



FLITWICK DOLPHINS SWIMMING CLUB

(Affiliated to Swim England East Region & Swim England Bedfordshire formerly Bedfordshire ASA)

PRESENTS

FLITWICK OPEN 2026

(Under Swim England Regulations and Technical Rules of Racing)

Level 3 Licence 3ER26xxxx 16th year of this popular meet



DATE:	Saturday 17 th and Sunday 18 th October 2026
VENUE:	Saxon Pool, Saxon Drive, Biggleswade SG18 8SU
AGE AS AT:	18 th October 2026
AGE GROUPS:	9~ 10 ~ 11~ 12 ~ 13~14 ~15 & 16 and over
EVENTS:	50m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly 100m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly ~ Individual Medley 200m ~ Freestyle ~ Backstroke ~ Breaststroke ~ Butterfly ~ Individual Medley 400m ~ Freestyle ~ Individual Medley
EVENT FORMAT:	All Events are on Timed Final Basis
AWARDS:	Medals will be awarded to 1 st , 2 nd and 3 rd in each age group. A top visiting club trophy will be awarded to the top scoring visiting club.
ENTRIES:	First Come First Served.
CLOSING DATE:	Midnight Sunday 4th October 2026 or when full

8 LANE 25m COMPETITION POOL - ELECTRONIC TIMING

FOR MORE INFORMATION & CLUB ENTRY PACK VISIT:

Web: www.flitwickdolphins.org.uk

Email: Meets@flitwickdolphins.org.uk



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Level 3 Licence 3ER26xxxx

Saturday 17th & Sunday 18th October 2026 Saxon Pool, Saxon Drive, Biggleswade, SG18 8SU

PROMOTER CONDITIONS

1. The competition is a Level 3 licensed meet, held under Swim England Laws and Regulations, Technical Rules of Racing and the Swim England and Open Meet Licensing Criteria. All competitors must be Swim England Club Compete members.
2. All events will be run on a timed final basis with the fastest three swimmers in each age group being awarded medals. Medals for disability swimmers will be awarded separately for each event.
3. The age groups are: 9, 10, 11, 12, 13, 14, 15 and 16 years and over. Age as at 18th October 2026. The minimum age for participation is 9 years.
4. Entries will be made using Female and Open/Male categories as per the Swim England Transgender and Non-binary Competition Policy 2023.
5. 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.
6. Upper limit times apply for entries. All swimmers must have stated times in their entry form or in the electronic files. NT entries **will not** be accepted. Coach estimated times will be accepted.

All entries must be short course times or long course times converted to short course and times must have been achieved since 1st January 2025.
7. There will be a Top Visiting Club award presented at the end of the competition, which will be kept by the winners for 12 months. Points are as follows: 1st = 3pts, 2nd = 2pts, 3rd = 1pt. Although Flitwick Dolphins are not eligible to win the trophy their results will be included when calculating the points.
8. Heats will be swum with all age groups combined and swimmers seeded by entry times.
9. Over the top starts may be used at the referee's discretion.
10. Anti-wave ropes will be used in an eight-lane, 25m pool.
11. AOE will be used. There will be no secondary strobe.
12. Valid entries will be accepted on a first come first served basis and the Promoter reserves the right to close entries for the meet or for individual events to maintain a balanced programme and control the duration of the meet. Entries will only be entered into our system and processed once a fully completed signed Club Summary Form, any fees due and funds cleared. In summary you should: -
 - a) prepare your entries using Sportsystems Entry Manager and complete a Club Summary form
 - b) Email the Club Summary Form and Sportsystems Entry file to – Meets@flitwickdolphins.org.uk
 - c) Make a Bank Transfer for the total fees due plus the cost of any coach passes to the following bank account:

Account Name: Flitwick Dolphins Swimming Club

Bank: HSBC

Sort Code: 40-10-02

Account No: 31696238

Payment Ref: [FO26 Club Name]

13. The entry fee is £8.50 per event. All entries must include the entrant's Swim England identification number together with all entry fees. Where a club enters five or more swimmers, entries must be submitted electronically. The entry files will be available from the Flitwick Dolphins website: flitwickdolphins.org.uk.



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Paper entries must be on the official entry form included in this pack but are only required if not using electronic entry. Paper entries will be subject to an additional admin fee of £5.00 per swimmer excluding entries made for Disability swimmers (see Condition 14).

All Clubs **must** return a fully completed signed Summary Entry form.

14. Entries are welcomed from swimmers with disabilities. These swimmers will be exempt from the Qualification standards stated in these conditions but must have times for each event entered; entries should be submitted using the paper entry form with the disability classification indicated (where applicable) – these entries will not be subject to the administration fee detailed in Condition 13.
Swimmers must have a classification (S Categories) or be in possession of an ASA Certificate of Exception (previously named Certificate of Swimming Disability).
Those who require additional provisions to access the event are requested to notify the Promoter in advance of the meet.
15. Closing Date for entries: Midnight, Sunday 4th October 2026 or when full.
16. The accepted entries list will be posted on the club's website: <https://flitwickdolphins.org.uk/> as soon as possible after entries have closed. It is the responsibility of the participating Clubs representatives to check the entries for any errors in names, gender, times etc., and to notify the Promoter of any such errors by 11th October 2026. The host club cannot be held responsible for errors not flagged by the requested date, ahead of the final programme being prepared.
17. Refunds are not available for withdrawals after the accepted entries have been published, other than for medical reasons (evidence may be requested).
18. Results will be posted on flitwickdolphins.org.uk and submitted to Swim England rankings as soon as possible following the meet.
19. Withdrawals should be notified to the club via the swim meet link which will be emailed to each club ahead of the competition by **9am on each day of the competition**.
Withdrawals after this deadline must still be notified via meets@flitwickdolphins.org.uk, particularly if a refund is being requested on medical grounds.
Please take the time to withdraw by the deadline so that lanes are not left empty.
20. Coaches and team managers will be allowed on deck only if they have a coach pass, which must be purchased in advance using the official application form contained in the entry pack. The cost is £20.00 for one day or £35.00 for both days, including lunch/refreshments. Applications for coach passes must be submitted with the club entry by 4th October 2026 to assist with catering arrangements and passes will be available at the door with the coach packs.
21. All coaches, team managers and volunteers on deck must be Swim England members.
Coaches and Team Managers must be club trained personnel, with valid DBS and safeguarding certification. All coaches and Team Managers must be named prior to the start of the competition.
22. Swimmers, coaches, and team managers are responsible for the security of their possessions.



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23. Only swimmers, officials, Flitwick Dolphins/Biggleswade volunteers and Team Managers/Coaches accredited with coaches passes will be allowed poolside.
24. Participating clubs are required to ensure compliance with Swim England's Team Manager, Coach and Chaperone Policy. All swimmers should be supervised by their coaches/team managers during warm up and whilst on poolside. Coaches and team managers are responsible for the behaviour of their swimmers at all times.
25. To comply with Swim England Safeguarding Policy and Procedures and the conditions of the meet licence, the Promoter is obliged to ensure that anyone who wishes to take photographs or video at the meet must comply with the latest Swim England guidance on photography as described in detail in 'Wavepower' (<https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs>).

This also applies to the use and sharing of any images or video, including social media. Anyone who wishes to take images or video are requested to focus on their own children as much as reasonably possible and to avoid including other children in images. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

The rules on photography apply to swimmers, coaches, team managers, officials, and volunteers as well as spectators, and to the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras.

NOTE: The use of any mobile devices within the changing area is strictly forbidden by both the Promoter and the Management of the leisure centre.

26. Only coaches and team managers may take photos or film races on poolside for use as educational evidence, and these must comply with Swim England guidance, and the focus of the filming should be of individual swimmers only. Any swimmer or coach found to be breaking these rules will be asked to leave the building and will take no further part in the competition. The club also reserves the right to take further action against anybody breaking this rule. The safety of children and young people for this event is of paramount importance. If you have any child safeguarding concerns at the event, please contact the meet promoter or club welfare officer.
27. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.
28. To ensure the Meet can run effectively and efficiently, we encourage all clubs to help where possible with officials. Meals and refreshments will be provided to officials volunteering for both sessions on the day. Please refer to the Officials sign up section later in this document for details on how to register as an official for the meet. Mileage expenses (capped at £30 per day) will be paid to any official who volunteers for a session in which they do not have a swimmer taking part, expense claim forms will be available in the official's room and must be submitted to the promoter during the meet.



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29. Any conditions not covered by the above will be at the discretion of the promoter and lead referee.

30. All entries and enquiries should be submitted to the promoter on the email address below:

Ms Angela Coyle

c/o Flitwick Dolphins SC

Email: competitions@Flitwickdolphins.org.uk



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PROGRAMME OF EVENTS						
SATURDAY 17 th OCTOBER 2026						
SESSION 1		WARM UP: 13:00 START: 14:00		SESSION 2		WARM UP: No earlier than 5pm START: No earlier than 6pm
101	Open/ Male	400m IND. MEDLEY		201	Open/ Male	200m BUTTERFLY
102	Female	100m FREESTYLE		202	Female	400m FREESTYLE
103	Open/ Male	100m FREESTYLE		203	Open/ Male	200m IND. MEDLEY
104	Female	100m BACKSTROKE		204	Female	100m BUTTERFLY
105	Open/ Male	200m BACKSTROKE		205	Open/ Male	100m BREASTSTROKE
106	Female	200m IND. MEDLEY		206	Female	200m BREASTSTROKE
107	Open/ Male	50m BREASTSTROKE		207	Open/ Male	50m BACKSTROKE
108	Female	50m BREASTSTROKE		208	Female	50M BACKSTROKE

SUNDAY 18 th OCTOBER 2026						
SESSION 3		WARM UP: 13:00 START: 14:00		SESSION 4		WARM UP: No earlier than 5pm START: No earlier than 6pm
301	Female	400m IND. MEDLEY		401	Female	200m BUTTERFLY
302	Open/ Male	200m BREASTSTROKE		402	Open/ Male	400m FREESTYLE
303	Female	100m BREASTSTROKE		403	Female	100m IND. MEDLEY
304	Open/ Male	200m FREESTYLE		404	Open/ Male	100m BUTTERFLY
305	Female	200m FREESTYLE		405	Female	200m BACKSTROKE
306	Open/ Male	100m IND. MEDLEY		406	Open/ Male	100m BACKSTROKE
307	Female	50m BUTTERFLY		407	Female	50m FREESTYLE
308	Open/ Male	50m BUTTERFLY		408	Open/ Male	50m FREESTYLE



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Individual Entry Form

First Name:		Surname:	
Date of Birth:		Age @ 18th October 2026:	
Swim England Number		Open/Male	Female
		(Delete as appropriate)	
Club			
Disability Classification (if applicable)			
Home Address including Postcode:			
E-mail Address			

Event	Time
50m Freestyle	
100m Freestyle	
200m Freestyle	
400m Freestyle	
50m Backstroke	
100m Backstroke	
200m Backstroke	
50m Breaststroke	
100m Breaststroke	
200m Breaststroke	
50m Butterfly	
100m Butterfly	
200m Butterfly	
100m Ind.Medley	
200m Ind.Medley	
400m Ind.Medley	
Total cost:	Total no. of events

Bank transfer is the preferred method of payment:

Account Name: Flitwick Dolphins Swimming Club

Bank: HSBC

Sort Code: 40-10-02

Account No: 31696238

Please reference FO26 and your swimmer's name
in the BACS reference so we can match against
your entries.

**Closing date for entries: Midnight, Sunday 4th
October 2026**

@ £8.50 per event is

£ _____

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws Swim England and I will abide by the conditions laid down by the Promoter for this competition.

Signature of Competitor: Date:

Club Official's Signature: Date:



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Upper Limit Times: FEMALE

EVENT	FEMALE UPPER LIMIT TIMES							
	9	10	11	12	13	14	15	16+
50m Freestyle	35.0	32.8	30.3	29.5	28.0	27.7	27.5	27.0
100m Freestyle	1:20.0	1:12.1	1:07.0	1:03.7	1:02.0	1:00.9	1:00.2	59.5
200m Freestyle	2:49.7	2:33.1	2:22.5	2:12.9	2:09.9	2:08.9	2:07.0	2:06.0
400m Freestyle	6:12.5	5:24.9	4:55.1	4:41.6	4:37.2	4:33.1	4:29.3	4:28.3
50m Breaststroke	45.8	42.7	39.1	37.0	36.2	35.8	35.2	35.0
100m Breaststroke	1:44.3	1:33.3	1:25.9	1:21.3	1:18.1	1:15.8	1:15.1	1:14.8
200m Breaststroke	3:37.5	3:18.3	3:04.4	2:54.3	2:47.5	2:43.7	2:42.1	2:41.4
50m Butterfly	40.2	36.3	34.5	31.7	31.2	30.7	30.4	30.3
100m Butterfly	1:37.6	1:22.5	1:15.7	1:11.0	1:08.8	1:07.0	1:06.4	1:06.0
200m Butterfly	3:33.1	3:00.0	2:42.5	2:35.8	2:30.2	2:26.4	2:23.9	2:23.1
50m Backstroke	40.7	37.4	35.5	33.9	32.8	32.1	31.8	31.4
100m Backstroke	1:31.1	1:21.4	1:15.4	1:11.2	1:08.8	1:07.6	1:06.4	1:06.1
200m Backstroke	3:08.4	2:52.2	2:39.1	2:31.3	2:27.3	2:24.6	2:22.0	2:20.8
100m IM	1:30.7	1:20.8	1:18.0	1:14.3	1:11.7	1:10.8	1:09.8	1:08.9
200m IM	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:25.8	2:24.9
400m IM	6:50.1	6:15.5	5:44.3	5:25.6	5:15.3	5:09.7	5:06.0	5:03.4

Upper Limit Times: OPEN/MALE

EVENT	OPEN/MALE UPPER LIMIT TIMES							
	9	10	11	12	13	14	15	16+
50m Freestyle	34.9	32.4	30.8	29.1	27.7	26.0	24.0	23.5
100m Freestyle	1:18.9	1:10.6	1:06.6	1:02.5	59.2	57.0	55.0	52.0
200m Freestyle	2:47.9	2:32.3	2:24.0	2:15.6	2:08.7	2:03.8	2:00.0	1:54.0
400m Freestyle	6:06.0	5:20.5	5:00.4	4:40.0	4:30.9	4:21.9	4:15.2	4:03.0
50m Breaststroke	46	42.5	38.8	36.5	34.1	33.5	32.0	31.0
100m Breaststroke	1:44.0	1:32.8	1:26.0	1:20.5	1:15.3	1:12.2	1:09.0	1:08.0
200m Breaststroke	3:35.4	3:18.1	3:04.7	2:53.6	2:43.2	2:36.1	2:31.5	2:27.0
50m Butterfly	39.7	36.3	34.1	31.3	30.5	29.2	27.0	25.0
100m Butterfly	1:36.6	1:22.6	1:15.4	1:10.4	1:06.2	1:03.2	1:00.9	57.0
200m Butterfly	3:30.1	3:00.8	2:44.7	2:35.1	2:26.3	2:19.9	2:13.8	2:05.0
50m Backstroke	40.6	37.4	35.5	33.6	31.6	30.5	29.0	26.0
100m Backstroke	1:29.6	1:21.4	1:15.3	1:10.9	1:06.7	1:03.8	1:01.7	57.0
200m Backstroke	3:06.5	2:50.8	2:40.1	2:31.2	2:22.9	2:16.9	2:12.8	2:10.0
100m IM	1:29.5	1:22.4	1:18.2	1:13.9	1:09.8	1:06.5	1:04.5	59.5
200m IM	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:15.0	2:08.0
400m IM	6:52.6	6:16.4	5:46.6	5:25.2	5:09.6	4:56.4	4:47.5	4:25.0



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Club Summary Form

Club	
Swim England Abbreviation	
Contact Name	
Contact Address	
Contact Phone	
Contact E-mail	

Number of Individual Entry Forms enclosed	
Number of entries submitted electronically	
Total Entry Fees (£8.50 per event)	£

Coach Pass Application Form

Number of coach/ poolside passes required

	Number	Cost each	Total cost
Saturday Only		£20	
Sunday Only		£20	
Saturday and Sunday		£35	
Total For Event			

Account Name: Flitwick Dolphins Swimming Club

Bank: HSBC

Sort Code: 40-10-02

Account No: 31696238

Payment Ref: [FO26 Club Name]

Closing date for entries: Midnight Sunday 4th October 2026



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OFFICIALS REQUIRED – SIGN UP INFORMATION

Are you able to help by officiating at one or more sessions?

Meals will be provided if you cover both sessions in a day. General refreshments will be available to all officials volunteering.

Can Clubs please pass this on to all qualified officials likely to be attending the meet.

To ensure the Meet can run effectively and efficiently, we encourage all clubs to help where possible with officials. Visiting clubs are requested to provide at least two qualified officials per session, meals and refreshments will be provided.

Trainee officials are also welcome, and we will endeavour to provide mentoring, if numbers permit. Please indicate in which areas you would ideally like mentoring in the “Notes” section when you sign up.

Expenses for mileage will be paid at 45p per mile (capped at £30 per day) to any official signing up for a session in which they do not have a swimmer taking part.

Where people travel together in the same vehicle, only one travel claim can be made (when you do not have a swimmer competing in the event).

Expense claim forms will be available in the official’s room.

Forms must be submitted to the meet promoter before you leave the venue at the end of the competition.

Officials can sign up via the following link:

<https://swim-meet.com/OfficialsSignup/FlitwickDolphins/>

Any questions can be directed to the Officials Co-ordinator at Officials@Flitwickdolphins.org.uk



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Electronic Entry

Download and install the SPORTSYSTEMS Entry Manager V2.0 from www.sportsys.co.uk

The website also has several webcasts (videos) which can be viewed to help you get started.

Once installed, this application may be retained on your computer for future competitions that also use the SPORTSYSTEMS Entry Manager V2.0 system. You will only need to download the Entry File Set for the specific competition being entered.

Full instructions can also be found within the program under Help.

The Entry File Set for the 2026 Flitwick Dolphins Open Meet will be sent by email and can be downloaded from our website: flitwickdolphins.org.uk

You will find using this system makes entering your entries very easy. One click to enter a swimmer's personal details and any entry time entered is dynamically checked against the entry standards for the meet. If a time is entered, automatically from rankings or manually, that does not satisfy the entry standard, the Y (green) / N (red) button adjacent to the time will be Y (yellow). These times will not be accepted for the Meet. You should ensure only Y (green) times are submitted.

You can use the report feature to calculate the total cost of your entries. This sum should be paid to Flitwick Dolphins Swimming Club by bank transfer.

After completing your entries e-mail the single export file to FlitwickMeets@gmail.com

Closing date for entries is **Midnight, Sunday 4th October 2026.**

Original paper entry forms are not required to be sent to the promoter if an electronic entry is submitted; however please ensure you are compliant with Condition 12 and have submitted your Sportsystems entry file and Club Summary form, plus coach pass application form and payment. Under these circumstances, the person sending the electronic entry accepts that all swimmers are bound by the agreement printed on the individual entry form.

Failure to comply with the requirements of Condition 12 could impede our ability to accept and process your Club entry.

Swimmers with a disability classification should use a paper entry form (admin fee will be waived), ensuring that their disability classification is indicated.

[illegible]