

Carnforth Otters presents

LAST-GASP for Regionals

Final weekend Level 3 meet for those looking to gain the regional time they have been working for this season.

Event: Saturday 22nd March 2025

Entries Open: 12.00 Noon Sunday 19th January 2025

Entries Close: 12.00 Noon Sunday 26th January 2025

Venue & Facilities Salt Ayre Leisure Centre – Lancaster 11:00am to 8:00pm
25m pool, 8 lanes, anti-wave lane ropes, Colorado Touchpads, Gen7 timing, with live scoreboard and online time publishing.

Entering your club: <https://carnforthotters.co.uk/meet-entries/>

Programme of Events

| Female | Stroke | Meters | Male (Open) |
|--------------------------------------|-------------------|--------|-------------|
| Session 1 Warm-up 11:00-11:50 | | | |
| 101 | Freestyle | 200 | 102 |
| 103 | Butterfly | 50 | 104 |
| 105 | Backstroke | 100 | 106 |
| 107 | Breaststroke | 200 | 108 |
| 109 | Freestyle | 50 | 110 |
| 111 | Butterfly | 100 | 112 |
| Session 2 Warm-up 15:45-16:35 | | | |
| 201 | Individual Medley | 200 | 202 |
| 203 | Backstroke | 50 | 204 |
| 205 | Breaststroke | 100 | 206 |
| 207 | Butterfly | 200 | 208 |
| 209 | Breaststroke | 50 | 210 |
| 211 | Freestyle | 100 | 212 |
| 213 | Backstroke | 200 | 214 |

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 1st 2nd and 3rd will be awarded for all events for each age group.

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.

Entries

To provide a fair opportunity to the entrants from all clubs, entries are restricted to 5 events per swimmer.

The entry fee will be £5.50 per individual event. Entries shall be accepted on a first come first served basis accompanied by the appropriate fee from 12 noon Sunday 19th January 2025 up to and including the closing date midnight Sunday 26th January 2025 or when the gala capacity has been reached, whichever occurs first.

Live Stream

During the meet we intend to trial a Live Stream which we hope to make available to view via YouTube. The link will be provided closer to the meet date.

All parents/guardians/coaches and all swim clubs attending our meet have agreed to allow all their swimmers and attendees to appear on the live stream which will be a wide shot and not close-up, it may capture the whole pool area including spectators.

Any individual who wishes to avoid being broadcast we would advise to opt out of entering the meet. We will not be able to edit/remove individuals from the live stream. There will be no refunds for withdrawals for this reason once entries have been submitted.

Additionally, the stream may also remain online to view once the swim meet has concluded. We reserve the right to remove the stream should we feel necessary. Should anyone have any concerns or questions in relation to this data privacy then please contact us prior to entry.

Enquiries and queries: John Hardiman last-gasp@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.

Accepted entries will be published the week before the event or sooner:
<https://carnforthotters.co.uk/acceptedentries/>

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. Our request is 1 official per 10 swimmers please. Officials Uniform; White Polo Shirt with Black Pants, Shorts or Skirt. Poolside Snacks & Sandwich Lunch will be provided for officials covering both sessions.

Coaches

Passes for Coaches/Pool side are £10 each. All Poolside helpers must have full CRB clearance. The pass will include entrance to the pool, programme, heat sheets, Snacks & Beverages.

Spectators

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

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

Consideration Times

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 | | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |
|---------------------|------------|---------|---------|---------|---------|---------|---------|---------|
| Freestyle | Upper 50m | 31.00 | 30.00 | 28.00 | 27.00 | 25.00 | 24.00 | 24.00 |
| | Lower 50m | 1.05.00 | 1.00.00 | 55.00 | 52.00 | 50.00 | 47.00 | 47.00 |
| | Upper 100m | 1.05.00 | 1.01.00 | 1.00.00 | 1.00.00 | 57.00 | 52.00 | 52.00 |
| | Lower 100m | 1.55.00 | 1.45.00 | 1.30.00 | 1.22.00 | 1.17.00 | 1.14.00 | 1.14.00 |
| | Upper 200m | 2.30.00 | 2.22.00 | 2.11.00 | 2.10.00 | 2.02.00 | 1.55.00 | 1.53.00 |
| | Lower 200m | 3.20.00 | 3.10.00 | 3.03.00 | 2.55.00 | 2.40.00 | 2.30.00 | 2.28.00 |
| Backstroke | Upper 50m | 34.00 | 33.00 | 32.00 | 31.00 | 30.00 | 27.00 | 26.00 |
| | Lower 50m | 1.20.00 | 1.15.00 | 1.05.00 | 59.00 | 55.00 | 50.00 | 49.00 |
| | Upper 100m | 1.10.00 | 1.07.00 | 1.07.00 | 1.06.00 | 1.03.00 | 58.00 | 57.00 |
| | Lower 100m | 1.59.00 | 1.53.00 | 1.47.00 | 1.40.00 | 1.30.00 | 1.25.00 | 1.24.00 |
| | Upper 200m | 2.50.00 | 2.44.00 | 2.28.00 | 2.26.00 | 2.14.00 | 2.07.00 | 2.02.00 |
| | Lower 200m | 3.25.00 | 3.20.00 | 3.15.00 | 3.04.00 | 2.50.00 | 2.40.00 | 2.35.00 |
| Breaststroke | Upper 50m | 42.00 | 38.00 | 37.00 | 36.00 | 32.00 | 28.00 | 27.00 |
| | Lower 50m | 1.30.00 | 1.15.00 | 1.10.00 | 1.03.00 | 59.00 | 55.00 | 54.00 |
| | Upper 100m | 1.21.00 | 1.18.00 | 1.18.00 | 1.17.00 | 1.09.00 | 1.04.00 | 1.03.00 |
| | Lower 100m | 2.10.00 | 2.05.00 | 1.55.00 | 1.47.00 | 1.42.00 | 1.35.00 | 1.34.00 |
| | Upper 200m | 3.14.00 | 3.08.00 | 2.50.00 | 2.48.00 | 2.30.00 | 2.20.00 | 2.10.00 |
| | Lower 200m | 3.55.00 | 3.52.00 | 3.47.00 | 3.37.00 | 3.25.00 | 3.10.00 | 3.00.00 |
| Butterfly | Upper 50m | 34.00 | 33.00 | 32.00 | 31.00 | 28.00 | 26.00 | 25.00 |
| | Lower 50m | 1.25.00 | 1.15.00 | 1.10.00 | 59.00 | 57.00 | 55.00 | 54.00 |
| | Upper 100m | 1.11.00 | 1.08.00 | 1.08.00 | 1.07.00 | 1.00.00 | 58.00 | 57.00 |
| | Lower 100m | 2.00.00 | 1.55.00 | 1.49.00 | 1.45.00 | 1.40.00 | 1.25.00 | 1.24.00 |
| | Upper 200m | 3.17.00 | 2.55.00 | 2.32.00 | 2.30.00 | 2.21.00 | 2.14.00 | 2.10.00 |
| | Lower 200m | 3.50.00 | 3.45.00 | 3.40.00 | 3.25.00 | 3.15.00 | 3.10.00 | 3.06.00 |
| IM | Upper 200m | 3.00.00 | 2.46.00 | 2.31.00 | 2.29.00 | 2.20.00 | 2.08.00 | 2.05.00 |
| | Lower 200m | 3.35.00 | 3.25.00 | 3.23.00 | 3.12.00 | 2.55.00 | 2.45.00 | 2.42.00 |

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> |
|---------------------|------------|----------|-----------|-----------|-----------|-----------|-----------|------------|
| Freestyle | Upper 50m | 33.00 | 32.00 | 30.00 | 29.00 | 28.00 | 26.00 | 25.00 |
| | Lower 50m | 1.07.00 | 1.03.00 | 59.00 | 56.00 | 54.00 | 45.00 | 45.00 |
| | Upper 100m | 1.05.00 | 1.02.00 | 1.01.00 | 1.00.00 | 59.00 | 58.00 | 57.00 |
| | Lower 100m | 1.55.00 | 1.45.00 | 1.32.00 | 1.27.00 | 1.22.00 | 1.15.00 | 1.14.00 |
| | Upper 200m | 2.29.00 | 2.23.00 | 2.12.00 | 2.10.00 | 2.08.00 | 2.05.00 | 2.03.00 |
| | Lower 200m | 3.20.00 | 3.10.00 | 3.03.00 | 2.58.00 | 2.43.00 | 2.39.00 | 2.37.00 |
| Backstroke | Upper 50m | 35.00 | 34.00 | 33.00 | 32.00 | 31.00 | 29.00 | 28.00 |
| | Lower 50m | 1.20.00 | 1.15.00 | 1.05.00 | 59.00 | 55.00 | 50.00 | 49.00 |
| | Upper 100m | 1.12.00 | 1.09.00 | 1.09.00 | 1.08.00 | 1.05.00 | 1.03.00 | 1.02.00 |
| | Lower 100m | 1.59.00 | 1.53.00 | 1.47.00 | 1.40.00 | 1.32.00 | 1.30.00 | 1.29.00 |
| | Upper 200m | 2.49.00 | 2.43.00 | 2.28.00 | 2.26.00 | 2.21.00 | 2.17.00 | 2.15.00 |
| | Lower 200m | 3.25.00 | 3.20.00 | 3.15.00 | 3.07.00 | 3.05.00 | 2.57.00 | 2.55.00 |
| Breaststroke | Upper 50m | 42.00 | 38.00 | 37.00 | 36.00 | 35.00 | 33.00 | 32.00 |
| | Lower 50m | 1.30.00 | 1.15.00 | 1.10.00 | 1.03.00 | 59.00 | 55.00 | 54.00 |
| | Upper 100m | 1.21.00 | 1.18.00 | 1.18.00 | 1.17.00 | 1.15.00 | 1.12.00 | 1.11.00 |
| | Lower 100m | 2.15.00 | 2.10.00 | 2.00.00 | 1.50.00 | 1.45.00 | 1.43.00 | 1.42.00 |
| | Upper 200m | 3.15.00 | 3.09.00 | 2.51.00 | 2.49.00 | 2.40.00 | 2.39.00 | 2.37.00 |
| | Lower 200m | 3.59.00 | 3.55.00 | 3.52.00 | 3.45.00 | 3.35.00 | 3.30.00 | 3.28.00 |
| Butterfly | Upper 50m | 35.00 | 34.00 | 33.00 | 31.00 | 30.00 | 28.00 | 27.00 |
| | Lower 50m | 1.20.00 | 1.15.00 | 1.05.00 | 59.00 | 57.00 | 53.00 | 52.00 |
| | Upper 100m | 1.12.00 | 1.09.00 | 1.09.00 | 1.08.00 | 1.05.00 | 1.04.00 | 1.03.00 |
| | Lower 100m | 2.05.00 | 1.59.00 | 1.55.00 | 1.50.00 | 1.45.00 | 1.40.00 | 1.39.00 |
| | Upper 200m | 3.15.00 | 2.55.00 | 2.35.00 | 2.33.00 | 2.25.00 | 2.23.00 | 2.20.00 |
| | Lower 200m | 3.55.00 | 3.50.00 | 3.45.00 | 3.35.00 | 3.25.00 | 3.15.00 | 3.12.00 |
| IM | Upper 200m | 3.00.00 | 2.45.00 | 2.32.00 | 2.30.00 | 2.24.00 | 2.22.00 | 2.20.00 |
| | Lower 200m | 3.35.00 | 3.25.00 | 3.20.00 | 3.15.00 | 3.07.00 | 2.59.00 | 2.57.00 |