

PL

PLYMOUTH
LEANDER
SWIMMING

CARDINAL
PERFORMANCE SWIMMING



**PLYMOUTH LEANDER
XMAS LEVEL 3
OPEN MEET 2026**

6, 12 & 13 DECEMBER 2026

PLYMOUTH LIFE CENTRE

License Number:

3SW262572 / 3SW262573

PROGRAM OF EVENTS

Male & Female: 9yrs, 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15 yrs, 16 yrs & 17yrs+

9 & 10 year olds may enter all events, except the 400m Individual Medley, 800m and 1500m events.

Sunday 6 th December Session 1 Warm Up TBC– Start TBC				Sunday 6 th December Session 2 Warm Up – TBC			
No	M/F	Event		No	M/F	Event	
101	Mix	400m Freestyle	HDW	201	Mix	800m Freestyle	HDW
102	F	200m Backstroke	HDW	202	F	100m Breaststroke	HDW
103	M	100m Freestyle	HDW	203	M	100m Butterfly	HDW
104	F	100m Individual Medley	HDW	204	F	50m Butterfly	HDW
105	M	100m Individual Medley	HDW	205	M	50m Backstroke	HDW
Saturday 12 th December Session 3 Warm Up TBC– Start TBC				Saturday 12 th December Session 4 Warm Up – TBC			
No	M/F	Event		No	M/F	Event	
301	M	200m Freestyle	HDW	401	M	200m Backstroke	HDW
302	F	200m Freestyle	HDW	402	F	100m Freestyle	HDW
303	M	100m Breaststroke	HDW	403	Mix	400m IM	HDW
304	F	50m Breaststroke	HDW	404	M	50m Butterfly	HDW
305	Mix	200m Butterfly	HDW	405	F	50m Backstroke	HDW
Sunday 13 th December Session 5 Warm Up TBC– Start TBC				Sunday 13 th December Session 6 Warm Up – TBC			
No	M/F	Event		No	M/F	Event	
501	F	200m IM	HDW	601	F	200m Breaststroke	HDW
502	M	200m IM	HDW	602	M	200m Breaststroke	HDW
503	F	100m Butterfly	HDW	603	F	100m Backstroke	HDW
504	M	50m Breaststroke	HDW	604	M	100m Backstroke	HDW
505	Mix	1500m Freestyle	HDW	605	F	50m Freestyle	HDW
				606	M	50m Freestyle	HDW

QUALIFYING TIMES (Not faster than)

Note: No swimmer with a time faster than the qualifying time may enter that event.

Open / Male Upper Qualifying Times

EVENT	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs	16 Yrs	17+ Yrs
50m Free	00:37.00	00:34.00	00:32.00	00:30.80	00:30.00	00:28.00	00:26.00	00:25.50	00:23.50
100m Free	01:14.0	01:12.0	01:10.0	01:09.0	01:06.0	01:01.0	00:59.00	00:55.00	00:53.30
200m Free	02:50.0	02:45.0	02:34.0	02:32.0	02:25.6	02:13.0	02:06.0	02:02.0	02:00.0
400m Free	05:45.0	05:45.0	05:32.0	05:30.0	05:11.5	04:45.0	04:30.5	04:22.0	04:18.5
800m Free			11:50.0	11:00.0	09:50.0	09:40.0	09:40.0	09:30.0	09:30.0
1500m Free			20:15.0	19:45.0	18:40.0	17:45.0	17:30.0	17:30.0	17:30.0
50m Breast	00:46.00	00:45.00	00:43.00	00:42.00	00:38.50	00:36.20	00:33.50	00:31.50	00:30.50
100m Breast	01:45.0	01:40.0	01:36.5	01:35.8	01:29.0	01:19.5	01:15.0	01:10.3	01:09.3
200m Breast	03:35.0	03:28.0	03:20.0	03:18.5	03:00.0	02:50.0	02:40.0	02:36.0	02:32.0
50m Back	00:41.00	00:38.00	00:36.20	00:35.80	00:34.90	00:31.80	00:29.50	00:28.30	00:27.80
100m Back	01:30.0	01:27.0	01:24.0	01:20.8	01:17.0	01:12.5	01:05.0	01:03.4	01:00.0
200m Back	03:00.0	02:57.0	02:54.0	02:51.8	02:44.0	02:30.0	02:19.8	02:18.0	02:16.8
50m Butterfly	00:42.00	00:38.00	00:36.00	00:35.00	00:33.80	00:30.00	00:28.00	00:27.50	00:26.00
100m Butterfly	01:40.0	01:32.0	01:27.0	01:24.0	01:19.8	01:10.5	01:05.0	01:02.0	01:00.8
200m Butterfly	03:20.0	03:20.0	03:15.0	03:13.0	03:08.0	02:44.0	02:29.0	02:27.0	02:22.0
100m Ind.	01:26.0	01:26.0	01:26.0	01:20.0	01:16.0	01:13.0	01:10.0	01:07.0	01:07.0
200m Ind.	03:25.0	03:10.0	02:57.0	02:55.0	02:47.8	02:31.8	02:22.0	02:15.0	02:11.8
400m Ind.			06:40.0	06:00.0	05:48.0	05:35.0	05:18.0	04:58.0	04:45.0

Female Upper Qualifying Times

EVENT	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs	16 Yrs	17+ Yrs
50m Free	00:37.00	00:34.00	00:32.50	00:31.20	00:30.50	00:28.80	00:28.00	00:27.00	00:27.00
100m Free	01:15.0	01:13.0	01:11.8	01:10.5	01:08.6	01:03.8	01:01.6	01:00.8	01:00.2
200m Free	02:59.0	02:45.0	02:36.0	02:34.0	02:26.3	02:19.8	02:14.5	02:10.0	02:06.0
400m Free	05:50.0	05:50.0	05:40.0	05:36.0	05:11.0	04:52.0	04:46.0	04:40.0	04:30.0
800m Free			10:50.0	10:20.0	10:10.0	10:00.0	10:00.0	10:00.0	10:00.0
1500m Free			21:15.0	20:40.0	19:20.0	19:00.0	19:00.0	19:00.0	19:00.0
50m Breast	00:49.00	00:47.00	00:43.00	00:41.80	00:38.80	00:36.00	00:35.80	00:35.00	00:35.00
100m Breast	01:42.0	01:39.0	01:35.0	01:32.2	01:26.9	01:20.0	01:19.5	01:18.8	01:18.8
200m Breast	03:31.0	03:26.0	03:22.0	03:16.0	03:00.0	02:55.0	02:53.0	02:50.0	02:47.0
50m Back	00:39.00	00:37.00	00:36.00	00:35.00	00:34.00	00:32.00	00:31.20	00:30.50	00:30.00
100m Back	01:30.0	01:26.0	01:23.0	01:20.0	01:14.0	01:11.0	01:09.0	01:08.0	01:07.0
200m Back	03:10.0	02:59.0	02:54.0	02:47.0	02:40.0	02:32.5	02:28.0	02:23.0	02:23.0
50m Butterfly	00:39.50	00:37.90	00:35.60	00:34.80	00:33.00	00:31.00	00:30.00	00:30.00	00:29.60
100m Butterfly	01:30.0	01:27.0	01:24.0	01:21.0	01:18.0	01:10.0	01:08.0	01:06.0	01:06.0
200m Butterfly	03:20.0	03:20.0	03:15.0	03:08.0	02:58.0	02:47.0	02:37.0	02:32.0	02:32.0
100m Ind.	01:28.0	01:28.0	01:28.0	01:25.0	01:18.0	01:15.0	01:12.5	01:10.0	01:10.0
200m Ind.	03:16.0	03:10.0	02:58.0	02:52.0	02:46.0	02:36.0	02:31.0	02:29.0	02:25.0
400m Ind.			06:22.0	06:10.0	05:57.0	05:37.0	05:25.0	05:15.0	05:14.0

PROMOTER'S CONDITIONS

PROMOTER	Plymouth Leander Swimming Association
CONTACT	Dani Hoyle – opsmanager@plymouthleander.com
VENUE	Plymouth Life Centre, Mayflower Drive, Plymouth PL2 3DG
POOL	10-Lane 25m racing pool, ROMA09-TRK starting blocks 2 metres depth throughout and 140mm FINA regulation lane lines Constantly available 2-lane swim down pool (1.2m depth throughout and no diving permitted) Electronic timing and 10-lane video display screen
AGE GROUPS	9 yrs, 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15 yrs, 16 yrs, 17 yrs+
AGE AT DATE	Age as of 13 th December 2026
ENTRY FEES	£8 per 50m, 100m & 200m event £10 per 400m, 800m & 1500m event
CLOSING DATE	Sunday 15th November at midnight
ENTRIES	This is a Short Course meet Licensed at Level 3 for entry into Regional and County Competitions* & Championships in 2026 *Subject to individual County Qualification windows. 1. The event will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing. 2. All British swimmers must be registered. All swimmers must be members of a club affiliated to Swim England, Swim Wales or Scottish Swimming and registered as Club Compete, or the equivalent with the relevant national governing body if this is not one of the above. 3. The Meet will be run under Level 3 conditions. 4. A competitor may enter all events in his/her age group, except 9 yr & 10 yr olds who cannot swim 400m Individual Medley, 800m or 1500m event. 5. If the meet is oversubscribed the following criteria will be applied: • 1500m will be limited to 3 Heats, 800m will be limited to 3 Heats. • 400m events may be limited to 6 heats. • Accepted entries will be determined in accordance with the Meet Promoter's oversubscription policy. Where events are oversubscribed, swimmers who already hold a County Qualifying Time for the relevant event will be scratched first.

- If further reductions are required, scratches will then be applied in order of entry time, with the slowest swimmers being scratched first.
 - Any required scratches will be distributed as evenly as possible across gender and age groups to maintain a balanced competition programme. In mixed-gender events, scratches will be applied equally across genders and then proportionately across age groups.
6. Swimmers should use their Ranked times, converted to Short Course, however, athletes with no Ranked Time may still enter the races.
 7. No Time entries WILL NOT be allowed, however **estimated times provided by the Club Coach can be used and entered onto the Hy-Tek file.**
 8. Any swimmer who, at the closing date of entries for the Meet including those entered early, that has achieved a time faster than the published upper limit may not enter that event or will be entered by the host club as a time trial swim if time permits once all swimmers under the uppers limit have been accepted. Should it transpire at any stage that a swimmer has submitted an ineligible entry or not declared a faster time, then the entry will be rejected, and the fee forfeited. It is the Clubs responsibility to be transparent with any times improved above the QT standard at close of entry.
 9. No exhibition swims are permitted.
 10. In line with Swim England, 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.
 11. Disability swimmers will be seeded in this meet according to achieved time standards and with able bodied or disability swimmers of appropriate times, there will be no specific para events. There will be no separate medal category for disability swimmers.
 12. All events are Heat Declared winners. Heats will be seeded with the fastest entrants swimming last. The heats of all events will be spearheaded.
 13. Entries of 5 or less swimmers from the same Club may be made using the official meet entry form, however there will be a **£1 supplement per race**. Unless arranged and agreed in advance with the Meet Promoter, entries not adhering to this condition will be rejected without consideration.

14. Clubs are responsible for their swimmer's entries. If, after publication of accepted entries or the programme a Club notes an error on an entry from their submission, the Promoter cannot guarantee that the swimmer will then be able to swim the preferred event or in an appropriate heat.
15. If events are under-subscribed following publication of Accepted Entries, further entries will be accepted at the Promoters discretion and on a first come basis, the fee will be £10 per race and subject to all Meet Conditions. These will not take priority over those who entered prior to the closing date. No further late entries will be accepted after the programme goes to print.
16. If the number of entries is such that restrictions are required to enable the meet to comply with licensing requirements, the Promoter reserves the right to limit entries. Where deletions are necessary, swimmers who already hold a County Qualifying Time for the relevant event will be removed first. Should further reductions be required, the slowest entered swimmers will then be removed based on entry times.
17. Scratches will be applied as evenly as possible across age groups and genders to maintain fairness and balance within the competition programme. Para swimmers will be considered within this process, and any reductions will be applied proportionately to maintain equitable representation.
18. The meet promoter will check entries against the British Rankings where it is felt that a swimmer may be submitting a false time in order to gain entry to this meet. Falsely entered times could result in the athlete being scratched from the specific race(s) affected without refund of fees.
19. PL uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Bill 2018 (GDPR), to the holding of personal information on computer. Personal data handled such as name, club, year of birth, recorded and entered times may be made public during or after the meet. All Personal Data will be retained in a confidential manner and access to such Data will be restricted by the Meet Promoter and limited to only those operating the Meet Software in order to process results. All supporting paper entry details will be destroyed within 3 months of the completion of the Meet results.
20. Competitors must report to the stewards in the marshalling area at least two events prior to their own where they will be given their start order. It is the responsibility of the Team Managers and Coaches to

	ensure that their swimmers report to the marshalling area in time for the start of their race. 21. Swimmer sign-in will be required for all 400m, 800m & 1500m events. This must be completed before commencement of each session warmup in which the event is swam. Failure to sign in before warmup has commenced will result in the swimmer being removed from the event. 22. On acceptance of entries, the swimmer and any supporters agree that their behaviour will be of an appropriate and respectful manner, abiding by the rules of the competition and venue. Failure to do so could result in removal from the meet. 23. Swimmers and visitors are required, at all times, to abide by the rules set out in the Pool Operating Procedures and/or the Normal Operating Procedures & Emergency Action Plan for the facility hired for the meet. 24. Meet participants must help to maintain a high standard of health and safety by not blocking stairways, emergency exits and walkways with bags and should report any issues immediately to a member of the pool staff or to the Meet Promoter. 25. Any swimmer unable to execute a safe dive from the starting blocks into shallow water, are reminded that they should start from the side of the pool. 26. No LARGE BAGS ARE PERMITTED POOLSIDE. Lockers must be used for all swim bags –only small food bags will be permitted on poolside – together with swimmers’ poolside footwear, club shirt, towel and water bottles. 27. The promoters do not accept responsibility for any property. Lockers are available in the changing village or main corridor and should be used for the safe keeping of all belongings. 28. If participating Competitors or other Club members on poolside suffer injury or damage as a result of any failure by any person to follow the regulations set out, then neither the Promoter nor Plymouth Active Leisure will accept any liability in respect of any such injury or damage. 29. All participating competitors are deemed to be aware of these conditions, and it is each participating club’s responsibility to make their members aware of these conditions. 30. The referee’s decision is final.
WITHDRAWALS/ REFUNDS	No refunds for entries will be given after the publication of the Accepted Entries, except in the case of:

	• a swimmer being subsequently selected to swim for their country on the same day • The production of a doctor's note confirming the athlete is unfit to compete
AWARDS	The top three swimmers in each age group will receive an award in all events. A competitor who has been disqualified will not receive an award. There will also be the following awards: • Top Visiting 11+ Male/Open Athlete • Top Visiting 11+ Female Athlete • Top Visiting 9/10 Male/Open Athlete • Top Visiting 9/10 Female Athlete
COACH PASSES	All Clubs will be permitted to purchase up to 3 Poolside Passes per Club (regardless of entrant numbers) and one additional Pass per 10 athletes over 30 swimmers. Coach and TM Poolside passes are £10 per day discounted to £20 for the 3 days and will include heat sheets and a meet program. Passes will not be sold on the day, they must be purchased in advance using the application form at the end of this meet pack. Admission to pool deck will be refused to non-pass holders. All Clubs are reminded it is their responsibility to ensure the correct ratios are being maintained as per SE guidance and that all teams must be accompanied by at least one Swim England Coach or the equivalent Level 2 coach who must have current Safeguarding and DBS passes. Team Managers on poolside must be TM1 Qualified and all of whom should have in date Safeguarding and be DBS checked.
SAFEGUARDING	Plymouth Leander follow Swim England Wavepower 2020-2023 guidelines. Please refer to your Club Welfare officer for further guidance on photography or live streaming detailed within the Swim England Wavepower 2024 guidelines. To support all visiting, local and club swimmers as well as Child Safeguarding criteria Plymouth Leander reserves the right to designate seating within the viewing balcony for swimmer use, visitors and parents are kindly requested not to occupy designated seating. The event may be streamed live. Changing on poolside is forbidden and the Changing Village must be used. Team Managers and Coaches are expected to enforce this rule. Any swimmer found changing poolside may be disqualified from further events.

PHOTOGRAPHY & VIDEO RECORDING	In line with Swim England & Wavepower guidance, anyone wishing to take images (photo or video) are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. The full Swim England guidance on Photography can be found in Wavepower, the Swim England Child safeguarding policy and procedures, available at http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/ The use of any device with video or photo capture capability are strictly prohibited in the toilets, changing rooms or changing area's at any time. Strict sanctions will be imposed if this rule is broken.
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OFFICIALS

Clubs are requested to supply 1 qualified Official for every 10 swimmers entered the competition. The Promoter will not refuse entries from clubs who are unable to supply qualified Officials, but in the event of insufficient numbers of Officials being available for any session to meet licencing requirements, the promoter reserves the right to cancel that session or take other necessary action such as reduce lane numbers and if necessary, swimmers. Should this happen, where possible priority will be given to swimmers with officials who have committed to support the event.

Officials should sign up using the following link:

<https://swim-meet.com/Availability/?m=9401>

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.

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 and Expenses

Trainee officials are not eligible to claim mileage or other expenses. Expenses may only be claimed by eligible qualified officials in accordance with the following policy.

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 official's home address and the venue and for complete sessions only.

Mileage payments are subject to the following limits:

- Up to a maximum of £60 for officials attending a whole day.
- Officials not completing a full day will be reimbursed on a pro rata basis, relevant to the number of sessions worked, up to a maximum of £30 per session.
- Total mileage claims must not exceed £120, unless prior agreement has been obtained from the promoter.
- If the journey starting point differs from the official's home address, payment will be made based on whichever is the shorter distance.

Where an official has a competing swimmer at boarding school, mileage will normally only be paid from the swimmer's home club/school. Officials should check with their coordinator before submitting a claim.

Officials who work incomplete sessions (for example, half of one session) will not be reimbursed for that session.

Accommodation

Accommodation and evening meal expenses are only payable with **prior approval** from the Meet Organiser. Accommodation will normally only be approved for Referees whose journey exceeds 1.5 hours, who are officiating on consecutive days and working complete sessions over more than one day. Referees requiring accommodation must obtain agreement before booking. Accommodation claims are limited to one night per weekend and a maximum of £40 per night, unless otherwise agreed in advance. Accommodation should be shared where possible, and claims for the night before competition will not normally be approved unless agreed in advance. Where overnight accommodation has been approved and an evening meal is not provided, up to £17.50 may be claimed with a valid receipt.

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. Trainee Officials cannot normally claim expenses, in these cases, please check with the Meet Coordinator first.

Plymouth Leander reserves the right to make exceptions under unusual or extraordinary circumstances. The meet promoter's decision is final, but we welcome your feedback

Team Entry Summary Sheet

It would be appreciated if Club entries were accompanied by one payment for the requisite sum rather than a series of smaller payments via Electronic Payment to:

Plymouth Leander Swimming Sort Code: 56-00-63 Account No: 46355588

(Please include a Reference: XMAS and the Club name)

The Hytek entry file for this meet will be available on www.plymouthleander.com or by emailing opsmanager@plymouthleander.com. We would appreciate this method of entry and this is **mandatory** for 5 or more entries from the same Club. Please note that we are using Meet Manager 8.0.

PLEASE NOTE: Coach Passes CANNOT be purchased on the day of meet and must be bought in advance.

Club:	
Contact Name:	
Address:	
Telephone (Day) :	
Telephone (Evening):	
Mobile:	
E-Mail:	

PLEASE REMEMBER WE NEED THE HELP OF YOUR OFFICIALS

Total No. of Individual Entries:		@	£8.00 each (£9.00 for paper entries)	=	
		@	£10.00 each (£11.00 for paper entries)	=	
	Poolside Passes - 1 Day	@	£10.00 each	=	
	Poolside Passes – 3 days	@	£20.00 each	=	
	Total:			=	

Entries To: Dani Hoyle (PL Operations Manager)

Email to: opsmanager@plymouthleander.com

Individual Entry Summary Sheet

Club			
Surname		First Name	
Preferred Name (for Programme)			
Date of Birth		Gender	M/F
Age as of 14th December 2026			
Contact Number for entry queries			
E-Mail Address			
ASA Number			
EVENT	SELECT	ENTRY TIME	
50m Freestyle			
100m Freestyle			
200m Freestyle			
400m Freestyle			
800m Freestyle*			
1500m Freestyle*			
50m Butterfly			
100m Butterfly			
200m Butterfly			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
50m Backstroke			
100m Backstroke			
200m Backstroke			
100m Individual Medley			
200m Individual Medley			
400m Individual Medley*			
Total No of Entries	Description	Cost per Event*	Total
	Individual Entries	£8.00	
	*800m/1500m/400IM	£10.00	
Entries Close Friday 21st November 2026		Total Payable	
I DECLARE THAT THE ABOVE DETAILS ARE CORRECT & THAT I AM ELIGIBLE TO COMPETE IN ACCORDANCE WITH SWIM ENGLAND LAW & THAT I UNDERSTAND & ACCEPT THE MEET CONDITIONS <i>Signature of Competitor</i> <i>Signature of Parent*(if under 18)</i> Electronic Payment to: Plymouth Leander Swimming Sort Code: 56-00-63 Account No: 46355588 (Please include a Reference: XMAS and the Swimmers Surname)			