



Dunmow May Sprint Classic 2026

A Level 3 Licensed meet No: ER260060

Under Swim England Laws & Technical Rules of Swimming

@ Sevenoaks Leisure Centre

Saturday the 23rd May 2026

(Closing date 16th April 2026 @10pm)

1.0 The Meet

1.01 The Meet Promoter is Amanda Simmons and all enquires should be emailed to teamdascmeet@gmail.com on behalf of Dunmow Atlantis Swimming Club. The event will be held at Sevenoaks Leisure Centre, Buckhurst Lane, Sevenoaks, TN13.

1.02 The competition is to be held under Swim England laws and technical rules of swimming.

1.03 The competition is licensed by Swim England as a Level 3 meet. Licence number TBC.

1.04 The pool length is 25m and there are 6 lanes with anti-turbulence lane ropes. Omega AOE will be used at the meet. A secondary strobe for the starting equipment is available. The depth of the pool is 1.8m at the start end and 0.9m at the turns end of the pool.

1.05 Entrants must be Swim England Registered at Category Club Compete and have a Swim England number and belong to an affiliated club or WASA and SASA equivalent and National Associations of World Aquatics.

1.06 Upper qualifying times are in operation for this meet as provided in the accompanying schedule.

1.07 There are no lower limit times. Times faster than the upper limits and no times entries will not be accepted. Times achieved in unlicensed time trials and LC to SC conversions (converted using the Sports Systems Conversion Tool) are permitted for entry into this meet.

1.08 For Clubs wishing to enter 10 or more swimmers the Hy-Tek entry file will be made available and electronic entries should be emailed to the meet promoter. Individual swimmers will be able to make entries through completing an entry form. No entries will be

confirmed until payment has been received. For all entry enquires please contact teamdascmeet@gmail.com

1.09 Entries will be made using Female and Open/Male as the new competition categories following the launch of the Swim England Transgender and Non-binary Competition Policy on 1 September 23. 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.

1.10 Swimmers in possession of a Swim England Certificate of Swimming Disability or the swimmers whose membership details record a disability Sport Class are welcome to enter the competition. An entry time must be provided.

1.11 Entry fees will be £7.00 per event (this includes the Swim England levy).

1.12 Entries must be received by the promoters on or before the specified closing date of 16th April 2026 and be fully and correctly completed. The Promoter reserves the right to re-open the Meet for entries (and/or to offer time trials) after the closing date if there is capacity and entirely at the Promoter's discretion. Swimmers offered late entries/time trials will be subjected to an entry fee of £10 per event and must have an entry time to ensure that they fall within the qualifying times.

1.13 Entries which do not follow the above procedures may be rejected.

1.14 Entries will be restricted to ensure the meet runs to time and will be accepted on a 'first come first served' basis, but with consideration to balancing out the numbers in each year age category.

1.15 If the event is oversubscribed the promoter reserves the right to return entries. Refunds will be made in respect of any returned entries. The promoter's decision is final.

2.0 The Events

2.01 Over The Top starts may be used at the discretion of the referee.

2.02 All heats will be spearheaded.

2.03 All events are heat timed finals. Heats shall be run in speed order with the slowest entry times in the first heat and the fastest in the last heat.

2.04 Age groups are: 9,10,11,12,13,14,15,and 16/over year.

2.05 Ages shall be as at the last day of competition, Saturday the 23rd May 2026,

2.06 Awards will be given to the first 3 in each year group (above) in each event.

2.07 There shall be a spot prize awarded to the winner of 1 randomly selected heat in each event.

2.08 There shall be a top visiting club award with a trophy awarded at the end of competition.

3.0 Pre-Meet Info

3.01 Session timings may be adjusted depending on the number of entries received and accepted. Any changes will be posted on the website www.dunmowatlantis.co.uk

3.02 All accepted entries will be posted on the website www.dunmowatlantis.co.uk

3.03 This event shall be pre-seeded and heat sheets emailed to competing clubs on Friday the 15th May 2026. No hard copy heat sheets will be provided.

3.04 All withdrawals must be communicated to the host club by no later than 4pm on Thursday 21st May 2026. In the event of a swimmer being unable to compete on the day their lane will remain empty. Refunds are not available for withdrawals made after the accepted entries are published.

3.04 Warm up schedules will be circulated once entries and timings are finalised.

3.05 In order to ensure sufficient space on poolside teams will be allocated space in the sports hall for swimmers to wait between races. Poolside will be kept clear as far as reasonable for coaches and officials.

4.0 Passes & Payments

4.01 Coaches 'and Team Managers 'passes will be available at a cost of £10 for the day for coaches/TM passes (including access to catering room, poolside drinks/sweets/fruits), these passes will be transferable but coaches + team managers must provide DBS + Swim England details to be issued a pass.

4.02 It is the responsibility of the entered Club to ensure that the coaches and team managers they have on poolside are fully compliant with Wavepower 2024 (Swim England Safeguarding policy).

4.03 Participating clubs are required to ensure compliance with Swim England's Team Manager, Coach and Chaperone Policy 2023 that came into effect on 1st September 2023. The policy can be found here <https://swimming.app.box.com/s/6bvwx4fd76votwt825fslqun4bn6l5ov/file/1432350157288>

4.04 These ratios are based on the team being in a single supervision area. Clubs should note these are the minimum supervision standards.

4.05 Passes will be issued on arrival at the pool. Passes must be displayed at all times. Passes entitle the coach to refreshments/food between sessions and access to poolside.

4.06 Only swimmers, team managers, coaches, officials and Host Club volunteers will be allowed on poolside. Spectators are welcome in the viewing gallery and there will be a charge of £10 per day.

5.0 General

5.01 By submitting an entry Clubs, Competitor's and Coaches are agreeing to be bound by these rules.

5.02 Any matter not covered by these conditions will be determined by the Promoter and Referee subject to Swim England Laws, Regulations and the Swim England Technical Rules of Racing.

6.0 Data Protection

6.01 The Meet Promoter uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Personal data such as name, club, recorded and entered times may be made public during or after the meet.

7.0 Photography

7.01 In accordance with Swim England Safeguarding policy (Wavepower 2024) any parents or carers of swimmer under the age of 18 who wish to take photographic or video images are requested to focus on their own swimmer as much as reasonably possible and to avoid including other swimmers in those images, particularly if those images are being shared with family and friends through social media platforms.

7.02 Participants and spectators are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England Safeguarding Policy, Wavepower provides guidance on the use of social networking and guidance on photography and can be found at <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/> Both sets of guidance apply if social media platforms are being used to share images or recording either after the meet or during the event. Note that any mobile device usage in the changing rooms is absolutely forbidden under Swim England guidance and the swimming pool management. Should you have any concerns about the photography or filming at this event then please bring them to the attention of the Meet Promoter.

7.03 All participants must observe the safety precautions in operation at Sevenoaks Leisure Centre. The Promoter, Dunmow Atlantis Swimming Club will not be responsible for any loss or damage occurring during this meet.

Schedule of Events

Session 1 - Saturday the 23rd May 2026

Warm Up Commences - 12.30pm

Event 101 + 102 - Female/Male 200 Medley

Event 103 + 104 - Female/Male 50 Fly

Event 105 + 106 - Female/Male 50 Back

Estimated Session Finish Time - 4.00pm

Session 2 - Saturday the 23rd May 2026

Warm Up Commences - 4.30pm

Event 201 + 202 - Male/Female 100 Medley

Event 203 + 204 - Male/Female 50 Breast

Event 205 + 206 - Male/Female 50 Free

Estimated Session Finish Time - 8.30pm

Upper Limit Times - Swimmers Should not have swum faster than these times to enter:

Event	Male Events							
	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years+
50 Free	24.7	24.7	24.7	24.7	24.7	24.7	24.1	23.0
50 Fly	26.7	26.7	26.7	26.7	26.7	26.7	26.0	25.0
50 Back	27.8	27.8	27.8	27.8	27.8	27.8	27.4	26.5
50 Breast	30.9	30.9	30.9	30.9	30.9	30.9	30.4	30.10
100 Medley	1.02.5	1.02.5	1.02.5	1.02.5	1.02.5	1.02.5	59.6	58.4
200 Medley	2.13.5	2.13.5	2.13.5	2.13.5	2.13.5	2.13.5	2.09.0	2.06.0
Event	Female Events							
	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years+
50 Free	27.2	27.2	27.2	27.2	27.2	27.2	27.0	26.6
50 Fly	29.1	29.1	29.1	29.1	29.1	29.1	29.0	28.6
50 Back	30.3	30.3	30.3	30.3	30.3	30.3	30.2	29.7
50 Breast	34.0	34.0	34.0	34.0	34.0	34.0	33.4	33.0
100 Medley	1.07.5	1.07.5	1.07.5	1.07.5	1.07.5	1.07.5	1.07.2	1.07.0
200 Medley	2.23.7	2.23.7	2.23.7	2.23.7	2.23.7	2.23.7	2.22.7	2.22.5

