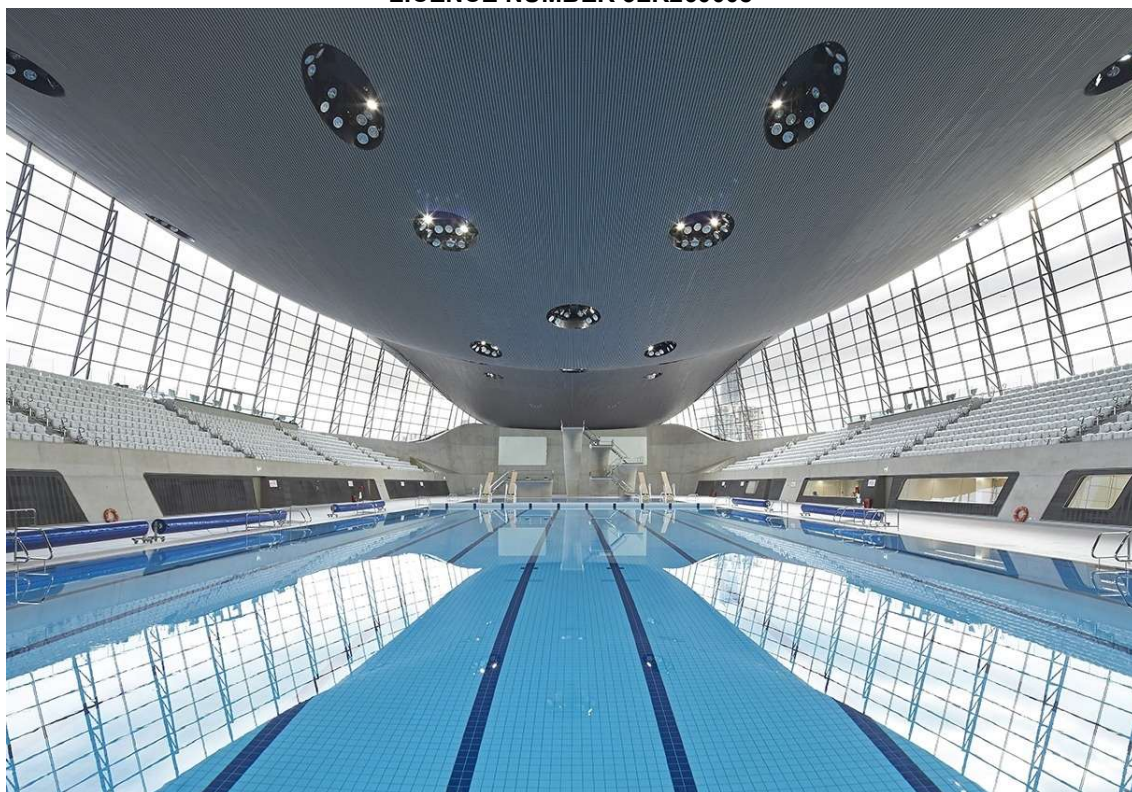


NUEL SC January Sprint Madness Open Meet 2026

(Held under Swim England Laws and Swim England Technical Rules of Swimming)
LONG COURSE LEVEL 3 MEET
LICENCE NUMBER 3LR260008



Sunday 4 January 2026

London Aquatics Centre
Queen Elizabeth Olympic Park
E20 2ZQ



Newham and UEL Swimming Club
NUEL SC January Sprint Madness Open Meet 2026
License no: 3LR260008

**(Held under Swim England Laws and Swim England Technical Rules
of Swimming)**

Name:	NUEL SC January Sprint Madness Open Meet 2026 ("Meet")
Date:	Sunday 4 January 2026
Venue:	London Aquatics Centre, Queen Elizabeth Olympic Park E20 2ZQ
Pool:	50 metres, 10 lanes with anti-wave lane ropes, electronic timing and secondary strobe light
Pool depth:	3 metres at both ends
Age Groups:	9,10,11,12,13,14,15,16, 17 & over (Age as at 4 January 2026)
Events:	• 50m and 100m all strokes • 200m Freestyle and Individual Medley
Qualifying Times:	There are no qualifying times, but there are upper limit times ("ULT") based on Long Course Times.
Awards:	Heat declared winners with awards to top three in each age group.
Entry Fees:	£10.00 per event
Spectator entry fees:	£10 per person (Not transferable) (Doors open 7.45am) Children under the age of 12 free of charge (accompanied by a paying adult)
Closing Date for Entries:	Monday 8 December 2025
Contact email:	nuelopenmeets@gmail.com

Promoters Conditions

Contents:

	Page
1) Meet Administrators	1
2) General Conditions	1
3) Data Protection	1
4) Eligibility For Entry	2
5) Age Criteria	2
6) Events	2
7) Entry Fees	2
8) Entry Procedures	2-3
9) Meet Procedures	3
10) Withdrawal Procedures	4
11) Marshalling	4
12) Coaches, Team Managers and Chaperones	4
13) Safeguarding	5
14) Photography, Video or Digital Capturing Devices	5
15) Safety and Security	5
16) Entrance	6
17) Others	6
Programme of Events	7
Upper Limit Qualifying Times - Open/Male	8
Upper Limit Qualifying Times - Female	8

PROMOTER'S CONDITIONS

Newham and University of London Swimming Club ("NUELSC or NUEL") will liaise with the pool operators regarding safety management in addition to any rules and regulations in place by Government at the date of this Meet. All participants will be required to agree to all terms and conditions as part of the opt into this Meet.

1) MEET ADMINISTRATORS

- 1.1 The Promoters and Meet Administrators for this Meet are Michael Laniyan and Yukie Daniels (nuelopenmeets@gmail.com) on behalf of NUELSC.
- 1.2 Closing deadline for entries and full payment is midnight on 8 December 2025.

2) GENERAL CONDITIONS

- 2.1 The Meet will be conducted Long Course held under Swim England Laws, Swim England Technical Rules of Swimming and these Promoter's terms and conditions.
- 2.2 The Meet is licensed at level 3 and held under licensed number 3LR260008.
- 2.3 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.
- 2.4 In the interest of safety, to keep the event within the available time booked at the hosting facility and to ensure the smooth running of the Meet, we reserve the right to restrict the number of entries in any given event.
- 2.5 Flash photography is prohibited at all times during this Meet.
- 2.7. There will be secondary strobe available at the venue.
- 2.6 The pool depth is 3 meters at both ends of the pool.
- 2.7 Over the top start will be used where appropriate.

3) DATA PROTECTION

- 3.1 By submitting and accepting entries to the Meet 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 the event. This data will be shared in the 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.
- 3.2 If any persons want to exercise their right to erasure or processing of their personal data, they will need to make a written request to the promoter. We will only hold competition data for 12 months after which it will be destroyed and erased from our systems.

4) ELIGIBILITY FOR ENTRY

- 4.1 The competition is open to competitors registered as Club Compete members of the Swim England, or equivalent status for members of Scottish Swimming or Nofio Cymru (Swim Wales)
- 4.2 There are no qualifying times, but there are upper limit times ("ULT") which are based on Long Course times as shown on Appendix 1 and Appendix 2. Entry times faster than the published ULT may be rejected. Swimmers are expected to enter their current best Long Course times (or converted Short Course times whichever is faster) at the time of entry and we will be not accepting No Time ("NT").
- 4.3 In the event that the Meet is undersubscribed, the promoters 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.
- 4.4 By submitting an entry to this Meet, a competitor – or in the case of competitor being under the age 18 years during the Meet, the competitor's legal guardians – 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.
- 4.5 Swimmers with possession of a Swim England Certificate of Swimming Disability (or international equivalent) or whose Swim England membership record details of a disability sport class are welcome to enter the competition.
- 4.6 All events will have an Open/Male and Female category.
- 4.7 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.

5) AGE CRITERIA

- 5.1 Age groups will be 9, 10, 11, 12, 13, 14, 15, 16, 17 & over.
- 5.2 A Swimmer's age is as at 4 January 2026.

6) EVENTS

- 6.1 Events will be:
 - 6.1(a) - 50m, 100m, 200m Freestyle
 - 6.1(b) - 50m, 100m Backstroke, Breaststroke, Butterfly
 - 6.1(c) - 200m Individual Medley

7) ENTRY FEES

- 7.1 The entry fee is £10.00 per event.
- 7.2 There will be no refund of entry fee unless the entries are rejected by the organisers, the Meet is cancelled, or withdrawal is made in accordance with paragraph 10.4 of this programme.

8) ENTRY PROCEDURE

- 8.1 All entries must be entered electronically, using Hytek software. An Events file containing the full schedule of events is available for download from NUELSC website. This file should be used in conjunction with the "Hytek Team Manager" software or another compatible team management application.
- 8.2 All eligible entries must be made by clubs in the standard electronic format produced by Hytek's Team Manager or an equivalent compatible application.
- 8.3 If clubs, choose to use an entry form (manual entry) they will incur a £25 administration charge.

- 8.4 Where there are six or more competitors from a club, entries MUST be submitted electronically.
- 8.5 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 chaperones passes.
- 8.6 Payments to be made by bank electronic transfer only (details on summary sheet). Payments need to be received in full before the entries will be processed. If payment is not received by the closing date, NUEL reserves the right to reject the entries in full.
- 8.7 Individual entries will be accepted by email to nuelopenmeets@gmail.com providing full swimmer information and will incur an admin charge of £5 per individual entry and must be paid by BACS.
- 8.8 The Promoter recommends that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry.
- 8.9 Entries will be processed on a first come first served basis, however if the gala is nearing capacity the promoter reserves the right to restrict entries received to ensure compliance with licensing guidelines and the restrictions will be made from the longest distance events first then in reducing distance by individual age groups.
- 8.10 In the event that entries are rejected, fees will be refunded by bank transfer to the club bank account.
- 8.11 The Meet Promoter reserves the right to cancel the event if the Meet is under subscribed.
- 8.12 Accepted entries from visiting clubs bringing a team of 5 or more swimmers are requested to provide at least one qualified official at J1 level, or higher per session and their details (together with their qualification) are to be forwarded with the entry information. Meals and refreshments will be provided to officials.
- 8.13 NUELSC will reimburse reasonable expenses incurred by officials; please submit expense claim at the end of the session or email to nueltreasurer@gmail.com after the Meet.
- 8.14 The submission of entries, either electronically or by entry form indicates acceptance of the Meet Conditions.
- 8.15 Accepted and rejected entries will be posted to all clubs shortly after the closing date. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any errors.
- 8.16 The Meet Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme.

9) MEET PROCEDURE

- 9.1 Heats will be swum with all age groups combined and swimmers seeded by entry times. All heats will be spearheaded and swum slow to fast, based on the entry times.
- 9.2 All events will be swum on a heat declared winner basis. The first three for each age group in each event will receive medals.
- 9.3 Over the top starts will be used where appropriate.
- 9.4 Warm-up procedures will be posted on the club website after the finalisation of entries.

10) WITHDRAWAL PROCEDURE

- 10.1 Once an entry has been accepted it is assumed that the swimmer will be swimming at the Meet. Withdrawals must be made by the start of each warm-up session and hand-in to the recorders using the withdrawal sheets which will be included in the coach's pack and on the recorder's desk.
- 10.2 Withdrawals may also be made via the online meet portal or by email to nuelopenmeets@gmail.com up to 6.00pm Friday 2 January 2026 and using withdrawal form on the poolside on race days.
- 10.3 Refunds are not available for withdrawal once entries have been processed unless entries have been rejected by the Meet organiser, subject to paragraph 10.4 of Withdrawal Procedure below.
- 10.4 In certain circumstances, where withdrawal is notified in writing or an official withdrawal form is submitted within the time limit and accompanied by medical evidence and accepted by the Organisers; NUELSC may refund the associated entry fees shortly after the Meet has been completed.
- 10.5 A £5 fine will be levied on the club under whose name the swimmer is entered or the swimmer themselves, if a swimmer does not withdraw from an event in time resulting in an empty lane during the race.**

11) MARSHALLING

- 11.1 It is the swimmer's responsibility to report to the Meet Marshalls in the designated marshalling area in good time for your event. Heat start lists for each event will be printed and given to the coaches before each session starts and it is the competitor's responsibility to ensure their name appears on the list prior to the start of the session.
- 11.2 Upon entry to the marshalling area, the athlete must ensure that they report to a Marshall and be registered as being present. Competitors must follow directions of the Meet Marshalls at all times.
- 11.3 All competitors must enter the marshalling area 'race ready' as under normal circumstances having entered the marshalling area should remain in its confines until led onto the pool deck for their race.
- 11.4 Coaches/Team Managers/Chaperones will not be allowed in the marshalling area at any time.

12) COACHES, TEAM MANAGERS AND CHAPERONES

- 12.1 Coaches, Team Managers' and Chaperones passes are available in advance for £30 per person. This is not transferable. This entitles the holder of a start list, meals, refreshments and result sheets posted or sent electronically.
- 12.2 Coaches, Team Managers' and Chaperones Passes must be ordered using the Club Entry Form. Please note of the ratio policy as per [Wavepower 2024](#).
- 12.3 Coaches, Team Managers and Chaperones are expected to wear their pass or wristbands at all times.
- 12.4 Coaches, Team Managers' and Chaperones will not be allowed on the poolside without a Pass (wristbands).
- 12.5 Coaches and Team Managers must be club trained personnel.
- 12.6 All applicants should be registered members of Swim England and hold a current DBS check, and must ensure that coaches, team managers and officials comply with [Wavepower 2024](#).

13) SAFEGUARDING

- 13.1 In accordance with the Swim England Child 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 primarily capture images of their own child as much as reasonably possible and to limit including other children in those images, particularly if those images are being shared with family and friends through social media platforms.
- 13.2 In the interest of safeguarding, parents, carers and officials are not allowed in the swimmers' sitting area.

14) PHOTOGRAPHY, VIDEO OR DIGITAL CAPTURING DEVICES

- 14.1 Swim England changing room policy now **prohibits all use of a mobile phone or device in changing room areas**. This policy will be vigorously enforced, and any person found to be contravening this policy will be asked to leave the gala without a refund. Additionally, no video recording or photography is allowed by the poolside without prior approval from the Organisers. Please refer to [Wavepower 2024](#). For avoidance of doubt, this policy also covers the marshalling areas.
- 14.2 As the permitted use of devices which capture still or moving images is no longer dependent upon pre-registration, we request that all persons attending this meet at the London Aquatics Centre have a clear understanding of their responsibilities and obligations as detailed in the "Swim England Photography Guidance" section of [Wavepower 2024](#). Flash photography is prohibited at all times.

15) SAFETY AND SECURITY

- 15.1 Coaches and parents hold the responsibility of ensuring the safety of swimmers, who should meet the Swim England competitive start award requirements and follow safety notices and announcements. The organisers and pool management have the authority to eject anyone, including swimmers and spectators, from the poolside or the venue if their behaviour violates the pool rules or the Meet regulations, or if it disrupts the Meet's smooth operation. Stewards will be present to monitor the premises, and individuals found causing damage or misbehaving will be prohibited from attending the Meet and denied access to the building. No refunds will be issued to swimmers or spectators who are expelled from the event.
- 15.2 For health and safety reasons bags are to be stored in the lockers, only small drawstring bags will be allowed poolside. Lockers are available with the use of a refundable £1 coin. No chairs are allowed on the pool side.
- 15.3 Only competing swimmers, coaches, officials and Team Managers are allowed on poolside. Parents are not allowed in the changing area, swimmers' seating area and on the pool side.
- 15.4 The Promoter may enforce additional measures in compliance with pool provider, Government and Public Health England regulations related to Covid-19 guidelines as well as general safety and security. This will be communicated in advance via emails to the competing clubs' representative and a notice on the NUELSC website (<http://www.nuelsc.uk>)
- 15.5 WET SWIMMERS WILL NOT BE ALLOWED into the balcony area after their race. They will be required to dry off poolside and wear suitable footwear. Please bring a spare towel to the poolside for the race.
- 15.6 Swimmers are also expected to always wear their club top or t-shirt at all times other than at the poolside before or after their race.

16) ENTRANCE

- 16.1 Doors open for swimmers, coaches, officials and team managers from 7.30am using the doors on the upper floor and 7.45am for spectators.

17) OTHERS

- 17.1 Spectator entry will be by colour-coded wristbands. Entry fee is £10.00 per person. The wristband is not transferable. Spectators are required to always wear the wristband whilst on the venue and must be visible. Children under the age of 12 will gain entry free of charge and must be accompanied by an adult.
- 17.2 The Promoter recommends that no travel or accommodation arrangements are confirmed until the club receives confirmation of entry.
- 17.3 Except for the Meet entry fees, any additional costs or expenses incurred by the swimmer, spectator, or club due to the Meet's cancellation or rescheduling, resulting from unforeseen circumstances causing the venue's closure by the pool operator, will not be the responsibility of the Promoter.
- 17.4 The venue is the London Aquatics Centre, Queen Elizabeth Olympic Park, E20 2ZQ. It is recommended that if you travel by car, please you use the multi-story car parks in Westfield Shopping Centre which is a short walk away from the pool. The pool is also easily accessible by train/tube with a short walk from Stratford station.
- 17.5 There is a café in the main foyer as well as kiosks at the seating gallery and plenty of food venues in the nearby Westfield.
- 17.6 Please ensure you clear up after yourself by placing all litter in the receptacles provided, do not leave it for others to clear up for you.
- 17.7 Anything not covered within these rules will be at the discretion of the Promoters of the competition.

PROGRAMME OF EVENTS

SUNDAY 4 January 2026

SESSION 1

SESSION 2

Withdrawal closes:		8.00am	Withdrawal closes:		TBC
Warm Up Boys 14 and under		TBC	Warm Up Boys 14 and under		TBC
Warm Up Girls 14 and under		TBC	Warm Up Girls 14 and under		TBC
Warm Up Mixed 15 and over		TBC	Warm Up Mixed 15 and over		TBC
Start:		9:00 am	Start:		TBC
Event 101	Female 200m Freestyle		Event 201	Open/Male 200m IM	
Event 102	Open/Male 200m Freestyle		Event 202	Female 200m IM	
Event 103	Female 50m Butterfly		Event 203	Open/Male 50m Breaststroke	
Event 104	Open/Male 50m Butterfly		Event 204	Female 50m Breaststroke	
Event 105	Female 100m Backstroke		Event 205	Open/Male 100m Freestyle	
Event 106	Open/Male 100m Backstroke		Event 206	Female 100m Freestyle	
Event 107	Female 50m Freestyle		Event 207	Open/Male 50m Backstroke	
Event 108	Open/Male 50m Freestyle		Event 208	Female 50m Backstroke	
Event 109	Female 100m Breaststroke		Event 209	Open/Male 100m Butterfly	
Event 110	Open/Male 100m Breaststroke		Event 210	Female 100m Butterfly	

*Timings are subject to change

Appendix

UPPER LIMIT QUALIFYING TIMES (LONG COURSE)

		Open/Male Upper Limit Qualifying Times								
		9	10	11	12	13	14	15	16	17+
Freestyle	50m	00:33.0	00:31.0	00:29.0	00:27.0	00:26.0	00:25.0	00:24.0	00:22.0	00:22.0
	100m	01:15.0	01:10.0	01:06.0	01:02.0	00:59.0	00:57.0	00:55.0	00:52.0	00:52.0
	200m	02:42.0	02:30.0	02:22.0	02:15.0	02:08.0	02:02.0	01:55.0	01:53.0	01:53.0
Breaststroke	50m	00:45.0	00:43.0	00:39.0	00:36.0	00:35.0	00:33.0	00:31.0	00:30.0	00:30.0
	100m	01:38.0	01:30.0	01:26.0	01:22.0	01:17.0	01:14.0	01:11.0	01:09.0	01:09.0
Butterfly	50m	00:38.0	00:34.0	00:32.0	00:30.0	00:29.0	00:28.0	00:27.0	00:26.0	00:26.0
	100m	01:19.0	01:15.0	01:12.0	01:07.0	01:04.0	01:02.0	01:01.0	00:59.0	00:59.0
Backstroke	50m	00:38.0	00:34.0	00:33.0	00:31.0	00:30.0	00:28.0	00:27.0	00:26.0	00:26.0
	100m	01:23.0	01:17.0	01:13.0	01:10.0	01:06.0	01:04.0	01:01.0	01:00.0	01:00.0
Individual Medley	200m	02:50.0	02:45.0	02:36.0	02:30.0	02:25.0	02:20.0	02:12.0	02:08.0	02:08.0

		Female Upper Limit Qualifying Times								
		9	10	11	12	13	14	15	16	17+
Freestyle	50m	00:33.0	00:31.0	00:30.0	00:28.0	00:27.0	00:27.0	00:26.0	00:24.0	00:24.0
	100m	01:17.0	01:10.0	01:07.0	01:03.0	01:01.0	00:59.5	00:58.0	00:54.0	00:54.0
	200m	02:42.0	02:30.0	02:22.0	02:16.0	02:12.0	02:08.0	02:06.0	02:02.0	02:02.0
Breaststroke	50m	00:44.0	00:41.0	00:39.0	00:36.0	00:35.5	00:35.0	00:34.0	00:31.0	00:31.0
	100m	01:38.0	01:30.0	01:25.0	01:21.0	01:18.0	01:14.0	01:12.0	01:10.0	01:10.0
Butterfly	50m	00:38.0	00:34.0	00:32.0	00:31.0	00:30.0	00:29.0	00:28.0	00:25.0	00:25.0
	100m	01:19.0	01:15.0	01:12.0	01:07.0	01:06.0	01:04.0	01:03.0	01:00.0	01:00.0
Backstroke	50m	00:38.0	00:34.0	00:33.0	00:32.0	00:31.0	00:29.0	00:28.0	00:24.0	00:24.0
	100m	01:23.0	01:17.0	01:13.0	01:11.0	01:08.0	01:05.0	01:04.0	01:00.0	01:00.0
Individual Medley	200m	02:50.0	02:45.0	02:36.0	02:30.0	02:25.0	02:20.0	02:15.0	02:10.0	02:10.0