



**Portsmouth Northsea
End of Season 2026
Long Course Level 3 Meet**

Saturday 11th to Sunday 12th July 2026

License number 3SE260820



Program of Events

Saturday 11 th July 2026		Sunday 12 th July 2026	
SESSION 1: Warm-up 08:00 - Start 09:00 - Est Finish TBC		SESSION 3: Warm-up 08:00 - Start 09:00 - Est Finish TBC	
101	Male/Open 100 Freestyle	301	Female 100 Freestyle
102	Female 100 Breaststroke	302	Male/Open 100 Breaststroke
103	Male/Open 50 Butterfly	303	Female 50 Butterfly
104	Female 50 Backstroke	304	Male/Open 50 Backstroke
105	Male/Open 200 Breaststroke	305	Female 200 Breaststroke
106	Female 200 Freestyle	306	Male/Open 200 Freestyle
107	Male/Open Male 100 Butterfly	307	Female 100 Butterfly
108	Female 400 Individual Medley	308	Male/Open 400 Individual Medley
SESSION 2: Warm Up: TBC - Start TBC – Est Finish TBC		SESSION 4: Warm Up: TBC - Start TBC – Est Finish TBC	
201	Female 200 Butterfly	401	Male/Open 200 Butterfly
202	Male/Open 400 Freestyle	402	Female 400 Freestyle
203	Female 100 Backstroke	403	Male/Open 100 Backstroke
204	Male/Open 50 Breaststroke	404	Female 50 Breaststroke
205	Female 50 Freestyle	405	Male/Open 50 Freestyle
206	Male/Open 200 Backstroke	406	Female 200 Backstroke
207	Female 200 Individual Medley	407	Male/Open 200 Individual Medley



Qualifying Times

Upper Qualifying Times – You must not be faster than these times.

MALE						FEMALE						
9/10	11	12	13	14	15 & OVER	EVENT	9/10	11	12	13	14	15 & OVER
32.00	31.00	29.20	27.80	26.50	23.85	50 FREE	32.00	31.00	30.50	29.50	28.20	27.80
1.10.00	1.07.00	1.01.50	58.79	56.79	52.86	100 FREE	1.10.00	1.06.41	1.03.59	1.01.92	1.00.90	59.50
2.30.90	2.22.74	2.12.32	2.07.95	2.03.54	1.56.20	200 FREE	2.30.90	2.23.37	2.16.76	2.13.09	2.10.88	2.09.80
5.15.70	4.59.06	4.42.93	4.30.12	4.21.82	4.09.86	400 FREE	5.15.70	5.00.17	4.46.54	4.39.01	4.34.61	4.32.60
37.00	35.00	32.50	31.00	29.00	27.50	50 BACK	37.00	35.00	34.00	33.00	32.50	31.00
1.20.00	1.15.00	1.10.27	1.07.48	1.05.00	1.00.60	100 BACK	1.20.50	1.15.88	1.12.26	1.10.11	1.08.85	1.06.50
2.50.20	2.42.24	2.30.57	2.24.86	2.19.57	2.11.20	200 BACK	2.50.20	2.41.56	2.34.53	2.29.56	2.26.81	2.23.10
38.00	35.00	31.50	30.50	28.50	26.00	50 FLY	38.00	34.00	33.00	32.00	30.60	28.80
1.24.00	1.16.00	1.08.50	1.05.66	1.02.88	58.87	100 FLY	1.23.00	1.15.55	1.11.17	1.08.70	1.06.15	1.05.00
2.58.10	2.48.57	2.36.39	2.26.98	2.20.26	2.11.83	200 FLY	2.58.10	2.49.08	2.37.92	2.30.99	2.26.80	2.24.50
40.00	39.00	38.00	36.50	34.50	30.50	50 BRST	40.00	37.00	36.00	35.00	34.50	33.00
1.32.00	1.25.00	1.20.82	1.15.04	1.12.15	1.06.95	100 BREAST	1.33.00	1.26.03	1.21.70	1.19.37	1.17.80	1.16.10
3.20.10	3.07.11	2.54.92	2.44.10	2.36.53	2.24.95	200 BREAST	3.20.10	3.04.96	2.55.24	2.50.62	2.46.82	2.43.47
2.50.50	2.42.97	2.32.92	2.25.62	2.20.52	2.11.32	200 IM	2.50.50	2.42.53	2.35.37	2.30.93	2.27.64	2.23.50
6.00.00	5.47.65	5.26.56	5.10.36	4.59.11	4.47.08	400 IM	6.00.00	5.46.93	5.28.18	5.18.73	5.13.54	5.11.30

Notes:

- All entry times should be converted to Long Course times.
- Times must be available on British or International equivalent rankings and achieved in a level 1-4 meet.
- No Time Entries will not be accepted for this meet.



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. Backstroke ledges will be used.
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.
AGE GROUPS	The competition will be open to age groups 9, 10, 11, 12, 13, 14, 15+.
AGE	Ages will be at midnight Sunday 12th July 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.
MEET OBJECTIVE	The objective of the Meet is to provide a fun end of season 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 Freestyle, 100m and 200m all four strokes, 400m Freestyle and 200m and 400m Individual Medley. All events will be swum as heat declared winners. The number of heats will be limited.
QUALIFYING STANDARDS	Upper qualifying times only will apply. All swimmers who are slower are eligible to enter. No Time entries will not be accepted. All entry times should be converted to Long Course times. The promoters reserve the right to exclude any swimmer from an event if it is found they have a faster time on the National Rankings since 1st September 2024. If space is available late entries and time trials may be accepted at the promotor's discretion. 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.



ENTRY FEES	The entry fee is £9 for all 50s, 100s, 200s and £12 for 400s per event.
OPEN DATE	18:00 hours on Thursday 4th June 2026.
CLOSING DATE	18:00 hours on Thursday 18 th June 2026 or when the meet is full.
ENTRIES	<p>This is a first come, first served meet. The promoter reserves the right to limit entries if the meet is over subscribed. Individual events and certain sessions may close earlier than others depending on the entries received.</p> <p>Entries will be processed in the strict order that they are received into our Meets Team Inbox, as opposed to the time that they were sent. Please do not send your entries prior to the meet opening date and time, as they will not be accepted.</p> <p>Entries should be made electronically by downloading the Hy-Tek file which will be made available from the PNSC website - PNSC Open Meets. The completed files, along with completed entry summaries, report and fee entry and any other queries should be emailed to meets@pns.org.uk</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. 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 promoter’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	<p>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. Please note some sessions and individual events may fill up quicker than others. The following criteria will be used to determine which swimmers will be scratched:</p> <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



	<ul style="list-style-type: none"> The 400m events will have limited heats, which will be selected on a first come, first served basis. If time allows extra heats may be accepted at the promoters' discretion.
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	<p>The conditions for this Meet shall apply to the Disability Swimming events, also noting the following:</p> <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. 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. 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.
WITHDRAWALS	<p>There will be no refund of entry fees to swimmers who withdraw from the 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 meets@pns.org.uk on Friday 10th of July. After this time withdrawals must be made on the official electronic withdrawal forms which can be found in the coaches' packs and technical office. Coaches / team managers must 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	Refunds will be available for withdrawals due to injury or illness made up to 08:30 am on Sunday 12 th July 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@pns.org.uk



	<p>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 meet. 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.</p>
COACH / TEAM MANAGER PASSES	<p>Coach and Team Manager’s packs are available £20 a day or £35 for both days. 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 (applications submitted after Wednesday 8th July at 18:00) 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 (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/TM 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) and 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.</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</p>



	watches, necklaces, chains, bangles, wrist bands, earrings (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.
MEET RESULTS	Meet results will be posted on Meet Mobile and paper copies will be available in the spectators area.
SPECTATORS	<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 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.</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	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. Diving is not permitted in the shallow end. Sprint lanes will be announced.
WARM DOWN	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. This facility will be withdrawn if it is abused, so coaches' co-operation in this matter will be greatly appreciated.



<p>POOLSIDE RULES</p>	<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 to contact the club in advance of the meet 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>
<p>PARKING</p>	<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>
<p>EVENT CANCELLATION</p>	<p>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> <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>
<p>HEALTH & SAFETY</p>	<p>All meet participants must observe the safety precautions in operation at the Mountbatten Center 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.</p>
<p>PERSONAL BELONGINGS AND LOST PROPERTY</p>	<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>
<p>BEHAVIOUR AND ATTITUDE</p>	<p>PNSC 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,</p>



	<p>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>
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 and 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>