



Chelsea & Westminster SC + Millfield School

present their

2025 March Grand Prix on 14th, 15th & 16th March

part of the

2024-2025 Arena Swim Series

Swim England Level 1 Licence (1SW250457)

Affiliated to Swim England Southwest Region & Swim England London Region

“High level exposure for swimmers wanting to enjoy and thrive in their competitive journey”

- PROMOTER’S CONDITIONS –



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1. MEET ADMINISTRATION:

- a. The Meet Manager for this meet is Alexander MacDonald openmeets@cswimming.com .
- b. The Promoter for this meet is Sofia Marcal Whittles.
- c. The Lead Referee is Guy Rudd
- d. A swimmer's age shall be determined as at midnight on 31st December 2025.
- e. If any of the following conditions are contravened, the Promoter and Events Team shall decide what action, if any, shall be taken against those concerned.
- f. Any issues arising that are not covered in these conditions will be addressed by the Promoter and Events Team on an individual basis.

2. VENUE:

- a. Millfield School Pool, Street, Somerset, BA16 0ST. 50m, 8 Lane, electronic timing. Backstroke ledges will be available.

3. AFFILIATION:

- a. The meet will be held under Swim England Laws and Regulations and Swim England Technical Rules of racing. The meet is licensed at Level 1 under licence number: 1SW250457

4. AGE GROUPS:

- a. Age groups are 10/11, 12, 13, 14, 15, 16, 17, 18 & Over.
- c. Age bands for finals will be:
 - Grassroots (10 - 12 year olds)
 - Junior (13 – 15 year olds)
 - Senior (16 year olds & Over)

- b. Ages as of 31st December 2025

5. COMPETING CATEGORIES:

- a. Swimmers will be required to swim in one of two groups, Female or Open/Male swimmers.
- b. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary competition policy for swimming.
- c. Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.

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6. EVENTS:

a. Individual events will be:

50m, 100m, 200m, 400m, 800m & 1500m Freestyle,
 50m, 100m & 200m Backstroke, Breaststroke & Butterfly
 200 & 400m Individual Medley

b. The following restriction apply to the below events –

i. 800m Freestyle will have a maximum of 2 heats per competing category. 1 that will be raced in the Friday PM session and 1 that is raced in the finals.

ii. 1500m Freestyle will have a maximum of 2 heats per competing category. 1 that will be raced in the Friday PM session and 1 that is raced in the finals.

7. ENTRY FEES:

a. The entry fee for each 50m, 100m, 200m & 400m event shall be £13.00 per event.

b. The entry fee for the 800m, & 1500m Freestyle will be £16.00 per event.

c. Full payment for entry fees must be received by the Meet Manager 7 days after the publishing of the accepted entry lists.

8. ENTRY PRODECURE:

a. The Opening date for entries is: **Midday 13th January 2025**

b. The Closing date for entries is: **11.59pm 9th February 2025**

c. Entries must meet the published minimum consideration standards, and all such entries will be considered. The achievement of the Consideration Time will make the swimmer eligible for consideration as an entry into the competition subject to the Promoter's Conditions. The achievement of the Consideration Time does not guarantee entry into the competition. Consideration entries will be managed to achieve an optimal number of competitors for the meet. All entry times must be verifiable from the British Swimming Rankings.

d. Entries may be restricted to keep the session times within appropriate timescales. The acceptance of competitors will be based on fastest times submitted by age group. Details of accepted and rejected entries will be posted on our website and sent out as soon as possible after the closing date. Rejected entries will be refunded.

e. The 400m IM, 800m & 1500m Free will accept the fastest times submitted regardless of age group taking conditions 6.b.i and 6.b.ii into consideration.



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f. The submission of entries, either electronically or via entry form indicates acceptance of the Meet Conditions.

g. Club entries with long course times (short course conversions will be accepted) should be submitted using the Hy-tek electronic entry file available from the meet manager or from our [website](#).

h. Individual entries may also be accepted using the Individual Entry Form also available on our [website](#).

i. All para swimming competition must have an authorised OPC Swimming, British Swimming, INAS-FID or British Blind Sport classifications, which is held on the British Swimming or IPC Swimming classification database at the time of entry.

j. Upon request of entry, a secondary strobe light is available at this event for swimmers.

k. All entries must be submitted via the online form via our [event website](#). Alternatively, entries can be sent to openmeets@cswimming.com by the closing date but the online summary form must be filled out.

l. Late entries may be considered in the event of under subscription. These must be applied for in advance of the meet by emailing openmeets@cswimming.com.

9. OVERSEAS CLUBS:

a. The Promoter reserves the right to give preference to Club entries from overseas clubs where the pre- booking of flights is required to travel to and from the Meet. All entries must meet the published qualifying times, proof may be requested. Application must be by email to the Meet Manager & Promotor on openmeets@cswimming.com. The Promoter recommends that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry. Millfield & CWSC cannot be held responsible for any costs arising.

10. REFUNDS:

a. Other than in condition 8.d there will be no refunds for withdrawals after the closing date other than for medical reasons that are accompanied by the appropriate certification.

11. MEET PROCEDURE (Heats & Finals):

a. HEATS –

i. There will be one heat session on Friday 14th March and two heat sessions (Senior & Junior) on both Saturday 15th & Sunday 16th March.

ii. The 200m Butterfly, 800m Freestyle, 1500m Freestyle and Junior 400m Freestyle events will HDW.



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iii. The fastest entered 8 competitors in the 800m Freestyle and 1500m Freestyle will swim in the Final session based on the schedule of events.

b. FINALS –

i. There will be three Age Bands for Finals.

Grassroots (10 - 12 year olds)

Junior (13 – 15 year olds)

Senior (16 year olds & Over)

ii. Grassroots Finals will be for the fastest 8 competitors in all 50s and 200s (except the 200 Butterfly). Grassroot Finals will swim before the Junior Final during the Final session of the corresponding event.

iii. Junior Finals will be for the fastest 8 competitors in all 50s, 100s, and 200s (except the 200 Butterfly). Junior Finals will swim before the Senior Final during the Final session of the corresponding event.

iv. Senior Finals will be for the fastest 8 competitors in all 50s, 100s, 200s (except the 200 Butterfly) and 400 Freestyle.

v. The 400 IM Final will only have the fastest 8 competitors in the Final regardless of age.

vi. The 800m & 1500m Freestyle will have the fastest 8 competitors swimming in the Finals.

vii. All Finals will be swum on Sat & Sun PM.

c. All heats and finals events will be seeded in accordance with World Aquatics rules.

d. Submitted entries must be in accordance with the attached consideration times. Submitted entry times shall be used for seeding and rejection purposes as required. Once an entry has been submitted improved times will not be accepted.

e. Competitors whose entries have been accepted will be expected to swim unless they have complied with the withdrawal procedures.

f. Any Para-Swimming competitor who qualifies for a final may swim in that final.

g. There will be no finals for para swimmers swimming in multi-classification events.

h. Start sheets for the heats will be provided to coaches at the meet who display a poolside pass. Start sheets for the finals will be made available during the finals warm up.

12. AWARDS:

a. Medals will be awarded to the top three placed swimmers in each age group in each individual event and 800m + 1500m Freestyle.



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b. Final medals will be given to the first 3 swimmers in in each of the Grassroots, Junior and Senior Final.

d. A cash prize will be awarded to the Highest World Aquatics Point for the top Junior Male & Female and Senior Male & Female.

13. COACHES, CHAPERONES AND PERSONAL CARE ATTENDANTS:

a. Poolside passes for coach, chaperones and personal care attendance are available at a cost of £25 per day (Sat or Sun) or £45 for Sat & Sun. Fri PM session will be free of charge for coaches, chaperones and personal care attendants. Lunch and light refreshments will be provided for coaches on Sat & Sun.

b. A free poolside pass will be provided to any club that provides an official for every session.

14. OFFICIALS:

a. Clubs are requested to supply a qualified Official for every 7 swimmers entered in the competition. However, the Promoter will not refuse entries from clubs who are unable to supply qualified Officials. In the event of an insufficient number of Officials being available for any session, the promoter reserves the right to curtail or otherwise cancel that session.

b. To sign up to officiate please email our Officials Coordinator on officials@cswimming.com or sign up via the event website by [clicking here](#).

c. Officials who officiate at any of the sessions will be entitled to Mileage Expenses at a rate of 45p per mile from their home address to the Pool Venue and return, with a limit of one claim per day, regardless of the number of sessions attended in that day. Officials should request an Expenses Application Form from a Referee which should be completed and returned to that Referee during the duration of the Meet.

15. HEALTH AND SAFETY:

a. Everyone attending the event must familiarise themselves with the location of the emergency exits, which must be always kept clear. Everyone is asked to observe all normal precautions in the pool area and when moving around Millfield School and Millfield School Pool.

b. Swimmers must not leave poolside unless they are dry and wearing clothes and shoes.



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16. DATA PROTECTION:

a. Entries and results will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required by the Data Protection Act, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be available during the meet.

17. BEHAVIOUR:

a. Millfield or CWSC are not responsible for any swimmers from other clubs. All clubs are expected to follow the SE Wave Power guidelines on coaches/chaperones to swimmer's ratio.

b. Millfield School Management or CWSC Meet Management Staff reserve the right to remove any person from the pool area, whose behaviour is either against the pool rules or the efficient running to the meet.

18. WITHDRAWAL SYSTEM:

a. Competitors (or their representatives) who are not intending to swim must submit official withdrawal forms, either electronically using the link provided or at the competition at the Withdrawals table.

i. Heats – Must be submitted into the meet organisers by 12noon on the previous day of when the event is schedule to take place.

ii. Finals – Must be submitted into the meet organiser 15min after the announcing/publishing of the finals list.

b. Any swimmer who does not swim in a final and who has not withdrawn in accordance with the conditions will be fined £25.

19. SPECTATOR TICKETS:

a. Entry is £10.00 for Sat & Sun (no concessions) or £15.00 for the weekend. Friday PM's session will be free of charge.

c. Due to the seating capacity within the Leisure Centre, for safety reasons it may be necessary to restrict spectator access during busy sessions.

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Consideration Times –

The achievement of the Consideration Time will make the swimmer eligible for consideration as an entry into the competition subject to the Promoter's Conditions. The achievement of the Consideration Time does not guarantee entry into the competition. Consideration entries will be managed to achieve an optimal number of competitors for the meet.

Open/Male									
Stroke	Distance	10/11yo	12yo	13yo	14yo	15yo	16yo	17yo	18yo +
		LC	LC	LC	LC	LC	LC	LC	LC
Freestyle	50	00:37.12							
	100	01:23.39	01:17.30	01:12.28	01:05.56	01:04.01	01:01.49	01:01.49	00:59.39
	200	02:58.32	02:45.51	02:39.00	02:25.35	02:19.05	02:14.01	02:11.49	02:08.13
	400	06:36.39	05:57.64	05:38.22	05:19.74	04:54.64	04:52.54	04:52.54	04:43.72
	800	11:05.00							
	1500	21:25.00							
Backstroke	50	00:45.76							
	100	01:33.07	01:28.87	01:23.52	01:17.22	01:14.38	01:12.28	01:09.97	01:06.72
	200	03:22.99	03:05.03	02:54.32	02:43.61	02:39.83	02:35.42	02:31.22	02:27.44
Breaststroke	50	00:53.12							
	100	01:49.86	01:43.14	01:35.06	01:29.39	01:25.50	01:23.72	01:19.10	01:16.05
	200	03:53.59	03:38.47	03:25.14	03:14.43	03:06.97	03:05.08	02:57.63	02:55.42
Butterfly	50	00:46.82							
	100	01:47.64	01:32.62	01:29.26	01:20.86	01:14.35	01:10.99	01:08.05	01:06.16
	200	04:06.81							
Ind Medley	200	03:24.00	03:04.37	02:56.91	02:43.47	02:37.49	02:33.29	02:28.04	02:24.99
	400	06:55.00							

*Converted SC times can be used.



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Female									
		10/11yo	12yo	13yo	14yo	15yo	16yo	17yo	18yo +
Stroke	Distance	LC	LC	LC	LC	LC	LC	LC	LC
Freestyle	50	00:37.17							
	100	01:21.27	01:15.18	01:11.19	01:07.62	01:07.10	01:05.63	01:04.58	01:04.58
	200	02:57.24	02:46.53	02:34.77	02:27.42	02:26.37	02:23.43	02:21.96	02:21.75
	400	06:18.53	05:52.38	05:35.06	05:16.58	05:14.58	05:14.58	05:10.38	05:04.50
	800	10:55.02							
	1500	22:00.00							
Backstroke	50	00:44.63							
	100	01:33.03	01:25.68	01:22.43	01:18.23	01:17.49	01:16.65	01:13.08	01:12.45
	200	03:16.67	03:05.01	02:53.25	02:47.79	02:44.01	02:42.75	02:41.70	02:41.07
Breaststroke	50	00:51.98							
	100	01:47.73	01:41.01	01:35.02	01:30.41	01:28.62	01:28.93	01:26.42	01:26.42
	200	03:47.22	03:32.10	03:19.82	03:09.10	03:09.10	03:07.11	03:07.11	03:03.75
Butterfly	50	00:44.63							
	100	01:41.33	01:33.66	01:26.10	01:19.28	01:18.75	01:15.18	01:15.18	01:15.18
	200	03:56.25							
Ind Medley	200	03:14.46	03:06.38	02:55.77	02:50.73	02:48.95	02:44.74	02:43.69	02:43.69
	400	07:00.00							

*Converted SC times can be used.



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Schedule of Events (Heats) –

Friday 14th March	
Session 1	
Est Warm up 1700-1745	
101	Female 400m IM
102	Open/Male 400m IM
103	800 Free Female (S)
104	800 Free Open/Male (S)
105	Female 200m Butterfly (HDW)
106	Open/Male 200m Butterfly (HDW)
107	1500 Free Female (S)
108	1500 Free Open/Male (S)

(S) Slowest Heat

Saturday 15th March	
Session 2 (Senior)	
Est Warm up 0800-0845	
201	Open/Male 200m IM
202	Female 50m Backstroke
203	Open/Male 50m Breaststroke
204	Female 200m Freestyle
205	Open/Male 200m Breaststroke
206	Female 100m Butterfly
207	Open/Male 100m Backstroke
15min break - W.up/S.Down	
208	Female 200m Backstroke
209	Open/Male 400m Freestyle
210	Female 100m Breaststroke
211	Open/Male 100m Freestyle
212	Female 50m Freestyle
213	Open/Male 50m Butterfly

Session 3 (Junior)	
Est Warm up 1210-1250	
301	Open/Male 200m IM
302	Female 50m Backstroke
303	Open/Male 50m Breaststroke
304	Female 200m Freestyle
305	Open/Male 200m Breaststroke
306	Female 100m Butterfly
307	Open/Male 100m Backstroke
308	Female 200m Backstroke
309	Open/Male 400m Freestyle (HDW)
310	Female 100m Breaststroke
311	Open/Male 100m Freestyle
312	Female 50m Freestyle
313	Open/Male 50m Butterfly

Sunday 16th March	
Session 5 (Senior)	
Est Warm up 0800-0845	
501	Female 200m IM
502	Open/Male 50m Backstroke
503	Female 50m Breaststroke
504	Open/Male 200m Freestyle
505	Female 200m Breaststroke
506	Open/Male 100m Butterfly
507	Female 100m Backstroke
15min break - W.up/S.Down	
508	Open/Male 200m Backstroke
509	Female 400m Freestyle
510	Open/Male 100m Breaststroke
511	Female 100m Freestyle
512	Open/Male 50m Freestyle
513	Female 50m Butterfly

Session 6 (Junior)	
Est Warm up 1210-1250	
601	Female 200m IM
602	Open/Male 50m Backstroke
603	Female 50m Breaststroke
604	Open/Male 200m Freestyle
605	Female 200m Breaststroke
606	Open/Male 100m Butterfly
607	Female 100m Backstroke
608	Open/Male 200m Backstroke
609	Female 400m Freestyle (HDW)
610	Open/Male 100m Breaststroke
611	Female 100m Freestyle
612	Open/Male 50m Freestyle
613	Female 50m Butterfly



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Schedule of Events (Finals) –

Session 4 Finals	
Est Warm up 1600-1625	
108	1500 Free Open/Male (F)
103	800 Free Female (F)
G	Open/Male 200m IM
J	Open/Male 200m IM
S	Open/Male 200m IM
G	Female 50m Backstroke
J	Female 50m Backstroke
S	Female 50m Backstroke
G	Open/Male 50m Breaststroke
J	Open/Male 50m Breaststroke
S	Open/Male 50m Breaststroke
G	Female 200m Freestyle
J	Female 200m Freestyle
S	Female 200m Freestyle
G	Open/Male 200m Breaststroke
J	Open/Male 200m Breaststroke
S	Open/Male 200m Breaststroke
J	Female 100m Butterfly
S	Female 100m Butterfly
S	Open/Male 400m Freestyle
Open	Female 400m IM
J	Open/Male 100m Backstroke
S	Open/Male 100m Backstroke
G	Female 200m Backstroke
J	Female 200m Backstroke
S	Female 200m Backstroke
J	Open/Male 100m Freestyle
S	Open/Male 100m Freestyle
J	Female 100m Breaststroke
S	Female 100m Breaststroke
G	Open/Male 50m Butterfly
J	Open/Male 50m Butterfly
S	Open/Male 50m Butterfly
G	Female 50m Freestyle
J	Female 50m Freestyle
S	Female 50m Freestyle

(F) Fastest Heat

Session 7 Finals	
Est Warm up 1600-1625	
107	1500 Free Female (F)
104	800 Free Open/Male (F)
G	Female 200m IM
J	Female 200m IM
S	Female 200m IM
G	Open/Male 50m Backstroke
J	Open/Male 50m Backstroke
S	Open/Male 50m Backstroke
G	Female 50m Breaststroke
J	Female 50m Breaststroke
S	Female 50m Breaststroke
G	Open/Male 200m Freestyle
J	Open/Male 200m Freestyle
S	Open/Male 200m Freestyle
G	Female 200m Breaststroke
J	Female 200m Breaststroke
S	Female 200m Breaststroke
J	Open/Male 100m Butterfly
S	Open/Male 100m Butterfly
S	Female 400m Freestyle
Open	Open/Male 400m IM
J	Female 100m Backstroke
S	Female 100m Backstroke
G	Open/Male 200m Backstroke
J	Open/Male 200m Backstroke
S	Open/Male 200m Backstroke
J	Female 100m Freestyle
S	Female 100m Freestyle
J	Open/Male 100m Breaststroke
S	Open/Male 100m Breaststroke
G	Female 50m Butterfly
J	Female 50m Butterfly
S	Female 50m Butterfly
G	Open/Male 50m Freestyle
J	Open/Male 50m Freestyle
S	Open/Male 50m Freestyle

(F) Fastest Heat



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