



# Leicester Sharks CSC

(Affiliated to Swim England East Midlands Region & Leicestershire ASA)

*PRESENTS*

## Regional Qualifier 2026

Level 3 Open Meet under Swim England Regulations & Technical Rules of Swimming  
Licenced by Swim England for entry into County and Regional Championships under licence number:

**3EM260231**

### Event Overview

<b>DATE:</b>	Saturday 11 <sup>th</sup> & Sunday 12 <sup>th</sup> April 2026
<b>VENUE:</b>	Pingles Leisure Centre, Avenue Road, Nuneaton, CV11 4LX
<b>AGE AS AT:</b>	31 <sup>st</sup> December 2026
<b>AGE GROUPS:</b>	Male/Open & Female – 9, 10, 11, 12, 13, 14, 15/Over
<b>EVENTS:</b>	50m – Freestyle, Backstroke, Breaststroke, Butterfly 100m - Freestyle, Backstroke, Breaststroke, Butterfly 200m - Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley 400m – Freestyle, Individual Medley
<b>HDW:</b>	All Events are Heat Declared Winner
<b>AWARDS:</b>	To the first three in each age group band
<b>SESSIONS:</b>	2 Saturday (Afternoon & Evening) 2 Sunday (Morning & Afternoon)
<b>ENTRIES:</b>	First come, First Served
<b>CLOSING DATE:</b>	Sunday 15 <sup>th</sup> March 2026 or when full

8 Lane 25m COMPETITION POOL – ELECTRONIC TIMING

Entry Email: [regionalqualifier@gmail.com](mailto:regionalqualifier@gmail.com)

## Programme of Events

**Saturday 11th April 2026**

Session 1 – Warm up 1:30pm			
#	Gender	Distance	Stroke
101	Open / Male	200	Freestyle
102	Female	200	Individual Medley
103	Open / Male	100	Breaststroke
104	Female	50	Freestyle
105	Open / Male	200	Butterfly
106	Female	100	Backstroke
107	Open / Male	50	Backstroke

Session 2			
#	Gender	Distance	Stroke
208	Female	400	Freestyle
209	Open / Male	400	Individual Medley
210	Female	200	Breaststroke
211	Open / Male	100	Freestyle
212	Female	200	Backstroke
213	Open / Male	50	Breaststroke
214	Female	50	Butterfly
215	Open / Male	100	Butterfly

**Sunday 12th April 2026**

Session 3 – Warm up 08.00am			
#	Gender	Distance	Stroke
316	Female	200	Freestyle
317	Open / Male	200	Individual Medley
318	Female	100	Breaststroke
319	Open / Male	50	Freestyle
320	Female	200	Butterfly
321	Open / Male	100	Backstroke
322	Female	50	Backstroke

Session 4			
#	Gender	Distance	Stroke
423	Open / Male	400	Freestyle
424	Female	400	Individual Medley
425	Open / Male	200	Breaststroke
426	Female	100	Freestyle
427	Open / Male	200	Backstroke
428	Female	50	Breaststroke
429	Open / Male	50	Butterfly
430	Female	100	Butterfly

**Full Programme and timings will be confirmed once all entries accepted**



## Leicester Sharks Regional Qualifier 2026

### Lower Limit (not slower than) & Upper Limit (not faster than) Times

		Open / Male Lower Times				Open / Male Upper Times			
Event		9/10yrs	11/12yrs	13/14yrs	15yrs +	9/10yrs	11/12yrs	13/14yrs	15yrs +
50m	Freestyle	00:52.00	00:49.31	00:41.26	00:36.96	00:30.30	00:27.20	00:25.90	00:23.50
100m	Freestyle	01:40.21	01:35.20	01:29.32	01:19.53	01:05.03	00:57.90	00:54.80	00:51.50
200m	Freestyle	03:29.12	03:18.66	02:57.43	02:40.72	02:14.10	02:03.10	02:01.10	01:52.20
400m	Freestyle	07:11.32	06:49.75	06:37.43	05:52.13	04:52.20	04:18.00	04:15.20	04:05.50
50m	Breaststroke	00:59.73	00:56.74	00:55.11	00:44.11	00:38.20	00:34.10	00:32.80	00:30.10
100m	Breaststroke	02:09.92	02:03.42	01:52.42	01:42.42	01:20.90	01:13.30	01:10.30	01:05.20
200m	Breaststroke	04:34.12	04:20.41	03:46.71	03:30.23	03:01.6	02:35.7	02:32.70	02:20.30
50m	Butterfly	00:52.92	00:50.27	00:44.22	00:40.26	00:32.50	00:29.60	00:28.00	00:26.50
100m	Butterfly	01:50.44	01:44.92	01:40.34	01:27.01	01:13.10	01:02.70	01:01.00	00:58.40
200m	Butterfly	04:02.11	03:50.00	03:31.31	03:01.00	02:41.00	02:18.20	02:15.20	02:10.10
50m	Backstroke	00:54.34	00:51.62	00:45.21	00:42.35	00:33.20	00:31.30	00:29.80	00:28.10
100m	Backstroke	01:50.11	01:44.60	01:40.32	01:28.11	01:10.80	01:04.50	01:01.10	00:58.40
200m	Backstroke	03:48.91	03:37.46	03:19.21	03:02.84	02:31.00	02:14.80	02:12.10	02:07.30
200m	Ind. Medley	03:58.00	03:43.00	03:29.11	03:06.34	02:34.10	02:17.60	02:15.80	02:12.20
400m	Ind. Medley		06:45.00	06:20.00	05:59.10		04:51.20	04:45.10	04:39.10

		Female Lower Times				Female Upper Times			
Event		9/10yrs	11/12yrs	13/14yrs	15yrs +	9/10yrs	11/12yrs	13/14yrs	15yrs +
50m	Freestyle	00:48.73	00:46.29	00:43.01	00:40.59	00:31.60	00:27.80	00:27.50	00:27.10
100m	Freestyle	01:40.21	01:35.20	01:28.11	01:23.82	01:09.50	01:00.20	00:59.20	00:58.00
200m	Freestyle	03:35.00	03:23.00	03:04.91	02:56.11	02:21.00	02:07.00	02:06.10	02:05.40
400m	Freestyle	07:12.52	06:50.89	06:20.82	06:06.41	05:02.00	04:25.40	04:23.20	04:21.40
50m	Breaststroke	01:03.14	00:59.98	00:54.01	00:49.61	00:40.20	00:34.90	00:34.50	00:34.00
100m	Breaststroke	02:09.14	02:02.68	01:52.42	01:45.93	01:24.10	01:14.20	01:13.00	01:12.90
200m	Breaststroke	04:36.21	04:22.40	03:52.65	03:47.04	03:01.20	02:34.30	02:21.20	02:17.50
50m	Butterfly	00:52.91	00:50.26	00:45.65	00:43.45	00:34.00	00:31.30	00:29.60	00:28.20
100m	Butterfly	01:52.09	01:46.49	01:36.14	01:32.62	01:15.80	01:06.40	01:04.90	01:03.60
200m	Butterfly	04:01.45	03:49.27	03:31.97	03:19.43	02:46.00	02:34.30	02:21.20	02:17.50
50m	Backstroke	00:54.23	00:51.52	00:48.07	00:44.77	00:35.10	00:33.30	00:31.00	00:30.90
100m	Backstroke	01:51.21	01:45.65	01:40.43	01:33.72	01:12.60	01:08.90	01:05.10	01:04.60
200m	Backstroke	03:52.87	03:41.23	03:29.55	03:16.90	02:36.10	02:26.70	02:19.20	02:17.90
200m	Ind. Medley	03:57.71	03:45.82	03:27.46	03:19.76	02:38.40	02:32.20	02:22.20	02:18.60
400m	Ind. Medley		06:50.00	06:35.00	06:20.00		04:59.90	04:57.80	04:52.20



## PROMOTORS TERMS & CONDITIONS

This meet is to be licensed by Swim England at level 3 for entry into County & Regional Championships. It will run under Swim England Regulations & Technical Rules & conditions of this competition (as set out below), for swimmers who are members of a club affiliated to SE.

1. All entrants must be registered members of SE and amateurs as defined by Swim England Laws. In accordance with the licensed meet transgender policy entrants will be Female & Male/Open. The Female category is for birth sex females in accordance with Swim England's Transgender & Non-Binary Competition Policy. By entering the "Female" category, the swimmer confirms that their birth sex is female.
2. Entries will only be accepted on the official entry form or via Sports System entry file. Entry fee £8.00 per event. Our entry file will be available from 11<sup>th</sup> January 2026 entries will be accepted after that date on a first come first served basis until MIDNIGHT on Sunday 15<sup>th</sup> March 2026 unless full earlier. LEICESTER SHARKS reserve the right to refuse an entry, or to close entries before this date should it be proved necessary. Accepted entries will be emailed to the competition secretary of each club & should be checked for accuracy. No details will be sent by post. The promotor reserves the right to refuse entries at their discretion. Any entry not accepted will be refunded in full. All times shown on entry forms must be SHORT course times (or converted from long course). It is the responsibility of all competing clubs to ensure that entry times are accurate. Entries for our 400m events may be limited depending on number of entrants. Leicester Sharks reserves the right to restrict the number of heats for the 400m events & to reject entries to these events for good gala management. Additionally, swimmers who are 10 years of age & under will not be eligible to compete in our 400m IM event.
3. The events will take place on Saturday 11<sup>th</sup> and Sunday 12<sup>th</sup> April 2026.
4. All entries must not have times below the lower time limit AND not have times higher than the upper time limit as shown in the time limit list. Entries submitted with a slower or faster time will be rejected. For qualifying times please see the separate table.
5. Electronic club entries:
  - (a) For clubs with 5 or more swimmers entering please use the Sports System entry file available via request by emailing [regionalqualifier@gmail.com](mailto:regionalqualifier@gmail.com). Electronic entries are only accepted once payment has been received in full. All entrants are still bound by these terms & conditions even though an entry form is not signed. Electronic club entries are £8.00 per event.
  - (b) All individual entries must be made via the email and submitted to [regionalqualifier@gmail.com](mailto:regionalqualifier@gmail.com). E-mail must include the entrants full name, Swim England ID number, DOB, Club and events with times if no times are available on Swim England. Entries are £8.00 per event.
  - (c) Entries that are incomplete or sent without the correct entry fee will not be accepted.
  - (d) Please send completed electronic entries to [regionalqualifier@gmail.com](mailto:regionalqualifier@gmail.com)
  - (e) Payment for entries is to be made via BACS to Leicester Sharks, HSBC Sort Code 40-12-35; Account number 41431765 Reference (your club name or surname) LSCQ2026.

6. Entries to this meet will be held on a computer & consent, as required by GDPR Regulations, to the holding of personal information on computer will be deemed to have been given by the submission of entry. Personal data will be available for inspection during the meet on written application to the promotor.
7. Each club will be required to advise any withdrawals by the Friday 10<sup>th</sup> April 2026. All withdrawals are to be sent to [sharkswithdrawal@gmail.com](mailto:sharkswithdrawal@gmail.com) or google form sent out to entering clubs.
8. Swimmers qualifying age as at end of year (31st December 2026). All swimmers must be SE Category 2 members.
9. The competition pool will be 25m in length with up to 8 lanes. Anti-turbulence ropes, electronic timing & placing will be used. A secondary strobe light will not be available. All times will be recorded using AOE and submitted on this basis to Swim England.
10. Leicester Sharks Swimming Club reserves the right to refuse any entry. Incorrect entries will not be accepted. Entries are accepted on the understanding that the competitor accepts the promotor's conditions. The promotor reserves the right to further restrict entries for good gala management.
11. No refunds will be made to competitors who withdraw after advice of acceptance, except where the competitor can show that they have been chosen for National, Regional or County team at an event which partially or wholly clashes with this event & that the selection occurred after their entry was submitted for this meet.
12. All withdrawals must be submitted online via the form from the website and by 6pm on the day prior to the event – (18:00hrs).
13. The promoter cannot accept any responsibility for a withdrawal that has not been submitted using the correct procedures. Withdrawals once actioned for either heat and or finals cannot be reinstated unless an error by the admin team.
14. Heats will have “over the top” starts except for backstroke which may be ‘side by side’.
15. It is the responsibility of team managers & coaches to ensure that their swimmers report to the marshalling stewards in time for the start of their race.
16. The order of events may be changed at the discretion of the promotor or referee.
17. Entries will be seeded in to heats from submitted times, with the slowest heat first.
18. All entries will be heat declared winners.
19. The promotor reserves the right to amend these conditions with the licencing officers' approval.
20. The event is run under Swim England Laws & Swim England Technical Rules, and the Swim England Laws on Open Competitions shall cover any laws not covered by the promoters' conditions.
21. Warm up times will be advised prior to the event once all entries have been received & checked, the pool will be cleared at least 5 minutes prior to the start of each session. Coaches are responsible for overseeing their swimmers during warmups. Swimmers, coaches & lane marshals should always follow the directions of the warmup schedule, failure to comply with the schedule could lead to exclusion from further involvement in the meet. Any swimmer who fails to follow the instructions of the warmup will be held responsible for any accidents that may result from their actions. All swimmers/coaches should be



aware of the 'warm up guidelines' which will be published on the Leicester Sharks website prior to the meet.

## 22. Supervision

### (a) Club entries

- i. It is the direct responsibility of each club to provide adequate supervision of their swimmers at all times. Swimmers should be supervised at all times by designated DBS/SE registered adults who hold appropriate qualifications. For club entries, in line with Swim England Open Meet Licencing Guidelines, a ratio of 1:10 should be considered as a minimum requirement for swimmers aged 16 years & under. Clubs should provide a minimum of one adult for each gender of their swimmers.
- ii. All those responsible for the supervision of a club's swimmers should be:
  1. Club members & Swim England Members (Cat 1, 2 or 3)
  2. Have a current (club specific) DBS check
  3. Have attended a Safeguarding Children workshop (recommended). This information must be provided by the club & is required to issue poolside passes. Please complete the form provided with entries. When coaches/supervisors need a break (for refreshment etc.), they should ensure that one of the other DBS checked personnel is left to supervise swimmers in their absence, or that swimmers are supervised by their parents.

### (b) Individual entries

- i. The parents/guardians of swimmers who enter the meet on an individual basis (i.e. their entry has not been organised by a club) are responsible for the supervision of their children, either directly or indirectly via a nominated adult.

- (c) The supervision of swimmers is the direct responsibility of the club for which the swimmer entered. In the absence of a club official the responsibility then resides with the parent/carer. This responsibility applies especially to periods when no competition is taking place, for example, warm up sessions & between sessions. It also applies to areas which are open to the public & cannot be monitored by Leicester Sharks, specifically changing rooms, showers, foyer & stairs area.

23. In case of fire or other emergency: Leicester Sharks procedure will be announced at the beginning of each session & we request that all supervising adults, poolside or in the spectator gallery, pay careful attention to the location of their nearest fire exit & the procedure to follow to ensure the safe evacuation of everyone in case of emergency.
24. Coaches & supervisors passes will be issued at a cost of £15.00 per day or £20.00 for both days. Passes must be purchased when submitting entries (passes will include refreshments, water/sweets and heat sheets). There will be no entry to poolside without a pass & passes must always be worn. Parents will not be permitted poolside, instead swimmers can leave poolside to be with parents but must be dry & be wearing appropriate clothing & footwear.
25. No photography/video will be permitted other than by the appointed sports photographers for this event. This event by its very nature, is in the public arena & when entering for the event the participant & their parents acknowledge this fact, which may result in recording & publication of their image. All photographs taken at this event will be password protected when posted on the official website. All photographers have been DBS checked & operate within a strict Child Protection Policy & Code of Ethics.

26. Spectators are welcome at the event however the promotor reserves the right to refuse entry when the maximum capacity for the spectator gallery has been met. Spectators are required to keep aisles clear of bags & to sit on seats provided. No chairs, except wheelchairs, are permitted on the walkways of the spectator gallery. This area must also be kept clear of bags. There will be a daily spectator admission charge (cost to be advised).
27. Car Parking – There is a reasonable quantity of parking at Pingles Leisure Centre, please do not park on the roads around the facility as we wish to avoid causing upset to the local residents. Please follow the instructions as advertised on the information boards at the car park. Parking can be paid for with cash at the machine or via the Ringo app. Parking details can be found here [Pingles leisure centre car park](#).
28. Poolside
- (a) Poolside bags – for health & safety reason, swimmers are limited to 1 drawstring bag poolside. All large bags should be placed in the lockers provided (£1 refundable). There will be a poolside door monitor and swimmers will not be allowed poolside with large bags.
  - (b) At the poolside bags, towels, other belongings must NOT be placed on top of the air vents.
  - (c) Strictly no glass bottles or glass containers of any kind to be brought into the pool or spectator area by swimmers, coaches, officials or parents/spectators.
29. Possessions - Neither the promotor or Leicester Sharks Swimming Club take any responsibility for loss or damage to personal possessions during the event. Swimmers, coaches, responsible adults & spectators are advised to keep their possessions with them at all times or to make use of the lockers provided.
30. Clubs with 10 or more swimmers are requested to please supply a minimum of 3 officials for each session (preferably 1 official for each 10 swimmers) of the meet and a J2 official per session. It is requested that the names, Swim England licence number & qualification of officials be provided at least 3 weeks prior to the event. As this event is being licenced as level 3 all officials will need to be minimum J1 qualified. Mentoring for officials will be provided upon request, on a first come first served basis, subject to operational requirements, officials being mentored do not count as part of the requested minimum 3 officials per club unless qualified to at least J1. Clubs, please complete the “Officials Request” form for each official who will be attending, this form will be emailed out on acceptance of entries. Officials are requested to wear white t-shirts & black trousers/skirts/shorts.
31. Any matters concerning the meet not covered in these terms & conditions will be dealt with according to the laws of the sport & at the discretion of the promotor. All participants must comply with the safety regulations in operation at Pingles Leisure Centre, the promoters’ terms & conditions & SE safety regulations.
32. The Promotor for this meet is Richard Armitage for & on behalf of Leicester Sharks. A full risk assessment will be done jointly between the pool operator & Leicester Sharks Swimming Club

**Closing date**

**Sunday 15th March 2026 (midnight),  
Or when the meet is full (first come, first served if earlier)**



### Electronic Entry Form Submission

*Please remember to include a copy of the entry sheet summary from Sportsystems*

PLEASE COMPLETE IN BLOCK CAPITALS

Swimming Club	
Contact Name	
Address	
Telephone (Day)	
Telephone (Eve)	
Mobile	
Email	

No. of open/boy swimmers		Total No. of open/boy events	
No. of girl swimmers		Total No. of girl events	
Total No. of swimmers		Total No. of events	

### Payment Details

Total Number of Events	Cost per Event	Total
	£8.00	
Poolside Pass	One day pass@ £15.00	
	Weekend Pass @ £20.00	
	Amount Due	£

Bank Transfer to HSBC, Sort code 401235, Account 41431765

**Please complete on line form – [Here](#) please**

**Do not forget to enclose a print out of your entries which can be done via the entry manager software**

I declare that all above details are correct and that the submitted swimmers are eligible to compete in accordance with Swim England regulations and that I accept the meet rules and conditions

Team Manager .....

Signature .....

**Closing Date: Sunday 15<sup>th</sup> March 2026 (midnight) or when the meet is full (first come, first served if earlier)**





## **Officials Expense subsistence Policy**

### **Overview**

Leicester Sharks ONLY reimburses Officials who attend our events at special request by the Clubs Officials Coordinator and does not relate to Leicester Sharks home Officials.

NO expenses can be claimed without prior authorisation from the Promoter / Officials Coordinator.

### **Travel**

Officials will be able to reclaim expenses for travel to and from events at £0.45 per mile HMRC standard rate for attending a meet without a swimmer.

Officials staying in accommodation (Referee/Starters) for an event will be able to claim travel to and from the pool. Google maps will be used to check mileage incurred; please include route details including diversions and reroutes on the expense's application.

### **Accommodation**

Overnight accommodation will only be provided with prior arrangement from the Promoter / Officials Coordinator and will be subject to the meeting being able to be ran (Referee/Starters). It is not common practice for accommodation to be provided.

Officials requiring overnight stays must contact event management to request accommodation. Officials wishing to book their own accommodation can reclaim up to £50 per night per room, couples can reclaim a £50 room allowance between them.

Individual requests for overnight accommodation may be considered under exceptional circumstances by event management.

Officials may be asked to room share-this is not compulsory. Officials who wish to room share should notify event management before arrival.

### **Meals**

Officials attending Leicester Sharks events will be provided with refreshments, tea and coffee throughout the day, as well as lunch.

Officials staying in overnight accommodation are eligible to reclaim up to £15 meal allowance; this includes food and beverages, excluding alcoholic beverages. To reclaim meal allowances all receipts must be submitted with the final expenses application.

By volunteering at Leicester Sharks events you are agreeing to the above policy.

The above policy is to ensure our events run smoothly, are enjoyable for our officials, and are designed to reimburse expenses incurred.

Expenses are processed either on the day or 28 days after the close of an event, to ensure applications are processed expenses must be submitted by this deadline. Expense form can be obtained at the event from the Promoter.

