

Long Eaton Swimming Club



Summer Open Meet 2026

LICENCE: TBC

LEVEL 3 SHORT COURSE OPEN MEET

TO BE HELD UNDER SWIM ENGLAND REGULATIONS AND TECHNICAL RULES

Sunday 21st June 2026

Arc Leisure, Bakewell Road, Matlock DE4 3AZ



2026 Summer Open Meet

MEET CONDITIONS

Long Eaton Summer Open Meet 2026 will be held under Swim England Regulations and Technical Rules of Swimming, and is Licensed at Level 3 (3EM*****).

The Meet will be held on Sunday 21st June 2026 at Arc Leisure, Matlock.

The closing date for entries is 1st June 2026 (or when full if earlier).

Age groups for individual events at the meet will be: 9, 10, 11, 12, 13, 14, 15 & Over. Ages are as at midnight on 21st June 2026.

All events will be swum as Heat Declared Winners.

The Events are:

- 50m Freestyle, Backstroke, Breaststroke and Butterfly (Open/Male and Female) HDW.
- 100m Freestyle, Backstroke, Breaststroke and Butterfly (Open/Male and Female) HDW.
- 200m IM and 200m Freestyle (Open/Male and Female) HDW.
- 8x25m Freestyle Cannon Relay (Mixed, comprising one open/male and one female from each of the following age groups: 9-11, 12-13, 14-15, 16&Ov.

“Upper Limit Times” have been published, and entries exceeding these times will not be accepted.

The Meet will consist of two sessions:

- Session 1 - Warm Up 08:00, Start 09:00.
- Session 2 - Warm Up (TBC), Start (TBC).

If similar numbers of entries are not received for each session, the start time of later sessions may be subject to change and will be confirmed on publication of the draft programme.

The pool length is 25m, eight lanes and will be equipped with electronic timing and anti-wave ropes.

Over the top starts may be used at the Promoter’s discretion.

All officials will be qualified as required by the regulations for the level of meet licence.

Any conditions not covered by this information will be at the discretion of the Promoter. Please address any enquiries or questions to: lescswimsec@hotmail.com



2026 Summer Open Meet

ELIGIBILITY

All entrants must be eligible competitors as defined by Swim England regulations and must be registered with Swim England by the closing date in the name of the club under which they wish to enter.

Entries will be made using Open/Male and Female competition categories, as these are the recognised categories at this time. 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.

FEES

Entry Fees: £7.50 per individual event. There will be no charge for entry into the cannon relay event.

Poolside passes: £15.00 each. Poolside passes must only be used by suitably qualified and accredited persons. Please indicate the number of passes required and include remittance with entry fees.

Spectator admission prices:

- Per session: Adult £7.00, £5.00 for concessions (aged under 16, or 65+)
- All Day: Adult £12.00, £8.00 for concessions (aged under 16, or 65+)



2026 Summer Open Meet

ENTRIES

No entries will be accepted after the closing date of 1st June 2026 unless due to promoter's error.

Entry times will not be updated after an entry has been accepted.

Club entries are preferred electronically and a SportSystems file set can be obtained via our website or by email from lescswimsec@hotmail.com. All entries submitted should include Meet Entry File, Summary Form, Officials & Helpers Form, and Entry Reports for Open/Male and Female swimmers from SportSystems Entry Manager.

****Teams for the 8x25m Cannon Relay should be submitted via email to lescswimsec@hotmail.com Please enter as many teams as you can and provide an estimated time for each team.****

Any paper entries (for individual swimmers) must be made on the official form (photocopies acceptable) and must include the swimmer's Swim England registration number and the correct fees.

Please make full payment at the time of submitting your entry via BACS:

Account: Long Eaton Swimming Club

Bank Sort Code: 09-01-55

Account Number: 75025182

Reference: [Club Code] June 26

If the Meet is oversubscribed, entries will be accepted on a "first-come, first-served" basis.

A draft programme with details of all accepted swimmers will be available on the LESC website approximately two weeks prior to the event.

AWARDS

Awards will be given to the top six swimmers for each individual event in each of the following age groups: 9, 10, 11, 12, 13, 14, 15 & Over.

There will also be an award for the fastest Cannon Relay team.

WITHDRAWALS

Please help the running of the meet by advising of withdrawals where known. Withdrawals should be made by the start of the first warm-up for that session. Withdrawals can be made by email to: lescswimsec@hotmail.com



2026 Summer Open Meet

REFUNDS

There will be no refunds for withdrawals after the closing date unless due to injury, where a medical note will be required. Refunds will be sent to the swimmer's club, or direct to the swimmer in the event of an individual entry.

SAFEGUARDING

Long Eaton Swimming Club takes its commitment to safeguarding seriously, as such only coaches and team managers who have purchased poolside passes and have registered their details with Long Eaton will be permitted to sit in the competitor area (sports hall and the poolside).

This policy will be enforced, and any person found to be contravening this will be asked to move. The promoter reserves the right to ask those who refuse to observe this to leave the gala without refund.

OFFICIALS AND VOLUNTEERS

We are always grateful for the support provided to us by officials and volunteers from other clubs and organisations. It is this generosity which enables the sport to continue to stage meets such as this one. Food and refreshments will be provided for officials and volunteers who are working both sessions. Mileage will also be paid for officials and volunteers at the rate of 45p per mile or 25p per mile if accompanying a competing swimmer or swimmers.

If you can assist in this meet, we would very much like to hear from you. Any contribution would be most valued. Please email lescswimsec@hotmail.com or complete the Officials and Volunteers Form attached and submit with your entries.



2026 Summer Open Meet

Programme of Events

Session 1 Warm Up 08.00 Session Start 09.00

Event Number	Event
101	Open/Male 200m Freestyle
102	Female 200m Individual Medley
103	Open/Male 100m Breaststroke
104	Female 50m Backstroke
105	Open/Male 50m Freestyle
106	Female 100m Freestyle
107	Open/Male 100m Backstroke
108	Female 50m Breaststroke
109	Open/Male 50m Butterfly
110	Female 100m Butterfly
111	Team Event: Mixed 8x25m Freestyle Cannon Relay

Session 2 Warm Up (TBC) - Session Start (TBC)

Event Number	Event
201	Female 200m Freestyle
202	Open/Male 200m Individual Medley
203	Female 100m Breaststroke
204	Open/Male 50m Backstroke
205	Female 50m Freestyle
206	Open/Male 100m Freestyle
207	Female 100m Backstroke
208	Open/Male 50m Breaststroke
209	Female 50m Butterfly
210	Open/Male 100m Butterfly



2026 Summer Open Meet

OFFICIALS AND VOLUNTEERS FORM

As with all open meets we are always grateful of the support provided to us by Officials and Volunteers from other clubs and organisations. It is this generosity that enables the sport to continue to stage such events. If you can assist in this meet, in any way, we would very much like to hear from you. Any contribution would be most valued.

In the first instance please e-mail lescswimsec@hotmail.com or complete the form below and submit this along with your entries.

Food and refreshments will be provided for officials and volunteers who are working both sessions. Mileage will also be paid for officials and volunteers at the rate of 45p per mile or 25p per mile if accompanying a competing swimmer or swimmers.

Name	Contact Details	Highest Licensed Qualification (or other role)	Session Availability		
			1	2	Both



2026 Summer Open Meet

Club Summary Form

Please remember to include a copy of the entry summary from SportSystems.

PLEASE COMPLETE IN BLOCK CAPITALS

Club	
Contact Name	
Contact Phone	
Contact Email	

Number of open/male swimmers		Number of open/male events entered	
Number of female swimmers		Number of female events entered	
Total number of swimmers		Total number of events entered	

Payment Details

Total number of events entered		@ £7.50 each	=
Poolside passes required		@ £15.00 each	=
Total Amount Due		£	

Please make full payment at the time of submitting your entry via BACS:

Account Name: Long Eaton Swimming Club

Sort Code: 09-01-55

Account Number: 75025182

Reference: [Club Code] June 26

I hereby declare that the above particulars are correct, and that the swimmers named are eligible competitors in accordance with the laws of Swim England, and will abide by the conditions laid down by the Promoters.

Signature (Club Contact).....

Date.....

Please return along with your meet entry files, entry reports from SportSystems and the Officials and Helpers Form, to lescswimsec@hotmail.com



2026 Summer Open Meet

Individual Entry Form

Note: Club entries are preferred electronically via SportSystems.

Please email lescswimsec@hotmail.com for a SportSystems file set.

Swim England Registration Number:													
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Full Name: Open/Male or Female (delete as appropriate)

Club: Date of Birth:

Address:

..... Post Code:

Tel. No: Email:

Event	Entry Time	Event	Entry Time
50m Freestyle		50m Breaststroke	
100m Freestyle		100m Breaststroke	
200m Freestyle		50m Butterfly	
50m Backstroke		100m Butterfly	
100m Backstroke		200m IM	

Total number of events entered		@£7.50 each	=£
Poolside Passes Required		@£15.00 each	=£
Total Amount Due:		£	

Payable via BACS (details below) or cheque payable to Long Eaton Swimming Club

Account Name: Long Eaton Swimming Club

Sort Code: 09-01-55

Account Number: 75025182

Reference: [Club Code] June 26

Entries close Monday 1st June 2026 (or when the Meet is full if earlier)

I hereby declare that the above particulars are correct, and that the swimmer named is an eligible competitor in accordance with the laws of Swim England and will abide by the conditions laid down by the Promoters.

Signature (Coach / Parent / Club Official) Date

Send this completed form together with the correct entry fee to:

Michelle Bullock, 6 Gowan Close, Chilwell, Nottingham, NG9 6NS or email to lescswimsec@hotmail.com



2026 Summer Open Meet

Upper Limit Times

Open/Male							Female						
Events	9/10yr	11yr	12yr	13yr	14yr	15/Over	Events	9/10yr	11yr	12yr	13yr	14yr	15/Over
50m Free	31.1	29.6	27.9	26.6	25.6	24.6	50m Free	31.4	30.0	28.6	27.9	27.5	27.4
100m Free	01:07.8	01:00.3	01:00.3	57.1	55.4	53.1	100m Free	01:09.0	01:02.5	01:02.5	01:00.4	59.6	58.4
200m Free	02:26.1	02:11.0	02:11.0	02:04.2	02:00.1	01:55.3	200m Free	02:26.5	02:14.0	02:14.0	02:09.8	02:08.0	02:05.3
50m Breast	41.0	38.5	36.1	33.8	32.5	31.4	50m Breast	41.0	38.5	36.4	35.2	34.5	34.0
100m Breast	01:29.3	01:18.1	01:18.1	01:13.0	01:10.6	01:07.0	100m Breast	01:29.6	01:19.5	01:19.5	01:16.7	01:15.5	01:13.9
50m Fly	34.9	32.8	31.1	29.3	28.1	27.1	50m Fly	34.8	33.1	31.4	30.5	29.9	29.4
100m Fly	01:19.6	01:08.7	01:08.7	01:04.0	01:01.5	58.4	100m Fly	01:19.3	01:09.8	01:09.8	01:07.4	01:06.1	01:04.6
50m Back	36.0	34.1	32.3	30.4	29.4	28.4	50m Back	35.9	34.0	32.5	31.6	31.0	30.7
100m Back	01:18.3	01:08.7	01:08.7	01:04.7	01:02.2	59.3	100m Back	01:18.1	01:09.7	01:09.7	01:07.5	01:06.3	01:04.8
200m IM	02:48.1	02:29.5	02:29.5	02:21.4	02:16.7	02:10.7	200m IM	02:47.4	02:31.6	02:31.6	02:27.3	02:25.0	02:22.0