



AP RACE  
PLYMOUTH  
SUMMER OPEN  
PLYMOUTH LIFE CENTRE  
ENTRY PACK

28 - 29 JUNE 2025



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## A MESSAGE FROM THE TEAM

We are so excited to welcome you to the AP Race Plymouth Summer Open! For the second year running, the team are working hard to provide the best possible racing experiences for swimmers, coaches and spectators at this event. We have a fantastic competition pool, constant warm up and swim down facilities and a high level of professional production. The programme includes 2 mixed relay events, and we would love to see as many teams as possible join in!

To get a taste of what to expect at an AP Race Event, check out one of our post-competition videos here:

[https://youtu.be/sYkEl\\_VAeu4?feature=shared](https://youtu.be/sYkEl_VAeu4?feature=shared)

AP Race, founded in 2019, was established to provide the most exciting possible experiences within the swimming community, to launch innovative projects, and most importantly to support as many swimmers, coaches, clubs, parents and spectators as possible. By attending this event you are part of this dream and vision.

**We cannot wait to welcome you to Plymouth!**





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## 1. Upper Limit Times

Individuals times must not be faster than the times shown below

### MALE – SHORT COURSE TIMES

Events	9 - 12	13 - 14	15 & Over
50 Freestyle	29.00	27.50	25.80
100 Freestyle	1:03.00	58.00	56.50
200 Freestyle	2:09.00	2:06.00	2:03.00
400 Freestyle	/	4:50.00	4:35.00
800 Freestyle	/	9:30.00	9:05.00
1500 Freestyle	/	18:30.00	18:10.00
50 Backstroke	32.00	30.00	29.30
100 Backstroke	1:07:00	1:05.00	1:03.60
200 Backstroke	/	2:24.00	2:18.00
50 Breaststroke	35.00	33.50	32.90
100 Breaststroke	1:15.00	1:13.00	1:11.80
200 Breaststroke	/	2:39.00	2:36.95
50 Butterfly	32.00	29.00	28.10
100 Butterfly	1:07.00	1:04.00	1:02.50
200 Butterfly	/	2:28.00	2:22.90
100 Individual Medley	1:10.00	1:08.00	1:05.50
200 Individual Medley	/	2:22.00	2:19.00
400 Individual Medley	/	4:35.00	4:25.00

### FEMALE – SHORT COURSE TIMES

Events	9 - 12	13 - 14	15 & Over
50 Freestyle	32.00	29.00	28.25
100 Freestyle	1:06.00	1:03.00	1:01.30
200 Freestyle	2:20.00	2:15.00	2:13.20
400 Freestyle	/	5:05.00	4:50.00
800 Freestyle	/	10:40.00	10:10.00
1500 Freestyle	/	20:40.00	20:10.00
50 Backstroke	36.00	33.00	32.00
100 Backstroke	1:13:00	1:10.00	1:08.10
200 Backstroke	/	2:34.00	2:28.50
50 Breaststroke	38.00	36.40	35.90
100 Breaststroke	1:22.00	1:19.00	1:17.80
200 Breaststroke	/	2:52.00	2:47.70
50 Butterfly	34.00	31.50	30.50
100 Butterfly	1:12.00	1:09.00	1:07.90
200 Butterfly	/	2:35.00	2:30.50
100 Individual Medley	1:15.00	1:13.00	1:11.30
200 Individual Medley	/	2:35.00	2:29.90
400 Individual Medley	/	5:15.00	4:40.00



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## 2. Schedule

Draft timings – Subject to changes pending entries

### SESSION 1

**12:30 - 13:10 - Warm Up**  
**13:15 Heats – START**

- 101 - OPEN/MALE 400M INDIVIDUAL MEDLEY
- 102 - FEMALE 400M INDIVIDUAL MEDLEY
- 103 - OPEN/MALE 50M FREESTYLE
- 104 - FEMALE 50M FREESTYLE
- 105 - OPEN/MALE 100M BUTTERFLY
- 106 - FEMALE 100M BUTTERFLY
- 107 - OPEN/MALE 200M BACKSTROKE
- 108 - FEMALE 200M BACKSTROKE
- 109 - OPEN/MALE 1500M FREESTYLE

### SESSION 2

**Warm Up – Timings TBC**

- 201 - OPEN/MALE 200M BUTTERFLY
  - 202 - FEMALE 200M BUTTERFLY
  - 203 - OPEN/MALE 50M BREASTSTROKE
  - 204 - FEMALE 50M BREASTSTROKE
  - 205 - OPEN/MALE 200M FREESTYLE
  - 206 - FEMALE 200M FREESTYLE
  - 207 - OPEN/MALE 100M INDIVIDUAL MEDLEY
  - 208 - FEMALE 100M INDIVIDUAL MEDLEY
  - 209 - FEMALE 800M FREESTYLE
  - 210 – MIXED OPEN 4X50M MEDLEY RELAY
- 19:30 HEATS – END**

### SESSION 3

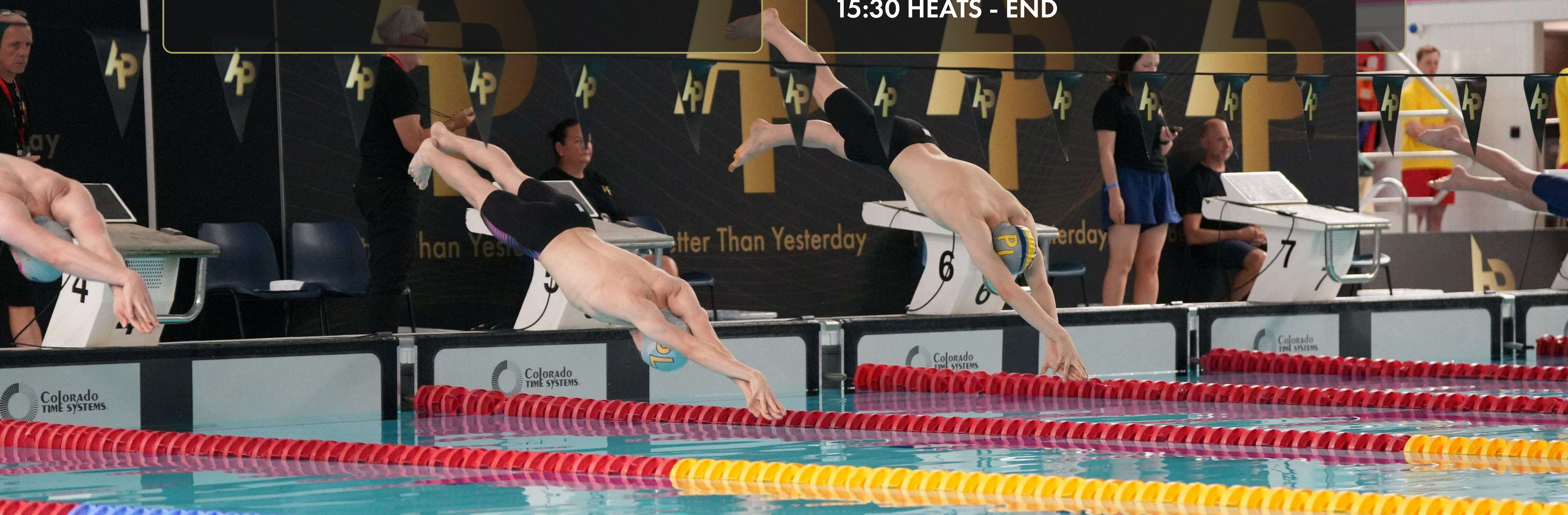
**08:30 - 09:10 - Warm Up**  
**09:15 Heats – START**

- 301 - FEMALE 200M INDIVIDUAL MEDLEY
- 302 - OPEN/MALE 200M INDIVIDUAL MEDLEY
- 303 - FEMALE 100M FREESTYLE
- 304 - OPEN/MALE 100M FREESTYLE
- 305 - FEMALE 50M BACKSTROKE
- 306 - OPEN/MALE 50M BACKSTROKE
- 307 - FEMALE 100M BREASTSTROKE
- 308 - OPEN/MALE 100M BREASTSTROKE
- 309 - FEMALE 1500M FREESTYLE

### SESSION 4

**Warm Up – Timings TBC**

- 201 - FEMALE 400M FREESTYLE
  - 202 - OPEN/MALE 400M FREESTYLE
  - 203 - FEMALE 100M BACKSTROKE
  - 204 - OPEN/MALE 100M BACKSTROKE
  - 205 - FEMALE 200M BREASTSTROKE
  - 206 - OPEN/MALE 200M BREASTSTROKE
  - 207 - FEMALE 50M BUTTERFLY
  - 208 - OPEN/MALE 50M BUTTERFLY
  - 209 – OPEN/MALE 800M FREESTYLE
  - 210 – MIXED OPEN 4X50M FREESTYLE RELAY
- 15:30 HEATS - END**





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### 3. The Venue

Plymouth Life Centre, 40 Mayflower Drive, Plymouth, PL2 3DG

### 4. Key Dates

Individual and relay entries open on **Wednesday 26th February at 6pm**  
**All entries close on Sunday 15th June 2025 at midnight.**

### 5. Key Contacts

Contact the event team via email – [events@aprace.club](mailto:events@aprace.club)

To contact the venue, please find their information here -  
<https://plymouthactive.co.uk/contact-us/>

### 6. Heat sheets

Heat sheets will be available online which will be outlined in the event confirmation pack.

### 7. Privacy Policy and Photography Consent

By entering this event you automatically agree that images may be recorded, stored, used and published for the use of promotion by AP Race and any approved rights-holding third party media bodies, of which AP Race gives agreement. This also extends to official photography within the venue.

### 8. Volunteers and Officials

Any individuals who are interested in joining our friendly team to support the delivery of this highly produced event, please get in touch via email –  
[events@aprace.club](mailto:events@aprace.club)

### 9. Spectator Tickets

Spectator tickets will be available via our website here -  
<https://events.aprace.club/events/plymouth-june-2025/>



## 10. Additional Participant Information

All attendee information for the event will be shared on the Event Hub nearer the event.

### Travel Information:

- Rail – Direct trains from London, Penzance and Cardiff all go to Plymouth Railway Station.
- Air – The nearest airport is Exeter which is approximately 50 minutes from Plymouth.

If there is any other information the team can help with or any questions you may have, please do not hesitate to contact us via [events@aprace.club](mailto:events@aprace.club)





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## 11. Promoters Conditions

### 1. Introduction

a) The competition will be held under Swim England Rules and Technical Regulations. The Meet is a Level 3 Short Course (25m) licensed meet. Licence number 3SW250632.

b) It will be held at the Plymouth Life Centre, on the 28 th and 29 th June 2025.

c) Proposed session timings could alter once entries are confirmed. A Confirmation Pack will be published at <https://aprace.club> after the closing date, or when the meet is full – whichever is first.

d) The pool is a 50m, 10 lane pool fitted with anti-wave lane ropes and the timing system is Colorado Gen 7.

e) The venue will provide a secondary strobe for those who require it – a forward note should be sent to the Event Director so the officials can be informed.

### 2. Eligibility

a) The Meet shall be open to all eligible swimmers who are members of Clubs affiliated to the Swim England, Swim Wales or Swim Scotland and are registered as "Club Compete" swimmers. Entries will also be accepted by foreign competitors who are members of a club (and therefore a federation) affiliated to World Aquatics.

b) A competitor must be a registered member, or equivalent, of the club in whose name he/she is entered, at the date of entry. Clubs in England, Wales or Scotland must be affiliated to Swim England, Swim Wales or Scottish Swimming.

c) The swimmers age for competition shall be that as 28 June 2025.

d) Entrants must have achieved an entry time slower than the Upper Limit (published in the conditions) since 1 st January 2024.

e) Improved times following entry will not be accepted.

f) Entries will be subject to checks to ensure entrants times are legitimately slower than the upper limits.

- i) Any entries faster than the Upper Limit will be automatically rejected.
- ii) Genuine errors in submission will be rectified by the Meet Promoters upon request and swims reinstated.

g) 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.

### 3. Events

a) Heats will be arranged by submitted entry times and all heats will be spearheaded.

b) A full schedule of individual events from 50m-1500m is available. There will also be 2 4x50m relays. 13/over aged swimmers can enter all events. 12/under aged swimmers will be able to enter in all 50s,100s, 200 Free and IM as well as the relays.

c) Times from relays will NOT go onto rankings.

### 4. Entries

a) Entry fees will be £10.00 for all 50m events, £12.50 for all 100m/200m events, £15 for 400m/800m/1500m events and relay entries will be charged at £20 per team with a deadline of 14th June 2025. If the meet is oversubscribed at or before this date, the entries will be closed and accepted entries will be subsequently published.

b) Submission of entries will be via the <https://swimming.events> application only

c) Entry times must:

- i) Be Short Course Metres times.
- ii) Or be Long Course Metres times converted to 25m times.
- iii) Adhere to the Upper Limit Times set out in the conditions.

d) All converted times must use the Swim England Equivalent Performance Tables (use of the ASA Tables section on <http://www.pullbuoy.co.uk/times/> is permissible).

e) Refunds will not be given for incorrect entries which result in rejection.

f) Entries will be accepted in full from clubs as they come in, the last club to enter before the meet is full may be accepted in part if timings allow.

g) The Promoter reserves the right to restrict entries in the interests of safety, time constraints and to ensure the smooth running of the competition. Where this process is invoked, the entries will be accepted on a first come first served basis. Events chosen for restrictions will be at the Promoters discretion. In this case, within each event, entries will be restricted equally per age group.

h) As the meet is first-come-first serve, the Meet Promoters may close entries prior to this date. Entries will be accepted in full from clubs as they come in, the last club to enter before the meet is full may be accepted in part if the timings allow. Once the meet is full, no further entries will be accepted.

i) The Event Director reserves the right to accept late entries on a first-come-first- served basis should the meet not be full.

### 5. Submission of entries

a) All entries for this event will be collated through the meet management system, Swimming Events (<https://swimming.events>), to find out how the meet management system works please visit their website to find out more: [https://swimming.events/how\\_it\\_works](https://swimming.events/how_it_works) - please refer to 12b for third party data protection storage in line with the Data Protection 2018 Act.

To register for a Swimming Events account please follow the steps below:

1. Sign up for a profile at Swimming Events here - <https://swimming.events/>
2. Activate your account via email.
3. Enter your profile and 'add swimmer'
4. Head to the following link once your registration is complete and you will be able to enter the event once entries open.
5. <https://swimming.events/meets/440>

c) Accepted entries will be emailed to the email address used to register on Swimming Events and will be published on the Swimming Events website.

d) All rejected swim refunds will be refunded the week after the competition.





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e) Entries will be made through swimming events, our meet management system, as this is a fast, convenient and stress-free way for you to enter our meet. As a result your data will be held by this third party, to find out how they will store your data please read their privacy policy [HERE](#).

### 6. Para-Swimming competitors

a) The general conditions for the Meet shall apply to Para-Swimming competitors. The entry system remains the same and the submission of classification can also be done via the <https://swimming.events> application.

b) Para-Swim/Disability competitors must have an authorised disability Classification, or certificate of Disability/Exception which must be declared on the entry form and be presented to the Referee at the start of the relevant session before racing commences. Failure to do so may result in disqualification.

c) The competition format will be based on para inclusion within the able-bodied programme, i.e. there will be no separate events for swimmers with impairments.

d) It is the responsibility of the competitor or competitor's representative to ensure that the entry is correctly completed for their disability.

e) All swimmers will be seeded in the heats according to their entry times.

f) Awards will be made to the Para Swimmer competitors placed first, second and third in each event based upon AGB Para Swimming Points.

i) Where there are less than four competitors in an event a minus one rule will apply.

ii) Where there is a single competitor in an event, that competitor must achieve faster than their entry time to receive an award.

### 7. Withdrawals

a) Notification may be completed via the Swimming Events application in your profile. This must be done no later than 18:00 on the 27 June 2025.

b) All withdrawals must be done through the Swimming Events Application.

c) Swimmers who fail to withdraw in the prescribed manner shall be removed from that day's remaining events in which they have been entered.

d) Refunds for withdrawal after the closing date will be provided in only exceptional circumstances. These requests will be dealt with on a case by case basis and should be detailed in the "reason" box on your Swimming Events profile.

### 8. Awards

a) All awards will be Heat-Declared Winners (HDW).

b) Awards will be given in age groups as follows: 9, 10, 11, 12, 13, 14 and 15/over.

c) Please refer to 6f. for Para-swimming awards.

### 9. Coaches/Team Managers

a) All teams must be accompanied by at least one Level 2 Swim England Swimming Coach who must have current safeguarding and DBS passes.

Team Managers on poolside must be TM1 Qualified and be DBS checked.

b) Coaches/Chaperone passes will be £10 per day or £15 for the weekend and can be purchased through the ticket source site. All coaches and chaperones must be Swim England DBS checked to gain a coaches pass and access to the poolside.

c) Accreditation must be worn at all times.

### 10. Spectators

a) Spectator tickets will be available online only, details will be communicated in the confirmation pack. Tickets will be £10.00 for each day.

### 11. Photography

a) No photography or filming of any kind is permitted in the changing rooms or village. Anyone found contravening this requirement will be required to leave the facility without refund.

b) There will be official photographers and videographers at the event and the media will be available on a password-protected website for purchase one week after the event. You have the right to withhold your consent - please contact [events@aprace.club](mailto:events@aprace.club) if you refuse consent for you or your swimmer to be photographed.

c) Mobile phones are not permitted to be used within the changing rooms or village at any time.

### 12. Data Protection

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

b) By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 2018, to the holding of personal information. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared by form of results with Swim England (Rankings), with the clubs who have entered the meet and additional third parties used for the entry process (Swimming Events).

c) A full copy of the results will be published on the website after the meet. Please be aware that links from our website (<https://aprace.club>) may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted. If any persons want to exercise their right to erasure or processing of their personal data, they will need to make a written request to the Promoter. We will only hold competition data for 12 months after which it will be destroyed.

### 13. Officials

a) All officials will be offered travel expenses which will be capped at £25.

i) Officials sharing one car will only be able to make one total claim.

ii) Mileage is based on 45p per mile from the shortest route from home address to Plymouth Life Centre.



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iii) Details of how to claim for your expenses will be provided on the day of the event.

b) For those officiating both sessions, lunch will either be provided on venue or a nominated cash amount to spend at local vendors.

c) The Promoter may accept further expenses depending on the needs of the event but must be first approved in writing by the Promoter before spending.

### 14. Promoter's Rights

a) The Promoters reserve the right to refuse admission to any competitor or spectator. For example due to previous bad behaviour, inappropriate language to spectators, competitors, volunteers or workforce.

b) The order of events may be changed at the discretion of the Regional Licensing Officer and Event Promoters in unforeseen circumstances. However, this will only be done only if absolutely necessary and entrants will be notified at the earliest opportunity.

c) Anything not covered in the above conditions will be at the discretion of the Lead Referee in conjunction with the Meet Management and Promoter. This can only be done on the day to facilitate the smooth running of the meet should it be necessary.

d) Any questions regarding the event should be directed to [events@aprace.club](mailto:events@aprace.club)