

# 2026 Long Course Sprint Meet

Licensed Level 3 - 3EM261252

Sunday 7 June 2026



The primary aim of this open meet is to give swimmers valuable experience racing in a long-course environment and to support their development as they progress through the sport.

Our upcoming open meet promises to be an exciting long-course event designed for swimmers who are ready to take the next step in their racing journey.

Held in at the exceptional Harvey Hadden Sports Village, home to an 8-lane 50-metre championship-standard pool, renowned as one of the fastest in the region.

This open meet offers the perfect opportunity to embrace the challenge, speed, and excitement of long-course racing in a supportive and positive atmosphere.

Competitors can look forward to a fun, fast-paced day with a few surprises added in to make the meet even more exciting!

## Key Information

Date	7 <sup>th</sup> June 2026
Venue	Harvey Hadden Sports Village, Nottingham NG8 4PB
Events	50m – Freestyle, Backstroke, Breaststroke, Butterfly 100m – Freestyle, Backstroke, Breaststroke, Butterfly 200m – Individual Medley
Age Groups	Swimmer’s age is as at 7 <sup>th</sup> June 2026 Open/Male & Female - 9 - 10 - 11 - 12 - 13 - 14 - 15 -16 & Over
Awards	Medals for top 3 placed swimmers in age groups Cash prize for Top visiting Open/Male & visiting Female Hot heats with prizes
Closing Date	Monday 25 <sup>th</sup> May 2026
Contact Info	meets@novacenturion.co.uk



## Meet Conditions

- The promoter is William Oates, on behalf of NOVA Centurion.
- The meet will be held under the relevant Swim England Regulations & Technical Rules and WPS rules & Regulations.
- The competition is open to Swim England or other National Swimming Association registered swimmers only.
- A secondary strobe will be provided where it is requested by the athlete at the time of entry. Requests can be made via [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk). If we are not notified on entry submission, this may not be available on the day.
- Swimmers are reminded that changing must not be carried out on poolside or within public areas such as the sports hall or café.
- Verbal abuse directed at the promoter, officials, and any volunteer acting under the direction of the promoter will not be tolerated. The promoter reserves the right to ask any person or persons behaving in this manner to leave any areas managed by the promoter for the remainder of the competition.
- All heats will be spearheaded, and all events will be heat declared winners.
- It is the swimmers' responsibility to report to the Competitors' Stewards when their event is called.
- Over the top/side by side starts may be used at any time at the discretion of the lead referee
- Back stroke ledges will be available if required.
- Awards will be presented to the following:
  - The top 3 placed swimmers in age groups 9, 10, 11, 12, 13, 14, 15, 16/over.
  - Overall awards for top visiting Open/Male and visiting Female, based on gala position points generated from the top 6 places in each event and age group over the meet.
  - Para-Swimmers awards will be to 1st, 2nd and 3rd places based on multi classification using Para-Swimming Points in an open age group, for less than 4 swimmers in any one event the -1 rule will be applied i.e., for 3 swimmers 1st & 2nd place are awarded, for 2 swimmers only 1st place is awarded. Should there only be one swimmer then an award will be made if the swimmer has improved on their entry time.

## Entries

- All meet information can be downloaded via the website [www.novacenturion.co.uk](http://www.novacenturion.co.uk)
- **Swimmer's age is as at 7<sup>th</sup> June 2026.**
- Events are 50m, 100m all strokes & 200 Individual Medley
- Entry times must be **no faster than the upper times** as shown for each event as in this pack
- 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.
- Entry times must meet the published qualifying standards and verified against GB Ranking from the 1st January 2024. Times are long course 50m pool, with conversions allowed.
- Warm up will be available before the start of each session.
- Entry times will not be changed once the entry has been submitted.
- **The closing date is midnight Monday 25<sup>th</sup> May 2026.**
- The acceptance of entries is on the first come first serve policy. As many heats as possible will be run within the time available for the meet. The Promoter reserves the right to adapt or change the number of heats in each event depending on entry numbers. Refunds will be made for rejected entries only.
- The preferred method of entry is using SPORTSYSTEMS Entry Manager. When using Entry Manager, the completed entry file is submitted by email and payment made by BACS.
- Where a number of swimmers are entering from one club it is kindly requested that one person coordinate the entries and submits one entry file.
- Individual manual entries may be submitted by email to [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk)
- The entry fee for each is **£9.00 per swim** using Entry Manager or **£10 per swim for a manual entry.**
- Individual entry forms are not required to be submitted however an entry form has been included in the entry pack for clubs to facilitate collection of swimmers' details.
- Entries are welcome from Para-Swimmers who are of sufficient standard to swim in a 50m pool. Entry times must be submitted for the purposes of seeding, but the times do not need to meet any qualifying standards. Para Swimmers will swim inclusive within the able bodied programme and seeded on their entry time. The decision to accept such entries will be at the discretion of the promoter.
- Start Lists & results will be available at [www.swimmingmeetresults.co.uk/NOVA/](http://www.swimmingmeetresults.co.uk/NOVA/) Result sheets in PDF format will be available to download ASAP following the end of each session.
- Refunds will only be considered for withdrawals prior to the closing date.
- The promoter reserves the right to return any entry not fulfilling the above requirements.
- All events are open to swimmers 9yrs/over on 7<sup>th</sup> June 2026. All other matters regarding the administration and running of this meet shall be decided by the promoter.

- By submitting entries, you give consent as required by the Data Protection Act of 1984, to the holding of personal information on a computer.

## Withdrawals

- If a swimmer is unable to swim or simply wishes to withdraw then it is important to notify the recorders.
  - Withdrawals need to be notified to [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk) by 6pm the day before the event.
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## Meet Information

- The meet is to be held at the **Harvey Hadden Sports Village, Nottingham NG8 4PB**
- The pool is 50mtrs x 8 lanes each 2.5mtrs wide with Colorado timing system and 'wedge' starting blocks. The depth will be a constant 2mtrs.
- The meet is licensed Level 3.
- The meet will operate a SPORTSYSTEMS results service. Live start lists and results will be available at [www.novacenturion.co.uk](http://www.novacenturion.co.uk) Result sheets in PDF format will be available to download as soon as possible following the end of each session.
- **NO POOLSIDE ENTRIES WILL BE ACCEPTED.** Late entries may be accepted by the promoter only in exceptional circumstances.
- Coaches / Team Manager passes are issued subject to holding a current DBS certificate and must be applied for in advance at **£20 per pass**. This Includes start sheets, lunch and refreshments.
- Para-Swimmers, in addition to a coach a personal care assistant may be permitted for classes
- S1 to S5 & S11. A poolside pass must be applied for in advance and is free of charge, the applicant must hold a current DBS certificate.
- Please download the free photographic accreditation provided by Swim England here: [https://www.swimmingresults.org/member\\_options/](https://www.swimmingresults.org/member_options/)
- Only authorised persons are allowed on the poolside and must display a valid pass at all times.
- If leaving the poolside for any reason swimmers must dress appropriately and suitable footwear must be worn.
- The entry and exit are via the changing rooms only. No other access points should be used by the swimmers before, during or after the meet.

- The use of mobile phones and the taking of photographs are not permitted on the poolside. Anyone found taking photographs in the changing village or adjacent areas will be immediately excluded from the competition and escorted off the premises.
  - All swimmers and other personnel must abide by the Health and Safety rules as laid down by the venue management. Any person contravening these rules may be excluded from taking any further part in the proceedings.
  - If cancellation of the event is necessary, then the only claim will be the entry fees paid.
  - All competing clubs and individual entrants must ensure swimmers are supervised in line with Swim England supervision ratios, including a Level 2 coach and a Team Manager. If this is not possible (for example, individual entrants), please arrange to buddy up with another competing club. Any swimmer under 18 who will not have a chaperone at the meet must inform the promoter prior to entering.
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## Officials and Volunteers

- We would not be able to run meets without the help of our amazing volunteers and officials. We do ask as part of our conditions that if you are sending 10 or more swimmers to our meet to please provide at least 2 officials for each session.
  - **To sign up to officiate:** <https://www.swim-meet.com/OfficialsSignup/NovaCenturion/>
  - Officials' Expense Policy: Mileage is reimbursed at 45p per mile, or 20p per mile if accompanying a competing swimmer, to a maximum of £50. Lunch and refreshments will be provided, and any additional expenses may be considered at the discretion of the meet promoter. Expense forms are available from the timing room.
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## Coaches Poolside Pass

- Passes must be ordered when entries are submitted and will be invoiced along with the total cost for your clubs entries. Maximum numbers of passes will be allowed as per the ratios mentioned in the Swim England Guidance as per item 8 below. Both the individual meet accreditation and the poolside pass must be displayed while on poolside.
- Poolside passes will only be issued to those personnel displaying a valid accreditation and must be collected from the team on the medals desk.
- Only those accredited personnel showing a valid pass and accreditation will be allowed onto the poolside along with swimmers and event volunteers.
- Please download the free accreditation [https://www.swimmingresults.org/member\\_options](https://www.swimmingresults.org/member_options)
- Passes will only be issued to the maximum number of passes ordered by each club.



- Clubs are required to cover within their individual risk assessments the required number of Coaches, Team Managers and Chaperones along with genders of these for their team for each session, as per the ratio guidance set out by Swim England.
- Coaches and swimmers are responsible for keeping the poolside tidy, ensuring all litter is put in the bins/rubbish bags around the centre and not left on poolside.



## MEET SCHEDULE

Session 1 - Sunday 7 <sup>th</sup> June 2026 - Start: 9:00am			
<b>101</b>	Open/Male	200m	Individual Medley
<b>102</b>	Female	100m	Butterfly
<b>103</b>	Open/Male	100m	Butterfly
<b>104</b>	Female	50m	Freestyle
<b>105</b>	Open/Male	50m	Freestyle
<b>106</b>	Female	100m	Breaststroke
<b>107</b>	Open/Male	100m	Breaststroke
<b>108</b>	Female	50m	Backstroke
<b>109</b>	Open/Male	50m	Backstroke

Session 2 - Sunday 7 <sup>th</sup> June 2026 - Start: TBC			
<b>201</b>	Female	200m	Individual Medley
<b>202</b>	Open/Male	100m	Backstroke
<b>203</b>	Female	100m	Backstroke
<b>204</b>	Open/Male	50m	Breaststroke
<b>205</b>	Female	50m	Breaststroke
<b>206</b>	Open/Male	100m	Freestyle
<b>207</b>	Female	100m	Freestyle
<b>208</b>	Open/Male	50m	Butterfly
<b>209</b>	Female	50m	Butterfly

**Upper Limit Times**  
**Swimmers must NOT BE FASTER than the times below**  
 Times based on 50m Pool (Short course conversion accepted)  
 Age as at 7<sup>th</sup> June 2026

Open/Male Events	9years	10years	11years	12years	13years	14years	15/over
<b>50m Freestyle</b>	32.00	32.00	29.00	28.00	25.00	24.50	24.00
<b>100m Freestyle</b>	1.09.00	1.09.00	1.02.00	59.00	54.00	52.00	51.00
<b>50m Backstroke</b>	35.00	35.00	33.00	32.00	29.00	27.00	26.00
<b>100m Backstroke</b>	1.19.00	1.19.00	1.11.00	1.08.00	1.01.00	58.00	56.00
<b>50m Breaststroke</b>	40.00	40.00	39.00	36.00	32.50	31.00	30.00
<b>100m Breaststroke</b>	1.32.00	1.32.00	1.20.00	1.16.00	1.10.00	1.06.00	1.04.00
<b>50m Butterfly</b>	34.00	34.00	29.00	28.00	27.00	26.00	25.00
<b>100m Butterfly</b>	1.20.00	1.20.00	1.08.00	1.05.00	1.00.00	58.00	56.00
<b>200m Individual Medley</b>	2.50.00	2.50.00	2.37.00	2.32.00	2.20.00	2.12.00	2.05.00

Female Events	9years	10years	11years	12years	13years	14years	15/over
<b>50m Freestyle</b>	30.00	30.00	29.00	28.00	27.00	26.50	26.00
<b>100m Freestyle</b>	1.06.00	1.06.00	1.00.00	58.00	57.00	56.00	55.00
<b>50m Backstroke</b>	37.00	37.00	34.00	33.00	31.00	30.00	29.00
<b>100m Backstroke</b>	1.19.00	1.19.00	1.15.00	1.10.00	1.04.00	1.02.00	1.00.00
<b>50m Breaststroke</b>	40.00	40.00	37.00	36.00	34.50	33.50	33.00
<b>100m Breaststroke</b>	1.32.00	1.32.00	1.21.00	1.18.00	1.15.00	1.12.00	1.10.00
<b>50m Butterfly</b>	34.00	34.00	30.00	29.00	28.00	27.50	27.00
<b>100m Butterfly</b>	1.20.00	1.20.00	1.15.00	1.06.00	1.03.00	1.01.00	1.00.00
<b>200m Individual Medley</b>	2.48.00	2.48.00	2.42.00	2.25.00	2.20.00	2.17.00	2.15.00

## 2026 Long Course Sprint Meet

### Entry Form for Manual entries or Club use

Club:	
Given Name:	Family Name:
DOB:	OPEN/MALE OR FEMALE
<b>SE Reg No:</b>	<b>Email:</b>
<b>Contact Name:</b>	<b>Phone:</b>

EVENT	TICK TO ENTER (Times will be taken from the national rankings at the point of entry)
50m Freestyle	
100m Freestyle	
50m Backstroke	
100m Backstroke	
50m Breaststroke	
100m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Individual Medley	

Number of Poolside Passes One Day	@ £20.00
<b>TOTAL number of entries</b>	@ £10.00
<b>TOTAL amount to pay</b>	£

CLOSING DATE – Monday 25<sup>th</sup> May 2026

Please return to: [meets@novacenturion.co.uk](mailto:meets@novacenturion.co.uk)