



SPRINT WITH★THE STARS

ENTRY PACK



LONDON AQUATICS CENTRE
LONDON
7 SEPTEMBER 2025

You are invited to Sprint With The Stars London 2025!

We are delighted to be returning to the London Aquatics Centre for the fourth edition of the Sprint With The Stars London 2025.

This year, we are going bigger and better than ever before as we welcome stars from all around the world to go head to head with future stars of Britain. With a full line up of International Stars ready to go head to head with you just weeks after the World Championships.

Whether this is your first Sprint With The Stars or you have had the opportunity to race some of the world's best athletes before in previous Sprint With The Stars, this is your chance to race the following Stars:

 CONFIRMED STAR JAMES GUY BUTTERFLY	 CONFIRMED STAR DAVID POPOVICI FREESTYLE	 CONFIRMED STAR CASPAR CORBEAU BREASTSTROKE
 CONFIRMED STAR ABBIE WOOD BREASTSTROKE	 CONFIRMED STAR MARRIT STEENBERGEN FREESTYLE	 CONFIRMED STAR LAUREN COX BACKSTROKE
 CONFIRMED STAR JACK SKERRY BACKSTROKE	 CONFIRMED STAR KATIE SHANAHAN BUTTERFLY	

Event Schedule:
timings are subject to change

Morning	
Warm Up - 08:00 - 08:40	08:00-08:20 Female 08:20-08:40 Male/Open
Heats - 09:00	101 Female 50m Backstroke 102 Male/Open 50m Backstroke 103 Female 50m Freestyle 104 Male/Open 50m Freestyle
Showcase Finals - TBC	Male/Open & Female 50m Backstroke Male/Open & Female 50m Freestyle

Afternoon	
Warm Up - 13:45 - 14:05	13:45-14:05 Female 14:05-14:25 Male/Open
Heats - TBC	301 Female 50m Butterfly 302 Male/Open 50m Butterfly 303 Female 50m Breaststroke 304 Male/Open 50m Breaststroke
Showcase Finals - TBC	Male/Open & Female 50m Butterfly Male/Open & Female 50m Breaststroke

Event Information:

[ENTER HERE](#)

Coach/Team Manager Passes:

[PURCHASE HERE](#)

Spectator Tickets:

[PURCHASE HERE](#)

Qualifying Times:

Upper = UPPER LIMIT TIMES, Lower = LOWER LIMIT TIMES

Swimmers' best time in an event must not be faster than the "ULT" or slower than the "LLT"

OPEN/MALE TIMES		9,10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15+ YRS
Open/Male 50m Freestyle	Upper	00:31.00	00:30.00	00:27.56	00:26.98	00:25.29	00:24.90
	Lower	00:49.27	00:47.72	00:45.90	00:43.20	00:40.50	00:39.15
Open/Male 50m Breaststroke	Upper	00:38.89	00:36.01	00:34.83	00:33.00	00:31.78	00:29.56
	Lower	01:05.01	01:04.40	00:58.01	00:53.01	00:51.40	00:50.90
Open/Male 50m Butterfly	Upper	00:32.86	00:30.58	00:28.96	00:28.23	00:27.82	00:26.99
	Lower	00:58.05	00:55.01	00:52.01	00:49.95	00:47.25	00:44.55
Open/Male 50m Backstroke	Upper	00:34.87	00:33.65	00:32.89	00:30.50	00:29.87	00:29.30
	Lower	00:56.70	00:55.54	00:53.32	00:49.95	00:47.25	00:46.57

FEMALE TIMES		9,10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15+ YRS
Female 50m Freestyle	Upper	00:32.29	00:31.65	00:30.04	00:29.10	00:28.08	00:27.87
	Lower	00:49.95	00:49.91	00:45.90	00:43.20	00:41.85	00:41.85
Female 50m Breaststroke	Upper	00:37.50	00:37.00	00:36.50	00:36.00	00:35.50	00:34.50
	Lower	01:00.01	00:57.51	00:57.00	00:56.51	00:55.81	00:54.67
Female 50m Butterfly	Upper	00:33.98	00:32.67	00:31.68	00:30.46	00:29.13	00:28.78
	Lower	00:54.51	00:52.51	00:52.00	00:49.95	00:47.25	00:45.90
Female 50m Backstroke	Upper	00:35.29	00:34.69	00:33.86	00:32.95	00:31.59	00:30.26
	Lower	00:55.00	00:52.00	00:51.91	00:49.95	00:47.92	00:47.25

Promoters Conditions:

1) Introduction

- a) The competition will be held under Swim England Rules and Technical Regulations. The Meet is a Level 3 Long Course (50m) licensed meet. Licence no.3LR250469.
- b) It will be held at London Aquatics Centre on 7 September 2025.
- c) Proposed session timings could alter once entries are confirmed. A Confirmation Pack will be published at sprintwiththestars.com 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 Quantum.
- e) The venue will provide a secondary strobe for those who require it. It would be useful to provide a forward note 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)
 - i) A competitor must be a registered member, or equivalent, of the club in whose name they are entered, at the date of entry. Clubs in England, Wales or Scotland must be affiliated to Swim England, Swim Wales or Scottish Swimming.
 - ii) overseas competitors who are not members of a Swim England club will need to apply and pay for Temporary membership which can be accessed by emailing info@sprintwiththestars.com
- c) The swimmers age for competition shall be that as 7 September 2025.
- d) Entrants must have achieved an entry time within the boundaries of the Upper Limit and the Lower Limit times (published in the conditions) since 1 st September 2024.
- e) Improved times following entry will not be accepted.
- f) Entries will be subject to checks to ensure entrants legitimately fall between the Upper and Lower limit times.
 - i) Any entries faster than the Upper Limit or slower than the Lower 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) Following the confirmed heats results, the top 9 swimmers in each age group will be invited to race in the Showcase Final with the respective "Star Swimmer".

4) Showcase Finals

- a) Showcase Finals will be split into 9, 10, 11, 12, 13, 14, 15/ over age group.
- b) In the Showcase Final, Lane 4 will be occupied by a designated International Swimming Star for the finalists to race against. Their time will not be official and will not be eligible for rankings.
- c) Withdrawals from showcase finals must be notified to the timing suite within 20 mins of the conclusion of the heats of the relevant event.
- d) There will be a reserve showcase finalist for each age group.
- e) Competitors must report to the Competition Stewards in the Call Room for heats and showcase finals and follow their direction. It is an athlete's responsibility to report in good time for their event. Upon entry, the athlete must ensure that they report to a steward and be registered as being present.
 - i) All competitors are required to report to the Call Room in sufficient time and be available to parade for their event.
 - ii) They must enter the Call Room 'race ready' as under normal circumstances having entered the Call Room they should remain in its confines until lead onto the pool deck for their race.
 - iii) Coaches/chaperones will not be allowed in the call room area at any time.

5) Entries

- a) Entry fees will be £20 per race with a deadline of 31 August 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 Long Course Metres times
 - ii) Or be Short Course Metres times converted to 50m times.
 - iii) Adhere to the Upper and Lower 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) 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.

g) As the meet is first-come-first-serve, the Meet Promoters may close entries prior to this date.

h) If the meet happens to be undersubscribed, the Event Director reserves the right to accept late entries on a first-come-first-served basis if the entry time(s) are within the ULTs, should the meet not be full. No entries will be accepted if they are faster than the ULTs.

i) Submission of entries

i) Any queries on the submission of entries should be directed to info@sprintwiththestars.com

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

k) Entries will show as "pending" on the Swimming Events site until the entries are closed and the first draft of accepted entries is released.

l) A draft programme will be posted after the entries closing date. All rejected swim refunds will be refunded the week after the competition.

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) 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.

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

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

e) Para-swimmers will be included within the results for their age group.

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 6 September 2025.

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

c) Swimmers who fail to withdraw in the prescribed manner in point 7a will not receive a refund.

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 portal.

8) Coaches/Team Managers

a) Coaches/Chaperone passes will be £20 for the day 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. Any parent wishing to act as a coach must also be DBS checked and registered as a member of the club they are representing with Team Manager status. Proof of the above must be provided prior to the event to be approved the pass. Please ensure you are abiding by the Swim England supervision ratios [HERE](#).

b) Accreditation must be worn at all times.

c) You will be required to provide the proof for DBS and Swim England membership following the purchase of the coaches/chaperone passes on the ticket source site.

d) For any swimmers without a coach or team manager present:

i) Swimmers must stay with their parent/guardian when not competing.

ii) A detailed description of the athlete flow and procedures will be published in the Confirmation Pack to all accepted entrants.

iii) Sprint With The Stars will arrange for a number of volunteers to be present in the athlete seating area to assist and/or answer questions.

iv) The process of warm up and call rooms will be spoken through by the Host so all swimmers are aware of the procedures.

e) The event operates under Swim England's Safeguarding protocols – please see the latest information in Wavepower 2024: <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>

9) Photography

a) No photography, recording or filming of any kind is permitted in the changing rooms or village. This includes any use of a mobile phone. Anyone found contravening this requirement will be required to leave the facility without refund. Please see Swim England's updated policy: <https://www.swimming.org/swimengland/wavepower-mobile-devices/>

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 info@sprintwiththestars.com if you refuse consent for you or your swimmer to be photographed.

10) 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 1998, 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) and the clubs who have entered the meet.

c) A full copy of the results will be published on the website after the meet. Please be aware that links from our website (sprintwiththestars.com) 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.

11) Officials

a) All officials will be offered travel expenses which will be capped at £40.

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 LAC

iii) A form will be provided to all attending officials immediately post-event

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

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

12) Promoter's Rights

a) The Promoters reserve the right to refuse admission to any competitor or spectator.

b) The order of events may be changed at the discretion of the Promoters. However, this will only be done if 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 Promoters and the Event Director.

Of course, this event will rely on an amazing team of officials and volunteers to support the running of the event, if you would like to get involved please get in touch [HERE](#).

We cannot wait to welcome you to the world famous London Aquatics Centre as you take to the blocks and race some of the best athletes just weeks after the Aquatics World Championships. Our Stars won't be going down without a fight as you race them to victory.

