



Norwich Swan Swimming Club & West Norfolk Swimming Club

Affiliated to Swim England East Region and Swim England Norfolk

BOUDICCA LEVEL 3 LONG COURSE OPEN MEET

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

Level 3 Licence 3ER260573

Saturday 20th June & Sunday 21st June 2026

At the UEA Sportspark

Norwich

NR4 7TJ

MEET CONDITIONS AND INFORMATION

1. The meet will take place at UEA Sportspark on 20th & 21st June and is licensed by Swim England at Level 3 under Licence No.3ER260573
2. The meet will be run in accordance with Swim England Regulations, Swim England Technical Rules of Swimming and these conditions.
3. 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.
4. The promoter is Abby Chapman on behalf of both Norwich Swan (NSSC) and West Norfolk (WNSC), however a day promoter may be appointed for individual sessions if required
5. The Technical Director is Darren Peck.
6. If you are a Licenced Swimming Official or an Official in training, and are available to Officiate at this event, please sign up using this link: <https://swim-meet.com/Availability/?m=8269>
7. The age groups are: 10, 11, 12, 13, 14, 15, 16, 17/ov
8. Ages are as at 31st December 2026.
9. 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.
10. Medals will be awarded to 1st, 2nd and 3rd placed swimmers in each age group.
11. The pool is 50m, anti-wave devices will be in place and AOE will be used. A secondary strobe for the starting system is available. Backstroke ledges will be provided.

12. Side by side starts may be used at the discretion of the referee and promoter for backstroke events.
13. There shall be no glass items or hot drinks allowed on poolside to ensure swimmers, coaches and officials are not put at risk.
14. Heats will be swum as mixed age with swimmers seeded by entry times.
15. Over the top starts may be used at the referee's discretion.
16. All entries must be long course times or converted short course times and must be slower than the cut off times listed and have been achieved since 1 January 2025. Entries with No Time (NT) will NOT be accepted.
17. Cut-off times are provided, and valid entries (which must include payment) will be accepted in the order of receipt, that is: **first come first served**. Complete entries for each club are required together with an electronic payment. 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.]
18. Those swimmers in possession of a Swim England Certificate of Swimming Disability or those swimmers whose membership details record a disability Sport Class are welcome to enter the competition.
19. 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 both Norwich Swan and West Norfolk Swimming clubs' websites.
20. If electronic entries are not being made, entry forms should be emailed to admin@norwichswansc.co.uk and BACS payment made.
21. Entries together with entry fees must be received by the Promoter by Monday 25th May 2026. The entry fee is £7.50 per event.
22. 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 the club in question.
23. Accepted and rejected entries will be posted on the club website within 2 weeks of the closing date.
24. Swimmers must withdraw from events that they no longer wish to swim. Each club will be provided with a schedule of their accepted entries. Withdrawals may be made on the day or can be actioned via your swim-meet withdrawal link in advance, but must be made at least 45 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.
25. Coaches' passes are free of charge. There will be no entry to the poolside without a pass and passes must be worn at all times. All coaches, team managers and appointed volunteers attending poolside must be Swim England DBS checked, have a safeguarding certificate and suitable Team manager/coaching qualification. This check can be obtained free of charge via https://www.swimmingresults.org/member_options/ The Club requests that all teams have sufficient coaches/team managers/chaperones on poolside to meet the requirements of the SE Team Manager, Coach and Chaperone policy which can be found [here](#). Coaches lunches must be pre-ordered at a cost of £15 per person per day.
26. Warm up protocol will be published ahead of the event. There is to be strictly no diving during warm-up, with the exception of designated sprint lanes. 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.
27. Results will be posted on Norwich Swan and West Norfolk club websites and will be supplied to Aquatics GB for entry into the national rankings database.

28. In accordance with 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. Wavepower prohibits the use of mobile devices in changing rooms during Swim England regulated activity not just for photography. 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 after the meet.
29. All participants must observe the safety precautions in operation at Sportspark. Neither the Promoter or Norwich Swan or West Norfolk Swimming Club will be responsible for any loss or damage occurring during the meet.
30. 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.
31. 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.

Para Swimming Conditions

The conditions outlined above shall apply to all para swimmers except where varied by any of the following conditions.

1. The competition is open to competitors whose Membership Record shows Para-Swimming Sport Classes S, Sb or SM 1-14.
2. Competitors must be registered members of Swim England, SASA or WASA or competitors from country affiliated to World Aquatics.
3. Personal care attendants will be permitted for swimmers in all disability classes.
4. A swimmer may have both a coach and a personal care attendant present.
5. The competition format will be based on disability inclusion within the able-bodied programme. Swimmers will be integrated on a time-banded basis in all events.
6. Positions will be determined by each swimmer's British Para Swimming points.
7. Para swimmers will be included and placed within the results for appropriate age group in the able-bodied competition. They will also be included in the multi-class results and placed within those results according to their equivalent times.
8. Winners of all events will be heat declared.
9. Competition to be run under World Para Swimming swim rules.
10. Medals shall be awarded on a multi-class basis to 1st, 2nd and 3rd place in each event

Norwich Swan Swimming Club & West Norfolk Swimming Club

BOUDICCA Level 3 Long Course Open Meet

Programme of Events

Saturday 20th June 2026	
Session 1	Session 2
101 – Male/Open 400m Individual Medley	201 - Female 400m Individual Medley
102 - Female 200m Individual Medley	202 – Male/Open 200m Freestyle
103 – Male/Open 100m Breaststroke	203 - Female 100m Freestyle
104 - Female 100m Backstroke	204 – Male/Open 100m Fly
105 – Male/Open 50m Freestyle	205 - Female 200m Breaststroke
106 - Female 50m Breaststroke	206 – Male/Open 50m Backstroke
107 – Male/Open 200m Backstroke	207 - Female 50m Fly
108 - Female 200m Fly	

Sunday 21st June 2025	
Session 3	Session 4
301 - Female 400m Freestyle	401 – Male/Open 400m Freestyle
302 – Male/Open 200m Individual Medley	402 - Female 200m Freestyle
303 – Female 100m Breaststroke	403 – Male/Open 100m Backstroke
304 – Male/Open 100m Freestyle	404 - Female 100m Fly
305 - Female 50m Freestyle	405 – Male/Open 200m Breaststroke
306 – Male/Open 50M Breaststroke	406 - Female 50m Backstroke
307 – Female 200m Backstroke	407 – Male/Open 50m Fly
308 – Male/Open 200m Fly	

Boudicca Meet 2026 – Cut Off Times

Female

FEMALE								
10	11	12	13	14	15	16	17 & OVER	EVENT
30.31	29.51	28.17	27.66	27.56	26.41	25.97	25.74	50 FREESTYLE
1:03.95	1:03.55	1:02.65	1:01.50	58:41	57:32	56.42	55.68	100 FREESTYLE
2:20.63	2:18.80	2:13.02	2:07.56	2:06.27	2:04.06	2:03.80	2:01.19	200 FREESTYLE
5:07.22	4:49.67	4:43.27	4:30.45	4:23.38	4:16.24	4:15.98	4:14.92	400 FREESTYLE
40.23	38:03	35:52	33:57	32:91	32:80	32:75	31.23	50 BREASTSTROKE
1:27.70	1:22.54	1:16.60	1:15.04	1:12.49	1:11.27	1:11.05	1:09.52	100 BREASTSTROKE
3:06.75	2:55.78	2:50.11	2:42.18	2:38.77	2:36.01	2:35.91	2:31.91	200 BREASTSTROKE
34.70	31:60	30.44	29:64	28.37	27.17	26.16	26.02	50 BUTTERFLY
1:19.32	1:14.83	1:08.25	1:05.19	1:03.24	1:01.65	59.95	59.46	100 BUTTERFLY
2:56.50	2:45.53	2:31.21	2:26.96	2:20.36	2:18.47	2:18.07	2:17.49	200 BUTTERFLY
35.51	34.23	31.68	30.32	29.21	28.45	27.21	27.02	50 BACKSTROKE
1:16.90	1:12.44	1:07.14	1:04.02	1:02.69	1:01.65	1:00.95	1:00.33	100 BACKSTROKE
2:43.07	2:41.07	2:38.07	2:27.76	2:22.04	2:18.31	2:12.92	2:10.11	200 BACKSTROKE
2:44.78	2:34.15	2:27.02	2:24.34	2:21.67	2:18.51	2:17.49	2:16.88	200IM
5:55.20	5:52.57	5:41.60	5:26.77	5:21.59	5:12.76	5:03.90	4:53.65	400IM

Male/Open

MALE/OPEN								
10	11	12	13	14	15	16	17 & OVER	EVENT
31.25	29:48	28.21	26:00	24.93	24.49	23:51	22.90	50 FREESTYLE
1:08.50	1:04.21	1:01.82	56.36	55:10	53:01	52:83	50:40	100 FREESTYLE
2:28.30	2:18.30	2:13.30	2:08.30	1:59.13	1:55.30	1:54.21	1:49.50	200 FREESTYLE
5:21.25	5:03.25	4:42.65	4:28.92	4:17.10	4:05.58	4:01.57	3:47.12	400 FREESTYLE
40.50	37.19	34.84	32.34	31.38	30.51	29.20	28.70	50 BREASTSTROKE
1:29.30	1:21.09	1:13.78	1:07.61	1:06.13	1:05.79	1:02.22	1:01.22	100 BREASTSTROKE
3:09.20	2:57.91	2:41.64	2:30.43	2:22.80	2:19.87	2:13.17	2:12.16	200 BREASTSTROKE
35.03	33.60	31.04	29.12	27.27	26.78	25.28	25.15	50 BUTTERFLY
1:18.98	1:15.48	1:08.58	1:03.76	1:01.05	58.24	57.89	55.56	100 BUTTERFLY
3:02.48	2:44.25	2:35.96	2:20.05	2:14.44	2:08.56	2:06.21	2:03.29	200 BUTTERFLY
35.61	33.91	31.88	29.99	28.56	27.43	26.66	24.83	50 BACKSTROKE

1:22.2 3	1:14.06	1:07.62	1:03.96	1:00.04	58.47	56.42	54:66	100 BACKSTROKE
2:42.6 9	2:34.40	2:22.00	2:14.85	2:07.87	2:05.59	2:03.76	2:01.83	200 BACKSTROKE
2:55.9 4	2:42.50	2:37.44	2:22.78	2:11.68	2:09.28	2:06.66	2:01.18	200IM
6:02.2 4	5:39.58	5:24.01	5:01.63	4:48.89	4:38.70	4:35.73	04:17.05	400IM

These are LC times, swimmers should be slower than these times (SC times converted to LC will be accepted)