

Harlow Penguins Swimming Club

Affiliated to Swim England East Region and Swim England Essex

ALAN CANHAM AGE GROUP COUNTY QUALIFIER MEET

Held under Swim England Laws and Regulations, the Swim England Technical Rules of Swimming and to the Swim England Open Meet Licensing Criteria

Level 3 Licence 3ER252564

6th December 2025

Harlow Leisurezone, Second Avenue, CM20 3T

MEET CONDITIONS AND INFORMATION

- The meet will take place at Harlow Leisurezone on 6th December 2025 and is licensed by Swim England at Level 3 under Licence No. 3ER252564.
- The meet will be run in accordance with held under Swim England Regulations, Swim England Technical Rules of Swimming and these conditions.
- Competitors must be Club Compete members of an affiliated club, eligible to compete and registered in accordance with Swim England Regulations and Technical Rules and may enter in the name of one club only. Entries will only be accepted from competitors registered as members of Swim England, SASA or WASA or competitors from a country affiliated to World Aquatics.
- The promoter is Chrissie Jamieson on behalf of Harlow Penguins Swimming Club.
- The age groups are: 9, 10, 11, 12, 13, 14, 15, 16/ov
- Ages are as at 6th December 2025
- 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.
- Medals will be awarded to 1st, 2nd, 3rd placed swimmers in each age group.
- The pool is 25m, anti-wave devices will be in place and AOE will be used. A secondary strobe for the starting system is available.
- Heats will be swum as mixed age with swimmers seeded by entry times.
- Over the top starts may be used at the referee's discretion.
- Upper cut-off times are provided and entries with No Time will be accepted.
- Valid entries will be accepted in the order of receipt, that is: first come first served. Individual entries will only be accepted at the Promoter's discretion. Late entries, day of meet entries and day of meet alterations will not be accepted, unless due to administrative error.
- Entry shall be by an Individual Entry Form. Where five or more competitors enter from the same club, entry shall be made using SPORTSYSTEMS Entry Manager and sending the Entry file to the Promoter. The Entry Manager software may be downloaded free of charge from the SPORTSYSTEMS website <http://www.sportsys.co.uk/entry/index.php> and the required Entry File for the meet will be available

on the club website and shall be returned with summary report to penguinsopenmeets@gmail.com

- Entries together with entry fees must be received by the Promoter by November 21st 2025. The entry fee is £7.50 per event.
- The Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In the event that entries are rejected, fees will be refunded by a single payment to club in question.
- Accepted and rejected entries will be posted on the club website within 2 weeks of the closing date.
- Swimmers must withdraw from events that they no longer wish to swim. Each club will be provided with a schedule of their accepted entries. Withdrawal may be made on the day, or can be e-mailed in advance, but must be made at least 30 minutes prior to the start of the first event in each session. Refunds are not available for withdrawals after the accepted entries have been posted, other than for medical reasons.
- The Swim England Team Manager, Coach and Chaperone Policy must be adhered to at all times. Coaches' passes will be issued at a cost of £15 per day. There will be no entry to poolside without a pass and passes must be worn at all times. Ratios will follow swim england guidance of two qualified supervisory roles (1 Coach minimum level 2 and 1 Team Manager minimum TM1) for up to 10 athletes. Thereafter a ratio of 1:10 must be applied
- Warm up protocol: Each warm up session will be divided into two equal length sessions. There is to be strictly no diving during warm-up, with the exception of designated sprint lanes at the end of each session. Odd lanes will swim clockwise and even lanes will swim anti-clockwise. Swimmers must leave the water by the side of the pool and not over the timing pads.
- Results will be posted upstairs in the gallery and pool side throughout the competition, and after the competition will be posted within 48 hours to www.harlowpenguins.com , emailed to clubs, and will be supplied to Aquatics GB for entry into the national rankings database.
- In accordance with the Swim England Safeguarding Policies and Procedures, any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images. Should you have any concerns about photography or filming please bring them to the attention of the promoter. Note that use of any mobile device in the changing rooms is absolutely forbidden

Participants and spectators are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England Safeguarding Policy and Procedures, Wavepower provides guidance on the use of social networking and guidance on photography. <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/> . Both sets of guidance apply if social media platforms are being used to share images or recordings either after the meet or during live streaming of the event.

- All participants must observe the safety precautions in operation at Harlow Leisurezone. Neither the Promoter nor Harlow Penguins Swimming Club will be responsible for any loss or damage occurring during the meet.
- The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding,

disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018.

Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.

- Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Regulations and Technical Rules of Racing.

Qualifying Standards Template for No Qualifying Times and Upper Cut-off

BOYS	No faster than	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/ov
50 Free	Cut-off	00:28.60	00:26.00	00:26.00	00:26.00	00:24.60	00:23.60	00:23.30	00:23.00
100 Free	Cut-off	01:03.40	00:57.60	00:57.60	00:57.60	00:52.90	00:49.20	00:46.60	00:45.80
200 Free	Cut-off	02:18.60	02:06.00	02:06.00	02:06.00	01:56.60	01:48.80	01:42.60	01:40.80
400 Free	Cut-off	04:59.20	04:32.00	04:32.00	04:32.00	04:07.00	03:51.10	03:40.00	03:32.70
50 Breast	Cut-off	00:38.10	00:34.60	00:34.60	00:34.60	00:32.10	00:29.60	00:27.80	00:27.10
100 Breast	Cut-off	01:23.20	01:15.60	01:15.60	01:15.60	01:09.40	01:04.80	01:01.80	01:00.00
200 Breast	Cut-off	03:00.40	02:44.00	02:44.00	02:44.00	02:31.30	02:22.20	02:13.60	02:11.50
50 Fly	Cut-off	00:32.30	00:29.40	00:29.40	00:29.40	00:27.20	00:25.40	00:23.60	00:23.00
100 Fly	Cut-off	01:16.60	01:09.60	01:09.60	01:09.60	01:02.40	00:57.40	00:53.20	00:51.20
200 Fly	Cut-off	03:04.80	02:48.00	02:48.00	02:48.00	02:32.00	02:16.00	02:04.00	01:56.00
50 Back	Cut-off	00:33.20	00:30.20	00:30.20	00:30.20	00:28.10	00:26.00	00:24.60	00:24.30
100 Back	Cut-off	01:12.20	01:05.60	01:05.60	01:05.60	01:00.40	00:57.20	00:54.00	00:52.80
200 Back	Cut-off	02:36.60	02:22.40	02:22.40	02:22.40	02:11.80	02:16.00	01:58.40	01:56.00
200IM	Cut-off	02:36.60	02:22.40	02:22.40	02:22.40	02:11.80	02:03.00	01:56.40	01:54.00

Ages are as at 6th December 2025

GIRLS	No faster than	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs/ov
50 Free	Cut-off	00:28.60	00:26.00	00:26.00	00:26.00	00:24.60	00:23.60	00:23.30	00:23.00
100 Free	Cut-off	01:03.40	00:57.60	00:57.60	00:57.60	00:53.60	00:51.70	00:50.80	00:49.60
200 Free	Cut-off	02:18.60	02:06.00	02:06.00	02:06.00	01:57.20	01:54.00	01:49.70	01:48.00
400 Free	Cut-off	04:59.20	04:32.00	04:32.00	04:32.00	04:07.20	04:01.30	03:52.10	03:49.50
50 Breast	Cut-off	00:35.50	00:32.20	00:32.20	00:32.20	00:32.20	00:30.80	00:30.20	00:28.80
100 Breast	Cut-off	01:17.40	01:10.40	01:10.40	01:10.40	01:10.40	01:07.20	01:05.20	01:03.30
200 Breast	Cut-off	02:49.00	02:33.60	02:33.60	02:33.60	02:33.60	02:28.20	02:23.20	02:20.00
50 Fly	Cut-off	00:30.00	00:27.30	00:27.30	00:27.30	00:27.30	00:26.20	00:25.00	00:24.80
100 Fly	Cut-off	01:09.40	01:03.10	01:03.10	01:03.10	01:03.10	01:00.50	00:57.60	00:56.80
200 Fly	Cut-off	02:51.60	02:36.00	02:36.00	02:36.00	02:36.00	02:20.00	02:16.00	02:12.00
50 Back	Cut-off	00:31.20	00:28.40	00:28.40	00:28.40	00:28.40	00:27.00	00:26.50	00:26.10
100 Back	Cut-off	01:07.30	01:01.20	01:01.20	01:01.20	01:01.20	00:58.50	00:56.80	00:56.40
200 Back	Cut-off	02:26.10	02:12.80	02:12.80	02:12.80	02:12.80	02:06.40	02:04.10	02:03.20

200IM	Cut-off	02:27.80	02:14.40	02:14.40	02:14.40	02:14.40	02:09.60	02:04.50	02:03.20
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