

September Short Course Sprint Meet 2026



Licensed Level 3 - 3EM261792

Sunday 27th September 2026

NOVA Centurion are delighted to announce their Level 3 short course sprint meet at Harvey Hadden Sports Village.

The primary aim of this meet is to provide swimmers of all abilities with an opportunity to return to competitive swimming after the summer break. The emphasis is very much on a laidback and positive environment, with the emphasis on fun and enjoyment at the start of the short course season.

At the same time, the meet also provides an excellent opportunity for swimmers to achieve times for the 2026 Short Course regional events.

We are also excited to include a 50m Medley Skins event for the first time, with cash prizes for the top 3 finishers.

The meet is hosted in an 8-lane 25 metre championship-standard pool, renowned as one of the fastest in the region. A 25m, 8 lane cool down facility is also available.

Key Information

Date	Sunday 27 th September 2026
Venue	Harvey Hadden Sports Village, Nottingham NG8 4PB
Events	Short Course, 25m pool 50m - Freestyle, Backstroke, Breaststroke, Butterfly 100m - Freestyle, Backstroke, Breaststroke, Butterfly 200m - Individual Medley Medley Skins
Age Groups	Swimmer's age is as at 27 th September 2026 Open/Male & Female - 9yrs; 10yrs; 11yrs; 12yrs; 13yrs; 14yrs; 15yrs & over
Awards	Medals for top 3 placed swimmers in age groups Cash prize for Top 3 in Medley Skins (13yrs & under; 14yrs & over)
Closing Date	23.59pm Monday 14 th September 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
 - Backstroke ledges will be available if required.
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Awards

- Awards will be presented to the following:
 - The top 3 placed swimmers in age groups 9, 10, 11, 12, 13, 14, 15/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.
 - The prizes for the Medley Skins events will be cash rewards. Awards will be presented to the following in each gender band:

13 yrs & under	1 st Place £30.00; 2 nd Place £15; 3 rd Place £10
14 yrs & over	1 st Place £30.00; 2 nd Place £15; 3 rd Place £10
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Entries

- All meet information can be downloaded via the website www.novacenturion.co.uk
- **Swimmer's age is as at 27th September 2026.**
- Events are:
 - 50m, 100m all strokes
 - 200 Individual Medley
 - Medley Skins
- 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.
- Times are short course (25m pool), with conversions allowed. All entries must have a submitted time, where one is not available from the National Rankings, a coaches estimated time will be acceptable. (Times will be automatically looked up from 1st January in the year previous to the meet, to the time of entry).
- 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 23:59 Monday 14th September 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
- The entry fee for each swim is **£9.00** using Entry Manager or **£10** per swim for a manual entry not using the SportSystems Entry Manager.
- Individual entry forms are only required to be submitted with manual entries and are not required to be submitted for bulk entries using the SportSystems Entry Manager, however an entry form has been included in the entry pack for clubs to facilitate collection of swimmers' details.

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- Entries are welcome from Para-Swimmers who are of sufficient standard to swim in a 25m 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.
 - 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 27th September 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.
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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.
 - Withdrawals after this time do not need to be notified to the recorders, but please inform the competitor stewards so they are not searching for the swimmer.
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Meet Information

- The meet is to be held at the **Harvey Hadden Sports Village, Nottingham NG8 4PB**
- The pool is 25m x 8 lanes each 2.5mtrs wide with Colorado timing system and 'wedge' starting blocks. The depth will be a constant 2mtrs.
- The South Pool will also be available during the competition sessions as a warmup/swim down facility. This is to be marshalled by your club coaches. If noise levels become too high, or if the facility is abused in any way, then the facility will be withdrawn and closed for all.
- The meet is licensed Level 3.
- The meet will operate a SportSystems results service. Live start lists and results will be available at www.swimmingmeetresults.co.uk/NOVA/ 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.

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- 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/
 - 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.
 - 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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Skins Competition Rules

- The finalists for the Skins competition will be the **top 6** swimmers from both the Open/Male and Female categories in the 200m IM from the following age groups: 14yrs/over and 13yrs/under. If a swimmer does not wish to participate in the Skins, their place will be offered to the next qualifying swimmer until 6 lanes are taken in each age/gender group.
 - An announcement will be made 15 minutes before the start of the skins event requesting finalists to attend a technical briefing. Following the briefing swimmers should be present at the holding area 5 minutes before the skins event is due to start.
 - The first heat of each age group will be started by the normal start command. All races will be 50 metres. For the remaining heats swimmers will be informed when there are 10 secs to the start and the next signal will be the start. It is the responsibility of the swimmer to be ready for the start signal.
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- After each round the slowest swimmer will be eliminated unless there is a disqualification under normal swimming rules. It is important that after each round swimmers do not leave the finish area until their elimination has been confirmed by the referee and recording team. Those through to the next round should promptly make their way back behind the starting blocks for the next round.
 - In the event of a dead heat, swimmers dead heating will progress to the next heat and then two or more swimmers will be eliminated from the next round depending on the number of dead heaters in the previous round.
 - Each skin will start at 3-minute intervals and the stroke for each round will be drawn by lot at the before the start warning, overseen by the referee.
 - The stroke for each round will be drawn separately for each age group and at all times is completely random from the 4 main swimming strokes (Backstroke, Breaststroke, Butterfly and Freestyle).
 - The winner of the final heat will be deemed the Medley SKINS winner. All heats will be swum under Swim England regulations and technical rules.
 - In the case of a dead heat in the final race, the race will be declared a tie, and the prize money will be divided equally between the two remaining swimmers.
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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. Expense forms are available from the timing room.
 - Lunch and refreshments will be provided, and any additional expenses may be considered at the discretion of the meet promoter. **Please let us know in advance of any special dietary requirements.**
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Coaches & TM 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. 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 officials/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.
 - 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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Photography

- The use of mobile phones and the taking of photographs/videos are not permitted in the changing village at any time. **Anyone** found taking photographs/videos in the changing village or adjacent areas will be immediately excluded from the competition and escorted off the premises.
- Mobile phones may be used on poolside; however, photography is only permissible by those holding poolside accreditation. **Anyone without accreditation** found taking photographs on the pool deck will be immediately excluded from the competition and escorted off the premises.
- Parents wanting to video their swimmer for examination purposes, should speak to the promoter before the start of each session.
- Photography is permitted from the spectator gallery but no telescopic lenses will be allowed. When taking any photographs from the balcony, you should keep focus on your own swimmer and try not to get other swimmers in the shot wherever possible.

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Meet Schedule – Sunday 27 September

Session 1 - Start 9:00am			
101	Female	200m	Individual Medley
102	Open/Male	200m	Individual Medley
103	Female	50m	Butterfly
104	Open/Male	50m	Butterfly
105	Female	100m	Breaststroke
106	Open/Male	100m	Breaststroke
107	Female	50m	Backstroke
108	Open/Male	50m	Backstroke
109	Female		Medley Skins
110	Open/Male		Medley Skins

Session 2 - Start TBC			
201	Female	100m	Freestyle
202	Open/Male	100m	Freestyle
203	Female	50m	Breaststroke
204	Open/Male	50m	Breaststroke
205	Female	100m	Backstroke
206	Open/Male	100m	Backstroke
207	Female	50m	Freestyle
208	Open/Male	50m	Freestyle
209	Female	100m	Butterfly
210	Open/Male	100m	Butterfly



Official Kit Partner



Local Authorities Partnerships



Performance Centre Partnerships



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Upper Limit Times

Swimmers must NOT BE FASTER than the times below

Times based on 25m Pool (Long course conversion also taken into consideration)

Age as at 27th September 2026

Open/Male Events	9years	10years	11years	12years	13years	14years	15/over
50m Freestyle	32.00	32.00	29.00	28.00	25.00	24.50	24.00
100m Freestyle	1.09.00	1.09.00	1.02.00	59.00	54.00	52.00	51.00
50m Backstroke	35.00	35.00	33.00	32.00	29.00	27.00	26.00
100m Backstroke	1.19.00	1.19.00	1.11.00	1.08.00	1.01.00	58.00	56.00
50m Breaststroke	40.00	40.00	39.00	36.00	32.50	31.00	30.00
100m Breaststroke	1.32.00	1.32.00	1.20.00	1.16.00	1.10.00	1.06.00	1.04.00
50m Butterfly	34.00	34.00	29.00	28.00	27.00	26.00	25.00
100m Butterfly	1.20.00	1.20.00	1.08.00	1.05.00	1.00.00	58.00	56.00
200m Individual Medley	2.50.00	2.50.00	2.37.00	2.32.00	2.20.00	2.12.00	2.07.00



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Upper Limit Times

Swimmers must NOT BE FASTER than the times below

Times based on 25m Pool (Long course conversion also taken into consideration)

Age as at 27th September 2026

Female Events	9years	10years	11years	12years	13years	14years	15/over
50m Freestyle	30.00	30.00	29.00	28.00	27.00	26.50	26.00
100m Freestyle	1.06.00	1.06.00	1.00.00	58.00	57.00	56.00	55.00
50m Backstroke	37.00	37.00	34.00	33.00	31.00	30.00	29.00
100m Backstroke	1.19.00	1.19.00	1.15.00	1.10.00	1.04.00	1.02.00	1.00.00
50m Breaststroke	40.00	40.00	37.00	36.00	34.50	33.50	33.00
100m Breaststroke	1.32.00	1.32.00	1.21.00	1.18.00	1.15.00	1.12.00	1.10.00
50m Butterfly	34.00	34.00	30.00	29.00	28.00	27.50	27.00
100m Butterfly	1.20.00	1.20.00	1.15.00	1.06.00	1.03.00	1.01.00	59.00
200m Individual Medley	2.48.00	2.48.00	2.42.00	2.25.00	2.20.00	2.17.00	2.12.00



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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 OR ADD TIME (Times will be taken from the national rankings at the point of entry if no time given below)
50m Freestyle	
100m Freestyle	
50m Backstroke	
100m Backstroke	
50m Breaststroke	
100m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Individual Medley	

Number of Poolside Passes	@ £20.00
TOTAL number of entries	@ £10.00
TOTAL amount to pay	£

CLOSING DATE - Monday 14th September 2026

Please return to: meets@novacenturion.co.uk