



Killerwhales County Countdown 2025

Saturday 22nd November & Sunday 23rd November

Event Conditions

Licence Number:



Event	Killerwhales County Countdown 2025
Date	22 nd & 23 rd November 2025
Venue	Harrow Lodge Leisure Centre, Hornchurch Rd, Hornchurch, RM11 1JU
Level	3
Age Groups	10,11,12,13,14,15,16,17+
Events	50m, 100m and 200m all strokes 400m Free 200m & 400m Individual Medley
Awards	Heat declared winners with awards for top three in each age group Top visiting female swimmer Top visiting open/male swimmer Top visiting club
Race Entry Fee	£7.00 per event
Spectator Entry Fee	£7.00/ person/session or £10.00/person/day
All Enquiries	competitions.kwsc.uk@gmail.com/events.kwsc.uk@gmail.com
Closing Date	Midnight 1 st October 2025
Meet Promoter	Louise Kicks



Rules and Conditions

1. This licensed meet is held under Swim England Law and Swim England Technical Rules of Swimming and in accordance with the promoter's conditions.
2. This competition is a category level 3 - Licensed meet
3. The competition is open to all competitors registered as Club Compete members of Swim England
4. The competition will be held in an 8 lane, 25m-deck level pool with anti-wave lane ropes. The depth of the shallow end is 2m. The blocks are 75cm above the water line at the deep end of the pool. Quantum Swiss timing will be in operation. A secondary strobe for the starting system is available.
5. Competitors ages will be Age as of 31st December
6. There will be no refunds of Entry Fees unless the Organisers for any reason reject the entries.
7. The closing date for entries is midnight on Wednesday 1st October 2025.
8. Entry fee £7 per event, all entries should be made via Club Organiser and will be subject to an additional £5 administration charge per swimmer.
9. In the event that the meet is undersubscribed, the promoters reserve the right to accept late entries providing that priority has already been given to entries received before the closing date.
10. Warm up will be 30 minutes before the advertised start times. These times may be subject to slight adjustment, but we will endeavour to finalise the times as soon as possible and notify you accordingly.
11. Age groups: 10 years, 11 years, 12 years, 13 years, 14 years 15 years, 16 years and 17 and over. Age as at the 31st December 2025.
12. All events will have an open/male and female category.
13. Heats will be swum with all age groups combined and swimmers seeded by entry times. All heats will be spearheaded and swum slow to fast, based on the entry times.
14. All events will be swum on a heat declared winner basis, the first three for each age group in each event will receive medals.
15. There are no Qualifying times but there are Upper Limit Times (please see end of document for times)
16. Warm-up procedures will be posted after the finalisation of entries

17. Swimmers with possession of a swim England certificate of Swimming disability (or international equivalent) or whose swim England membership record details of a disability sport class are welcome to enter the competition.
18. 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.
19. All results will be forwarded to Swim England to be included in British Rankings and may be acceptable in qualifying for Swim England Essex County Championships.
20. In the event of a withdrawal for a session of racing, we ask that the parent responsible for that swimmer emails the promoter Louise Kicks via events.kwsc.uk@gmail.com or the competitions email via competitions.kwsc.uk@gmail.com or in person, by the time stated on the schedule of events. Details required in the email are: Full Name, and event you wish to withdraw your swimmer from. Please take the time to withdraw so that lanes are not left empty. Failure to withdraw your swimmer in the correct manner mentioned above will result in a fine of £5 per event that isn't withdrawn from.
21. Swimmers must report to the marshalling in a timely manner before the start of their event where they will be provided their starting order. Any competitor not reporting in time will be excluded from that event.
22. There will be no on the day entries for the event.
23. Only authorised persons are permitted to be poolside during the gala.
- 24. video Recording/Photography/Mobile Telephones:**
 - All photography or video recording must fall within the guidelines on photography and video recording set out by Wavepower 2024.
 - It is requested that all mobile telephones are turned to silent during the competition and that there is no flash photography at the start of each event.
 - There may be a designated official videographer/photographer at this event. If you have not already accessed and completed the Club's Photo and Video Consent Form, please use the following link: <https://forms.gle/vNAi9wTxo65UheqX6>
 - Swim England changing room policy now prohibits all use of a mobile phone or device in a changing area during Swim England regulated activity. No photography, filming or use of mobile phones of any kind are permitted in the changing rooms or poolside. Anyone found contravening this requirement will be required to leave the facility with immediate effect and without refund.
 - In accordance with the Swim England Child 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, particularly if those images are being shared with family and friends through social media platforms. Wavepower guidance should be always followed.
25. promoters do not accept responsibility for any property. Lockers are available in the changing rooms and should be used for the safe keeping of all belongings. To use the locker, you will need a £1 coin
26. We will have a no big bag policy on poolside, please use lockers in the changing rooms, and only have one small bag per swimmer on poolside at all times.

27. Please help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways, report any issues immediately to a member of the pool staff or to the Meet Promoter.
28. We are a Nut FREE Swim Club therefore we ask that no product that contains/ may contain nuts is consumed anywhere on the premises during the event.
29. Spectator admission will be from the start of Warm up. Spectator Tickets can be purchased prior to the event via our SumUp Link/QR or on the day at the spectator entrance. It is preferred that payment be made in advance.
30. Results will be displayed on the day at the venue, as soon as possible after each event, in a position where spectators and swimmers can see the final positions for each event
31. 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.
32. All Swimming Officials shall be offered pre agreed expenses in line with the club gala expenses policy. For full details please contact treasurer.kwsc.uk@gmail.com
33. Coaches, Team Managers and Chaperones passes are available in advance for £15 per day per person this includes food (please inform us of any dietary requirements in advance) This is not transferable, team managers / chaperones pass will be free should food not be required. No one will be allowed poolside without a visible pass. Please note the ratio as per <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>
34. Swimmers, coaches, team managers, chaperones and volunteers may enter via the changing rooms to access poolside, doors will open from 14:45.
35. Spectators will enter via the canteen door located to the right-hand side of the building, doors for spectators will open from 15:00.
36. Please Park in the main carpark, only use the disabled bays if you are visibly displaying an in date blue badge, anyone parking in these bays and not displaying a badge are liable to receive a fine, parking is monitored using ANPR cameras. Parking down the side of the swimming pool is also prohibited. The club will take no responsibility for incorrect parking.
37. The promoter reserves the right to refuse admission to any person.
38. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations, and the Swim England Technical Rules of Racing.



Schedule of Events

We reserve the right to amend these times as required, any changes will be advertised in advance to all entered swimmers

Session 1

Session 2

Withdrawal closes:	15:15	Withdrawal closes:	18:00
Warm up time	15:15	Warm up	TBC
Start time	16:00	Start Time	
Event 1	Open/Male 400m IM	Event 9	Open/Male 200m Freestyle
Event 2	Female 200m IM	Event 10	Female 400m Freestyle
Event 3	Open/Male 100m Backstroke	Event 11	Open/Male 100m Breaststroke
Event 4	Female 100m Freestyle	Event 12	Female 100m Butterfly
Event 5	Open/Male 200m Breaststroke	Event 13	Open/Male 200m Backstroke
Event 6	Female 200m Butterfly	Event 14	Female 50m Backstroke
Event 7	Open/Male 50m Butterfly	Event 15	Open/Male 50m Freestyle
Event 8	Female 50m breaststroke		

Session 3Session 4

Withdrawal closes:	15:15	Withdrawal closes:	18:00
Warm up time	15:15	Warm up	TBC
Start time	16:00	Start Time	
Event 16	Female 400m IM	Event 24	Female 200m Freestyle
Event 17	Open/Male 200m IM	Event 25	Open/Male 400m Freestyle
Event 18	Female 100m Backstroke	Event 26	Female 100m Breaststroke
Event 19	Open/Male 100m Freestyle	Event 27	Open/Male 100m Butterfly
Event 20	Female 200m Breaststroke	Event 28	Female 200m Backstroke
Event 21	Open/Male 200m Butterfly	Event 29	Open/Male 50m Backstroke
Event 22	Female 50m Butterfly	Event 30	Female 50m Freestyle
Event 23	Open/Male 50m breaststroke		

**UPPER LIMIT QUALIFYING TIMES**

		Open/Male Upper Limit Qualifying Times								
		09	10	11	12	13	14	15	16	17+
Freestyle	50m	00:33.0	00:31.0	00:29.0	00:27.0	00:26.0	00:25.0	00:24.0	00:22.0	00:22.0
	100m	01:17.0	01:10.0	01:06.0	01:02.0	00:59.0	00:57.0	00:55.0	00:52.0	00:52.0
	200m	02:43.0	02:30.0	02:22.0	02:15.0	02:08.0	02:02.0	01:55.0	01:53.0	01:53.0
	400m	05:45.6	05:20.5	04:58.9	04:42.9	04:29.0	04:20.0	04:08.0	04:05.0	04:05.0
Breaststroke	50m	00:45.0	00:43.0	00:39.0	00:36.0	00:35.0	00:33.0	00:31.0	00:30.0	00:30.0
	100m	01:40.0	01:30.0	01:26.0	01:22.0	01:17.0	01:14.0	01:11.0	01:09.0	01:09.0
	200m	03:38.9	03:18.0	03:04.5	02:52.1	02:41.4	02:33.9	02:31.9	02:28.9	02:28.9
Butterfly	50m	00:38.0	00:34.0	00:32.0	00:30.0	00:29.0	00:28.0	00:27.0	00:26.0	00:26.0
	100m	01:26.0	01:18.0	01:14.0	01:10.0	01:06.0	01:03.0	01:01.0	01:00.0	01:00.0
	200m	03:39.6	03:05.3	02:46.7	02:35.2	02:25.8	02:18.3	02:10.3	02:08.3	02:08.3
Backstroke	50m	00:38.0	00:34.0	00:33.0	00:31.0	00:30.0	00:28.0	00:27.0	00:26.0	00:26.0
	100m	01:26.0	01:17.0	01:13.0	01:10.0	01:06.0	01:04.0	01:01.0	01:00.0	01:00.0
	200m	03:11.7	02:53.2	02:39.7	02:29.6	02:21.9	02:15.6	02:10.6	02:05.6	02:05.6
Individual Medley	200m	03:12.0	02:50.0	02:36.0	02:32.0	02:25.0	02:20.0	02:18.0	02:14.0	02:14.0
	400m	06:59.0	06:50.8	06:26.7	05:49.6	05:31.2	05:05.0	04:45.8	04:40.8	04:40.8

UPPER LIMIT QUALIFYING TIMES

		Female Upper Limit Qualifying Times								
		09	10	11	12	13	14	15	16	17+
Freestyle	50m	00:33.0	00:31.0	00:30.0	00:28.0	00:27.0	00:27.0	00:26.0	00:24.0	00:24.0
	100m	01:17.0	01:10.0	01:07.0	01:03.0	01:01.0	00:59.5	00:58.0	00:54.0	00:54.0
	200m	02:42.0	02:30.0	02:22.0	02:16.0	02:12.0	02:08.0	02:06.0	02:02.0	02:02.0
	400m	05:45.6	05:20.5	04:58.9	04:42.9	04:37.0	04:30.0	04:20.0	04:18.0	04:18.0
Breaststroke	50m	00:44.0	00:41.0	00:39.0	00:36.0	00:35.5	00:35.0	00:34.0	00:31.0	00:31.0
	100m	01:39.0	01:30.0	01:25.0	01:21.0	01:18.0	01:14.0	01:12.0	01:10.0	01:10.0
	200m	03:41.4	03:17.9	03:02.4	02:52.9	02:45.7	02:41.7	02:31.7	02:28.7	02:28.7
Butterfly	50m	00:38.0	00:34.0	00:32.0	00:31.0	00:30.0	00:29.0	00:28.0	00:25.0	00:25.0
	100m	01:26.0	01:18.0	01:14.0	01:11.0	01:08.0	01:05.0	01:04.0	01:00.0	01:00.0
	200m	03:39.3	03:03.5	02:46.2	02:36.0	02:29.2	02:24.7	02:14.7	02:10.7	02:10.7
Backstroke	50m	00:38.0	00:34.0	00:33.0	00:32.0	00:31.0	00:29.0	00:28.0	00:24.0	00:24.0
	100m	01:26.0	01:17.0	01:13.0	01:12.0	01:09.0	01:05.0	01:04.0	01:00.0	01:00.0
	200m	03:10.4	02:51.3	02:39.2	02:30.8	02:26.3	02:22.9	02:12.9	02:10.9	02:10.9
Individual Medley	200m	03:10.0	02:50.0	02:36.0	02:33.0	02:29.0	02:26.0	02:24.0	02:20.0	02:20.0
	400m	06:59.0	06:50.8	06:26.7	05:49.6	05:31.2	05:05.0	05:00.0	04:50.0	04:50.0