



Thetford Dolphins Swimming Club

Affiliated to Swim England East Region and Swim England Norfolk

Thetford Dolphins Nifty 50s Open Meet, 13th September 2026

Waterworld, Thetford

Held under Swim England Regulations, Technical Rules and Swim England Meet Licensing Criteria.

Level 3 Licence: 3ER261557

Meet conditions:

1. The Gala will be held under Swim England Regulations, Technical Rules and Swim England Meet Licensing Criteria.
2. The Promoters are Michelle Brown and Melanie Jones on behalf of Thetford Dolphins Swimming Club. Email via galas@thetforddolphins.club for queries.
3. A Technical Director will be appointed as soon as entries open. The Technical Director will be a Referee who will then oversee all aspects of the competition. If the Promotor is not present, or is required to fulfil another duty, a Meet Director will be appointed and, in such circumstances, the Meet Director will act as Promoter.
4. Waterworld is a 6 lane 25 metre pool with anti-wave rope lanes and electronic Daktronics AOE. Depths: Deep end 1.8m, Shallow end 1.0m. A secondary strobe for the starting system is not available.
5. The events will be swum in accordance with the attached schedule.

Entries:

6. Competitors must be Club Compete members of an affiliated club, eligible to compete and registered in accordance with Swim England Regulations and Technical Rules and may enter in the name of one club only.
7. 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.
8. Entry fees are £7.00 per event.
9. The deadline for entries is midday on 20th July 2026.
10. Competitors age as of 13th September 2026.
11. Entry times must be SLOWER than the cut-off times provided and must have been achieved in the 12 months preceding the deadline.
12. Short course or converted long course times will be accepted. Only times converted using the Sportsystems converter will be accepted.
13. Entries with no times will not be accepted.

14. Submitted entries and full payment shall reach the entry administrator by midday on 20th July 2026 and accepted by the promotor for an entry to be valid. Late entries or those for which payment has not been received by the closing date will be rejected. Incorrect entries may be rejected at the Promoter's discretion.

15. Electronic entries are requested for club entries. All payments should be made by BACS. All entries from a club shall be consolidated and one electronic payment shall be made as a consolidated payment of all the entries.

16. Entries will be accepted on a first come first served basis. The Promoter reserves the right to close entries early and/or to reject entries to ensure that the meet complies with Swim England Licensing Criteria. Any early closure will be announced on Thetford Dolphins' club website. Rejections will start with the last club received and continue until the gala meets the criteria. The Promoter reserves the right to close entries or make rejections by event and/or session.

17. The Promoter reserves the right to restrict the number of entries by event and/or session in order to meet the Swim England Open Meet Licensing Criteria and to comply with any limit on capacity imposed due to restrictions put in place at the time of the meet. In the event that entries are rejected, fees will be refunded by a single payment to the club in question.

18. The list of received entries will be published on the Thetford Dolphins club website after the closing date. It is the responsibility of the competing club to notify Thetford Dolphins Swimming Club within seven days of any errors or omissions. A corrected list of accepted entries will be published at the end of this seven day period. Refunds are not available for withdrawals after the accepted entries have been posted, other than for medical reasons.

19. 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.

Warm up:

20. Warm up will start 1 hour before the session start time. All swimmers must follow the announced and posted warm up procedures made available on the day of the meet. These instructions must be adhered to at all times.

Events/Awards:

21. It is the responsibility of the competitors and club officials to ensure that all swimmers have reached the standard of the Swim England Competitive Start Award. Over the top starting will be used on all strokes except backstroke.

22. It is the responsibility of competitors to report to the Marshals in the stewarding area at least 1 event prior to their event. For the first event of each session, they should report 10 minutes before it is scheduled to start. Competitors failing to report on time may be excluded from the event.

23. Swimmers are requested to remain in their designated lane until the race has finished and they are asked to leave the pool by the Referee. Swimmers must leave the pool by the side of the pool.

24. All heats will be spearheaded according to the submitted entry times (not by age).

25. All events will be heat declared winners. There will be no age group finals.

26. Results will be declared by the following age groups: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16/Over.

27. Medals will be awarded to the top 6 places in each age group.

28. The top 6 places in each age group will score points which will count towards the top visiting club trophy. Points will be awarded as follows. 1st – 6 points, 2nd – 5, 3rd – 4, 4th – 3, 5th – 2, 6th – 1

29. Results will be displayed at the pool and posted on Thetford Dolphins' Club website. Results will also be supplied to Aquatics GB for entry into the national rankings database.

Poolside and lunch passes:

30. The Swim England Team Manager, Coach and Chaperone Policy must be adhered to at all times. Coaches and Team Managers are only permitted poolside if they are participating in a session and are registered with Swim England and have the relevant Coaching/Team Manager qualification and are in possession of a SE DBS, Safeguarding, qualification check bearing their name and photograph. The check can be obtained free of charge via the Swim England Member Options link on www.swimmingresults.org and must be valid for the period of the Gala. It is the responsibility of the competing club to ensure that they have sufficient coaches/team managers/chaperones on poolside that meet the requirements set out in Wavepower.

31. Coach and Team Manager passes are available for clubs at £10.00 each (without food) and £20.00 each (with food). Poolside passes for Coaches/Team Managers will include entry to the meet and, where selected, lunch with tea and coffee available. Passes must be applied for in advance using the forms below by the deadline. Passes will not be available on the day. All passes must be used only by the club official named.

32. No club officials or swimmers will be allowed poolside more than 30 minutes before the start of the warm up for each session.

33. All swimmers under the age of 16 must be under the supervision of a pass holder during warm up, during the competition and in the vicinity of the pool.

34. Access to the changing village is not restricted to swimmers only. Other facilities at Breckland Leisure Centre, of which Waterworld is part, are open to the public. It is the responsibility of the competing clubs to ensure their swimmers are appropriately supervised in public areas of Waterworld.

35. Swimmers must wear suitable clothes and footwear poolside and in the changing village. Swimmers not wearing tops and footwear will not be allowed dryside or in the viewing balcony. Swimwear is not allowed elsewhere in the building.

36. The pool area must be vacated and cleared between sessions.

37. The use of any mobile device in the changing village is absolutely forbidden.

38. In accordance with the Swim England Safeguarding Policies and Procedures, any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images. Should you have any concerns about photography or filming please bring them to the attention of the promoter. Note that

Participants and spectators are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England Safeguarding Policy and Procedures, Wavepower, provides guidance on the use of social networking and guidance on photography.

<https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/> . Both sets of guidance apply if social media platforms are being used to share images or recordings either after the meet or during live streaming of the event.

Withdrawals:

39. It is the responsibility of club officials to advise the gala organisers if they have swimmers not swimming 45 minutes before the first race of each session. This will prevent the gala running with empty lanes. Withdrawals after this deadline may only be made on medical grounds. The Technical Director may require a swimmer who has withdrawn on medical grounds to withdraw from any further events during the same day. Any deviations from this condition may only be at the discretion of the Promoter and/or Technical Director.

40. Club officials must withdraw swimmers who are not present.

Refunds:

41. Refunds will only be issued where the competition is cancelled, or where there is a significant change to the schedule that results in a change of venue or session for the event entered, meaning that the competitor cannot swim. Refunds for medical withdrawals will only be made where a medical withdrawal form has been completed, submitted before the event(s) concerned and agreed by the Promoter and/or Technical Director. Evidence of the medical withdrawal may be requested by the Promoter/Technical Director.

General Conditions:

42. There will be an admission charge for spectators of £5.00 per session. Children under 10 are free. Free car parking is available adjacent to the pool.

43. The safety of swimmers, officials, spectators and others is paramount at all times. Everyone attending this meet must familiarise themselves with the location of the emergency exits which must be kept clear at all times. Everyone is asked to observe all normal precautions in the pool area, whilst moving around and to listen to the safety announcements which will be made prior to the start of each session.

44. All participants must observe the safety precautions in operation at the pool. Neither the promotor nor Thetford Dolphins Swimming Club will be responsible for any loss, damage or injury occurring during this meet.

45. The Promoter and Pool Management reserve the right to refuse admission to any competitor, coach or spectator.

46. Anything not covered in the above rules will be at the discretion of the Technical Director and Promoter, who also reserve the right to make any changes that may be considered necessary for the smooth, effective, and safe running of the meet.

Schedule of events

Session 1 warm up 08:30, Start 09:30				
1	Female	All age groups	50m	Back
2	Open/Male	All age groups	50m	Breast
3	Female	All age groups	50m	Fly
4	Open/Male	All age groups	50m	Free
5	Female	All age groups	100m	IM

Session 2 warm up TBA				
6	Open/Male	All age groups	50m	Back
7	Female	All age groups	50m	Breast
8	Open/Male	All age groups	50m	Fly
9	Female	All age groups	50m	Free
10	Open/Male	All age groups	100m	IM

Cut-off times

Swimmers may only enter the event if their time is
SLOWER than the time listed below

Age as of 13 th September 2026			9y	10y	11y	12y	13y	14y	15y	16y & Over
Female	50m	Freestyle	34.00	33.00	31.00	30.00	29.00	28.00	27.50	27.00
Female	50m	Breaststroke	42.00	40.00	38.00	36.00	35.00	34.00	32.50	32.00
Female	50m	Butterfly	38.00	36.00	33.00	31.00	30.00	29.00	28.50	28.00
Female	50m	Backstroke	38.00	36.00	33.00	31.00	30.00	29.00	28.50	28.00
Female	100m	IM	1.24.00	1.20.00	1.16.00	1.12.00	1.08.00	1.06.00	1.04.00	1.03.00
Age as of 13 th September 2026			9y	10y	11y	12y	13y	14y	15y	16y & Over
Open/Male	50m	Freestyle	34.00	33.00	31.00	29.00	27.00	26.00	24.50	24.00
Open/Male	50m	Breaststroke	38.00	37.00	36.00	35.00	33.00	32.00	31.00	30.00
Open/Male	50m	Butterfly	35.00	34.00	33.00	31.00	30.00	28.00	27.50	27.00
Open/Male	50m	Backstroke	37.00	36.00	34.00	32.00	30.00	29.00	28.50	28.00
Open/Male	100m	IM	1.24.00	1.20.00	1.12.00	1.10.00	1.06.00	1.02.00	1.01.00	1.00.00

Poolside Pass Application

Poolside passes must be applied for in advanced using the forms below by the deadline. All coaches and team managers must be Swim England members, have the relevant Coaching/Team Manger qualification, a safeguarding certificate and DBS check that expires after the day of the competition.

Competing clubs must ensure that they have sufficient Coaches/Team Manager/Chaperones on poolside to maintain the safe supervision ratios set out in SE Guidance.

No persons shall be permitted poolside without a poolside pass unless they are a swimmer, official or part of the technical team.
All others will be asked to leave and may be refused re-admission.

Name	SE Membership No	DBS Number	DBS Expiry	Safeguarding Expiry

By submitting this formSwimming Club confirms that the individuals listed above have the relevant coaching/team manger qualification, a safeguarding certificate and DBS check that expires after the day of the competition.

Lunch Pass Application

Coach and Team Manager lunch passes are available for clubs at £20.00 each. Poolside passes for Coaches/Team Mangers will include entry to the meet and lunch with tea and coffee available. Additional lunch passes may be purchased for Coaches/Team Managers at an additional cost of £20.00 per person.

Please list below how many lunch passes you require at £20.00 each and indicate any dietary requirements.

Name	Lunch required [✓]	Dietary requirements