



Summer Sprintastic 2026

L3 Short Course Open Meet (License No: TBC)

Grantham Meres Leisure Centre, Sunday 12th July 2026

Under Swim England Laws & Regulations and Swim England Technical Rules of Racing

Meet Manager: Ed Clayton meetentries.granthamsc@gmail.com



Summer Sprintastic 2026

Schedule of Events

Session 1 warm up 11:00. Start time 11:45	
Event No.	Event
101 Open/Male	100m Individual Medley
102 Female	100m Butterfly
103 Open/Male	100m Butterfly
104 Female	50m Breaststroke
105 Open/Male	50m Breaststroke
106 Female	100m Backstroke
107 Open/Male	100m Backstroke
108 Female	100m Freestyle
109 Open/Male	50m Freestyle

Session 2 warm up TBC	
Event No.	Event
201 Female	100m Individual Medley
202 Open/Male	50m Backstroke
203 Female	50m Backstroke
204 Open/Male	100m Breaststroke
205 Female	100m Breaststroke
206 Open/Male	50m Butterfly
207 Female	50m Butterfly
208 Open/Male	100m Freestyle
209 Female	50m Freestyle



Summer Sprintastic 2026

Qualifying Times

Open / Male - Must be no faster than								Female - Must be no faster than						
9	10	11	12	13	14	Open	Event	9	10	11	12	13	14	Open
26.50	26.00	25.50	25.00	24.50	24.00	23.50	50 Freestyle	29.00	28.50	28.00	27.50	27.00	25.00	23.50
1.10.00	1.07.00	1.06.00	1.04.50	1.02.00	1.00.00	55.00	100 Freestyle	1.10.00	1.07.00	1.06.00	1.04.50	1.02.00	1.00.00	57.00
37.50	37.00	35.50	35.00	32.50	32.00	29.00	50 Breaststroke	37.00	36.00	35.00	34.00	32.00	30.00	28.00
1.28.00	1.19.50	1.15.00	1.14.00	1.12.00	1.11.00	1.04.00	100 Breaststroke	1.28.00	1.25.00	1.20.00	1.17.00	1.14.00	1.12.00	1.10.00
32.00	31.00	30.00	29.00	27.50	27.00	25.00	50 Butterfly	31.00	30.00	29.00	28.00	27.00	26.00	25.00
1.19.00	1.16.00	1.14.00	1.10.00	1.08.00	1.05.00	56.00	100 Butterfly	1.19.00	1.16.00	1.14.00	1.12.00	1.10.00	1.08.00	58.00
32.50	32.00	31.00	30.50	29.00	28.00	26.00	50 Backstroke	32.00	31.00	30.00	29.00	28.00	27.50	27.00
1.22.00	1.16.00	1.13.00	1.09.00	1.05.00	1.02.00	56.00	100 Backstroke	1.22.00	1.18.00	1.15.00	1.10.00	1.05.50	1.05.00	1.00.00
1.23.00	1.18.00	1.16.00	1.12.00	1.08.00	1.05.00	55.00	100 Individual Medley	1.25.00	1.20.00	1.18.00	1.13.00	1.10.00	1.08.00	57.00



Summer Sprintastic 2026

Meet Conditions 1

ENTRIES

- The competition will be swum under Swim England rules and Technical Rules
- All swimmers must be Swim England registered with 'Club Compete' membership and provide a membership number.
- The female category is for birth sex females only in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Girl' category, a swimmer confirms their birth sex is female.
- All entries must meet the qualifying criteria and therefore not be faster than the upper limit times. There are no minimum qualifying times, however we ask for all swimmers to submit an entry time, either from rankings, club time trials, or training.
- All times must have been achieved since 1st September 2024 • All events will be seeded on time • All events will be swum as Heat Declared Winners with all heats spearheaded .
- Entries may be restricted to keep the session times within appropriate timescales. Acceptance cannot be guaranteed. Details of accepted and rejected entries will be published on our website as soon as possible after the closing date.
- Classified Para-Swimmers will also be able to enter the meet, however there will NOT be separate multi-classification results, these swimmers will be shown in their own age-groups.
- The cost of entry is £8.00 per event via Sportssystem. (£8.50 for paper entries).
- The Sportssystem entry file can be found on our website or by emailing the meet manager meetentries.granthamsc@gmail.com
- A designated club officer must make all club entries and that same person must make all communications to the meet manager.
- Age groups are as follows: 9, 10, 11, 12, 13, 14, and 15/Over (Age as of midnight on Sunday 12th July 2026)
- The closing date for entries is midnight Sunday 21st June 2026 – entries will be accepted on a first come first served basis after Grantham entries have been processed.



Summer Sprintastic 2026

Meet Conditions 2

RESULTS

- Medals will be awarded to the top-3 swimmers in each age group (as above)
- All results will appear on Swim England Rankings after the meet, and will be available on our website and via QR codes around the pool.
- Clubs with 10 or more swimmers entered in the meet are requested to provide a minimum of one official for all sessions in which the club has entered
- Names and contact details for the officials should be completed by the person responsible for submitting the entries and forwarded together with the confirmation of entries.

POOLSIDE PASSES

- Poolside passes will cost £15.00 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) and present this qualification upon arrival in order to collect their poolside pass.
- Please note that if a chaperone is required then please contact the Meet Director directly

SWIMMER SUPERVISION

- In order to meet the SE supervision policy, please ensure all clubs meet the current SE ratio guidelines
- If you are an individual entry, these guidelines also apply, meaning a Level 2 Coach and Team Manager should accompany the swimmer – however if this isn't possible, individual swimmers should aim to 'buddy up' with another visiting club (please see the accepted entry list for assistance)



Summer Sprintastic 2026

Meet Conditions 3

GENERAL

- This will be a **NUT FREE MEET** due to nut allergy sufferers taking part. Please don't bring any nuts poolside.
- 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.
- The Meet will be held at Grantham Meres Leisure Centre, Trent Road, Grantham, Lincolnshire NG31 7XQ. The centre has 8 lane 25m pool. Electronic timing with scoreboard will be used. There will be a secondary strobe available for hearing impaired swimmers
- Swim meet entries will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. Personal data, including submitting and recorded times, will be publicly available during the meet.
- All competitors shall always observe the rules of Grantham Meres Leisure Centre and comply with any instructions given by staff.
- Grantham Meres Leisure Centre and Grantham Swimming Club shall not be responsible for the loss or damage to any property.
- During warm-ups, swimmers and coaches must ensure that they take no action that would endanger themselves or others. Swimmers should swim in the direction indicated and not climb over the timing pads.
- Anything not covered by these rules shall be at the discretion of the meet organisers.
- Spectator seating is available at £5 per person over 15yrs per session and £9 all day
- Further details on warm up arrangements, race day timelines and other meet information will be published nearer the time on the club website:
<https://www.granthamswimclub.org>
- Any questions or queries, please contact Ed Clayton (meetentries.granthamsc@gmail.com)



Summer Sprintastic 2026

Club Entry Form

Closing Date – Sunday 21st June 2026

This section is to be completed by the club representative submitting the entries – please submit this form along with the Sportsystem entry file to Ed Clayton (meetentries.granthamsc@gmail.com.)

Club:		
Contact Name:		
Email Address:		
Open/Male Entries:	@ £8.00 each	Sub-total £
Female Entries:	@ £8.00 each	Sub-total £
Poolside Passes:	@ £15.00 each	Sub-total £
	Total	£

Please make payment via Bank Transfer to

Natwest
Grantham Swim Club
ac no. 25160176 sort
code: 60-09-09

I hereby declare that on behalf of the names club, all recipients of a poolside pass will have a valid Swim England Membership and DBS Check

I also agree that by submitting the above entries to the competition, all competitor agree to confirm to the event conditions specified above

Signed: _____

Print Name: _____

GRANTHAM

★ *Swim Club* ★

Summer Sprintastic 2026

Individual Entry Form

Please return completed entry form by the closing date of Sunday 21st June 2026

Please only return the below if you are making an individual entry.

Name:	
Gender:	Open/Male [] Female []
Club:	
SE No.:	
Address:	
Tel No:	
Email:	

Event	Time	Event	Time
50m Backstroke		100m Butterfly	
50m Breaststroke		100m Freestyle	
50m Butterfly		100m Individual Medley	
50m Freestyle		Total Number	
100m Backstroke		@ £8.50	
100m Breaststroke		Poolside Pass	£15.00
Total To Pay			

Please also complete the club entry form return to Ed Clayton meetentries.granthamsc@gmail.com once payment has been received, we will confirm entry.

Payment details Natwest bank, Grantham Swim Club, acc no. 25160176 sc 60-09-09 Ref SS26 "club" or "swimmer name"