



The Borough of Harrow Swimming Club



Website: www.harrowswim.com Email: events@harrowswim.com

BOROUGH OF HARROW REGIONAL QUALIFIER 2026

Under Swim England Laws & Technical Rules of Swimming

LICENSED MEET NUMBER – 3LR260195

SATURDAY 21st & SUNDAY 22nd MARCH 2026

BARNET COPTHALL LEISURE CENTRE, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX

Timings are approximate and may be adjusted



SATURDAY 21st MARCH 2026

SESSION 1

Warm up: 1.00pm - Start Time 1.45pm

SESSION 2

Warm up: & Start Time TBC

SUNDAY 22nd MARCH 2026

SESSION 3

Warm Up: 10.00am - Start Time 10:45am

SESSION 4

Warm Up & Start Time TBC

25m Pool, 8 Lanes, full Electronic Timing

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

Events: 50m 100m 200m ALL STROKES, 400m Freestyle, 200m Individual Medley

Entries: For Hy-Tek File and electronic entries, please email events@harrowswim.com

Promoter reserves the right to amend session times and limit entries to ensure the meet runs smoothly



BOROUGH OF HARROW REGIONAL QUALIFIER 2026

MEET INFORMATION

Under Swim England Laws & Technical Rules of Swimming
LICENSED MEET NUMBER - 3LR260195

BARNET COPTHALL LEISURE CENTRE, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX
Saturday 21 March & 22 Sunday 22 March 2026



1. Barnet Copthall Main Competition Pool – 25 metres – 8 lanes – Anti-Wave Lane Ropes. Colorado Electronic Timing and Hy-Tek Meet Management.
2. Ages are as at 22nd MARCH 2026
Events - 50m, 100m & 200m all strokes, 400m Freestyle & 200m IM. All events will have Heat Declared Winners - there will be no finals.
3. Age Groups – 9, 10, 11, 12, 13, 14, 15&Over. Awards will be made to the first 3 in each stroke for each age group. These will be available for collection on the day. No medals will be forwarded after the meet.
4. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared by form of results with Swim England (Rankings) and the clubs who have entered the meet. A full copy of the results will be published on the website after the meet. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted. If any persons want to exercise their right to erasure or processing of their personal data they will need to make a written request to the promoter. We will only hold competition data for 12 months after which it will be destroyed and erased from our systems
5. A secondary starting strobe will be available.
6. Backstroke Ledges will be available.
7. Over the top starts may be used at the Referee's discretion.

ENTRIES

8. The entry fee is £9.00 per event (except £10 per 400m Freestyle. Payment should be made via online payment.
9. Entrants must be registered with Swim England under Category 2 / Club Compete
10. The closing date for entries is **Midnight Sunday 1 March 2026 or sooner if the meet capacity is reached.** (The organisers would be grateful if clubs are able to send in entries prior to this date.)
11. If oversubscribed, the rejection process starts with those swimmers for whom this cannot be a Regional Qualifier. Any further oversubscription will follow first come first served entry. The meet will close when capacity is reached.
12. Club Entries must be made electronically using the Hy-Tek Team Manager file which should be requested from Dominique Ford at events@harrowswim.com
13. Send your completed entry file and Summary Sheet to events@harrowswim.com

14. The promoter reserves the right to limit the number of entries if necessary to allow the Meet to be run in the allotted pool time.
15. Any entry not accepted due to oversubscription will be refunded in full. Where swimmers have tested positive for COVID, a full refund will be given upon supporting medical evidence. Only medical refunds supported by medical evidence will be refunded. Full refund will be given should there be a government imposed lockdown. NO OTHER MONIES WILL BE REFUNDED.
16. Lists of individual accepted / rejected entries will be sent to clubs.
17. No swimmer should have swum faster than the time stated. NT Entries will not be accepted.
18. Time Trials may be accepted on the day of the meet only if there are spaces available to fill lanes at a cost of £10.00 per time trial. There are no awards for Time Trials, but times will be submitted to Rankings for Swim England Registration.
19. Clubs entering more than 12 swimmers are requested if possible to supply 1 qualified official (or J1 in Training) (2 officials (or J1 in Training) if more than 20 swimmers).
20. Expenses are available for all swimming officials. Please contact events@harrowswim.com for details of this policy and claim form.
21. Coaches/Poolside Passes are available at a cost of £25 per weekend. This will entitle the holder to admission to all sessions, a programme, session start lists and food and refreshments between sessions, in addition to poolside access.
22. There will be no entry poolside without a coaches/poolside pass and passes must be worn at all times. Coaches and Team Managers should be club trained personnel and registered members of Swim England.
23. The Supervision ratio must be adhered to as per Swim England policy – Swim England Team Manager, Coach and Chaperone Policy [Swim England releases new policy on club supervision ratios](#)
24. 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 PROCEDURE

25. This is a cardless meet. Entries will be pre seeded before the meet. Withdrawal information should be forwarded to events@harrowswim.com at the earliest opportunity, or to the administrator on the day prior to warm up.
26. The promoter reserves the right to amend the session times and limit entries to ensure the meet runs smoothly.

MEET SAFETY

27. All swimmers must observe the pool and Swim England Safety Rules. The Depth of the water at the Shallow end of the Main Pool is 1 metre (End where the timing display board is). The Deep End of Main pool is 1.8 Meters Deep (starting block end) The starting blocks are 72cm above the level of the water. Only those swimmers who have reached the standard of the Swim England Preliminary Competitive Start Award are permitted to start with a shallow racing dive from the side of the pool. Swimmers who have not reached this standard must start in the water.
28. Swimmers must not go into the main foyer without drying down and wearing the suitable clothes and footwear. Failure to comply may result in expulsion from the meet. This is a health and safety measure.

SPECTATORS

29. Spectator seating is available but there is limited capacity and space cannot be guaranteed. There is parking on site but capacity can be limited. There is a charge for parking on site.
30. A copy of the result sheets will be provided to clubs at the end of the gala and will be available from our website as soon as possible after the gala. Meet Mobile will be used but this can be impacted by poor internet capacity at the venue.
31. Photographs/Videos are only permitted on registration with the promoter prior to the meet. Registration details can be given upon entry to the meet.
32. Borough of Harrow SC reminds all those attending these meets (competitors, coaches, team managers, spectators, officials, volunteers, contracted staff etc.) wishing to use cameras, video or digital image capturing devices (including mobile phones) that they should only do so after reference to their obligations and the recommendations laid down in Wavepower 2024, the Swim England Child Safeguarding Policy & Procedures and other Swim England Photography guidance. Your adherence to the guidelines and vigilance

during the event will assist in our efforts to avoid the misuse of such equipment and the images/videos produced. Flash photography is prohibited at all times. Swim England changing room policy now **prohibits all use of a mobile phone or device in a changing area** during Swim England regulated activity.

33. In the circumstance that an infringement of the above clause is identified by meet officials and/or volunteers, the Meet Administrator and or Promoter will apply an appropriate sanction adjudged to be proportionate. This may include, but not be restricted to, the reporting of the person to their Club Welfare Officer for breach of applicable code of conduct.
34. In the circumstance that an infringement of the above clause is identified by or reported to the facility management, the Normal Operating Procedure of the facility will be applicable and will be fully supported by Borough of Harrow SC.

COVID

35. We will continue to follow all current and future updates set out by Government and Swim England COVID guidelines
36. Any conditions not covered in the competition rules will be dealt with in accordance with the laws of the sport and at the discretion of the Promoter. Questions can be dealt with by writing to the Promoter at events@harrowswim.com.





UPPER CUT OFF TIMES

SWIMMERS MUST NOT BE FASTER THAN THE TIMES SHOWN

GIRLS	9 yr	10/11 yr	12/13 yr	14 yr	15 yr +
50M FREESTYLE	32.00	31.00	29.30	26.00	25.00
100M FREESTYLE	1.05.00	1.02.00	1.00.00	58.00	57.00
200M FREESTYLE	2.29.00	2.24.00	2.10.00	2.05.00	2.03.00
400M FREESTYLE	6.12.50	5.00.10	4.37.20	4.29.30	4.27.00
50M BACKSTROKE	36.00	34.00	32.00	30.00	29.00
100M BACKSTROKE	1.14.00	1.09.00	1.08.00	1.03.00	1.01.00
200M BACKSTROKE	2.49.00	2.39.00	2.24.00	2.17.00	2.15.00
50M BREASTSTROKE	42.00	38.00	36.00	34.00	33.00
100M BREASTSTROKE	1:21.00	1.18.00	1.17.00	1.14.00	1.12.00
200M BREASTSTROKE	3.15.00	2.59.00	2.44.00	2.39.00	2.37.00
50M BUTTERFLY	35.80	34.00	32.00	30.00	28.00
100M BUTTERFLY	1:12.00	1.09.00	1.08.00	1.04.00	1.03.00
200M BUTTERFLY	3.05.00	2.45.00	2.28.80	2.23.00	2.19.00
200M IND. MEDLEY	3.12.50	2.43.40	2.30.90	2.24.80	2.22.00
OPEN / BOYS	9 yr	10/11 yr	12/13 yr	14 yr	15 yr +
50M FREESTYLE	33.00	30.50	27.60	24.80	23.00
100M FREESTYLE	1:10.00	1:05.00	58.60	54.40	53.10
200M FREESTYLE	2.40.00	2.14.00	2.05.00	1.57.20	1.54.00
400M FREESTYLE	6.06.00	4.52.00	4.30.80	4.15.00	4.11.00
50M BACKSTROKE	37.40	35.60	31.60	28.10	25.50
100M BACKSTROKE	1:21.00	1:15.30	1.05.00	1.00.30	58.40
200M BACKSTROKE	2.50.00	2.40.00	2.19.00	2.10.00	2.07.00
50M BREASTSTROKE	42.00	37.50	34.70	32.00	29.00
100M BREASTSTROKE	1:21.00	1:18.00	1.13.00	1.08.00	1.06.00
200M BREASTSTROKE	3.14.00	3.02.00	2.40.00	2.28.00	2.24.00
50M BUTTERFLY	34.00	33.00	30.10	27.00	25.00
100M BUTTERFLY	1:16.00	1.09.00	1.00.90	59.40	58.00
200M BUTTERFLY	2.58.00	2.44.00	2.23.00	2.12.10	2.08.00
200M IND. MEDLEY	3.10.80	2.43.40	2.26.60	2.16.00	2.09.80



BOROUGH OF HARROW REGIONAL QUALIFIER 2026 SCHEDULE

SESSION 1 – SATURDAY 21 MARCH	
1. 9 & Over Girls	400M FREESTYLE
2. 9 & Over Open / Boys	50M FREESTYLE
3. 9 & Over Girls	50M FREESTYLE
4. 9 & Over Open / Boys	200M BUTTERFLY
5. 9 & Over Girls	200M BUTTERFLY
6. 9 & Over Open / Boys	100M BREASTSTROKE
7. 9 & Over Girls	100M BREASTSTROKE

SESSION 2 – SATURDAY 21 MARCH	
8. 9 & Over Open / Boys	200M INDIVIDUAL MEDLEY
9. 9 & Over Girls	50M BUTTERFLY
10. 9 & Over Open / Boys	50M BUTTERFLY
11. 9 & Over Girls	200M FREESTYLE
12. 9 & Over Open / Boys	200M FREESTYLE
13. 9 & Over Girls	100M BACKSTROKE
14. 9 & Over Open / Boys	100M BACKSTROKE

SESSION 3 – SUNDAY 22 MARCH	
15. 9 & Over Open / Boys	400M FREESTYLE
16. 9 & Over Girls	50M BACKSTROKE
17. 9 & Over Open / Boys	50M BACKSTROKE
18. 9 & Over Girls	200M BREASTSTROKE
19. 9 & Over Open / Boys	200M BREASTSTROKE
20. 9 & Over Girls	100M BUTTERFLY
21. 9 & Over Open / Boys	100M BUTTERFLY

SESSION 4 – SUNDAY 22 MARCH	
22. 9 & Over Girls	200M INDIVIDUAL MEDLEY
23. 9 & Over Open / Boys	50M BREASTSTROKE
24. 9 & Over Girls	50M BREASTSTROKE
25. 9 & Over Open / Boys	200M BACKSTROKE
26. 9 & Over Girls	200M BACKSTROKE
27. 9 & Over Open / Boys	100M FREESTYLE
28. 9 & Over Girls	100M FREESTYLE

SESSION TIMES MAY BE ADJUSTED TO ALLOW THE SMOOTH RUNNING OF THE MEET