



Tilehurst Swimming Club

Affiliated to South East Region, Swim England

TSC No Frills Last Chance County Qualifier Meet

Level 3 License: 3SE251825

Saturday 20th December 2025

Warmup at 7.45am, Racing starts 8.30am

5 lane, 25m pool equipped with anti-turbulence lane ropes. Depth: 2m. Electronic timing. No secondary strobe available. All events will be conducted in accordance with Swim England laws, regulations and technical rules for swimming.

Venue: Crosfields' Swimming Pool, Shinfield Road, Reading. RG2 9BL

1. All competitors must be a Club Compete member of an affiliated club, as defined by Swim England Law and may enter in the name of one club only. Swim England registration numbers must be included on all entries.
2. The One Start rule will apply. All events will be run on a Heat Declared Winner (HDW) basis.
3. Colorado CTS6 electronic timing will be used.
4. Results will be uploaded to Swim England rankings after the meet.
5. The closing date for entries will be **Friday 5th December 2025**
6. Age as of 20th December 2025.
7. Age groups: 9, 10, 11, 12, 13, 14, 15 years and above. Medals will not be awarded at this meet.
8. Backstroke ledges will be available.
9. Any dispute related to a matter not covered in these conditions will be determined by the Promoter. The Promoter reserves the right to amend the Meet Programme should this be required to facilitate the smooth running of the event.
10. The pool is 25m long, 2m deep; starting blocks are 0.75m above the water level.

Competing Categories

In accordance with Swim England rules, swimmers will be required to swim in one of two groups: Female or Male/Open. 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.

Events offered

50m, 100m and 200m: Freestyle, Breaststroke, Butterfly, Backstroke
200m IM

Entry fee

£8 per event

Entries

Entries will open on **Wednesday 1st October 2025** and close at midnight on **Friday 5th December 2025**. Entries will be accepted on a first come, first served basis.

Club entries should be made using the Hytek Meet Manager file that can be downloaded from the Event page on the TSC website. Please send your Hytek file to TSC.galas@gmail.com to enter the meet.

Individual entries should be made via the Individual Entry Form, which can be found at <https://www.tilehurstswimmingclub.org.uk/no-frills-meet/>

Tilehurst Swimming Club reserves the right to restrict entries, to ensure the gala runs to schedule. If oversubscribed, entries will be selected on a first come, first served basis.

A list of Accepted Entries and the Meet Programme will be posted on the TSC website by Monday 8th December 2025.

Refunds for rejected swims will be sent back to the respective clubs.

Supervision of Swimmers who are not members of Tilehurst Swimming Club

Individual entries should be accompanied by a qualified Team Manager & Coach in line with the Swim England Team Manager, Coach and Chaperone policy (SE1048) effective 1st September 2023. If you are unable to meet this requirement you must request supervision from Tilehurst Swimming Club. Tilehurst Swimming Club reserve the right to reject entries after the closing date if we are unable to meet the required supervision ratios on top of our own club swimmers. If you are entering independently, please indicate whether TSC supervision is required when completing your [online entry form](#).

Entry Fees & Payment Details:

External Club entries should be paid for via BACS:

Sort Code: 40 38 04
Account Number: 53863506
Ref: NO FRILLS<club name>
Entry fee £8 per event.

Event Programme:

*Please note that the session timings below are subject to adjustment, depending on number of entrants. Accurate session details will be confirmed by Monday 8th December 2025. Heats will be run with all ages seeded together by entry time; slowest swimmers will swim first.

Swimmers will be responsible for reporting to the stewarding area in good time for the start of their race. Starts will be 'over the top' where possible, at the referee's discretion.

Saturday 20 th December 2025 Session 1* Warmup 7.45amam Racing starts at 8.30am Estimated finish time tbc				Saturday 20 th December 2025 Session 2* Warmup tbc Racing starts at tbc Estimated finish time tbc			
1	Female	200	IM	15	Female	50	Free

2	Open/male	200	IM	16	Open/male	50	Free
3	Female	50	Back	17	Female	100	Fly
4	Open/male	50	Back	18	Open/male	100	Fly
5	Female	100	Breast	19	Female	200	Back
6	Open/male	100	Breast	20	Open/male	200	Back
7	Female	200	Free	21	Female	50	Breast
8	Open/male	200	Free	22	Open/male	50	Breast
9	Female	50	Fly	23	Female	100	Free
10	Open/male	50	Fly	24	Open/male	100	Free
11	Female	100	Back	25	Female	200	Fly
12	Open/male	100	Back	26	Open/male	200	Fly
13	Female	200	Breast				
14	Open/male	200	Breast				

Withdrawals

In order that the meet runs as smoothly as possible, a withdrawal system will be in operation. Club representatives should submit withdrawals for swimmers who are not intending to swim, by 6pm on Friday 19th December 2025, via the Google Form on the TSC website event page. There will be no refund of entry fees to swimmers who withdraw from events after the closing date of Friday 5th October 2025, unless the swimmer has a valid medical certificate.

Coach/Team Manager Passes

Passes for poolside access for the meet will cost **£15.00**. This fee includes lunch and refreshments. Only competing swimmers and swimming coaches/Team Managers with a valid pass will be allowed in the poolside area. Clubs should be aware of the recommended ratio of adults to swimmers on poolside as per the new Coach and Chaperones guidelines from swim England. Visiting clubs must ensure that sufficient fully qualified coaches and Team Managers are present poolside 15 minutes before the warmup, to meet Swim England supervision ratios.

Safety

All participants must observe the safety measures in operation at Crosfields' Pool. Swimming clubs are responsible for the supervision and behaviour of their swimmers at all times during the meet. All attendees should ensure that they listen carefully to the Swim England safety announcement which will be made at the start of the warmup.

Consideration times:

Below are the upper time limits in each age group for this gala. In order to compete in this meet, the swimmer's last time must be slower than these times. Where swimmers do not currently have a recorded time for a particular event (NT), TSC will accept reasonable time estimates.

Warmup

There will be a warmup before each session. Coaches must supervise their swimmers during this period.

Female Upper Limit Times:

Female	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15 and over
50 Free	00:30.40	00:30.30	00:29.00	00:28.60	00:28.00	00:27.90	00:27.50
100 Free	01:06.50	01:06.10	01:03.50	01:02.20	01:00.40	00:59.90	00:58.70
200 Free	02:24.90	02:24.40	02:18.00	02:14.20	02:11.20	02:10.30	02:08.00
50 Breast	00:47.60	00:42.60	00:38.20	00:36.70	00:34.75	00:32.41	00:31.00
100 Breast	01:26.50	01:25.90	01:22.00	01:19.50	01:16.60	01:16.60	01:14.80
200 Breast	03:05.00	03:03.70	02:57.80	02:51.50	02:50.10	02:48.20	02:43.00
50 Fly	00:39.40	00:35.50	00:32.00	00:30.80	00:28.30	00:28.00	00:27.00
100 Fly	01:15.00	01:15.00	01:11.50	01:09.80	01:06.60	01:06.60	01:04.30
200 Fly	02:55.50	02:55.50	02:42.70	02:39.70	02:34.00	02:31.30	02:26.70
50 Back	00:38.00	00:36.00	00:32.70	00:32.30	00:30.70	00:30.00	00:28.00
100 Back	01:14.90	01:14.90	01:11.20	01:09.20	01:07.50	01:07.50	01:04.80
200 Back	02:44.30	02:40.30	02:33.10	02:29.00	02:26.70	02:26.70	02:18.30
200 IM	02:43.40	02:43.40	02:36.80	02:32.90	02:30.10	02:29.20	02:24.20

Open/Male Upper Limit Times

Open/Male	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15 and over
50 Free	00:30.50	00:30.00	00:28.40	00:26.40	00:26.00	00:25.20	00:23.80
100 Free	01:05.90	01:05.90	01:01.80	00:58.50	00:54.70	00:53.50	00:52.50
200 Free	02:24.20	02:24.20	02:14.70	02:08.40	02:00.70	01:59.30	01:57.00
50 Breast	00:44.75	00:41.46	00:39.30	00:34.00	00:32.80	00:32.30	00:28.00
100 Breast	01:28.30	01:28.30	01:21.40	01:16.30	01:09.90	01:07.00	01:06.30
200 Breast	03:09.40	03:09.40	02:54.80	02:46.30	02:33.30	02:31.50	02:25.30
50 Fly	00:37.24	00:34.00	00:33.60	00:30.60	00:28.00	00:26.00	00:25.00
100 Fly	01:17.40	01:17.40	01:10.40	01:05.20	01:00.80	00:58.60	00:57.10
200 Fly	03:02.10	03:02.10	02:42.60	02:30.30	02:19.30	02:13.00	02:12.90
50 Back	00:38.30	00:34.20	00:34.40	00:32.60	00:29.40	00:27.70	00:25.00
100 Back	01:16.30	01:16.30	01:11.20	01:06.90	01:01.90	01:00.30	00:58.00
200 Back	02:42.70	02:42.70	02:31.30	02:23.00	02:15.80	02:12.20	02:10.50
200 IM	02:44.10	02:44.10	02:33.50	02:25.11	02:14.60	02:13.40	02:13.40

Results:

Results will be forwarded to the Swim England for inclusion in rankings.

Results will be posted poolside during the meet and afterwards at <https://www.tilehurstswimmingclub.org.uk/no-frills-meet>.

In the event of a swimmer having a query about results, they should raise this with their coach during the event; swimmers and their families should not directly raise issues about results with either the Swim England Officials, or the TSC Meets Technical Team. The referee's decision is final.

Technical Officials

We are always very grateful for any support offered by technical officials from other clubs; mentoring may be available where possible. Please use the link on the [website event page](#) if you would like to volunteer. Lunch and refreshments will be provided for all officials.

Spectators

There will be a spectator fee of £5. Spectator numbers are limited to one adult per swimmer, due to space constraints at Crosfields' Pool.

Access to changing rooms and bag storage

For the safety and welfare of swimmers, parents/supporters are not allowed in the changing rooms at any time during the meet. If parental access is required to support a swimmer, please contact the club to arrange suitable facilities. Use of photographic equipment and mobile phones is strictly prohibited in the changing rooms. For safety and space reasons, we request that all swimmers place their swimming bags in the lockers provided in the changing rooms. The lockers require a £1 coin for operation. Swimmers must wear suitable clothing and footwear on the poolside. Wet clothing is not allowed in the spectator area. Swimmers aged 18 years of age or above on the day of the meet must change in the adult designated changing rooms located in the Swimming Pool Reception area.

Use of Personal Data

Entry and results data for this meet will be held on computer. The data collected will include name, date of birth, swimming club membership, email address, swimming times, Swim England number and any other data collected as part of the entry process. Submission of an entry implies consent to the holding and use of this personal information by Tilehurst Swimming Club, as required by the 2018 General Data Protection Regulations.

This information (together with the meet results) may be used:

- to contact entrants and their clubs regarding entries and the running of the meet
- In the meet programme, which will be available to print and download on the TSC website
- In the meet documentation used by officials on the day of the meet
- to publish results at the meet venue and on the TSC website
- submit results and rankings to Swim England

By entering the meet, entrants are consenting for their data (and that of the swimmers) to be used as above, and are accepting and agreeing to abide by these conditions.

Photography and safeguarding

TSC must be mindful that images of children and adults can be misused and sharing images widely without consent may betray a confidence or identify of a child or adult, which could present a risk of harm to that individual.

Parents and carers of participants in our meet who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images. Whilst it is acknowledged that parents/carers may wish to photograph and/or record their own children when taking part in galas, it should be recognised and respected that other families may not wish for their child's image to be taken and shared in this way. Therefore, please do not post any images that include any swimmers other than your own child on social media platforms.

Should you have any concerns about photography or filming at the event please bring this to the immediate attention of either Ian Whitney or Abbie Green by going to the Tech Desk at the starting block end of the pool.

Tilehurst Swimming Club is committed to ensuring that all children who participate in our galas can take part in an

enjoyable and safe environment. If you have any child safeguarding concerns at the event, please immediately contact Ian Whitney or Abbie Green via the Tech Desk to disclose your concerns.

The full ASA Guidance on Photography and safeguarding can be found in Swim England Wavepower available at www.swimming.org

The Meet Promoter: Ian Whitney, Chair, Tilehurst Swimming Club

Email: tsc.galas@gmail.com

