

2026 National Qualifier Level 1 Long Course Meet

Licensed Level 1 - 1EM260282

7th & 8th March 2026



The primary aim of this competition is to offer swimmers an exceptional opportunity to achieve qualifying times for the nation's most prestigious events: the Aquatics GB Swimming Championships, Aquatics GB Next Gen Championships, and the Swim England Summer Championships 2026.

Held on the opening weekend of the qualifying window, this meet is strategically positioned to give swimmers the ultimate advantage in achieving their consideration times.

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

Key Information

Date	7 th & 8 th March 2026
Venue	Harvey Hadden Sports Village, Nottingham, NG8 4PB
Events	50m - Freestyle, Backstroke, Breaststroke, Butterfly 100m - Freestyle, Backstroke, Breaststroke, Butterfly 200m - Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley 400m - Freestyle, Individual Medley 800m - Freestyle 1500m - Freestyle
Age Groups	Swimmers age is as at 31 st December 2026 Open/Male & Female - 10/11 - 12 - 13 - 14 - 15 -16 & Over
Closing Date	Sunday 22 nd February 2026
Contact Info	meets@novacenturion.co.uk

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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. 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
- Awards will be presented to the following:
 - The top 3 placed swimmers in age groups 10/11, 12, 13, 14, 15, 16/over.
 - 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 here](#).
- **Swimmers age is as at 31st December 2026.**
- 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 the National Rankings 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 and during the 15-minute mid-session breaks (if required).
- Entry times will not be changed once the entry has been submitted.
- The closing date is midnight **Sunday 22nd February 2026.**

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- Should the meet be oversubscribed, every effort will be made to minimize the number of rejections, whilst ensuring the meet remains balanced across all events/age-groups and fits within the available daily swim time. This is likely to be done by applying a maximum number of full heats to oversubscribed events and then raising the relevant meet qualifying times as necessary to achieve this. The Promoter reserves the right to adapt or change this method if necessary. 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.
- 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.
- The entry fee for events 50m/100m/200m & 400m is **£9.00 per swim** using Entry Manager or **£10 per swim for a manual entry**. The **800m & 1500m Freestyle is £12.50** per swim using Entry Manager or **£13.50 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.
- Invoices for accepted entries will be sent as soon after the closing date as possible and require BACS payments as soon as possible once received.
- Start Lists & results will be available at 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.
- Events are 50m, 100m & 200m all strokes, 200IM, 400IM and 400m, 800m & 1500m Freestyle.
- The 800m and 1500m will be a mixed event with two age categories, junior (14 and under) and senior (15 and over) The 1500m freestyle event may be limited to **three** heats and the 800m freestyle to **five** heats. (more will be offered if time allows).
- Entries into the 800m and 1500m events will be by the fastest entries, where a minimum of 16 swimmers in the 800m and 8 swimmers in the 1500m will be juniors, unless lower numbers of entries are received in the junior category.
- An equal split of female and Open/Male categories will be allocated, where entry numbers allow.
- Swimmers who enter the 800m and 1500m who are not accepted shall automatically be placed on a wait list and called upon as and when withdrawals are received. The promoter reserves the right to allow for additional heats if time allows.
- All events are open to swimmers 10yrs/over end of year. All other matters regarding the administration and running of this meet shall be decided by the promoter.

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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 by 6pm the day before the event.
- A non-withdrawal from the 800/1500m events may result in a £20 fine, NOVA Centurion will notify the club of the non-withdrawal swimmer with details on how to pay.

Meet Information

- The meet is to be held at the **Harvey Hadden Sports Village, Nottingham NG8 4PB.**
- The pool is 50m x 8 lanes each 2.5m wide with Colorado Timing System and 'wedge' starting blocks. The depth will be a constant 2m.
- The meet is licensed Level 1 for entry into National Competitions.
- The meet will operate a SPORTSYSTEMS results service. Start Lists and Live Results will be available on the [meet website](#). 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, £20 per day, £30 for the weekend. 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/
- 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 for swimmers 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.

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- 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.

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. 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 on the day of the meet.

Coaches Poolside Pass

- Passes must be ordered when entries are submitted and will be invoiced along with the total cost for your club's entries. Maximum numbers of passes will be allowed as per the ratios mentioned in the Swim England Guidance.
- 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 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
- 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.

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Session 1 - Saturday 8 th March - Start 9:00am				Session 4 - Sunday 9 th March - Start 9:00am			
101	Female	400m	Ind. Medley HDW	401	Open/Male	400m	Ind. Medley HDW
102	Open/Male	200m	Ind. Medley HDW	402	Female	200m	Ind. Medley HDW
103	Female	100m	Butterfly HDW	403	Open/Male	100m	Butterfly HDW
104	Open/Male	100m	Freestyle HDW	404	Female	100m	Freestyle HDW
105	Female	100m	Breaststroke HDW	405	Open/Male	100m	Breaststroke HDW
106	Open/Male	200m	Backstroke HDW	406	Female	200m	Backstroke HDW
107	Female	50m	Butterfly HDW	407	Open/Male	50m	Butterfly HDW
108	Open/Male	50m	Backstroke HDW	408	Female	50m	Backstroke HDW
Session 2 – at least 20 min break and then 800m Freestyle				Session 5 – at least 20 min break and then 1500m Freestyle			
201	Mixed Open	800m	Freestyle HDW	501	Mixed Open	1500m	Freestyle HDW
Session 3 - Saturday 8 th March Start - TBA				Session 6 - Sunday 9 th March Start - TBA			
301	Open/Male	200m	Breaststroke HDW	601	Female	200m	Breaststroke HDW
302	Female	200m	Freestyle HDW	602	Open/Male	200m	Freestyle HDW
303	Open/Male	400m	Freestyle HDW	603	Female	400m	Freestyle HDW
304	Female	100m	Backstroke HDW	604	Open/Male Open	100m	Backstroke HDW
305	Open/Male Open	200m	Butterfly HDW	605	Female	200m	Butterfly HDW
306	Female	50m	Freestyle HDW	606	Open/Male Open	50m	Freestyle HDW
307	Open/Male Open	50m	Breaststroke HDW	607	Female	50m	Breaststroke HDW

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Minimum Qualifying Times to be achieved from 1st January 2024 - Age as at 31st December 2026.

(Entry times must be equal to or faster than published qualifying times) Based on 50m Pool.

Entry Times are locked to the national rankings - Conversions Allowed.

OPEN/MALE	10/11	12	13	14	15	16 +
50m Freestyle	37.0	34.9	33.0	31.3	29.7	28.7
100m Freestyle	1:17.8	1:13.7	1:08.8	1:06.9	1:04.4	1:02.6
200m Freestyle	2:49.3	2:39.8	2:31.6	2:24.6	2:19.7	2:15.3
400m Freestyle	5:53.0	5:35.1	5:20.8	5:06.0	4:55.6	4:47.5
800m Freestyle	11:30.00	11:30.00	10:58.00	10:24.00	9:56.00	9:48.00
1500m Freestyle	24:34.7	22:10.5	21:06.6	20:19.0	19:27.1	18:57.7
50m Breaststroke	47.2	44.6	41.8	39.7	37.8	36.8
100m Breaststroke	1:40.5	1:33.7	1:27.8	1:23.6	1:20.4	1:17.9
200m Breaststroke	3:38.1	3:24.2	3:10.5	3:00.5	2:53.4	2:50.6
50m Butterfly	39.8	37.1	34.9	33.0	31.2	30.4
100m Butterfly	1:27.7	1:21.5	1:16.8	1:12.8	1:09.8	1:07.8
200m Butterfly	3:11.5	2:58.9	2:48.9	2:39.9	2:33.4	2:29.4
50m Backstroke	42.2	39.5	38.2	36.1	34.5	33.5
100m Backstroke	1:28.8	1:23.1	1:19.2	1:15.0	1:12.2	1:10.3
200m Backstroke	3:11.0	2:59.7	2:49.3	2:41.3	2:35.0	2:30.4
200m Individual Medley	3:10.3	2:58.8	2:48.7	2:40.8	2:34.4	2:29.9
400m Individual Medley	6:42.8	6:18.7	5:58.4	5:41.3	5:28.2	5:19.6

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Minimum Qualifying Times to be achieved from 1st January 2024 - Age as at 31st December 2026.

(Entry times must be equal to or faster than published qualifying times) Based on 50m Pool.

Entry Times are locked to the national rankings - Conversions Allowed.

FEMALE	10/11	12	13	14	15	16 +
50m Freestyle	37.3	35.4	34.0	32.9	32.2	31.9
100m Freestyle	1:18.3	1:15.2	1:12.7	1:10.7	1:09.6	1:08.8
200m Freestyle	2:49.3	2:41.5	2:35.2	2:31.1	2:28.1	2:26.5
400m Freestyle	5:53.4	5:35.8	5:25.3	5:17.0	5:10.8	5:07.2
800m Freestyle	12:07.6	11:35.0	11:08.8	10:52.0	10:41.5	10:32.0
1500m Freestyle	22:30.00	22:30.00	21:45.00	21:03.00	20:38.00	20:15.00
50m Breaststroke	46.8	45.0	43.1	41.5	40.6	40.1
100m Breaststroke	1:40.6	1:34.2	1:29.8	1:27.5	1:26.5	1:25.1
200m Breaststroke	3:35.6	3:23.9	3:13.5	3:07.5	3:04.7	3:04.8
50m Butterfly	39.7	37.6	35.7	34.7	33.8	33.2
100m Butterfly	1:27.9	1:22.6	1:19.1	1:17.2	1:15.5	1:14.8
200m Butterfly	3:11.6	3:00.7	2:52.5	2:47.0	2:44.7	2:42.3
50m Backstroke	42.1	39.9	39.4	38.0	37.0	36.6
100m Backstroke	1:28.9	1:23.5	1:21.7	1:19.6	1:17.9	1:17.1
200m Backstroke	3:10.0	2:59.6	2:53.3	2:48.8	2:44.8	2:42.9
200m Individual Medley	3:10.3	2:59.3	2:52.8	2:48.3	2:44.9	2:42.9
400m Individual Medley	6:39.3	6:16.9	6:10.6	5:54.0	5:47.2	5:42.8

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Entry Form for Manual entries or Club use



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

EVENT	TICK TO ENTER (Times will be taken from the national rankings at the point of entry)
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
800m Freestyle	
1500m Freestyle	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
200m Individual Medley	
400m Individual Medley	

Number of entries	@ £10.00
	@ £13.50
Number of Poolside Passes One Day	@ £20.00
Number of Poolside Passes All Weekend	@ £30.00
TOTAL number of entries	
TOTAL amount to pay	£

CLOSING DATE – SUNDAY 22nd FEBRUARY 2026

Please return to: meets@novacenturion.co.uk

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