



# Long Distance Time Trial 2026

Held Under Swim England Regulations and Technical Rules

Licensed for Entry into Lincolnshire County Championships 2027

Licence Number 3EM262296. Level 3

|                          |                                                                                                                                                                                                                                                                                             |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>DATES :</b>           | Saturday 14 <sup>th</sup> & Sunday 15 <sup>th</sup> November                                                                                                                                                                                                                                |
| <b>VENUE:</b>            | <b>Grantham Meres Leisure Centre</b><br>Trent Road<br>Grantham<br>Lincolnshire<br>NG31 7XQ                                                                                                                                                                                                  |
| <b>FACILITIES :</b>      | 8 lane 25m Pool<br>Electronic Timing                                                                                                                                                                                                                                                        |
| <b>SESSION TIMES:</b>    | <b>Session 1:</b> 1500m Freestyle<br>14:00 Saturday 14 <sup>th</sup> . Warm Up 15mins<br><br><b>Session 2:</b> 400m Freestyle and 400m Freestyle.<br>13:00 Sunday 15 <sup>th</sup> . Warm Up 30mins<br><br><b>Session 3:</b> 800m Freestyle<br>TBC Sunday 15 <sup>th</sup> . Warm Up 30mins |
| <b>AGE GROUPS:</b>       | 10yrs & under, 11yrs, 12yrs 13yrs, 14yrs, 15yrs, 16yrs & over<br>Age at 15 <sup>th</sup> November 2026                                                                                                                                                                                      |
| <b>AWARDS:</b>           | There will be medals for the three fastest swimmers in each age group in each gender category for each event.                                                                                                                                                                               |
| <b>ENTRIES:</b>          | £10 for 400m events and £12 for the 800m & 1500m<br>individual event via sports systems entry file<br>Coaches Passes £10 includes poolside entry & start sheets                                                                                                                             |
| <b>MEET COORDINATOR:</b> | Ed Clayton, meetentries.granthamsc@gmail.com                                                                                                                                                                                                                                                |
| <b>SPECTATORS:</b>       | There will be a £7.50 spectator entry fee for all 3 sessions combined, or £4 per person per session                                                                                                                                                                                         |

**CLOSING DATE Sunday 18<sup>th</sup> October 2026**



#### CONDITIONS:

- The competition will be held over two days, in November 2026
- The age of the swimmers will be taken as the age on 15<sup>th</sup> November 2026.
- All swimmers must be Swim England registered with 'Club Compete' membership and provide a membership number.
- 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.
- Entries into each event will be accepted on a first come first served basis. Should the meet become full, having accepted a number of entries reaching maximum capacity, the meet may close early.
- **Withdrawals prior to the meet should be reported to the club [meetentries.granthamsc@gmail.com](mailto:meetentries.granthamsc@gmail.com) as soon as possible. Withdrawals on the day of the Meet must be reported to the desk by coaches/team managers before that sessions warm up. Failure to do so will result in a charge of £3 per empty lane.**
- It is the swimmers' responsibility to report to the Competitors' Stewards when the event is called, so that they are ready for the start of their race.
- Events are to be swum in 'integrated age groups' with seeding by submitted times.
- All events will have 'heat-declared winners. There will be no finals.
- All heats in each event will be spearheaded.
- All swimmers must be able to execute a competitive racing dive as laid down in Swim England law or they should start in the water. It is the swimmer's or their representative's responsibility to inform a meet official of any reason why they cannot conform to Swim England technical rules; this should be done before the event in which they are taking part commences.

#### OFFICIALS:

- **Please provide 1 official for every 3 swimmers entered per session.** i.e. if the club has entered 7 swimmers into the 1500m Freestyle, and 11 into the 800m Freestyle, please provide 2 officials for the 1500m and 3 for the 800m events.

#### POOLSIDE PASSES:

- Poolside passes will cost £10.00 each and will include access to the poolside and sports hall, heat sheets, results, and food/refreshments.
- Clubs are asked to send a list of Coaches / Team Managers to the meet promotor before the event.
- In order to meet SE safeguarding requirements, all Coaches / Team Managers attending will be required to download the 'Free SE DBS/Safeguarding Qualification Check' from Swim England Member Options - Event Accreditation | Swim England ([swimmingresults.org](http://swimmingresults.org)) and present this qualification upon arrival in order to collect their poolside pass.

#### OTHER:

- Swimmers will not be allowed to use their mobile phones poolside or in the changing rooms. In emergency situations the swimmer may ask their Team Manager if they can use their phone to contact their parent / guardian.
- Results will be available on the GSC website as soon as is practically possible after each event. Full results will be posted on the website after the event.
- All swimmers and other personnel must abide by the Health & 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. Swimmers must not enter the stands with bare feet, and it is preferable that all swimmers remain on poolside between their swims.
- Anything not covered in the meet conditions will be at the discretion of the Promoter
- A secondary strobe is available
- For Grantham swimmers results will form part of the 2026 club championships and awards presented according to the club championship conditions.



## Schedule of Events

| 14th November 2026<br>Warm up 2pm |       |                 |           |
|-----------------------------------|-------|-----------------|-----------|
| 101                               | Mixed | 1500m Freestyle | 10 & over |

| 15th November 2026<br>Warm up 1pm |       |                        |          |
|-----------------------------------|-------|------------------------|----------|
| 201                               | Mixed | 400m Individual Medley | 9 & over |
| 202                               | Mixed | 400m Freestyle         | 9 & over |

| 15th November 2026<br>Warm up TBC |       |                |           |
|-----------------------------------|-------|----------------|-----------|
| 301                               | Mixed | 800m Freestyle | 10 & over |

## Consideration times

(swimmers must not have swam faster than the below,  
age is as at 15<sup>th</sup> November 2026)

|                        | 9      | 10      | 11      | 12      | 13      | 14      | 15      | 16 & Over |
|------------------------|--------|---------|---------|---------|---------|---------|---------|-----------|
| <b>Open/Boy</b>        |        |         |         |         |         |         |         |           |
| 400m Individual Medley | 5.39.8 | 5.30.6  | 5.15.6  | 4.53.6  | 4.42.3  | 4.41.3  | 4.27.1  | 4.10.0    |
| 400m Freestyle         | 4.22.9 | 4.18.5  | 4.12.9  | 4.02.8  | 3.39.9  | 3.38.0  | 3.25.1  | 3.22.8    |
| <b>Open/Men</b>        |        |         |         |         |         |         |         |           |
| 800m Freestyle         |        | 9.32.8  | 9.04.6  | 8.20.4  | 8.08.2  | 8.00.9  | 7.44.1  | 7.40.0    |
| 1500m Freestyle        |        | 19.25.6 | 18.43.2 | 17.26.2 | 16.49.8 | 16.36.4 | 16.12.8 | 16.08.0   |
|                        |        |         |         |         |         |         |         |           |
|                        | 9      | 10      | 11      | 12      | 13      | 14      | 15      | 16 & Over |
| <b>Girl</b>            |        |         |         |         |         |         |         |           |
| 400m Individual Medley | 5.34.4 | 5.32.5  | 5.17.4  | 5.05.6  | 5.02.1  | 5.00.7  | 4.56.8  | 4.30.0    |
| 400m Freestyle         | 4.12.9 | 4.10.8  | 4.02.4  | 3.53.5  | 3.47.1  | 3.42.9  | 3.38.3  | 3.32.8    |
| <b>Women</b>           |        |         |         |         |         |         |         |           |
| 800m Freestyle         |        | 9.44.7  | 9.10.9  | 8.49.9  | 8.42.6  | 8.36.1  | 8.27.8  | 8.25.0    |
| 1500m Freestyle        |        | 18.58.0 | 18.03.6 | 17.46.0 | 17.36.1 | 17.24.9 | 17.22.2 | 17.15.0   |

Swimmers must be at least 9 years old on the 15<sup>th</sup> November 2026 to enter.



## Club Summary Entry Form

(For Use by External clubs entering 3 or more swimmers)

Please return this completed form to: [meetentries.granthamsc@gmail.com](mailto:meetentries.granthamsc@gmail.com)

Closing date midnight Sunday 18<sup>th</sup> October 2026

|                |                    |              |      |
|----------------|--------------------|--------------|------|
| Club Name:     |                    |              |      |
| Contact Name:  |                    |              |      |
| Email Address: |                    |              |      |
| Telephone No:  |                    |              |      |
|                |                    |              |      |
| Entry Details: |                    |              |      |
|                |                    | Number       | Cost |
| 400m & 400m IM | @ £10.00 per event |              | £    |
| 800m & 1500m   | @ £12.00 per event |              | £    |
| Coaches Pass   | @ £10 per pass     |              | £    |
|                |                    | <b>TOTAL</b> | £    |

Payment by BACS to:  
Grantham Swim Club  
A/C number 25160176  
Sort code 600909



# Long Distance Meet 2026

## Individual Entry Form

|               |  |                  |  |
|---------------|--|------------------|--|
| Club          |  |                  |  |
| Surname       |  | First Name       |  |
| Date of Birth |  | Gender           |  |
| Contact No.   |  | Swim England No. |  |
| Email         |  |                  |  |

| Event   |                    | Entry Time   | Cost |
|---------|--------------------|--------------|------|
| 400m    | @ £10.00 per event |              | £    |
| 400m IM | @ £10.00 per event |              | £    |
| 800m    | @ £12.00 per event |              | £    |
| 1500m   | @ £12.00 per event |              | £    |
|         |                    | <b>TOTAL</b> | £    |

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**CLOSING DATE FOR ENTRIES IS SUNDAY 18<sup>th</sup> OCTOBER 2026**

Please return the form and/or an Entries Summary Form as appropriate to Ed Clayton at  
[meetentries.granthamsc@gmail.com](mailto:meetentries.granthamsc@gmail.com)