



(Affiliated to Swim England South East)

Present

# Swim Out of Your Skin Open Meet

Licence No. **3SE260784**

(Under Swim England laws and Technical Rules)

on

**6 & 7 June 2026**

at

## **Waterlooville Leisure Centre**

Waterberry Drive, Waterlooville, PO7 7UW

8 Lane – 25m Pool – with Electronic Timing

**Ages as at midnight 7 June 2026**

All events HDW - Medals for the top 3 in each event

Age Groups: 9, 10, 11, 12, 13, 14 and 15 & over

Categories: There will be two categories – Female and Open/Male.

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.

Events: 50m, 100m & 200m all strokes, 100m, 200m Individual Medley and 400m Freestyle & 400m Individual Medley (11yrs & Over)

**PLUS**

**SKINS COMPETITION 13 & under, 14 & over – CASH Prizes!!**

**SOOYS 2026 Open Meet - Schedule of Events**

**(Subject to amendment by the meet organiser)**

SATURDAY 6 JUNE		SUNDAY 7 JUNE	
Session 1 - Warm Up: 8am Events Start 8:45am		Session 4 - Warm Up: 8am Events Start 8:45am	
101	Female 400m Freestyle	401	Open/Male 400m Freestyle
102	Open/Male 400m Individual Medley	402	Female 400m Individual Medley
Session 2 - Warm Up: TBC Events Start TBC		Session 5 - Warm Up: TBC Events Start TBC	
201	Female 200m Individual Medley	501	Open/Male 200m Individual Medley
202	Open/Male 200m Butterfly	502	Female 200m Butterfly
203	Female 50m Backstroke	503	Open/Male 50m Backstroke
204	Open/Male 100m Backstroke	504	Female 100m Backstroke
205	Female 100m Freestyle	505	Open/Male 100m Freestyle
206	Open/Male 200m Freestyle	506	Female 200m Freestyle
207	Female 100m Breaststroke	507	Open/Male 100m Breaststroke
Session 3– Est. Warm Up: TBC Events Start TBC		Session 6 – Est. Warm Up: TBC Events Start TBC	
	Female 13 & Under Skins		Open/Male 13 & Under Skins
	Female 14 & Over Skins		Open/Male 14 & Over Skins

301	Open/Male 200m Backstroke	601	Female 200m Backstroke
302	Female 50m Butterfly	602	Open/Male 50m Butterfly
303	Open/Male 50m Freestyle	603	Female 50m Freestyle
304	Female 200m Breaststroke	604	Open/Male 200m Breaststroke
305	Open/Male 50m Breaststroke	605	Female 50m Breaststroke
306	Female 100m Butterfly	606	Open/Male 100m Butterfly
307	Open/Male 100m Individual Medley	607	Female 100m Individual Medley

Open/Male Upper Limit Times (must not be faster than)

Age Group	9	10	11	12	13	14	15&O
50m Fr	35.62	32.8	31.09	28.44	26.95	25.86	23.08
100m Fr	01:19.5	01:13.8	01:09.3	01:01.7	58.95	56.68	50.66
200m Fr	02:53.7	02:41.4	02:31.3	02:17.6	02:09.0	02:05.9	01:52.6
400m Fr			5:50.73	5:13.69	4:58.88	4:37.24	3:57.53
50m Br	50.25	44.63	41.12	37.46	34.79	32.96	30.74
100m Br	01:49.9	01:39.3	01:31.4	01:22.4	01:16.4	01:12.0	01:06.5
200m Br	04:05.4	03:31.2	03:15.2	02:57.3	02:47.1	02:38.1	02:30.4
50m Fl	42.13	36.93	34.36	31.68	29.51	28.22	25.34
100m Fl	01:44.5	01:28.9	01:21.1	01:11.4	01:06.8	01:03.3	57.78
200m Fl	NONE	03:46.9	03:11.2	02:41.8	02:32.2	02:23.4	02:13.9
50m Ba	42.35	37.71	36.3	33.06	31.00	29.61	28.07
100m Ba	01:30.5	01:23.7	01:19.1	01:11.8	01:07.0	01:03.4	59.33
200m Ba	03:32.4	02:59.5	02:48.1	02:36.3	02:26.8	02:17.7	02:10.5
100m IM	01:40.4	01:27.8	01:21.6	01:14.2	01:10.4	01:06.1	01:00.9
200m IM	03:22.3	03:03.5	02:53.64	02:37.2	02:27.8	02:21.8	02:10.1
400m IM			06:06.66	05:34.16	05:11.99	05:06.91	04:24.12

Female Upper Limit Times (must not be faster than)

Age Group	9	10	11	12	13	14	15&O
50m Fr	36.79	32.92	30.74	29.23	28.29	27.71	27.02

100m Fr	01:24.6	01:12.3	01:08.6	01:02.6	01:01.1	01:00.2	57.94
200m Fr	03:05.5	02:40.0	02:25.9	02:16.7	02:13.4	02:11.0	02:04.1
400m Fr			5:38.78	5:09.14	4:50.20	4:41.87	4:24.70
50m Br	49.51	43.91	40.4	37.82	36.53	35.45	33.55
100m Br	01:47.2	01:36.6	01:29.2	01:22.2	01:18.3	01:17.1	01:11.25
200m Br	04:04.1	03:26.2	03:12.7	02:58.8	02:53.5	02:46.4	02:33.57
50m Fl	42.86	36.46	33.56	32.45	30.85	30.12	28.39
100m Fl	01:55.0	01:26.5	01:20.1	01:12.8	01:09.4	01:06.2	01:03.0
200m Fl	NONE	03:24.3	03:04.1	02:50.6	02:36.9	02:28.8	02:20.2
50m Ba	42.58	38.27	34.69	33.01	31.91	31.23	29.19
100m Ba	01:33.8	01:25.7	01:15.3	01:11.6	01:07.4	01:07.7	01:04.3
200m Ba	03:26.1	02:59.4	02:43.3	02:34.3	02:26.8	02:25.5	02:20.3
100m IM	01:38.5	01:26.5	01:19.7	01:12.7	01:12.7	01:09.6	01:04.3
200m IM	03:29.3	03:02.5	02:49.5	02:35.8	02:32.0	02:27.6	02:20.1
400m IM			06:02.23	05:32.70	05:25.83	05:16.95	04:50.50

**Ages as of midnight on 7<sup>th</sup> of June 2026**

**Promoter's Conditions**

<b>PROMOTER</b>	The promoter is Havant & Waterlooville Swimming Club.
<b>CONTACT</b>	For any queries, please contact us at <a href="mailto:meets@handwsc.co.uk">meets@handwsc.co.uk</a>
<b>VENUE</b>	Horizon Leisure Centre, Waterberry Drive, Waterlooville, PO7 7UW
<b>POOL</b>	8 Lane 25 metre pool, with electronic timing and anti-turbulence lane ropes.
<b>ELECTRONICS</b>	Electronic timing will be in use. Swimmers must not leave the pool by climbing over the time pads.
<b>RULES</b>	The competition is a level 3 Open Meet and will be swum under Swim England Technical Rules. A secondary strobe light is available at this meet.
<b>AGE GROUPS</b>	The competition will be open to age groups 9, 10, 11, 12, 13, 14 and 15 & over
<b>AGE</b>	<p>Ages will be at midnight 7 June 2026.</p> <p>It is the swimmer's responsibility to ensure his/her eligibility for each event. Swimmers will be distributed in spearheaded heats from the submitted entry times. Improved times will not be accepted after the entries have been received. All events will be swum on a heat declared winner (HDW) basis.</p>

<p><b>COMPETING CATEGORIES:</b></p>	<p>Swimmers will be required to swim in one of two groups:</p> <ul style="list-style-type: none"> <li>• Female – Athletes with a birth sex of female.</li> <li>• Open/Male – Athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the female category.</li> </ul> <p>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.</p>
<p><b>MEET OBJECTIVE</b></p>	<p>The objective of the Meet is to provide a fun event along with the opportunity to achieve some county qualifying times for the season 202627.</p>
<p><b>EVENTS</b></p>	<p>50m, 100m &amp; 200m all strokes and 100m, 200m Individual Medley and 400m Freestyle &amp; 400m Individual Medley (11yrs &amp; Over)</p>
<p><b>QUALIFYING STANDARDS</b></p>	<p>Upper qualifying times will apply. All swimmers including those with no times are eligible to enter.</p> <p>All entry times should be converted to Short Course times.</p>
<p><b>SWIM ENGLAND RATIOS</b></p>	<p><a href="#">Swim England has published a new policy regarding the supervision ratio applicable to competitions for clubs, counties, and regions within aquatics.</a></p> <p>Swim England ratios must be followed by all clubs.</p>

<p><b>ENTRY FEES</b></p>	<p>£9.00 per event.</p>
<p><b>ENTRIES</b></p>	<p>Entries not meeting the required criteria will be rejected. There will be no refunds after the entry is received except for medical reasons where evidence can be provided of the inability to compete.</p> <p>All events will be inclusive of para swimmers, and they should provide their categorisation on entry.</p> <p>ANY ENTRIES RECEIVED AFTER THE CLOSING DATE MAY NOT BE ACCEPTED AND WILL BE SUBJECT TO AN ADDITIONAL £10 ADMINISTRATION FEE.</p>
<p><b>PAYMENT</b></p>	<p>Clubs will be invoiced following the meet, to assist with reducing the number of refunds needed.</p>

<b>REJECTIONS</b>	<b>Rejections</b> will be made when the volume of entries exceeds the time allowed under Swim England rules for competitive meets.
<b>ACCEPTED ENTRIES</b>	Once accepted, entries will be sent out to all, 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.  Time Trials will be considered if there is space to accommodate them.
<b>STARTS</b>	At the referee's discretion we reserve the right to use over the top starts.
<b>SEEDING</b>	Events will be seeded based on the submitted entry.
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>• Medals will be awarded for the top 3 swimmers in each event and age group; these can be collected from the medal table during the meet.</li> <li>• Results will be announced and published on Meet Mobile, paper copies will also be given to the coaches and posted on the wall.</li> </ul>
<b>WITHDRAWALS</b>	<p>There will be no refund of entry fees to swimmers who withdraw from event after the initial 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 18:00 via email sent to <a href="mailto:meets@handwsc.co.uk">meets@handwsc.co.uk</a> on Friday 5 June 2026.</p>
<b>OFFICIALS</b>	<b>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.</b> Any meet that does not have the number of officials required by the licensing board run the risk of it being downgraded. Names and contact details for officials should be provided by the person responsible for submitting the entries and forwarded to <a href="mailto:meets@handwsc.co.uk">meets@handwsc.co.uk</a>
<b>COACH / TEAM MANAGER PASSES</b>	<p>Coach and Team Manager's packs are available at £15 each for the whole weekend. They include start sheets, food, and refreshments.</p> <p>Only swimmers, team managers and coaches with passes will be allowed on poolside.</p> <p>Poolside coaches need to be registered with Swim England (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, have the relevant safeguarding, and team management qualifications.</p>

<p><b>CHAPERONE PASSES</b></p>	<p>Chaperone passes are available free of charge, if swimmers require assistance in the changing rooms and will allow access to the spectator area. The chaperone must have Swim England membership (or equivalent national swimming organisation) &amp; valid DBS. If a swimmer requires additional assistance on poolside, please contact the meet organisers in advance.</p>
<p><b>MARSHALLING</b></p>	<p>Competitors must report to the Competitor Stewards when they are called. Any competitor not reporting in time <b>may</b> be excluded.</p>
<p><b>CHANGING ROOMS</b></p>	<p>The changing rooms are 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><b>JEWELLERY</b></p>	<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, earrings (except studs), and rings (except wedding bands). HWSC will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.</p>
<p><b>MEET RESULTS</b></p>	<p>Meet results will be posted on Meet Mobile and paper copies will be available in the pool area.</p>
<p><b>SPECTATORS</b></p>	<p>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 emailed out to all clubs and on Meet Mobile as soon as available.</p> <p>Cost is £5 per session or £8 all day. CARD payment ONLY.</p>

<b>CAMERAS</b>	<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.</p> <p>HWSC 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. HWSC may use photographs taken at this event as promotional material and used across public forums including their website and social media accounts.</p> <p>If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team. Should you wish to refuse photographic permission please contact the event management team on site. Post event, if at any time an individual wishes an image of themselves to be removed from the public platform, 7 days' notice must be given to HWSC after which the data will be removed.</p>
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<b>WARM UP</b>	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.
<b>WARM DOWN</b>	There will not be a warm down facility provided.
<b>POOLSIDE RULES</b>	<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 by poolside, clubs are reminded to be mindful of officials and their working area.</p> <p>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>
<b>PARKING</b>	Parking is available; however, the amount of parking may be restricted due to other events running at the venue.
<b>EVENT CANCELLATION</b>	If the meet has to be cancelled due to unforeseen circumstances, entry fees and passes will be refunded. The Promoter is not responsible for any travel or accommodation costs incurred.

<p><b>HEALTH &amp; SAFETY</b></p>	<p>All meet participants must observe the safety precautions in operation at Horizon Leisure Centre and must have footwear when leaving the poolside. Swimmers must be fully clothed on the balcony. Due to limited spectator seating we kindly request that seats are used for spectators only other than the HWSC dedicated swimmer area.</p>
<p><b>BEHAVIOUR AND ATTITUDE</b></p>	<p>HWSC has a zero-tolerance policy on negative behaviour at meets.</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. HWSC 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>
<p><b>DATA PROTECTION</b></p>	<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 &amp; on the website.</p>
<p><b>EQUALITY</b></p>	<p>HWSC 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 Meets or Volunteers Manager. HWSC 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.</p>
<p><b>GENERAL</b></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 club's control during the competition the promoter reserves the right to make changes to the running of the meet.</p>

**Rules for the Skins Competition**

1. There will be two age groups (Ages as at midnight 7 June 2026):  
Junior – 13 yrs and under

Senior – 14 yrs and over

2. For each age group the eight fastest swimmers in the 200 metres individual medley will be invited to take part. Reserves will be selected, and swimmers will be advised when the 200IM results are available. To ensure that all lanes are occupied please indicate within 30 minutes of the swim's competitors being announced of your intention to take part.
3. There will be five rounds, each round will comprise of a 50-metre race. Swimmers will be spearheaded for the first round in accordance with the times achieved in the 200m I.M. all five rounds to be swum in the same lane.
4. The stroke to be swum will be determined by drawing a marked ball from a bag prior to the start of each round. The stroke drawn will be announced as soon as it is drawn and again immediately following the whistle, prior to each round.  
The ball will be replaced in the bag after it is drawn.
5. The stroke selected must be swum in accordance with the Swim England Racing Technical rules.
  - 6.1 The starting sequence in the first round will be in accordance with the Swim England Racing Technical Rules. The starting signal of each subsequent round will be given exactly 3 minutes after the start of the previous one.
  - 6.2 In the second and subsequent rounds there will be no preparatory command "Take your Marks." This will be replaced by a whistle blast 10 seconds before the starting signal, which will be given by the klaxon. In the event of a failure of the starting signal this will be replaced with a shout of "Go" from the starter.
7. Any swimmer starting before the starting signal will be disqualified unless they return to the end of the pool and start normally.
8. The AOE (electronic timing) will be used to determine the finishing order; the slowest swimmer will be eliminated in each round. In the event of a failure of the AOE then manual placings will be used. If one or more swimmers have been disqualified for an early start or other infringement of the Racing Technical Rules, then the slowest swimmer will not be eliminated.
9. If two or more swimmers are eliminated then the subsequent rounds shall continue without elimination until the appropriate round. For example, if two swimmers are disqualified for a false start in round one, no swimmers will be eliminated in round 2. One swimmer will be eliminated in round 3 as normal.
10. In the event of a tie for last place, both swimmers will continue into the next round. In this event two swimmers will be eliminated from the next round.  
In the event of a tie in the final there will be a further round, the stroke being determined in accordance with rule 4 - the starting sequence to be in accordance with rule 6.2.
11. It is the individual swimmer's responsibility to be in their starting position at the start of each round. The starting signal will not be delayed if a swimmer is missing or has suffered some other "gear" failure.

12. Any swimmer receiving countdown assistance prior to the start will be disqualified.

13. The winner will be the swimmer who is placed first in the final round.

Prizes will be awarded as follows: 1<sup>st</sup> place - £20, 2<sup>nd</sup> place - £15, 3<sup>rd</sup> place £10, 4<sup>th</sup> place £5 for each Skins event.

In the event of a tie the prize money will be equally split.

The balls are drawn from the bag will represent the following strokes:

- Freestyle
- Backstroke
- Breaststroke
- Butterfly

The decision of the referee on all aspects of the gala is final. 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. [OBJ]



## Summary of Visiting Club Entries

Please fill out this form and return it to <a href="mailto:meets@handwsc.co.uk">meets@handwsc.co.uk</a>
<b>Club Name</b>
Number of male swims .....@ <b>£8.50</b> = £
Number of female swims .....@ <b>£8.50</b> = £
Number of Poolside Passes .....@ <b>£15</b> = £
<b>Total amount payable = £</b>
<b>Club Contact Details (Person making entry)</b>
<b>Name</b>
<b>Address</b>
<b>Telephone.</b>
<b>E-mail (to which entry confirmations will be sent)</b>
<i>I declare that to the best of my knowledge the information given is correct, that all swimmers are eligible to compete with Swim England Membership and accept the promoters' conditions.</i>
<b>Signed</b>

Please send entries electronically. Entry files are available from:

[meets@handwsc.co.uk](mailto:meets@handwsc.co.uk)

All entries must be received **before 6pm on the closing date 15 of May 2026**

**PLEASE NOTE – OUR BANK DETAILS HAVE CHANGED!!**

Payment payable to: Havant and Waterlooville Swimming Club

Account No: 67394597

Sort: 08-92-99

Ref: SOOYS2026 Club Name

Bank transfer is required to cover all entries, clubs will be invoiced after the meet.

## Havant & Waterlooville SC – SOOYS 2026



A copy of the completed Club Entry Summary Form to be emailed to [meets@handwsc.co.uk](mailto:meets@handwsc.co.uk).