

Bassetlaw Swim Squad

(Affiliated to Swim England East Midland Region)

Summer Sizzler Meet 2026

Under Swim England Regulations and Technical Rules)

License Level 3 – 3EM260620



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- Date:** Saturday 11th and Sunday 12th July 2026
- Venue:** Retford Leisure Centre DN22 7EA - 25m Pool
- Time:** Session 1 - Saturday 11th Warm-up from 2:30pm Start - 3:30pm
Session 2 - To be advised based on entry level.

Session 3 - Sunday 12th Warm-up from 9:00am Start - 10:00am
Session 4 - To be advised based on entry level.
- Entry Fee:** £8.00 per event for swims up to 200m, £10 per 400m event
Poolside Passes £20 each for the weekend, includes refreshments all weekend and lunch on Sunday.
- Spectator Fees:** £6 per session, day ticket £11, weekend £18
- Events:** 50m, 100m & 200m Freestyle, Breaststroke, Backstroke and Butterfly.
400m Freestyle. 100m, 200m & 400m Individual Medley.
- Age Groups:** Age as at 12/07/26 - 9/10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs & over.
- Awards:** All events are heat declared winners. Medals for first 3 in each age group.
- Entry Procedure:** Clubs and individuals are encouraged to use **SportSystems Entry Manager** which can be downloaded from the website. Individual entries may be sent by email, entry forms are not required.
- Payment:** **BACS** details are provided when the entries have been accepted.
- Correspondence to:** Liam.Marshall@bpl.org.uk

**Entries on a first come first served basis.
Closing date on or before 12:00 noon Friday 3rd of July 2026**

Entries are accepted on a first come first served basis until the closing date or when the gala capacity has been reached, whichever occurs first. Acceptance of entry will be via the published swimmer list on the website and by email. If it is found necessary to restrict entries then swimmers will be notified by email and entry fees will be refunded as soon as possible after the closing date.

IMPORTANT

Visiting clubs are kindly requested, as far as possible, to provide 3 officials for each session, including at least one J2. It goes without saying that without your support events like this cannot happen. Lunch and refreshments provided.

If you are here with your swimmer(s) why pay to spectate?

General Information

- The pool has limited facilities; there is Hot & Cold Drinks station and some vending machines. Limited free parking is available

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- Spectator information will be issued with the final timeline at close of entries.
- A draft programme and start sheets will be available to download on the day of meet and internet permitting a live results service will be available. A link will be provided to the BSS website.
- Swimmers must wear appropriate footwear and clothing when leaving the pool area to visit on the reception area and balcony. Outdoors shoes must not be worn on the poolside.

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Promoters Conditions

1. The Promoter is Bassetlaw Swim Squad (BSS), responsible person Liam Marshall, email liam.marshall@bpl.org.uk
2. The meet will be held under Swim England Regulations & Technical Rules and licensed Level 3 for inclusion in British Swimming Rankings.
3. Age as at 12/07/26, swimmers must be a minimum of 9yrs old on 12/07/26
4. 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. Entries to the gala are taken on a strictly first come first served basis until the closing date or capacity has been reached whichever occurs first. The capacity will depend on the estimated length of each session.
6. Entry times must not exceed the published Upper Limits (not faster than). As far as possible times should be taken from British Swimming Ranking based on 25m pool. The Sportsystems entry software automatically takes the fastest times from Ranking since 01/01/2024 which may be a converted time. Where no time exists a time must be estimated and entered manually. An entry without a time will not be accepted. Once submitted entry times cannot be updated.
7. Entries and results will be managed on computer and available via the internet. By submitting entries, consent is thereby given, as required by the Data Protection Act, to the holding of personal information on a computer. Personal data, including submitted and recorded times will be available during the meet. The published information may include, but not limited to, Name, Age / Year of Birth and Club.
8. All communication will be via email and Information on the website.
9. Accepted entries will be listed on the website. It is the responsibility of the person submitting entries to check all details using the on-line system and to report any errors or omissions immediately. Errors will not be corrected on the day of meet unless this is proven to be on the part of the meet administration team.
10. Refunds will only be made up until the closing date. Subsequent withdrawals will only be refunded for bona-fide medical reasons and evidence is required. Requests for refunds will be considered after the event has been held and any monies refunded will be via bank transfer to the person or club who made the entry payment.
11. All events are heat declared winner; heats will be seeded on submitted times. All heats shall be spearheaded.
12. It is the responsibility of the swimmer and/or parent to declare to the referee any disability or medical condition that could present a health or safety risk. If such a disability or medical condition exists swimmers must produce a medical certificate confirming that their participation presents no health or safety problems.
13. A secondary strobe will not be available at this competition.
14. Events will be swum as the published schedule, over the top starts may be used at the discretion of the lead Referee.
15. It is the responsibility of the swimmers to report to the competitor's stewards in good time for their race. Heats will not wait for missing swimmers.
16. Medals will be awarded to the top 3 swimmers in each age group.

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17. Clubs must ensure coaches and team managers have carried out the free Swim England DBS, Safeguarding, and qualification check and are able to show a copy when collecting a poolside pass at the venue. This check can be found by logging in to member options at www.swimmingresults.org
18. It is the responsibility of coaches, team managers and parents to ensure an acceptable standard of behavior is maintained in the pool and elsewhere in the building.
19. Swimmers leaving the poolside must be dressed appropriately with suitable footwear. Items of clothing or other articles must not be left unattended as neither the promoters nor the venue management can accept any responsibility for lost, damaged or stolen items.
20. Photographic equipment, mobile phones and image recording devices must not be used by swimmers on the poolside or in the changing rooms.
21. In the event of cancellation, the promoter shall only be responsible for the refund of entry fees, no other costs shall be considered.
22. Submitting an entry electronically via email and Sportsystems Entry Manager is deemed as acceptance of these conditions.
23. The promoter reserves the right to exclude any person not complying with these conditions and anything not covered by the above shall be decided by the promoter.
24. Expenses for Officials and Event Staff will be reviewed in line with BSS Expenses Policy that is available upon request from the Meet Promoter.

Please Note: Forms are not provided, please use email as below:

Submitting any requests by email deems acceptance of the above meet conditions.

Individual Entry: *SS Entry Manager or details in an email.
Swimmer SE Number / Club and Events entered*

Poolside Pass: *Name / Position in Club / SE Registration Number*

Please note passes will only be issued to persons complying with Promoters Condition 17. Due to size of the venue it may be necessary to restrict the numbers on poolside

Volunteer Officials: *Name / Qualification / Available Sessions*

The meet is Level 3. The lead Referee must be licensed. All other officials must be qualified but it is not necessary to be licensed. Timekeepers must be qualified and J1 in training. Please contact (bassetlawsofficials@gmail.com)

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Meet Schedule

**Session times to be determined based on entry level
Comfort breaks may be inserted if required**

Please note there is no swim down facility other than the allocated warm-up times

Session 1 – Saturday 11th July

Warm Up 2:30pm - Start 3:30pm

- Event 101 Open/Male 200m IM
- Event 102 Female 100m Freestyle
- Event 103 Open/Male 200m Freestyle
- Event 104 Female 50m Breaststroke
- Event 105 Open/Male 100m Breaststroke
- Event 106 Female 200m Butterfly
- Event 107 Open/Male 100m Butterfly
- Event 108 Female 100m Backstroke
- Event 109 Open/Male 50m Backstroke

Session 3 – Sunday 12th July

Warm Up 9.00am - Start 10.00am

- Event 301 Open/Male 100m Freestyle
- Event 302 Female 200m Freestyle
- Event 303 Open/Male 50m Breaststroke
- Event 304 Female 100m Breaststroke
- Event 305 Open/Male 200m Butterfly
- Event 306 Female 100m Butterfly
- Event 307 Open/Male 100m Backstroke
- Event 308 Female 50m Backstroke
- Event 309 Open/Male 400m Freestyle
- Event 310 Female 200m IM

Session 2 – Saturday 11th July

Warm TBC. Start TBC

- Event 201 Female 400m IM
- Event 202 Open/Male 200m Backstroke
- Event 203 Female 200m Breaststroke
- Event 204 Open/Male 50m Freestyle
- Event 205 Female 50m Butterfly

Session 4 – Sunday 12th July

Warm Up TBC. Start TBC

- Event 401 Female 400m Freestyle
- Event 402 Open/Male 400m IM
- Event 403 Female 200m Backstroke
- Event 404 Open/Male 200m Breaststroke
- Event 405 Female 50m Freestyle
- Event 406 Open/Male 50m Butterfly
- Event 407 Female 100m IM
- Event 408 Open/Male 100m IM

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ENTRY TIMES UPPER LIMIT

OPEN / MALE – NO FASTER THAN							
	9/10 yrs	11 yrs	12yrs	13yrs	14yrs	15yrs	16+yrs
50m Free	29.90	28.50	27.20	26.00	25.00	24.00	23.00
100m Free	1:00.60	57.70	56.00	55.00	52.00	53.00	50.00
200m Free	2:07.90	2:04.00	2:02.80	2:00.90	1:57.10	1:55.40	1:51.80
400m Free	4:30.60	4:20.40	4:13.30	4:06.30	4:00.40	3:57.60	3:52.90
50m Breast	36.40	35.60	33.90	31.30	30.80	29.40	27.10
100m Breast	1:16.10	1:11.80	1:09.60	1:06.50	1:04.50	1:02.60	1:00.80
200m Breast	2:48.20	2:42.60	2:37.10	2:31.70	2:26.40	2:21.20	2:16.10
50m Fly	30.90	28.40	27.10	26.90	25.80	24.80	23.90
100m Fly	1:04.30	1:02.30	1:00.40	58.60	56.90	54.30	53.80
200m Fly	2:23.00	2:17.30	2:11.70	2:06.20	2:02.80	2:00.50	1:58.30
50m Back	33.50	31.10	30.00	28.60	27.50	26.50	25.60
100m Back	1:10.70	1:07.20	1:05.70	1:00.30	58.00	56.70	54.50
200m Back	2:26.90	2:15.30	2:07.70	2:03.20	2:00.80	1:58.50	1:55.30
100m IM	1:10.70	1:07.20	1:05.70	1:00.30	58.00	56.70	54.50
200m IM	2:26.40	2:20.20	2:12.00	2:03.80	1:59.60	1:58.40	1:56.20
400m IM	5:10.40	5:00.40	4:44.90	4:26.60	4:18.40	4:12.30	4:10.30

FEMALE – NO FASTER THAN							
	9/10 yrs	11 yrs	12yrs	13yrs	14yrs	15yrs	16+yrs
50m Free	29.90	28.90	27.90	26.20	25.50	24.90	24.40
100m Free	1:02.00	1:00.50	59.00	57.00	56.10	55.20	54.30
200m Free	2:11.00	2:07.30	2:04.50	2:01.80	1:58.10	1:56.30	1:54.40
400m Free	4:29.80	4:22.60	4:16.50	4:11.30	4:07.90	4:04.80	4:02.60
50m Breast	34.60	33.30	32.10	31.00	30.00	29.10	28.30
100m Breast	1:17.30	1:12.50	1:10.80	1:07.20	1:05.70	1:04.30	1:04.00
200m Breast	2:43.20	2:30.50	2:27.80	2:25.10	2:24.40	2:23.70	2:22.00
50m Fly	32.40	31.30	30.30	29.40	28.60	26.90	25.30
100m Fly	1:09.50	1:06.80	1:05.20	1:02.70	1:01.30	59.00	57.80
200m Fly	2:26.00	2:23.20	2:20.50	2:17.90	2:15.40	2:13.00	2:10.70
50m Back	32.20	31.50	30.90	29.40	28.80	28.30	27.90
100m Back	1:11.70	1:07.90	1:05.20	1:03.60	1:02.10	1:00.70	58.40
200m Back	2:24.40	2:21.60	2:18.90	2:16.30	2:12.80	2:09.40	2:07.20
100m IM	1:11.70	1:07.90	1:05.20	1:03.60	1:02.10	1:00.70	58.40
200m IM	2:26.60	2:23.80	2:21.10	2:18.50	2:16.00	2:13.60	2:10.30
400m IM	5:15.40	5:01.40	4:57.50	4:53.70	4:50.00	4:43.40	4:39.90