



(Affiliated to Swim England London Region)

BWFSC – GATORS SPRING MEET

SUNDAY 8th MARCH 2026

Level 3 Meet Licence 3LR260421

Level 3 Meet Held under Swim England Laws and Swim England Technical Rules of Swimming

Licence Number 3LR260421

London Aquatics Centre, Queen Elizabeth Olympic Park, E20 2ZQ



WELCOME TO THE BWFSC GATORS SPRING MEET 2026!

On behalf of the Borough of Waltham Forest Swimming Club (Gators) we are delighted to welcome you to the London Aquatic Centre for our twenty-first meet at this iconic venue. This meet is an opportunity for swimmers to race hard, aim for county/regional times and enjoy the benefits of all the hard work they've put into training.

For those of you that have travelled a long way today, we hope the journey was without incident and that you agree with us that the venue is worth the travel! We shall endeavour to keep the competition running smoothly for you and your swimmers. We thank you all for coming.

We hope that all swimmers will rise to the occasion and perhaps be inspired by those Olympians that have swum in this pool before them! Whether your swimmer is experienced or a first-timer, our marshalls, coaches and volunteers will make sure every swimmer is cared for. We are looking to you to cheer as much as you can and support each and every swimmer in the pool!

We will hold another gala here later in the year and will be in touch soon with further information.

We are very grateful to Everyone Active's management staff, Alan March Sport and Nick Hallam. We'd like to extend particular thanks to Busy Life PA (www.busylifepa.co.uk) for sponsoring our amazing Gators banners so you can spot us in a crowd! And a huge thank you to all our officials, swimmers and volunteers without whom this meet could not be run successfully.

For all of you, especially those competing for the first time at the LAC, we hope that you have an incredible experience and wish you an exciting and successful meet.

Kind regards,

Anna Kasparian
Chair
On behalf of all at BWFSC Gators

BWFSC – GATORS SPRING MEET

Sunday 8th March 2026

Venue	London Aquatic Centre Queen Elizabeth Olympic Park E20 2ZQ
Date	Sunday 8 th March 2026
Pool	50-metre pool, 10 lanes with anti-wave lane ropes, electronic timing and secondary strobe light 3m depth, start and finish.
Age Groups	9,10,11,12,13,14,15,16 & over. Age as at 8 th March 2026
Events	<ul style="list-style-type: none">• 50m, 100m All Strokes• 200m Free• 200m IM
Qualifying Times	No qualifying times but there are upper limit times based on long-course time or converted short-course times.
Awards	Heat declared winners – awards to top three in each age group.
Race Entry Fees	£10.00 per event
Spectator Entry Fees	£10 per person per day Doors open for spectators at 7.45am *Children under the age of 12 will have free entry
Contact Email	bwfscgalas@gmail.com

PROMOTORS CONDITIONS

1. Meet Conditions:

The Meet will be long course and held under Swim England Laws, Swim England Technical Rules of Swimming and these Promotors Conditions.

This Meet is Level 3, Licence Number 3LR260421.

The event conditions may be revised in response to guidelines from the Operator, Government and Public Health England related to Covid-19 and sporting competitions.

Flash photography is prohibited at all times.

There will be a secondary strobe available at the venue.

2. Data Protection:

By submitting and accepting entries to the Meet your consent is hereby given, as required by the Data Protection Act 2018, to the holding of personal information. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running this event. This data will be shared by form of results with Swim England (Rankings) and the clubs who have entered the Meet. A full copy of the results will be published on the website after the Meet. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted.

3. Gala Organiser and Promotor:

Anna Kasparian, on behalf of BWFSC GATORS - bwfscgalas@gmail.com

4. Eligibility for Entry:

The competition is open to competitors registered as Club Compete members of Swim England, or equivalent status for members of Scottish Swimming or Swim Wales.

There are no qualifying times but there are upper limit times (ULT) which are based on long course times. Entry times faster than the published ULT may be rejected.

Swimmers are expected to enter their current best long course time or converted short course time for entry. We will not be accepting entries with No Time (NT).

If the Meet is undersubscribed, the Promotors reserve the right to accept late entries or entries faster than ULT providing that the priority has already been given to entries received before the closing date.

Accepted entries that are faster than ULT will not be eligible for awards.

By submitting an entry to this Meet, a competitor – or in the case of a competitor being under the age of 18 years during the Meet, the competitors' legal guardian – attest to the fitness and ability of the competitor to complete the event without foreseeable injury or incident without causing delay to the event schedule.

Swimmers with possession of a Swim England Certificate of Exemption (or international equivalent) or whose Swim England membership record details of a disability sport class are welcome to enter the competition. Please provide certificates on entry application

5. Age Criteria:

Age Groups will be 9, 10, 11, 12, 13, 14, 15, 16 & over. A Swimmer's age is at 8th March 2026.

6. Events:

50m, 100m, 200m Freestyle
50m, 100m Backstroke
50m, 100m Breaststroke
50m, 100m Butterfly
200m Individual Medley

7. Entry Fees:

The entry fee is £10.00 per event

There will be no refunds of entry fee unless the entries are rejected by the organisers, or the Meet is cancelled.

8. Entry Procedure:

All entries must be entered electronically, using Hytek software. An events file containing the full schedule of events will be available for download from the Team Unify BWFSC Gators Website: www.bwfsc-gators.org.uk. This file should be used in conjunction with the 'Hytek Team Manager' software or another compatible team management application.

All eligible entries must be made by clubs in the standard electronic format produced by Hytek's Team Manager or an equivalent compatible application.

If clubs choose to use a manual entry form, they will incur a £25 admin charge.

Where there are six or more competitors from a club, entries must be submitted electronically.

The deadline for entries is Sunday 25 January 2026.

Clubs are requested to send all entries with an entry report, completed summary sheets and any poolside applications at the same time with one payment to cover all swimmers, coaches, Team Managers and chaperone passes.

Payments to be made by electronic bank transfer only (details on the entry form). Payment needs to be made in full before the entries will be processed. If payment is not received by the closing date BWFSC Gators reserves the right to reject entries in full.

Individual entries will be accepted by email to bwfscgalas@gmail.com providing full swimmer information and will incur an admin charge of £5 per individual entry and must be paid by BACS.

Entries will be processed on a first come first served basis. If the gala is nearing capacity the Promotor reserves the right to restrict entries from the last club's entries received to comply with licensing guidelines and the restrictions will be made from the 200m events first, then in reducing distance by individual age groups.

Fees will be refunded by Bank Transfer to the club's account in the event of any rejections.

The Meet organisers reserve the right to cancel the Meet if it is undersubscribed.

Accepted entries from visiting clubs bringing a team of five or more swimmers are requested to provide at least one qualified Official at J1 level, or higher per session and their details (and qualification) are to be forwarded with the entry information. Meals and refreshments will be provided to officials and all officials will be offered expenses. BWFSC expenses policy can be found here https://uk.teamunify.com/lrebwgsc/UserFiles/File/gators-expenses-policy_051297.pdf

Meet Conditions are deemed to be accepted by the submission of entries to the Meet.

Accepted and rejected entries will be posted to all clubs within 2 weeks of the closing date. It is the competing club/swimmer's responsibility to check the list for accuracy and report any errors to us immediately.

The Meet Promoters reserve the right to limit entries and the number of heats in any event to maintain a balanced program.

9. Meet Procedure:

Heats will be swum with all ages combined and swimmers seeded by entry times. All heats will be spearheaded and swum slowest to fastest, based on the entry times.

All events will be swum on a heat declared winner basis. The first three swimmers for each age group in each event will receive medals.

Over the top starts will be used where appropriate.

Warm-up procedures will be posted after the finalisation of entries on our website.

10. Withdrawal Procedure:

Once an entry has been accepted it is assumed the swimmer will be swimming at the Meet. Withdrawals must be made by the start of each warm-up session and handed in to the recorders using the withdrawal sheets which will be provided in the coach pack.

Withdrawals may also be emailed to bwfscgalas@gmail.com until 6pm on Friday 6th March 2026.

Refunds are not available for withdrawal once entries have been processed except where the Meet organiser has rejected the entry.

11. Marshalling:

Heat start lists for each event will be printed and given to the coaches before each session starts. It is the swimmer's responsibility to ensure their name appears on the list prior to the session and that they report to the Meet Marshalls in the designated marshalling area in good time before each event.

Once in the marshalling area swimmers must report to the Marshall and be registered. Swimmers must always follow the instructions of the Meet Marshalls.

Swimmers must enter the marshalling area 'race ready' as they should stay in the marshalling area until led through to the pool area for their race.

Coaches, Team Managers and chaperones will not be allowed in the marshalling area at any time unless agreed with the Meet Promoter beforehand.

12. Coaches, Team Managers and Chaperones:

Coaches, Team Managers and Chaperones passes are available in advance for £30 per person per day. This entitles the holder to a start list, meals, refreshments and result sheets posted or delivered electronically.

Coaches, Team Managers and Chaperones passes must be ordered using the club Entry Form.

Coaches, Team Managers and Chaperones are expected to wear their wristbands at all times.

Coaches, Team Managers and Chaperones will not be allowed on poolside without a pass (wristband).

Coaches, Team Managers and Chaperones must be club trained personnel.

All applicants should be registered members of Swim England and hold a current DBS check. We expect all clubs to adhere to the Swim England ratios a link to which can be found on our website [Borough of Waltham Forest Gators Swim Club - Club Policy \(teamunify.com\)](http://Borough of Waltham Forest Gators Swim Club - Club Policy (teamunify.com))

13. Safeguarding:

In accordance with the Swim England Child Safeguarding Policies and Procedures any parent or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own swimmer as much as reasonably possible and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms.

14. Photography, Video or Digital Devices:

Flash photography is prohibited at all times. In line with Swim England policy no mobile phones or devices may be used in the changing rooms. It is strictly prohibited to take photos or videos; to text; to make phone calls or to browse the internet. This policy will be strictly enforced, any person found contravening this policy will be asked to leave the gala without refund.

15. Safety and Security:

It is the responsibility of coaches and parents to ensure the safety of their swimmers. All swimmers should obey all safety notices and announcements. The organisers and pool management reserve the right to remove any spectator, swimmer or anyone from poolside or the venue whose behaviour or actions is against the rules of the pool, this Meet or threatening the efficient running of the Meet. Stewards will be patrolling the centre, and anyone found causing damage or serious misbehaving, will be banned from the Meet and removed from the building. No refunds will be made to the swimmer or spectator.

For Health and Safety reasons large bags are to be stored in the changing room lockers. Small bags are allowed poolside. Lockers are available for a refundable £1 coin.

Only competing swimmers, coaches, Officials and Team Managers are allowed on poolside. Parents are not allowed, at any time, in the changing area and on pool side. The Promotors may enforce additional measures in compliance with the pool provider, Government and Public Health England regulations related to Covid-19 guidelines. This would be provided in advance to the competing clubs via email.

16. Entrance:

Doors open for swimmers, coaches, Officials and Team Managers from 7.30am using the doors on the upper floor riverside (West Ham stadium side).

Spectators entrance is also upper floor on the riverside (West Ham stadium side) from 7.45am.

17. Others:

Spectator entry will be by colour-coded wristbands. Entry fees are £10.00 per day. Children under the age of 12 will have free entry and must be supervised by an adult. Other than the Meet entry fees, the Promotors will not be responsible for any other cost or expenditure incurred by the swimmer, spectator or club – on cancellation or amendment to the date of this Meet if the pool operator closes the venue due to unforeseen circumstances.

The venue is the London Aquatics Centre, Queen Elizabeth Park, E20 2ZQ. It is recommended that if you travel by car that you use the multi-story car parks in the Westfield Shopping Centre which is a few minutes' walk from the pool. The pool is easily accessible by train/tube from Stratford Station which is a short walk away.

There are many food venues in the nearby Westfield shopping centre and a café in the main foyer of the pool (lower ground) Please ensure you clean up after yourself and place all litter in the bins provided.

Anything not covered in these conditions will be at the Promotor's discretion.

BWFSC GATORS SPRING GALA

SUNDAY 8th MARCH 2026

Event Schedule

Session 1 Withdrawals close 8:00am Warm up – Girls 8.00-8:25am Open/Boys 8.25-8:50am 20 minutes warm up, 5 minutes sprint lanes Start 9am		Session 2 (provisional timings) Withdrawals close 1:00pm Warm up – Open/Boys 1:00-1:25pm Girls 1:25-1:50pm 20 minutes warm up, 5 minutes sprint lanes Start 2pm	
Event		Event	
1	Girls 200m Freestyle	11	Open/Boys 200m IM
2	Open/Boys 200m Freestyle	12	Girls 200m IM
3	Girls 50m Fly	13	Open/Boys 50m Breaststroke
4	Open/Boys 50m Fly	14	Girls 50m Breaststroke
5	Girls 100m Backstroke	15	Open/Boys 100m Freestyle
6	Open/Boys 100m Backstroke	16	Girls 100m Freestyle
7	Girls 50m Freestyle	17	Open/ Boys 50m Back
8	Open/Boys 50m Freestyle	18	Girls 50m Back
9	Girls 100m Breaststroke	19	Open/Boys 100m Fly
10	Open/Boys 100m Breaststroke	20	Girls 100m Fly

**Warm-up, start times and finish times are estimated and may alter depending on technical or unforeseen issues arising.*

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.



UPPER LIMIT QUALIFYING TIMES (50M LONG COURSE)

Age as at 8th March 2026

GIRLS UPPER LIMITS									
		9	10	11	12	13	14	15	16+
FREESTYLE	50m	34.00	32.00	30.00	28.00	27.50	27.00	26.00	25.00
	100m	1:17.00	1:13.00	1:10.00	1:04.00	1:02.00	1:00.00	58.00	57.00
	200m	2:42.00	2:38.00	2:30.00	2:20.00	2:15.00	2:10.00	2:07.00	2:05.00
BACKSTROKE	50m	39.00	37.00	34.00	32.00	30.00	29.00	28.00	27.00
	100m	1:23.00	1:20.00	1:14.00	1:11.00	1:08.00	1:06.00	1:04.00	1:03.00
	50m	48.00	44.00	42.00	40.00	38.00	36.50	34.00	32.00
BREASTSTROKE									
100m	1:38.00	1:32.00	1:28.00	1:23.00	1:20.00	1:15.00	1:13.00	1:11.00	
BUTTERFLY	50m	41.00	39.00	37.00	33.00	32.00	30.00	28.00	26.00
	100m	1:19.00	1:15.00	1:12.00	1:07.00	1:06.00	1:04.00	1:03.00	1:01.00
IM	200m	2:50.00	2:45.00	2:40.00	2:30.00	2:25.00	2:20.00	2:15.00	2:10.00

Competing Clubs

TBC

We welcome back our regular attendees and welcome all newcomers to our gala. We wish all competing clubs the very best of luck and a great day. We hope you all have a great swim, rise to the occasion and enjoy the event!

Any feedback is appreciated via bwfscgalas@gmail.com
You can find us on facebook/X/Instagram @bwfscgators.

Warm Up Arrangements

Session 1: Girls 8am, Boys 8.25am

Session 2: Boys 1pm, Girls 1.35pm (timing TBC)

20 minutes warm up, 5 minutes sprint lanes

Warm Up Lanes - Both Sessions TBC

Lane 0		Lane 5	
Lane 1		Lane 6	
Lane 2		Lane 7	
Lane 3		Lane 8	
Lane 4		Lane 9	

