HARPENDEN
SWIMMING CLUB

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(affiliated to Swim England Hertfordshire & Swim England East Region)

HSC LAST CHANCE COUNTY QUALIFIER



Held under Swim England Regulations and to the
Swim England Open Meet Licencing Criteria
Sunday 6th December 2026

Westminster Lodge Leisure Centre,
Holywell Hill, St Albans. AL1 2DL

Licence no. 3ER262515

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 25m, 10 lanes, with anti-wave barriers, electronic timing system with an external strobe available upon request.
5. **This is a 'no frills' gala - no awards will be given.**
6. Age as at 7th December 2026. Minimum age is 9 years old as at 6th December 2026
7. Heats will be swum with all ages combined and seeded on submitted times.
8. Over the top starts may be used at the Referees' discretion.
9. 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 2023.
10. 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

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up at the latest. No withdrawals will be accepted via email during the warm up. ALL withdrawals should be handed in on the day of Competition. No refunds will be given.

11. 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.

12. No responsibility can be accepted for any loss or damage to clothing or other articles.

13. Swimmers will not be allowed into the viewing gallery in swimming costumes and footwear must be worn.

14. Swimmers will only be allowed to bring small bags onto poolside and should make use of the lockers provided for all large bags (£1, returnable).

15. Only swimmers, officials and team managers/coaches accredited with deck passes and Harpenden event volunteers will be allowed on poolside.

16. Use of any mobile device in and around the changing rooms is strictly forbidden. Anyone seen using any such equipment may be asked to leave the event immediately.

17. 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 either after the meet or during live streaming of the event.

18. Entry times must be achieved between 1st January 2025 and 5th December 2026. No time entries will not be allowed as per Level 3 restrictions. Entry times should be on Rankings. Spot checks will take place so please adhere to this requirement.

19. Entries will be restricted to ensure the meet runs to time. Valid entries will be accepted up to the closing date/time. If the gala is oversubscribed entries will be rejected across age groups from the slowest entry times. The Promoter has the authority to decide how to handle such rejections. Upper qualifying times have been set. There will be no lower qualifying times. No Time entries will not be accepted.

20. The 400m IM and 400m Freestyle may be limited to a maximum of 3 heats in total across all genders.

21. The entry fee is £9 per individual event for entries THROUGH your club.

22. Individual entries NOT THROUGH a club will be charged £10 per individual event.

23. Complete entries for each club are requested together with a single payment. The closing date for entries is **MIDNIGHT THURSDAY 19th Nov 2026**

24. 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, omission or 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.

25. Confirmation of entries will be sent to clubs and posted on our website - **www.harpendensc.org.uk**

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26. 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.

27. .Deck passes are available for poolside access at £15 (food included) and £5 for Team Managers without food. Swim England accreditation passes will need to be shown to access poolside.

28. 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.

29. The Promoter and Referee(s), subject to Swim England Regulations, will determine any matter not covered by these conditions.

30. The Promoter of this meet is Kelly Bailey who can be contacted at hscmeets@harpendensc.org.uk.

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Schedule of Events

SESSION 1	Sunday morning Warm Up 9.15am TBC Start time 10am TBC
1	Female 200m Individual Medley
2	Male/Open 400m Freestyle
3	Female 100m Butterfly
4	Male/Open 100m Breaststroke
5	Female 50m Backstroke
6	Male/Open 100m Backstroke
7	Female 200m Breaststroke
8	Male/Open 200m Butterfly
9	Female 100m Freestyle
10	Male/Open 50m Breaststroke
11	Female 50m Butterfly
12	Male/Open 100m Individual Medley
13	Female 200m Freestyle
14	Male/Open 50m Freestyle
15	Female 400m Individual Medley
16	Male/Open 200m Backstroke
SESSION 2	**Sunday afternoon Warm up 1.15pm TBC Start 2pm TBC**
17	Male/Open 200m IM
18	Female 400m Freestyle
19	Male/Open 100m Butterfly
20	Female 100m Breaststroke
21	Male/Open 50m Backstroke
22	Female 100m Backstroke
23	Male/Open 200m Breaststroke
24	Female 200m Butterfly
25	Male/Open 100m Freestyle
26	Female 50m Breaststroke
27	Male/Open 50m Butterfly
28	Female 100m Individual Medley
29	Male/Open 200m Freestyle
30	Female 50m Freestyle
31	Male/Open 400m IM
32	Female 200m Backstroke

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NO FASTER THAN TIMES - Age at 6th December 2026

Open

Ages:	9 &10	11	12	13	14	15 and Over
50m Free	00:35.00	00:32.66	00:30.88	00:28.58	00:27.25	00:25.26
100m Free	01:17.58	01:13.00	01:07.28	01:03.16	00:59.38	00:54.86
200m Free	02:47.06	02:37.00	02:27.29	02:17.77	02:13.77	02:01.84
400m Free	05:35.00	05:22.39	05:06.54	04:46.81	04:33.62	04:16.97
800m Free		10:41.00	10:14.70	09:52.10	09:32.70	08:56.89
1500m Free		21:00.00	20:00.00	19:00.00	18:18.31	17:05.83
50m Breast	00:47.02	00:43.52	00:40.38	00:37.40	00:35.94	00:32.41
100m Breast	01:42.00	01:35.70	01:30.00	01:23.00	01:17.76	01:11.00
200m Breast	03:41.40	03:23.73	03:15.00	03:02.05	02:56.66	02:39.12
50m Fly	00:40.61	00:37.09	00:33.84	00:32.38	00:30.32	00:27.78
100m Fly	01:40.44	01:29.00	01:22.49	01:12.74	01:08.63	01:01.44
200m Fly	03:48.99	03:38.00	03:33.00	02:59.09	02:37.05	02:25.86
50m Back	00:40.50	00:37.24	00:35.55	00:33.49	00:31.82	00:29.19
100m Back	01:28.00	01:23.10	01:16.55	01:11.94	01:09.66	01:02.65
200m Back	03:08.43	02:56.14	02:45.20	02:35.75	02:28.70	02:17.45
100m IM	01:29.87	01:23.51	01:19.03	01:13.00	01:10.17	01:04.13
200m IM	03:07.68	02:59.00	02:50.80	02:37.90	02:31.25	02:20.26
400m IM		06:01.74	05:49.96	05:29.28	05:16.17	04:54.29

Female

Ages:	9 &10	11	12	13	14	15 and Over
50m Free	00:35.00	0:32.64	00:31.05	00:29.96	00:29.60	00:28.60
100m Free	01:18.00	01:11.89	01:07.51	01:05.19	01:04.00	01:00.84
200m Free	02:51.23	02:35.67	02:23.23	02:20.58	02:18.30	02:13.97
400m Free	05:52.32	05:18.71	04:57.02	04:47.31	04:42.30	04:39.93
800m Free		11:29.09	10:15.00	09:52.95	09:47.00	09:42.57
1500m Free		20:25.00	19:49.20	19:10.20	18:51.50	18:35.20
50m Breast	00:47.00	00:43.00	00:40.00	00:38.44	00:38.24	00:36.20
100m Breast	01:42.48	01:35.66	01:29.71	01:25.75	01:22.50	01:19.36
200m Breast	03:43.00	03:20.48	03:09.19	03:00.86	02:58.48	02:52.08
50m Fly	00:41.00	00:37.00	00:34.00	00:33.69	00:32.46	00:31.33
100m Fly	01:37.22	01:29.22	01:18.94	01:15.00	01:12.29	01:08.95
200m Fly	03:44.33	03:31.50	03:04.00	03:01.29	02:53.70	02:41.70
50m Back	00:40.69	00:38.00	00:35.59	00:34.34	00:33.86	00:32.27
100m Back	01:28.00	01:22.00	01:15.44	01:14.00	01:12.55	01:09.64
200m Back	03:12.12	02:52.00	02:43.35	02:37.35	02:36.38	02:30.57
100m IM	01:31.00	01:22.54	01:18.00	01:15.00	01:14.00	01:11.27
200m IM	03:18.09	02:59.11	02:44.65	02:42.00	02:38.00	02:33.72
400m IM		06:20.90	05:45.00	05:43.00	05:37.52	05:26.50

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