes and 100m IM as time trials and 200m/400m events as championship events for all age groups.
10. The pool is 25m and anti-wave devices will be in place.
11. Heats will be swum as mixed age with swimmers seeded by entry times.
12. In the event of under three entries for an event in both female and open/male categories, the event will be swum in mixed heats.
13. Over the top starts may be used at the referee's discretion.
14. There are no qualification times.
15. If necessary to restrict entries, we will accept first come, first served.
16. Entries will cost £3 per 200m/400m entry and £2 per 50m/100m entry and the closing date will be Sunday 13th April although some late entries may be accepted up to Friday 25th April if there is space.
17. Results will be available on each night and will also be posted on the club website, facebook page and will be supplied to Aquatics GB for entry into the national ranking database.
18. In accordance with the Swim England Safeguarding Policies and Procedures, any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images. Should you have any concerns about photography or filming please bring them to the attention of the promoter.

Participants and spectators 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 provides guidance on the use of social networking and guidance on photography <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>

No photography is permitted in changing rooms. Any person found to be contravening this condition will be required to leave the competition and venue without refund.

19. The Swim England Team Manager, Coach and Chaperone Policy must be adhered to at all times. All participants must observe the safety precautions in operation at Dovercourt Bay Lifestyles. Neither the Promoter nor Harwich Swimming Club will be responsible for any loss or damage occurring during this meet.
20. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. 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 has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.
21. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Regulations and Technical Rules of Racing.