

# Carnforth & District Otters **WINTER BLAST!**

Level 3 meet for local clubs to get together and encourage each other to swim fast times in a friendly atmosphere.

Date	Venue
Event: Sunday 16 <sup>th</sup> November 2025	Salt Ayre Leisure Centre – Lancaster
Entries open: 1 <sup>st</sup> October 2025	08:15 Warm up Session 1
Entries close: 16 <sup>th</sup> October 2025	13:00 Warm up Session 2 *TBC

## Facilities

25m pool, 8 lanes, anti-wave lane ropes, Colorado Touchpads, Gen7 timing, with live scoreboard and online time publishing. Cool Down Pool available throughout the day.

## Programme of Events

Session 1:			Session 2:
101 FEMALE	200	Individual Medley	OPEN 201
102 OPEN	100	Backstroke	FEMALE 202
103 FEMALE	50	Breaststroke	OPEN 203
104 OPEN	200	Breaststroke	FEMALE 204
105 FEMALE	100	Freestyle	OPEN 205
106 OPEN	50	Butterfly	FEMALE 206
107 FEMALE	200	Butterfly	OPEN 207
108 OPEN	200	Freestyle	FEMALE 208
109 FEMALE	100	Breaststroke	OPEN 209
110 OPEN	50	Backstroke	FEMALE 210
111 FEMALE	200	Backstroke	OPEN 211
112 OPEN	100	Butterfly	FEMALE 212
113 FEMALE	50	Freestyle	OPEN 213

Individual events will be seeded on a slowest to fastest time basis for all age groups. All events will be heat declared winners within the prescribed age limits.

## Medal Categories

Male(Open)	Ages 9,10,11,12,13,14,15 and over
Female	Ages 9,10,11,12,13,14,15 and over

Medals places 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> will be awarded for all events for each age group.

Fabulous “Spot Prizes” throughout the meet for Heat Winners in randomly selected Heats.

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All competitors will be 9 Years and over and ages are as of midnight on the day. 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.

The meet will be held under Swim England Technical Rules and is licensed to Level 3. All swimmers must be members of a club affiliated to Swim England at Category Club Compete Level.

### **Entries**

The entry fee will be £6 per individual event. Entries shall be accepted on a first come first served basis accompanied by the appropriate fee and list of officials, our request is 1 official per 15 swimmers please. Rejections may be chosen by event rather than club at organisers discretion for the smooth operation of the meet.

**Enter your club & accepted entries/withdrawals** <https://carnforthotters.co.uk/openmeets/>  
Enquiries and queries: John Hardiman [openmeets@carnforthotters.co.uk](mailto:openmeets@carnforthotters.co.uk)

Entries will be held on computer and consent, as required by the Data Protection Act 1984, to the holding of personal information on computer will be deemed to have been given by the submission of your entry.

Payment for club entry fees is BACS only, bank details provided following entry receipt.

### **Officials**

All clubs entering should provide volunteer officials; J2s, J2, J1 or J1 in training to support the efficient running of the day, approx. 1 official per 15 swimmers entered is requested please. Officials Uniform; White Polo Shirt with Black Pants, Shorts or Skirt, please bring refillable water bottle. Lunch and travel expenses will be provided for visiting officials.

### **Coaches**

Passes for Coaches/Pool side are £15 each (includes lunch). All Poolside helpers must have full CRB clearance. The pass will include entrance to the pool, heat sheets.

### **Spectators**

Family and friends are encouraged to noisily support all competitors for the duration of the event. Admission £5 per adult, cash preferred. Enter via back door to the pool area.

All attendees are expected to be positive and sporting towards everyone, particularly competitors, fellow spectators, coaches and officials.

We will again trial live streaming of the Meet. By participating in this event you agree to being recorded.

**Consideration Times: UPPER LIMITS-Entry Times must not be faster than those listed below.**

Entries submitted without time, or realistic time will not be accepted. Please ensure the time is from a recent meet or coaches stopwatch time.

**MALE/OPEN TIME LIMITS**

AGE GROUP		<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15+</u>
<b>Freestyle</b>	Upper 50m	34.00	32.00	31.00	29.00	27.00	25.00	23.00
	Upper 100m	1.24.00	1.15.00	1.10.00	1.06.00	58.00	57.00	52.00
	Upper 200m	3.09.00	2.45.00	2.30.00	2.20.00	2.09.00	2.07.00	1.53.00
<b>Backstroke</b>	Upper 50m	39.00	37.00	34.00	33.00	32.00	29.00	25.00
	Upper 100m	1.32.00	1.28.00	1.19.00	1.10.00	1.08.00	1.03.00	56.00
	Upper 200m	3.20.00	3.06.00	2.48.00	2.35.00	2.30.00	2.25.00	2.05.00
<b>Breaststroke</b>	Upper 50m	49.00	44.00	41.00	39.00	34.00	32.00	28.00
	Upper 100m	1.48.00	1.37.00	1.27.00	1.25.00	1.16.00	1.10.00	1.03.00
	Upper 200m	3.45.00	3.30.00	3.05.00	2.55.00	2.45.00	2.40.00	2.13.00
<b>Butterfly</b>	Upper 50m	38.00	35.00	32.00	31.00	29.00	27.00	23.00
	Upper 100m	1.40.00	1.28.00	1.18.00	1.12.00	1.07.00	1:03.00	55.00
	Upper 200m	3.47.00	3.27.00	2.52.00	2.45.00	2.40.00	2.25.00	2.10.00
<b>IM</b>	Upper200m	3.30.00	3.00.00	2.50.00	2.35.00	2.28.00	2.23.00	2.04.00

**FEMALE UPPER TIME LIMITS**

AGE GROUP		<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15+</u>
<b>Freestyle</b>	Upper 50m	38.00	32.00	30.00	29.00	28.00	27.00	26.00
	Upper 100m	1.28.00	1.10.00	1.08.00	1.05.00	1.02.00	59.00	57.00
	Upper 200m	2.50.00	2.30.00	2.28.00	2.20.00	2.15.00	2.10.00	2.03.00
<b>Backstroke</b>	Upper 50m	42.00	37.00	34.00	32.00	30.00	29.00	28.00
	Upper 100m	1.35.00	1.20.00	1.16.00	1.12.00	1.09.00	1.07.00	1.02.00
	Upper 200m	3.20.00	3.02.00	2.45.00	2.35.00	2.30.00	2.27.00	2.15.00
<b>Breaststroke</b>	Upper 50m	50.00	43.00	41.00	37.00	35.00	34.00	32.00
	Upper 100m	1.45.00	1.35.00	1.32.00	1.24.00	1.19.00	1.16.00	1.11.00
	Upper 200m	3.55.00	3.26.00	3.12.00	2.59.00	2.53.00	2.47.00	2.35.00
<b>Butterfly</b>	Upper 50m	45.00	35.00	34.00	31.00	30.00	29.00	28.00
	Upper 100m	1.35.00	1.30.00	1.20.00	1.12.00	1.07.00	1.06.00	1.03.00
	Upper 200m	4.10.00	3.55.00	3.05.00	2.40.00	2.33.00	2.28.00	2.20.00
<b>IM</b>	Upper 200m	3.35.00	3.00.00	2.45.00	2.35.00	2.29.00	2.27.00	2.19.00