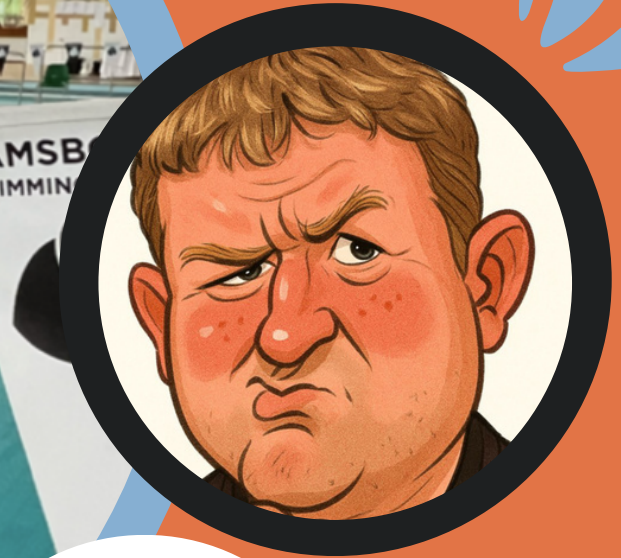




**RAMSBOTTOM
SWIMMING CLUB**



RAMSBOTTOM WINTER DASH

**LEVEL 3 SHORT COURSE
CASTLE LEISURE CENTRE, BURY**

**CLUBS AND INDIVIDUALS
WELCOME TO ATTEND.**

**CHAT TO THE AMAZING
COACHING TEAM**

**16TH
NOVEMBER
2025**

KEY GALA INFORMATION



Sunday 16th November 2025

- Events are age as the 16th Nov 2025
- Closing Date Sunday 1st Nov 25 or when full.
- £6.50 per Race (All payments Via Bank Transfer)
- External Clubs - via your Competition Secretary using the Sportsystems Entry File.
- Individual entries please complete individual entry form
- Coaches' pass with start sheets, programme, and results sheets plus entry to poolside £5.00
- OFFICIALS –Please email Rammyasc@outlook.com if you can support. Meals, refreshments and expenses paid.
- Bank Details Sort Code 01-07-26 Account Number 49531034
- Spectators £4.00 per session £7.00 all day (card machine available)
- For all other enquiries, please email Paul or Ross at Rammyasc@outlook.com
- Ramsbottom members will be sent a link to our Payment Portal



Awards

Top 3 swimmers
in age groups
from 9-14yrs
and 15 and over



Events

- 9 years to Open Age
- 50m, 100m in all strokes
- 200IM 10 years and over



WINTER DASH TIMETABLE OF EVENTS



Session 1 Warm up approx 8am Start TBC	
101	Female 200 IM
102	Male/Open 50m Back
103	Female 50m Back
104	Male/Open 100m Fly
105	Female 100m Fly
106	Male/Open 50m Breaststroke
107	Female 50m Breaststroke
108	Male/Open 100m Free
109	Female 100m Free

Session 2 Warm up approx 1pm Start TBC	
201	Male/Open 200Im
202	Female 50 Butterfly
203	Male/Open 50m Butterfly
204	Female 100m Breaststroke
205	Male/Open 100m Breaststroke
206	Female 50m Free
207	Male/Open 50m Free
208	Female 100m Backstroke
209	Male/Open 100m Backstroke

ENTRY TIMES



Swimmers must not have achieved these times or faster in that event in 12 months prior to the last day of the competition.

	Open/Male	9	10	11	12	13	14	15/Over
50	Freestyle	00:31.0	00:30.0	00:29.0	00:28.0	00:26.0	00:24.0	00:23.0
100	Freestyle	01:06.0	01:04.0	01:02.0	01:00.0	00:58.0	00:52.0	00:50.3
200	Freestyle	02:30.0	02:25.0	02:20.0	02:15.0	02:10.0	01:55.0	01:53.0
50	Breaststroke	00:42.0	00:39.0	00:37.0	00:35.0	00:34.0	00:31.0	00:31.0
100	Breaststroke	01:21.0	01:20.0	01:17.0	01:14.0	01:11.0	01:05.0	01:05.0
200	Breaststroke	03:13.0	03:10.0	03:07.0	03:00.0	02:50.0	02:20.0	02:15.0
50	Butterfly	00:33.0	00:32.0	00:31.0	00:30.0	00:29.0	00:26.0	00:23.0
100	Butterfly	01:10.0	01:08.0	01:06.0	01:04.0	01:02.0	00:56.0	00:53.0
200	Butterfly	03:15.0	02:56.0	02:30.0	02:29.0	02:20.0	02:05.0	02:02.0
50	Backstroke	00:32.0	00:31.0	00:30.0	00:29.0	00:28.0	00:25.0	00:25.0
100	Backstroke	01:08.0	01:06.0	01:04.0	01:02.0	01:00.0	00:54.0	00:54.0
200	Backstroke	03:14.0	02:55.0	02:29.0	02:28.0	02:19.0	02:04.0	02:04.0
200	IM	03:01.0	02:47.0	02:30.0	02:25.0	02:20.0	02:08.0	02:08.0

	Female	9	10	11	12	13	14	15/Over
50	Freestyle	00:32.0	00:31.0	00:30.0	00:29.0	00:28.0	00:25.0	00:25.0
100	Freestyle	01:07.0	01:05.0	01:03.0	01:01.0	00:59.0	00:53.0	00:53.0
200	Freestyle	02:31.0	02:26.0	02:21.0	02:16.0	02:11.0	01:58.0	01:58.0
50	Breaststroke	00:43.0	00:40.0	00:38.0	00:36.0	00:35.0	00:32.0	00:32.0
100	Breaststroke	01:22.0	01:21.0	01:18.0	01:15.0	01:12.0	01:06.0	01:06.0
200	Breaststroke	03:14.0	03:11.0	03:08.0	03:01.0	02:51.0	02:21.0	02:21.0
50	Butterfly	00:34.0	00:33.0	00:32.0	00:31.0	00:30.0	00:27.0	00:27.0
100	Butterfly	01:11.0	01:09.0	01:07.0	01:05.0	01:03.0	00:57.0	00:57.0
200	Butterfly	03:16.0	02:57.0	02:31.0	02:30.0	02:21.0	02:06.0	02:06.0
50	Backstroke	00:33.0	00:32.0	00:31.0	00:30.0	00:29.0	00:26.0	00:26.0
100	Backstroke	01:09.0	01:07.0	01:05.0	01:03.0	01:01.0	00:55.0	00:55.0
200	Backstroke	03:15.0	02:56.0	02:30.0	02:29.0	02:20.0	02:05.0	02:05.0
200	IM	03:02.0	02:48.0	02:31.0	02:26.0	02:21.0	02:09.0	02:09.0





Car Parking

**Castle Leisure Centre,
BL9 0HE
(via Irwell Street)**

**Bolton Street Station,
BL9 0LQ
(via Irwell Street)**

Refreshments

**Soft drinks
upstairs**

**Muddy Mochas
outside the entrance
serving hot drinks,
pastries**

**Ice Cream Van
12-2pm Sat/Sat**

LIF Swim Shop

**Swim Hats
Hoodies
T-Shirts
and more...**

Spectators

**Adults
£4 per session
£7 per day**

Card/Cash

MEET CONDITIONS

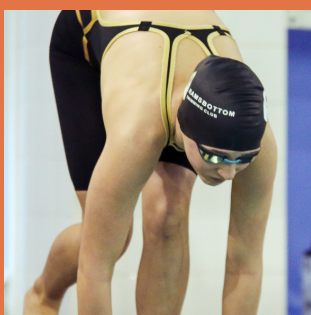


The meet is licensed at level 3 and will be held under Swim England Laws & ASA Technical Rules (with a 1 start rule) on Sunday 16th November 2025 at Castle Leisure Centre, Bolton St, Bury BL9 0EZ.

The pool is 6 lane anti-wave, 25m pool. A Omega Swiss Electronic Timing System will be used

The competition is open to amateurs only, as defined by ASA Law.

1. Age Groups are age on day at 16th Nov 2025
2. For this meet, swimmers must be registered members of Swim England as Club Compete
3. A competitor may compete in the name of one club only
4. 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.
5. Officials from the County and Regional list as applicable
6. Entries to be submitted electronically using the Sportsystems software to Rammyasc@outlook.com . Information pack will be available via email.
7. Entries shall be accepted from all clubs
8. Accepted swimmer's details will be shared with visiting clubs via email. These should be used to cross check the accuracy of swimmer entries and to allow any necessary corrections to be made.
9. Classified disability swimmers are permitted to enter without the requirement of having achieved a consideration time
10. Application for entry must have been correctly submitted by the specified date and accepted by the Promoter. The Promoter reserves the right to reject any entry. (The promoter being Ramsbottom ASC)
11. All starts will be into deep water. "Over the Top" starts will be used for all events except backstroke
12. Events are seeded on submitted times. The promoter reserves the right to reduce the number of entries to keep the meet to a reasonable length
13. All events are Heat Declared Winners.
14. Swimmers will compete in one age group only as age on date as off the 16th November 2025.
15. The 3 fastest times of the swimmers in each age group will receive an award
16. Age groups for awards are: 9, 10, 11, 12, 13, 14, 15 and over. Swimmers in each event will collect their awards as the meet proceeds



MEET CONDITIONS



18. A withdrawal system will be in operation. Competitors or their representatives must inform the organisers of their intention to withdraw at least 30 minutes before the start of the session if they do not intend to swim.
19. Notification may be made by email to the Meet Director prior to the commencement of the meet. Withdrawal messages must state NAME, CLUB, and EVENT(s).
20. There will be no refund of entry fees for such withdrawals unless the withdrawal is for medical reasons in which case an appropriate medical certificate must be provided.
21. Heat Start Lists will be made available to clubs as soon as possible after the withdrawal deadline of each session.
22. Competitors are responsible for presenting themselves to the Marshalling area. It is the swimmer's responsibility to be at the start in time for the race.
23. The promoter reserves the right to refuse admission to any competitor or spectator.
24. Anything not covered within these meet rules to be at the discretion of the meet organiser and/or the Promoter Ramsbottom ASC
25. Please note there is no swim down facility at the pool. Warm up times will be shared with clubs ahead of the meet. Coaches, you are responsible for your swimmers at all times
26. Warm up will not commence until both ends of each lane are covered
27. NO DIVING AT SHALLOW END AT ANY TIME
28. Ramsbottom ASC accepts no responsibility for loss or damage to competitors personal belongings, how so ever caused, unless such damage is caused by the negligence of the Ramsbottom ASC. All swimmers on poolside should be accompanied by a person with a coaches pass, who has had a DBS check and completed a Swim England safeguarding course
29. No glass bottles on poolside. Shoes to be worn when leaving poolside

