



Plymouth Life Centre

7th & 8th March 2026

Held under SE Laws and Regulations and SE Technical Rules of Racing

License No: 1SW260434

MEET OVERVIEW

Venue: Plymouth Life Centre, Plymouth PL2 3DG
10-Lane 50m Racing Pool, ROMA09-TRK Starting Blocks
2 Metres throughout and 140mm FINA regulation lane lines
3-Lane 25m Swim Down Pool
Electronic Timing & 10-Lane Video Display Screen Integrated
On Site Cafeteria

Meet License: Level 1

Entry Times: Entries must meet the qualifying times for each event.

Main Purpose: Entry into National Competitions* & Regional Championships in 2026

* Subject to individual Regional and National Qualification windows.

Age Groups: 10/11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 yrs & 17+ yrs

Ages as at: 31st December 2026

Awards:

Medals to first 3 in all Age Group Events

Open/Male & Female Highest World Aquatics Points £100 Cash Award

Top Visiting club award: £200

Fees:

Race Entry Fee

50m, 100m, 200m & 400m (excluding IM) £9

400m IM, 800m & 1500m £14

(Deck entries will incur a £2 supplement per event)

Coach/ TM Pass:

One Day Pass	£10
Weekend Pass	£15

Spectator entry fee £5 per day or £8 for weekend – please enter through doors above Leisure Pool only – wristbands will be supplied as proof of payment

Free car parking on site

Entries To: opsmanager@plymouthleander.com

Entries Close: Midnight on Saturday 21st February 2026

Program of Events

Saturday 7 th March 2025		Sunday 8 th March 2025	
Session 1: Warm-Up: 08:30 Start: 09:30		Session 3: Warm-Up: 08:30 Start: 09:30	
101	Open/Male 400 IM	301	Female 400m IM
102	Female 200m Butterfly	302	Open/Male 200m Butterfly
103	Open/Male 200 Freestyle	303	Female 200m Freestyle
104	Female 100m Freestyle	304	Open/Male 100 Freestyle
105	Open/Male 50m Breaststroke	305	Female 50m Breaststroke
106	Female 50m Backstroke	306	Open/Male 50m Backstroke
107	Open/Male 100 Butterfly	307	Female 100m Butterfly
108	Mixed 1500m Freestyle	308	Mixed 800 Freestyle
Session 2: Warm-Up: TBC Start: TBC		Session 4: Warm-Up: TBC Start: TBC	
201	Female 200 IM	401	Open/Male 200m IM
202	Open/Male 200m Breaststroke	402	Female 200m Breaststroke
203	Female 100m Breaststroke	403	Open/Male 100m Breaststroke
204	Open/Male 400m Freestyle	404	Female 400m Freestyle
205	Female 200m Backstroke	405	Open/Male 200m Backstroke
206	Open/Male 100 Backstroke	406	Female 100m Backstroke
207	Female 50 Fly	407	Open/Male 50 Fly
208	Open/Male 50 Freestyle	408	Female 50 Free

Qualifying Times – Long Course

Age of swimmers will be as at 23:59 on Sunday 31st December 2026.

Times must be on Rankings (Level 1 - 4 meet)

Lower Qualifying times apply.

All entry times should be converted to Long Course times and have been achieved since 1st September 2024.

MALE							
Event	10/11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17/ov
50m Freestyle	42	37.6	35.6	33.1	30.2	29	27.8
100m Freestyle	1:41.0	1:37.0	1:21.0	1:14.0	1:08.0	1:04.0	1:00.0
200m Freestyle	3:57.0	3:26.0	3:05.0	2:48.1	2:32.0	2:25.0	2:14.8
400m Freestyle	7:06.0	7:06.0	6:21.0	5:41.0	5:19.0	5:09.0	4:45.0
800m Freestyle	14:30.0	14:07	13:37	12:38	11:09	10:49	10:25
1500m Freestyle	24:40.0	24:14:00	24:14:00	22:16	22:16	21:16	20:12
50m Breaststroke	57.6	53.6	47.7	44.2	40.3	39.3	36.3
100m Breaststroke	2:11.0	2:01.0	1:49.0	1:38.0	1:27.0	1:25.0	1:24.0
200m Breaststroke	4:32.0	4:22.0	4:12.0	4:02.0	3:13.0	3:08.0	2:56.0
50m Backstroke	50.4	45.4	43	38.8	35.3	34.6	31.6
100m Backstroke	1:51.0	1:41.0	1:34.0	1:23.0	1:16.0	1:12.0	1:10.0
200m Backstroke	4:06.0	3:56.0	3:22.0	3:22.0	2:45.0	2:45.0	2:29.0
50m Butterfly	59.8	45.4	43.3	38.5	33.1	32.1	28.7
100m Butterfly	2:00.6	2:01.0	2:01.0	1:43.0	1:20.0	1:16.0	1:12.0
200m Butterfly	3:56.3	3:56.3	3:56.3	3:31.5	3:24.0	3:12.0	2:48.0
200m Ind Medley	4:00.0	4:00.0	3:42.0	3:22.0	2:42.0	2:42.0	2:33.0
400m Ind Medley	06:44.0	6:44.0	6:44.0	6:25.0	6:05.0	6:00.0	5:32.0
FEMALE							
Event	10/11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17/ov
50m Freestyle	43.5	36.2	35.1	32.9	31	30.1	29.9
100m Freestyle	1:43.0	1:25.3	1:19.0	1:13.0	1:08.2	1:06.0	1:06.0
200m Freestyle	3:59.0	3:05.0	2:53.0	2:41.0	2:30.0	2:29.0	2:27.0
400m Freestyle	7:53.0	6:50.0	6:10.0	5:49.0	5:29.0	5:10.0	5:19.0
800m Freestyle	15:00.0	14:37	14:07	12:08	11:38	11:09	11:09
1500m Freestyle	26:33.0	26:13:00	26:13:00	25:14:00	23:15	22:01	20:57
50m Breaststroke	57.6	49.5	46.1	43	42.7	40.8	38.8
100m Breaststroke	2:11.0	1:50.0	1:41.0	1:35.3	1:33.0	1:29.0	1:27.0
200m Breaststroke	5:00.0	3:57.0	3:47.0	3:29.0	3:19.0	3:12.0	3:09.1
50m Backstroke	48.9	43.5	40.7	37.5	35.7	35.6	35.6
100m Backstroke	1:52.0	1:36.0	1:29.0	1:23.0	1:18.0	1:17.0	1:16.0
200m Backstroke	4:06.0	3:27.0	3:12.0	2:55.9	2:48.0	2:45.3	2:44.2
50m Butterfly	55.3	44.4	42.5	36.5	34.8	34	33.1
100m Butterfly	2:01.0	2:01.0	1:42.0	1:32.0	1:23.0	1:19.0	1:17.0
200m Butterfly	4:10.3	4:10.3	4:10.0	3:51.0	3:17.0	3:12.0	3:12.0
200m Ind Medley	4:20.0	3:35.0	3:17.0	3:02.0	2:54.0	2:48.9	2:44.0
400m Ind Medley	06:44.0	6:44.4	6:44.4	6:35.0	6:25.0	6:25.0	6:25.0

MEET CONDITIONS

1. General Information

1. The meet will be held at the Plymouth Life Centre on Saturday 7th & Sunday 8th March 2026.
2. The meet will be held under Swim England (SE) Laws and Regulations and SE Technical Rules of Racing and is licensed at Level 1. All swims will be submitted to SE Rankings provided licensing conditions are met.
3. The meet is promoted by Plymouth Leander Swimming Association (PLSA), affiliated to Devon ASA.
4. The Meet Promoter is Dani Hoyle (opsmanager@plymouthleander.com)
5. Any situation not covered by these conditions will be referred to the Lead Referee and/or Meet Promoter. Decisions will be made in accordance with SE Laws and Technical Rules, or in the spirit of fairness and equity. The Referee's decision is final.

2. Eligibility & Categories

6. All swimmers must be members of a club affiliated to Swim England, Swim Wales or Scottish Swimming, or an equivalent recognised international governing body.
7. All British swimmers must be appropriately registered (Club Compete / Cat 2 or equivalent).
8. Age groups are determined by the swimmer's age at 31st December 2026.
9. Swimmers will compete in one of two categories:
 - Female – for birth sex females, in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering this category, swimmers confirm their birth sex is female.
 - Open/Male.

3. Events, Seeding & Format

10. All events will be run on a Heat Declared Winner (HDW) basis.
11. Heats will be seeded slowest to fastest. The final heat of each event will be spearheaded where applicable.
12. 50m, 100m, 200m and 400m events will be single gender heats.
13. 800m and 1500m events will be mixed gender heats.
14. The Referee may request races to be started over the top.
15. Backstroke starting ledges will be used.
16. Any swimmer unable to execute a safe dive into shallow water must start from the side of the pool.

4. Entry Times & Qualification

17. All entry times must be verifiable on British Rankings (www.swimmingresults.org) or a recognised international ranking database.
18. Times accepted will be the fastest long course time or short course time converted to long course, whichever is faster.
19. Minimum qualifying times by age group and category must be met.

20. The Meet Promoter reserves the right to check entry times. Incorrect or falsified times may result in swimmers being scratched without refund.

5. Entries & Fees

21. Entries of more than five swimmers must be submitted via a Hy-Tek entry file.

22. Entries of five swimmers or fewer may be submitted using the official entry form, subject to a £1 per event surcharge.

23. Entry fees:

- £9 per 50m, 100m, 200m or 400m event

- £14 per 800m or 1500m event

24. Late or deck entries, where permitted, will incur an additional £2 per event.

25. Payment details will be provided once entries have closed and been processed.

26. Payment must be received prior to the meet. Late payment may incur a £10 administration fee.

6. Oversubscription, Acceptance & Reserves

27. If oversubscribed, entries will be accepted on a fastest-first basis by age group across all events, excluding events below.

28. Event limits may apply:

- 1500m: maximum 4 heats

- 800m: maximum 5 heats

- 400m: maximum 5 heats

29. Scratches will be proportionally applied across age groups and genders where required, across all events.

30. A reserve list may be operated. Reserve swims cannot be guaranteed.

31. The Meet Promoter reserves the right to accept additional entries for under-subscribed events after the closing date.

7. Withdrawals & Refunds

32. No refunds will be issued after acceptance of entries except in the following circumstances:

- Medical withdrawal supported by a doctor's note or written confirmation from the swimmer's Head Coach.
- Selection for country representation on the same day.

33. Approved refunds will be processed post-meet and may be subject to an administration fee.

8. Disability & Para Swimmers

34. Disability swimmers may enter provided they hold an authorised SE/IPC classification or Certificate of Disability / Function Ability Card.
35. Swimmers must present classification documentation to the Referee prior to competition.
36. A secondary starting strobe is available and must be requested at entry.

9. Poolside, Coaching & Passes

37. All teams must be accompanied by a qualified Level 2 coach with current DBS and Safeguarding certification.
38. Team Managers must be TM1 qualified and DBS checked.
39. Poolside passes must be requested with entries and worn at all times.
40. Bag restrictions apply: no large bags poolside. Lockers must be used.

10. Marshalling & Sign-In

41. Swimmers must report to marshalling when called.
42. Failure to report may result in withdrawal from the event.
43. Sign-in is required for all 400m, 800m and 1500m events.

11. Awards & Points

44. Medals will be awarded to the top three swimmers in each age group and category.
45. Age Groups: 10-11, 12, 13, 14, 15, 16, 17+ years.
46. Para swimmers will be awarded placings on the same basis as able-bodied swimmers (1st–3rd), with a sole entry required to equal or better their submitted entry time to be eligible for a 1st place award.

12. Officials

47. Clubs are expected to supply one Swim England licensed official for every ten swimmers entered, in accordance with SE licensing guidance. Officials should sign up using the following link:
<https://swim-meet.com/Availability/?m=8393>
48. Officials will receive refreshments and may claim expenses in line with the Officials Expenses Policy. Details can be found at the end of this document.
49. In the event that sufficient qualified officials are not available, the Meet Promoter reserves the right to reduce lanes, scratch swimmers and/or cancel sessions to ensure Swim England licensing requirements are met.

13. Health, Safety, Safeguarding & Photography

50. The meet will operate in accordance with Swim England Wavepower safeguarding policies and procedures.
51. Photography must comply with SE guidance. **The use of any device with video or photo capture capability are strictly prohibited in the toilets, changing rooms or changing areas at any time. Strict sanctions will be imposed if this rule is broken.**

52. Swimmers must be appropriately dressed when leaving poolside.

53. Changing on poolside or in spectator areas is forbidden.

14. Spectators

54. Spectators may view from the gallery.

55. Admission charges:

- £5 per day
- £8 for weekend

15. Data Protection

56. By submitting an entry, consent is given for personal data to be processed in accordance with the Data Protection Act 2018 and GDPR for meet administration and results publication.

16. Results & Rankings

57. Results will be published after the meet.

58. Times will be submitted to Swim England Rankings subject to all licensing conditions being satisfied, including the availability of qualified officials for each session.

Officials Travel & Expenses Policy

GDPR Statement

By completing an expense form you understand that the Meet Promoters will be gathering personal data/information about you. We do this in order to provide an accurate record of expenditure for accounting purposes and to enable us to accurately process your claim for expenses, we do not share your data with third parties. We will hold the information securely and access will be controlled by the appointed the Promoter's Officials Coordinator, this will include sharing certain information with the Treasurer for payment purposes. The information will be retained for a maximum of 12 months from the date of the form. If you have any complaint or questions in respect of the use of your data, please contact the Meet Promoter.

Mileage

Mileage will be checked and verification may be requested before payment is made. Mileage will be paid at an agreed rate of 45 pence per mile. Mileage will normally be paid for one return journey between the home address and the venue and for complete sessions only. Up to a maximum of £60 for officials attending a whole day. Officials not completing full days will be reimbursed on a pro rata basis (relevant to the number of sessions worked, up to £20 per session). Total mileage claims must not exceed £120 unless by prior agreement with the promoter. If the journey starting point differs from the home address payment will be made for whichever is the shorter distance.

Where an official has a competing swimmer at boarding school, mileage will normally only be paid from swimmer's home club/school. Please check with the official's coordinator before claiming. Officials who work incomplete sessions (e.g. half of one session) will not be reimbursed for that session.

Accommodation

Expenses for accommodation will normally only be paid for key Officials i.e. Referees and only with prior agreement from the Meet Promoter. The journey must be in excess of 1.5 hour. Any event with consecutive days; a maximum claim of 1 night per weekend, unless by prior agreement with the promoter/coordinate. Claims for accommodation on the night prior to competition (e.g. Friday night) are not normally claimable, unless with prior agreement. Please check with the Officials Coordinator. Officials must work complete sessions or a combination of sessions and more than one day. Accommodation to be shared where possible.

Where an official has a competing swimmer at boarding school, mileage will normally only be paid from swimmer's home club/school. Please check with the Officials Coordinator before claiming, whichever is the shorter. Officials who work incomplete sessions (e.g. half of one session) will not be reimbursed for that session.

Evening Meal

This is normally paid for those who have approval for overnight accommodation and where an evening meal is **not** provided. A detailed receipt **MUST** be attached to the claim form. The current rate is a maximum of £17.50 per night (can include one alcoholic drink).

Additional information

If we are in the fortunate circumstance where the number of available volunteer officials exceeds licensing requirements; the promoter reserves the right to select/de-select officials. Those who fulfil Meet duties requested by the Events Management Team are not entitled to claim expenses. Trainee Officials being mentored by qualified officials cannot normally claim expenses, in these cases, please check with the Officials Coordinator first.

Officials not claiming mileage expenses (including Promoter's Officials) can claim the following for complete sessions only:

1 Session £5

2 Sessions £10

3 Sessions £20

4 Sessions £30

5 Sessions £40

6 Sessions £50

The Meet Promoter reserves the right to make exceptions under unusual or extraordinary circumstances.

Appendix 1

Para Consideration Time

Short Course Consideration Standards - Male

	50m FREESTYLE	100m FREESTYLE	200m FREESTYLE	400m FREESTYLE	800m FREESTYLE	1500m FREESTYLE	50m BACKSTROKE	100m BACKSTROKE	200m BACKSTROKE	50m BUTTERFLY	100m BUTTERFLY	200m BUTTERFLY
S1	02:11.22	06:45.16	08:05.74				02:07.14	04:27.46		02:16.68		
S2	01:42.66	03:54.86	08:05.74				01:52.40	03:52.10		02:16.68		
S3	01:18.17	02:54.81	06:05.38				01:18.83	03:00.13		01:22.60		
S4	01:03.75	02:21.07	05:04.44				01:13.75	03:06.25		01:13.32		
S5	00:53.57	01:54.82	04:14.74				00:59.60	02:05.97		00:57.83	02:54.98	
S6	00:49.45	01:48.56	03:52.81	08:00.49	16:45.41	31:47.32	00:58.34	02:06.68	04:36.78	00:53.35	01:56.89	
S7	00:46.38	01:42.24	03:44.38	07:43.05	17:04.33	31:54.61	00:57.07	01:55.58	04:28.79	00:53.89	02:03.44	
S8	00:44.35	01:37.26	03:34.35	07:22.31	16:25.12	31:16.29	00:52.14	01:47.41	03:51.35	00:46.73	01:41.85	03:02.59
S9	00:41.28	01:29.71	03:16.81	06:58.64	14:57.02	27:59.58	00:46.99	01:38.48	03:48.09	00:45.24	01:39.11	02:47.42
S10	00:38.15	01:22.79	03:11.81	06:38.77	14:15.37	26:43.35	00:45.85	01:37.39	03:30.10	00:41.60	01:32.29	02:45.57
S11	00:44.56	01:36.30	03:36.34	07:32.80	16:04.68	28:10.82	00:51.09	01:54.55	04:57.24	00:48.81	01:48.32	03:14.73
S12	00:40.56	01:28.38	03:29.58	06:56.58	16:04.68	28:10.82	00:45.12	01:37.82	03:36.02	00:42.58	01:35.96	02:46.29
S13	00:39.75	01:28.55	03:17.13	06:39.89	16:04.68	28:28.75	00:45.03	01:37.27	03:42.55	00:41.82	01:34.86	02:45.37
S14	00:37.84	01:24.74	03:09.63	06:47.71	13:46.88	26:29.86	00:41.51	01:36.75	03:34.79	00:40.83	01:33.91	02:44.47
	50m BREASTSTROKE	100m BREASTSTROKE	200m BREASTSTROKE				100m IM	200m IM	400m IM			
SB1	02:43.76	03:55.64					SM1	09:07.77				
SB2	01:43.21	03:55.64					SM2	09:07.77				
SB3	01:22.02	03:02.82					SM3	03:45.62	06:00.52			
SB4	01:15.11	02:35.53	09:24.84				SM4	02:42.74	06:00.52			
SB5	01:08.02	02:24.64	05:14.58				SM5	02:14.28	04:42.10			
SB6	01:04.00	02:18.12	04:59.98				SM6	02:06.94	04:30.76	09:36.95		
SB7	00:58.57	02:06.79	04:55.82				SM7	02:01.24	04:19.11	09:36.95		
SB8	00:53.36	01:55.69	04:09.39				SM8	01:49.92	03:53.17	08:30.78		
SB9	00:49.45	01:48.10	04:08.81				SM9	01:40.42	03:40.47	08:16.25		
SB11	00:54.40	01:57.81	04:18.45				SM10	01:37.80	03:30.88	08:21.62		
SB12	00:52.09	01:55.14	04:11.58				SM11	01:48.94	03:55.87	08:03.62		
SB13	00:51.31	01:42.44	03:55.65				SM12	01:41.03	03:42.07	08:03.62		
SB14	00:46.83	01:44.16	03:58.49				SM13	01:39.62	03:36.65	07:57.61		

Short Course Consideration Standards - Female

	50m FREESTYLE	100m FREESTYLE	200m FREESTYLE	400m FREESTYLE	800m FREESTYLE	1500m FREESTYLE	50m BACKSTROKE	100m BACKSTROKE	200m BACKSTROKE	50m BUTTERFLY	100m BUTTERFLY	200m BUTTERFLY
S1	01:32.05	03:22.01	08:34.03				01:54.89	03:58.65		01:26.33		
S2	01:35.23	03:59.84	08:26.28				01:53.68	03:58.97		01:39.74		
S3	01:20.38	02:50.49	05:51.95				01:26.00	03:00.71		01:44.26		
S4	01:09.26	02:30.87	05:26.42				01:29.93	03:03.55		01:28.06	03:48.43	
S5	01:03.56	02:18.74	04:45.11				01:12.49	02:36.01		01:22.50	03:05.84	
S6	00:58.17	02:06.36	04:31.93	09:08.91	24:04.30	37:34.22	01:07.27	02:21.98	04:55.02	01:01.93	02:23.90	
S7	00:54.69	01:56.55	04:14.00	08:44.50	20:09.69	34:35.33	01:01.27	02:07.45	05:02.29	00:58.89	02:17.56	
S8	00:51.70	01:51.52	03:54.28	07:54.91	18:34.06	32:23.68	01:00.71	02:01.36	04:21.51	00:56.85	02:02.81	05:02.96
S9	00:47.94	01:45.32	03:51.90	07:52.57	14:56.90	29:02.65	00:54.98	01:54.53	04:02.62	00:48.79	01:54.09	04:18.79
S10	00:46.27	01:41.01	03:33.15	07:33.37	16:12.59	31:33.56	00:51.83	01:54.68	04:03.69	00:48.31	01:47.32	03:59.55
S11	00:51.24	01:50.24	04:05.92	08:34.42	18:11.47	36:45.80	01:01.93	02:11.27	04:52.72	00:55.95	02:10.51	04:28.89
S12	00:45.12	01:39.62	03:41.29	07:37.20	16:55.87	29:40.51	00:55.42	01:51.83	04:26.07	00:50.22	01:50.67	04:22.46
S13	00:46.02	01:38.33	03:38.50	07:40.12	16:30.22	30:25.63	00:51.56	01:48.10	04:00.04	00:49.71	01:48.66	04:16.14
S14	00:43.32	01:38.36	03:30.31	07:32.34	15:02.02	29:49.66	00:47.70	01:51.66	03:56.69	00:46.07	01:49.17	04:25.57
	50m BREASTSTROKE	100m BREASTSTROKE	200m BREASTSTROKE				100m IM	200m IM	400m IM			
SB1	02:21.36	05:22.27					SM1	05:47.40				
SB2	01:56.40	04:23.19					SM2	05:47.40				
SB3	01:28.86	03:43.58					SM3	03:51.27	08:18.47			
SB4	01:22.02	02:57.29	05:51.61				SM4	03:17.98	07:04.74			
SB5	01:14.00	02:42.01	05:51.61				SM5	02:40.43	05:43.98			
SB6	01:14.85	02:35.52	06:10.87				SM6	02:27.64	05:00.02			
SB7	01:10.30	02:27.64	05:36.63				SM7	02:21.22	04:54.22			
SB8	01:01.29	02:08.42	04:43.53				SM8	02:02.86	04:24.91	10:29.97		
SB9	00:54.64	02:00.22	04:27.16				SM9	02:02.11	04:12.50	08:51.47		
SB11	01:05.48	02:24.55	05:16.59				SM10	01:50.52	04:00.46	09:04.54		
SB12	00:56.88	02:03.42	04:28.79				SM11	02:13.82	04:33.77	10:17.58		
SB13	00:58.57	02:07.16	04:38.00				SM12	01:57.01	04:14.34	09:07.20		
SB14	00:53.60	02:03.52	04:30.95				SM13	01:55.40	04:09.15	09:07.20		
							SM14	01:46.78	04:03.25	09:00.35		