



HARPENDEN SWIMMING CLUB
(affiliated to Swim England Hertfordshire & Swim England East Region)

HSC FRANTIC FIFTIES

Held under Swim England Regulations & Technical Rules
and to the Swim England Open Meet Licencing Criteria

Saturday 11th April 2026
Warm Up: 5.15pm Start Time: 6pm
Inspire: Luton Sports Village, LU2 8DD
Licence no. 3ER260319


MEET RULES AND INFORMATION

1. Harpenden Swimming Club is affiliated to Swim England Hertfordshire & Swim England East Region.
2. This Competition is licensed by Swim England for entry into Regional and County Competitions and will be held under Swim England Regulations.
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 pool length is 50m, 8 lanes, with anti-wave barriers and electronic timing system.
5. Over the top starts may be used at the Referees' discretion.
6. The Female category (F) 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. Entries will be made using Female/ Male competition categories, as these are the recognised categories at this time. You will notice a transition into the use of Female and Open/Male (M/O) as the new competition categories following the launch of the Swim England Transgender and Non-binary Competition Policy on 1 September
7. Age groups for Male/Open and Female are banded age groups as follows:
 - 10/11, 12, 13, 14, 15, 16 & over.
8. There will be medals for the top three in each age group in each event.
9. Age as at 31 December 2026.
10. Heats will be swum with all ages combined and seeded on submitted times.
11. Once an entry has been accepted a competitor shall swim or give notice of withdrawal. Notice of withdrawals from a club shall be reported to the recorders 10 minutes after the start of warm up at the latest. Withdrawals

 secretary@harpendsc.org.uk

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will be accepted via email to hscmeets@harpendensc.org.uk up until midday on April 11th 2026 or pre warm up using the poolside withdrawal slips.

12. All swimmers should be supervised by their coaches/team managers during warm up and whilst on poolside. Team managers are responsible for the behaviour of their swimmers at all times. The Swim England Team Manager, Coach and Chaperone Policy must be adhered to at all times.
13. Only swimmers, officials and team managers/coaches accredited with deck passes and Harpenden event volunteers will be allowed on poolside.
14. Use of any image capturing devices in and around the changing rooms is strictly forbidden. Anyone seen using any such equipment may be asked to leave the event immediately.
15. In accordance with the Swim England's 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 swimmer as much as reasonably possible and to avoid including other swimmers in those images, particularly if those images are being shared with family and friends through social media platforms.
16. Valid entries will be accepted in order of receipt, that is, first come first served. Lower qualifying times have been set.
17. The entry fee is £9.00 per individual event for entries THROUGH your club.
18. Individual entries NOT THROUGH a club will be charged £10.00 per individual event.
19. Complete entries for each club are requested together with a single payment. Later individual entries may not be accepted. Closing date for entries is **MIDNIGHT 21st March 2026 or sooner if full**
20. All club entries with over 8 swimmers must be via Hy-Tek software to hscmeets@harpendensc.org.uk. No entries will be accepted after the closing date or during the meet unless due to promoter's error or omission or at the promoter's discretion. Payment by bank transfer to: **Harpenden Swimming Club. Account No 80429465 Sort Code: 20-74-09**. Please use your club name as a reference.
21. Confirmation of entries will be sent to clubs and posted on our website – www.harpendensc.org.uk
22. Results will be supplied to Aquatics GB for entry into the national rankings database and will be emailed to clubs and posted on harpendensc.org.uk after the event.
23. Deck passes are available for poolside access at £10 per pass. Deck passes will not be sold on the day.
24. 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.
25. The Promoter and Referee(s), subject to Swim England Regulations and Technical Rules, will determine any matter not covered by these conditions.
26. The Promoter of this event is Kelly Bailey who can be contacted at hscmeets@harpendensc.org.uk.

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SCHEDULE OF EVENTS

(all in one session)

- Event 1 : Female 50m Butterfly
- Event 2 : Male/Open 50m Backstroke
- Event 3 : Female 50m Breaststroke
- Event 4 : Male/Open 50m Butterfly
- Event 5 : Female 50m Backstroke
- Event 6 : Male/Open 50m Breaststroke
- Event 7 : Female 50m Freestyle
- Event 8 : Male/Open 50m Freestyle

QUALIFYING TIMES

Age as at 31st December 2026

No SLOWER than

	AGE	10/11	12	13	14	15	16+
GIRLS	Free	42.55	41.20	40.16	39.94	39.44	38.79
	Breast	52.46	52.04	50.62	50.29	50.04	49.50
	Fly	46.98	43.96	43.45	43.11	42.88	42.09
	Back	48.25	46.59	45.28	44.72	43.93	43.65

	AGE	10/11	12	13	14	15	16+
BOYS/OPEN	Free	42.66	39.92	38.48	37.41	36.30	35.08
	Breast	54.98	51.22	48.56	47.30	46.40	44.12
	Fly	47.48	44.38	42.60	41.08	39.58	38.20
	Back	48.70	46.04	43.87	42.57	41.62	39.92

No FASTER than

	All Ages	
GIRLS	Free	22.93
	Breast	28.56
	Fly	24.38
	Back	25.27

	All Ages	
BOYS/OPEN	Free	20.16
	Breast	24.95
	Fly	21.75
	Back	22.22

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