



Portsmouth Northsea
May Sprint *Plus+* Meet 2026
Long Course Level 3 Meet

**Saturday 16th &
Sunday 17th May 2026**

License number 3SE260555

Program of Events

Saturday 16 th May 2026			
Session 1		Warm up 15:00 Session Starts 16:00	
Event 101		Male/Open 400 Freestyle	
Event 102		Female 100 Freestyle	
Event 103		Male/Open 50 Butterfly	
Event 104		Female 50 Backstroke	
Event 105		Male/Open 100 Backstroke	
Event 106		Female 200 IM	
Sunday 17 th May 2026			
Session 2	Warm up 08:00 Session Starts 09:00	Session 3	Warm up tbc Session Starts tbc
Event 201	Female 400 Freestyle	Event 301	Male/Open 200 IM
Event 202	Male/Open 50 Backstroke	Event 302	Female 100 Breaststroke
Event 203	Female 50 Breaststroke	Event 303	Male/Open 50 Freestyle
Event 204	Male/Open 100 Freestyle	Event 304	Female 50 Butterfly
Event 205	Female 100 Butterfly	Event 305	Male/Open 100 Butterfly
Event 206	Male/Open 100 Breaststroke	Event 306	Female 100 Backstroke
Event 207	Female 50 Freestyle	Event 307	Male/Open 50 Breaststroke

Qualifying Times – Long Course

Age of swimmers will be as at 23:59 on Sunday 17th May 2026. Minimum age – 9 years.

Times must be on Rankings (Level 1 - 4 meet). You must not be faster than these times. All entry times should be converted to Long Course times and have been achieved since 1st January 2025.

Notes:

- 9/10 year old swimmers are not eligible to enter the 400m Freestyle.

Open/Male						
Event	9/10	11	12	13	14	15 + Over
50m Freestyle	32	31	29.5	28.5	27	24.85
100m Freestyle	01:10.0	01:07.0	01:01.91	58.79	56.79	53.86
400m Freestyle		4:34.40	4:27.50	4:20.60	4:14.10	4:05.10
50m Breaststroke	40	39	38	36.5	34.5	32.5
100m Breaststroke	01:32.0	01:25.0	01:20.82	01:16.04	01:13.15	01:08.95
50m Butterfly	38	35	32.5	30.5	28.5	26.5
100m Butterfly	01:24.0	01:16.0	01:09.94	01:05.66	01:02.88	58.87
50m Backstroke	37	35	33	31	29	27.5
100m Backstroke	01:20.0	01:15.0	01:11.27	01:07.48	01:05.0	01:01.60
200IM	2:27.40	2:24.30	2:19.30	2:15.20	2:12.10	2:09.10

Female						
Event	9/10	11	12	13	14	15 + Over
50m Freestyle	32	31	30.5	30	29	28.47
100m Freestyle	01:10.0	01:06.41	01:03.59	01:01.92	01:00.90	01:00.90
400m Freestyle		4:38.80	4:34.60	4:30.60	4:28.40	4:22.80
50m Breaststroke	40	37	36	35	34.5	34
100m Breaststroke	01:33.0	01:26.03	01:21.70	01:19.37	01:17.80	01:17.14
50m Butterfly	38	34	33	32	31.5	31
100m Butterfly	01:23.0	01:15.55	01:11.17	01:08.70	01:07.14	01:06.26
50m Backstroke	37	35	34	33	32.5	32
100m Backstroke	01:20.5	01:15.88	01:12.26	01:10.11	01:08.85	01:07.95
200IM	2:29.10	2:27.10	2:25.30	2:23.80	2:22.00	2:18.90

Promoter's Conditions

PROMOTER	The promoter is Portsmouth Northsea Swimming Club.
CONTACT	For any queries, please contact us at meets@pnsc.org.uk
VENUE	The Mountbatten Centre, Alexandra Park, Portsmouth PO2 9QA.
POOL	8 Lane 50 metre pool, with electronic timing and anti-turbulence lane ropes.
COMPETITION TYPE	Level 3 Long Course
ELECTRONICS	Electronic timing will be in use. Swimmers must not leave the pool by climbing over the time pads.
RULES	The competition is an open and will be swum under Swim England Technical Rules. A secondary strobe light is available at this meet. Backstroke starting ledges will be available.
AGE GROUPS	The competition will be open to age groups 9/10, 11, 12, 13, 14, 15+.
AGE	Ages will be at 23:59 Sunday 17 th May 2026.
COMPETING CATEGORIES:	Swimmers will be required to swim in one of two groups: <ul style="list-style-type: none"> Female – Athletes with a birth sex of female. Open/Male – Athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the female category. 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. Please note: <ul style="list-style-type: none"> Rankings will refer to 'Open/Male' times rather than simply 'Male'. Given swimmingresults.org includes British, Welsh and Scottish rankings the term 'Male' will still be included for accuracy.
MEET OBJECTIVE	The objective of the Meet is to provide a fun sprint meet for swimmers wanting to achieve or improve their long course times. This is an early opportunity to achieve some county qualifying times for the season 2026-27.
EVENTS	50m, 100m all four strokes, 400m Freestyle and 200IM. The number of heats will be limited to fit within the programme.
QUALIFYING STANDARDS	You must not be faster than qualifying times and all entry times should be converted to Long Course times. Entry times must have been achieved at a Licensed Meet since 1 st January 2025. Short course time conversions may be used.

	<p>Swimmer's submitted entry time must be verified on Rankings and must be from Level 1, 2, 3 or 4 meets or an international equivalent. Random checks on entry times will be made. If swimmers are found to have entered the meet with any false times, they will be disqualified from all events that they have entered, and their entry fees will be forfeited.</p> <p>Notes:</p> <ul style="list-style-type: none"> 9/10 year old swimmers are not eligible to enter the 400m Freestyle.
ENTRY FEES	The entry fee is £9 for all 50s, 100s, 200s and £12 for 400s per event.
OPEN DATE	18:00 hours on Friday 3 rd April 2026.
CLOSING DATE	<p>18:00 hours on Tuesday 14th April 2026.</p> <p>Portsmouth Northsea SC reserves the right to close the meet or individual events within the meet earlier than the specified closing date.</p>
ENTRIES	<p>This is first come first served meet.</p> <p>Entries should be made electronically by downloading the Hy-Tek file which will be made available from the PNSC website. The completed files, along with completed entry summaries, report and fee entry and any other queries should be emailed to meets@pnsc.org.uk.</p> <p>The promoter reserves the right to limit entries if the meet is over subscribed.</p> <p>Entry times will not be updated after they have been submitted.</p> <p>The submission of entries, indicates acceptance of the meet conditions.</p> <p>Time trials for swimmers exceeding the qualifying times, may also be considered if space is available after entries have closed, subject to space and at the Promoters discretion. Time trial entries will not be eligible for awards. Priority for time trials will be given to swimmers already entered in the Meet.</p> <p>Late entries may be accepted at the promotor's discretion if the meet is not full.</p> <p>Entries from classified Para swimmers which are outside the qualifying times will be accepted at the promoter's discretion. Swimmers with a classification and those that require assistance to access the event are requested to notify the promoter in advance of the meet.</p> <p>This meet will operate without entry cards. No poolside entries will be accepted.</p> <p>No individual entries will be accepted.</p>

PAYMENT	Once entries have been accepted, invoices will be issued with payment details. Payment must then be made within 5 working day of invoice date. Entries from swimmers or clubs with outstanding debts to the club will not be accepted.
REJECTIONS and RESERVE LIST	Rejections will be made when the volume of entries exceeds the time allowed under Swim England rules for competitive meets. Refunds will be made where a swimmer is rejected from the meet due to it being over-subscribed. The following criteria will be used to determine which swimmers will be scratched: <ul style="list-style-type: none"> • Entry times not meeting the qualifying standards • Reducing the number of heats to comply with session timing using the first come first serve criteria
ACCEPTED ENTRIES	Once accepted entries are posted on the PNSC website, it will be the responsibility of the club/Individual representative to check entries, inform all swimmers of their entries and notify the meet secretary immediately of any errors. Once entry times have been accepted no changes will be made unless with agreement of the meet secretary.
DISABILITY SWIMMING	Disability Swimming The conditions for this Meet shall apply to the Disability Swimming events, also noting the following: <ul style="list-style-type: none"> • As above, swimmers need a time on rankings from 1st September 2023 to enter an event – a lower limit time will not apply. • Swimmers with S1 to S15 classifications will be accepted. • Personal care attendants will be permitted for swimmers in the following classes: S1, S2, S3, S4, S5, S11 and S14. • The competition format will be based on disability inclusion within the able-bodied programme. Swimmers will be integrated on a time-banded basis in all events. • Disability Swimmers will be included in the Multi-Disability results and placed within those results according to the number of British Disability Points gained. • Where possible an official who holds the qualification of Swim England Disability Official will act as a technical adviser in each of the sessions where disability athletes are entered. • Medals shall be awarded on a multi-disability basis to 1st, 2nd and 3rd place in each event.
STARTS	At the referee's discretion we reserve the right to use over the top starts.
SEEDING	Events will be seeded based on the submitted entry.
AWARDS	<ul style="list-style-type: none"> • We will award a medal to the Top 3 in each event for each age group. The medals can be collected from the Medal Collection Table. Please collect all medals during the course of the Meet. Medals will not be posted after the event. <p>Heat results will not be announced but results of each event and details of winners will be posted around the pool and on Meet Mobile as soon as they are available. Please collect all medals during the course of the Meet.</p>

WITHDRAWALS	<p>There will be no refund of entry fees to swimmers who withdraw from an event after the closing date, unless the withdrawal is for medical reasons and a doctor's certificate, or medical evidence is supplied. All refunds will be made via the clubs who submitted the entries.</p> <p>Withdrawals can be made up until 16:00 on Friday 15th May via email sent to meets@pnsc.org.uk. After this time withdrawals must be made on the official electronic withdrawal forms that can be found in the coaches' packs and technical office. Coaches / team managers <u>must</u> submit withdrawal forms for any swimmers not competing to the meet computer room 40 minutes before the start of each session. This notification will help to minimize heats with empty lanes. PNSC reserve the right to implement a fine of £5 per event if withdrawals are not reported.</p>
REFUNDS	<p>Refunds will be available for withdrawals due to injury or illness made up to 08:30 am on 16th May 2026. These refunds – minus a £10 admin charge - will be provided on receipt of proof of injury or illness through a doctor's/medical certificate or similar. This evidence should be emailed to meets@pnsc.org.uk once the online withdrawal form has been completed. The online request form must also be completed within 5 days of the meet. Requests received after this time will not be considered. Refunds will be made via Clubs.</p>
OFFICIALS	<p>All clubs submitting entries are requested to assist in the running of the meet by supplying details of any Licensed officials who are willing to assist at this Gala. Names and contact details for available officials should be added to our officials sign up link - https://swim-meet.com/OfficialsSignup/PortsmouthNorthsea/</p> <p>Any meet that does not have the number of officials required by the licensing board runs the risk of being downgraded.</p> <p>Expenses can be offered to a maximum of £45 per day or claimed at 45p per mile, whichever is less. There will be a sign-up link for officials on the Clubs event page on our website.</p>
COACH / TEAM MANAGER PASSES	<p>Coach packs are available for £10 for Saturday and £20 for Sunday or £25 for the full meet and Team Managers for £5 per TM per day. They include start sheets, food and refreshments. Clubs must follow the updated Swim England guidelines for the ratio of coaches and team managers that need to accompany their swimmers.</p> <p>Late submissions for coach/team manager passes (applications submitted after 18:00 hours on Wednesday 13th May 2026) will result in an additional £5 administration charge.</p> <p>Only swimmers, team managers and coaches with passes will be allowed on poolside. Poolside coaches need to be registered with Swim England</p>

	<p>(or equivalent national swimming organisation) and hold a valid DBS check. Team Managers need to be registered with Swim England (or equivalent national swimming organisation), hold a valid DBS check and have the relevant safeguarding and team management qualifications.</p> <p>Coach/Team Manager passes are unique per person and are not able to be passed between others.</p>
CHAPERONE PASSES	<p>Chaperone passes are available only if swimmers require assistance poolside. The cost is £2 per day and the chaperone must have Swim England membership (or equivalent national swimming organisation) & valid DBS. If a swimmer requires additional assistance on poolside please contact the meet organisers in advance</p>
MARSHALLING	<p>Competitors must report to the Competitor Stewards when they are called. Any competitor not reporting in time may be excluded. It is the responsibility of the swimmer to report to the stewarding area in sufficient time for each event. Portsmouth Northsea SC cannot be held responsible for any swimmer missing the start of their particular heat.</p>
CHANGING VILLAGE	<p>The changing village is for competitors only, parents are not permitted in the changing area and will be asked to leave. Competitors are politely asked not to change poolside and use the facilities available. Cameras and phones are strictly prohibited in the changing area.</p> <p>The Swim England safeguarding policy Wavepower clearly states that “mobile phones and devices should not be used under any circumstances in a changing room area during Swim England regulated activity”. Please feel free to download and read the safeguarding policy by clicking on the link. (Wavepower Safeguarding for Swim England clubs (swimming.org))</p>
JEWELLERY	<p>For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm-ups / swim-downs and / or competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings (except wedding bands). PNSC will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.</p>
MEET RESULTS	<p>Meet results will be posted on Meet Mobile and paper copies will be displayed in the spectators area.</p>
SPECTATORS	<p>Access to purchase spectator tickets will be available on the day. Spectators may be restricted due to site capacity and safety mitigations. Spectators will be accommodated wherever possible.</p> <p>Full event programs (which include seeded heat sheets) will be available on Meet Mobile.</p>

CAMERAS	<p>Mobile phones that have a camera facility/hardware are recognised as a camera or photographic device. Any photos taken should fall within the Swim England guidelines. NO FLASH photography is permitted.</p> <p>Please be advised that photographs may be taken at this event by a club representative. Additionally, the event may be live streamed and will be accessed through our YouTube channel.</p> <p>PNSC are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of an individual which may present a risk of harm to the individual concerned. The use of such equipment is difficult to control but we can all be vigilant. PNSC may use photographs taken at this event as promotional material and used across public forums including their website and social media accounts, and possibly the local press and television.</p> <p>If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team situated at the front of house desk on the day of the event. Should you wish to refuse photographic permission please contact the event management team on site. Post event, if at any time a individual wishes an image of themselves to be removed from the public platform, 7 days' notice must be given to PNSC after which the data will be removed.</p> <p>The event may be live streamed. The link for streaming will be available on our social media sites. The stream will start at the beginning of each session over the event. Please be aware that you and your competitors are being watched by over 50,000 people worldwide. Please behave in a manner that has a positive reflection on you and your club.</p>
WARM UP	<p>Swimmers and coaches must ensure that they take no action that would endanger themselves or others. Club Coaches are responsible for their swimmers during warm up. Sprint lanes will be announced.</p>
WARM DOWN	<p>We will endeavor to provide a warm down facility for swimmers to use directly after their event for a limited time only although this cannot be guaranteed. Diving is not permitted in the shallow end. This facility will be</p>

	withdrawn if it is abused, so coaches' co-operation in this matter will be greatly appreciated.
POOLSIDE RULES	<p>Due to limited space poolside we kindly request that swimmers only bring small bags poolside and use the lockers provided. Chairs should not be brought on poolside.</p> <p>Teams will have a dedicated area, clubs are reminded to be mindful of officials and their working area.</p> <p>Due to limited space, teams are requested not to use strength and conditioning equipment (i.e. medicine balls, stretch bands, mats, etc.) on poolside. Any team wishing to bring such equipment are encouraged to contact the club and agree a specific area outside poolside that can be used.</p> <p>No glassware is to be brought poolside.</p> <p>Only coaches and Team Managers are permitted to bring hot drinks poolside. To prevent spillage, they must be in a container with a lid and the lid must not be removed poolside.</p> <p>Important: We cannot guarantee a nut-free environment.</p>
PARKING	<p>Parking is available at the Mountbatten Centre and this is free of charge for spectators for up to 4 hours. This is only applicable if cars are parked completely in a standard marked parking space. Charges will be applied after 4 hours. The amount of parking may be restricted due to other events running at the venue. Nearby options for a longer duration of free parking will be shared prior to the meet. Officials, Coaches, registered Team Managers and registered Portsmouth Northsea Volunteers will continue to receive free parking for the duration of the meet provided their vehicle details are correctly registered with the Mountbatten Centre.</p>
EVENT CANCELLATION	<p>If the meet has to be cancelled due to unforeseen circumstances, only entry fees and passes will be refunded. The Promoter is not responsible for any travel or accommodation costs incurred.</p> <p>If it is not possible to configure the pool for a long course competition, the competition shall run as a short course competition for the impacted sessions.</p>
HEALTH & SAFETY	<p>All meet participants must observe the safety precautions in operation at the Mountbatten Centre and must have footwear when leaving the poolside. Swimmers must be fully clothed in all areas of the building apart from poolside and the changing room. Due to limited spectator seating we kindly request that seats are used for spectators only.</p>
BEHAVIOUR AND ATTITUDE	<p>PNSC has a zero tolerance policy on negative behaviour at meets. Coaches, Team Managers and Personal Care Assistants are responsible for their swimmers at all times.</p>

	<p>Disrespectful and poor attitude resulting in unacceptable behaviour will not be tolerated. All those on site including competitors, parents, coaches and clubs are expected to behave in an appropriate manner, respectful of officials, volunteers, staff and others. PNSC holds the right to ask those behaving inappropriately to leave the event and/or meet if deemed necessary. Refunds will not be issued for dismissal from an event. The right to remove competitors and/or clubs from the meet is held by the meet manager and senior team of officials. We ask that you remind your competitors of the above policy and remain vigilant throughout the meet. Please report any inappropriate behaviour to a member of the event team on site.</p>
PERSONAL BELONGINGS AND LOST PROPERTY	<p>Persons are requested not to leave their belongings unattended and to ensure valuables are placed in a locked locker or kept with someone for safekeeping. Portsmouth Northsea SC Open Meet Management Staff and/or BH Live will not be held responsible for loss of personal property. Any property left behind from this Meet must be collected within one week, uncollected items will be disposed after this period.</p>
DATA PROTECTION	<p>Entries will be held on a computer solely for the purposes of this competition. Consent, as required by the General Data Protection Regulation (GDPR), to the holding of personal information on computer will be deemed to have been given by the submission of the entry. This data will be held at least 1 year. Data and results will be shared with the British swimming for rankings and the competitors own swimming clubs. Results will be posted at the pool & on the website.</p>
EQUALITY	<p>PNSC promotes inclusion and diversity, and welcomes participation from everyone. If you have any particular requirements in respect of participating, officiating or volunteering then please mention this, in confidence if required, to our Events and Volunteers Manager. PNSC aims to provide a discrimination-free environment. We are committed to an action plan and policy in line with the Equality Act 2010, which ensures that no one receives less favourable treatment because of a protected characteristic. The full equality policy can be viewed on our website.</p>
GENERAL	<p>The promoter reserves the right to amend these conditions with the approval of the Swim England South East Licensing Panel.</p>

	<p>Any point not covered in these rules is at the discretion of the organisers. In extenuating circumstances and due to situations out of the clubs control during the competition the promoter reserves the right to make changes to the running of the meet.</p> <p>The Promoter, Club and Pool do not accept any liability if part or all the meet should be cancelled due to circumstances beyond their control.</p> <p>The decision of the referee on all aspects of the Open Meet is final.</p> <p>Matters other than those under the control of the referee, not covered by these conditions, shall be decided upon and resolved by the promoters. By submitting an entry, participants have deemed to agree to such decisions.</p>
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