



GSC Last Chance Regional Qualifier 2026

L3 Short Course Open Meet (License No: Applied for)

Grantham Meres Leisure Centre, Sunday 29th March 2026

Under Swim England Laws & Regulations and Swim England Technical Rules of Racing

Meet Manager: Ed Clayton (meetentries.granthamsc@gmail.com)



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Schedule of Events

Session One		Session Two	
Warm up 12:00		Warm up TBC	
Event No.	Event	Event No.	Event
101 Open/Boys	200m Freestyle	201 Girls	200m Freestyle
102 Girls	200m Individual Medley	202 Open/Boys	200m Individual Medley
103 Open/Boys	100m Backstroke	203 Girls	100m Backstroke
104 Girls	100m Breaststroke	204 Open/Boys	100m Breaststroke
105 Open/Boys	50m Butterfly	205 Girls	50m Butterfly
106 Girls	200m Butterfly	206 Open/Boys	200m Butterfly
107 Open/Boys	50m Backstroke	207 Girls	50m Backstroke
108 Girls	200m Backstroke	208 Open/Boys	200m Backstroke
109 Open/Boys	200m Breaststroke	209 Girls	200m Breaststroke
110 Girls	100m Freestyle	210 Open/Boys	100m Freestyle
111 Open/Boys	100m Butterfly	211 Girls	100m Butterfly
112 Girls	50m Breaststroke	212 Open/Boys	50m Breaststroke
113 Open/Boys	50m Freestyle	213 Girls	50m Freestyle
114 Mixed	400m Individual Medley	214 Mixed	400m Freestyle

*Session 1 start time and session 2 warm up time will be sent to all clubs shortly after the closing date



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Qualifying Times

OPEN/MALE UPPER LIMIT TIMES					FEMALE UPPER LIMIT TIMES			
10/U	11/12	13/14	15/O	EVENT	10/U	11/12	13/14	15/O
28.00	26.50	25.00	23.50	50m Freestyle	29.00	28.50	27.50	27.00
1:05.00	1:00.00	57.50	49.00	100m Freestyle	1:04.00	1:02.00	1:00.00	57.00
2:15.00	2:09.00	2:02.00	1:55.00	200m Freestyle	2:22.00	2:18.00	2:12.00	2:04.00
4:22.00	4:12.00	3:39.00	3:25.00	400m Freestyle	4:22.90	4:12.90	3:39.90	3:25.90
34.50	33.00	31.50	26.00	50m Breaststroke	34.50	33.50	32.50	31.50
1:18.00	1:14.00	1:10.00	59.00	100m Breaststroke	1:20.00	1:17.00	1:14.00	1:10.00
2:40.00	2:33.00	2:25.00	2:20.00	200m Breaststroke	2:50.00	2:45.00	2:40.00	2:30.00
30.00	28.50	27.00	23.00	50m Butterfly	29.50	29.00	28.50	28.00
1:10.00	1:06.00	1:02.00	51.00	100m Butterfly	1:12.00	1:09.00	1:06.00	1:03.00
2:35.00	2:25.00	2:15.00	2:05.00	200m Butterfly	2:40.00	2:30.00	2:20.00	2:10.00
31.50	30.00	28.50	25.00	50m Backstroke	32.00	31.00	29.00	29.00
1:08.00	1:04.00	1:01.00	55.00	100m Backstroke	1:12.00	1:09.00	1:06.00	1:03.00
2:15.00	2:10.00	2:05.00	2:00.00	200m Backstroke	2:25.00	2:20.00	2:15.00	2:10.00
2:26.00	2:21.00	2:15.00	1:59.00	200m Individual Medley	2:30.00	2:25.00	2:20.00	2:15.00
5:39.8	5:15.60	4:42.30	4:27.10	400m Individual Medley	5:39.00	5:15.00	4:42.00	4:27.00



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Meet Conditions 1

ENTRIES

- The competition will be swum under Swim England rules and Technical Rules
- All swimmers must be Swim England registered with 'Club Compete' membership and provide a membership number.
- The female category is for birth sex females only in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms their birth sex is female.
- All entries must meet the qualifying criteria and therefore not be faster than the upper limit times. There are no minimum qualifying times, however we ask for all swimmers to submit an entry time, either from rankings, club time trials, or training – any entries with NT (no time) will not be accepted.
- All times must have been achieved since 1st September 2024 • All events will be seeded on time • All events will be swum as Heat Declared Winners with all heats spearheaded
- Entries may be restricted to keep the session times within appropriate timescales. Acceptance cannot be guaranteed. Details of accepted and rejected entries will be published on our website as soon as possible after the closing date.
- Classified Para-Swimmers will also be able to enter the meet, however there will NOT be separate multi-classification results, these swimmers will be shown in their own age-groups.
- The cost of entry is £7.50 per event via SportSystem. (£8.00 for paper entries or non- SportSystem entries).
- The Sportsystem entry file can be found on our website or by emailing the meet manager. (meetentries.granthamsc@gmail.com)
- A designated club officer must make all club entries and that same person must make all communications to the meet organiser.
- Age groups are as follows: 10/Under, 11/12yrs, 13/14yrs, and 15/Over (Age as of midnight on Sunday 29th March 2026)
- The closing date for entries is midnight Sunday 22nd February 2026 – entries will be accepted in a first come first served basis after Grantham entries have been processed.

RESULTS

- Medals will be awarded to the top-3 swimmers in each age group (as above)



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Meet Conditions 2

- All results will appear on Swim England Rankings after the meet, and will be available on our website and via QR codes around the pool
- Clubs with more than 10 or more swimmers entered in the meet are requested to provide a minimum of one official for all sessions in which the club has entered
- Names and contact details for the officials should be completed by the person responsible for submitting the entries and forwarded together with the confirmation of entries.

POOLSIDE PASSES

- Poolside passes will cost £17.50 each and will include access to the poolside and sports hall, heat sheets, results, and food/refreshments
- Clubs are asked to send a list of Coaches / Team Managers to the meet promotor before the event.
- In order to meet SE safeguarding requirements, all Coaches / Team Managers attending will be required to download the 'Free SE DBS/Safeguarding Qualification Check' from Swim England Member Options - Event Accreditation | Swim England (swimmingresults.org) and present this qualification upon arrival in order to collect their poolside pass.
- Please note that if a chaperone is required then please contact the Meet Director directly

SWIMMER SUPERVISION

- In order to meet the SE supervision policy, please ensure all clubs meet the current SE ratio guidelines
- If you are an individual entry, these guidelines also apply, meaning a Level 2 Coach and Team Manager should accompany the swimmer – however if this isn't possible, individual swimmers should aim to 'buddy up' with another visiting club (please see the accepted entry list for assistance)

GENERAL

- The Meet will be held at Grantham Meres Leisure Centre, Trent Road, Grantham, Lincolnshire NG31 7XQ. The centre has 8 lane 25m pool. Electronic timing with scoreboard will be used. There is a secondary strobe available for hearing impaired swimmers.



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Meet Conditions 3

- Swim meet entries will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. Personal data, including submitting and recorded times, will be publicly available during the meet.
- All competitors shall always observe the rules of Grantham Meres Leisure Centre and comply with any instructions given by staff.
- Grantham Meres Leisure Centre and Grantham Swimming Club shall not be responsible for the loss or damage to any property.
- During warm-ups, swimmers and coaches must ensure that they take no action that would endanger themselves or others. Swimmers should swim in the direction indicated and not climb over the timing pads.
- Anything not covered by these rules shall be at the discretion of the meet organisers.
- Spectator seating is available at £5 per person over 15 per session or £9 all day
- Further details on warm up arrangements, race day timelines and other meet information will be published nearer the time on the club website:
<https://www.granthamswimclub.org/competitions>
- Any questions or queries, please contact Ed Clayton (meetentries.granthamsc@gmail.com)



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Club Entry Form

Closing Date – Sunday 22nd February 2026

This section is to be completed by the club representative submitting the entries – please submit this form along with the SportSystem entry file to Ed Clayton (meetentries.granthamsc@gmail.com)

Club:		
Contact Name:		
Email Address:		
Open/Male Entries:	@ £7.50 each	Sub-total £
Female Entries:	@ £7.50 each	Sub-total £
Poolside Passes:	@ £17.50 each	Sub-total £
	Total	£

Please make payment via Bank Transfer to:

Grantham Swim Club

Account: 25160176

Sort Code: 600909

Ref: LCQ26 + Club

[] I hereby declare that on behalf of the named club, all recipients of a Poolside Pass will have a valid Swim England Membership and DBS Check

[] I also agree that by submitting the above entries to the competition, all competitors agree to conform to the event conditions specified above

Signed: _____

Print Name: _____



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Individual Entry Form

Please return completed entry form by the closing date of Sunday 22nd February 2026

Please only return the below if you are making an individual entry.

Name:	
Gender:	Open/Male [] Female []
Club:	
Swim Eng No.:	
Email:	

Event	Entry Time	Event	Entry Time
50m Freestyle		50m Breaststroke	
100m Freestyle		100m Breaststroke	
200m Freestyle		200m Breaststroke	
400m Freestyle		50m Backstroke	
50m Butterfly		100m Backstroke	
100m Butterfly		200m Backstroke	
200m Butterfly		200m IM	
		400m IM	

Please return to Ed Clayton meetentries.granthamsc@gmail.com once payment has been received, we will confirm entry.