



Hillingdon Swimming Club Fast & Festive Winter Meet 2026

Saturday 19 & Sunday 20 December 2026

Hillingdon Sports & Leisure Complex, Gatting Way, Uxbridge, UB8 1ES

Level 3 – Short Course – Licence No: 3LR262391

Promoters Conditions

1. The competition will be swum under Swim England laws and Swim England technical rules of swimming and these Promoter's Conditions.
2. The meet will be held at Hillingdon Sports and Leisure Complex, Gatting Way, Uxbridge, UB8 1ES.
3. This is a Level 3, Short Course, Licensed meet in a 25m pool with 8 lanes, anti-wave barriers and electronic timing system with scoreboard.
4. Entries open at midday on Thursday 1 October 2026 and **close at midnight on Friday 27 November 2026**.
5. Details of accepted and rejected entries will be published on our website as soon as possible after the closing date.
6. Final information and session times will also be confirmed to clubs and appear on the website prior to the meet.
7. The depth of the water at the start and turn ends is 2 meters.
8. Results will be submitted to British Rankings after the meet.
9. The promoter is Ann O'Leary ann.oleary@hillingdonsc.co.uk
10. The Promoter reserves the right to amend the programme and conditions should it be deemed necessary.
11. The Referee's decision shall be final in all matters relating to the competition.
12. By submitting an entry, clubs confirm that all swimmers meet the eligibility requirement and accept these Promoter's Conditions.

Entry and Eligibility

13. Clubs and their swimmers will be invited, by the host club, to enter the meet.
14. Individual entries are not permitted.
15. All swimmers must belong to their club of entry, be Swim England registered as Club Compete and have their Swim England membership number included on the entry file submitted.
16. All entries must not be faster than the Upper Time Limits and appear on Swim England Rankings on the date the entry file is submitted. Qualifying times are short course but long course conversions to short course will be accepted.
17. No Time entries are not accepted. Entries submitted with no time on British Rankings will be rejected.
18. Once the club entry file has been submitted, no changes will be made to the times that have been included.
19. Where events are oversubscribed, the slowest entries within each age group will be rejected until the session programme is within the permitted duration.
20. A secondary strobe will be available to swimmers requiring one.
21. Over the top starts will be used at the Referees' discretion.
22. 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.
23. Age is at midnight 31 December 2026
24. Age Groups: 10/11, 12, 13, 14, 15 and 16/over



Events

25. The events are 50m, 100m & 200m in all 4 strokes – Backstroke, Breaststroke, Butterfly and Freestyle, 400m Freestyle and 200m & 400m Individual Medley.
26. The promoter reserves the right to limit the number of heats in the 400m Freestyle and 400m Individual Medley events to comply with the licensed meet session times.
27. Awards will be presented to the first three swimmers in each age group for both the open/male and female categories.
28. Manual deck level cards will be in use for the 400 free and will be displayed at the start end.
29. Skins Finals will be swum based on the 200m Individual Medley events for 14/under and 15/over age groups. Skins will comprise of 4X50m races, of random stroke selection and regular interval in which the slowest two competitors in each round is eliminated until a winner is left standing. Awards will be given to the winner and runner up.
30. An award will be given to the Top Visiting Club, using WA points scored.

Fees & Payments

31. The entry fee is £9.00 per individual event and £12.00 for 400m events.
32. No refunds will be given except for rejected swims.
33. There will be no Time Trials available.
34. A designated club officer should make a club entry on behalf of its members, and that same person must make all communications with the meet organisers.
35. The electronic **club summary entry form** is available via this [LINK](#). The club entry file should be submitted with the electronic club summary entry form. Full payment by Bank Transfer to Hillingdon SC should be made when the form is submitted, banking details are confirmed in the club summary form. Please use club name as reference.
36. The promoter reserves the right to reject any club entry where full payment has not been received within three days of submission of the club entry file.
37. Swim meet entries will be managed via computer and available via the internet.

Withdrawals and Refunds

38. Refunds will be given for any entries rejected.
39. After the closing date, withdrawals must be submitted via the [online withdrawal form](#) or in person at the Tech Desk poolside before the start of the warm-up for each session.
40. Refunds for withdrawals will only be considered for medical reasons and must be supported by appropriate evidence submitted to the promoter by Monday 21 December 2026.
41. Any swimmer who fails to withdraw and does not present for their race (“no show”) will incur a £10.00 administration charge payable by the swimmer’s club.

Coaches and Team Manager Poolside Passes

42. Coaches/Team Manager poolside passes are available at a cost of £30.00 for the meet or £15.00 per day. Passes will include admittance to all sessions, food, refreshments and a meet programme.
43. **Poolside passes** must be applied for in advance via this [LINK](#) by Friday 11 December 2026 and full payment made by the individual or club before Monday 14 December 2026.
44. A copy of free **Swim England accreditation** must be shown on arrival at the meet to collect a poolside pass, this can be obtained via this [LINK](#)
45. Supervision ratios must be followed as per [Swim England Supervision Policy](#) and it is the visiting clubs responsibility to ensure that this is adhered to.



Officials

- 46. Visiting clubs are requested to provide qualified officials for every session in which they have swimmers entered. Clubs with larger entries are asked to provide a minimum of 4 officials for each session if possible.
- 47. All swimming officials will be offered expenses – please contact the Officials Organiser officials@hillingdonsc.co.uk
- 48. Officials should follow this [LINK](#) to sign-up to officiate at the meet.

Photography and Mobile Phones

- 49. Anyone wishing to use a camera, mobile phone camera, or video camera should adhere to the updated guidance in [Swim England Wavepower](#) – Section 3 – on the use of images and restrict to their own child and their own private use with no posting on social media or similar platforms.
- 50. Flash photography is not permitted at the start of any race.
- 51. **The use of Mobile Phones or any device capable of photography or filming facility in the changing rooms is prohibited at all times.** Mobile Phones must not be visible in the changing rooms at any time. Swimmers found in breach will be required to leave the meet immediately.

Health and Safety

- 52. During warm-up swimmers and coaches must ensure that they take no action that would endanger themselves or others. Swimmers should swim in the direction indicated. Sprint lanes will be announced.
- 53. A swim down pool will be available for use throughout the duration of the meet, except whilst warm-up is available. Swimmers are expected to respect other swimmers in and around the facility and surrounding area whilst at the meet.
- 54. It is the responsibility of club coaches and team manager to oversee their swimmers using the swim down facilities.
- 55. The swim down pool will close 15 minutes after the end of final heat each day.
- 56. Competitors are requested NOT to bring large kit bags poolside for safety reasons. Lockers are available, £1 (refundable). Small poolside bags should be used.
- 57. Competitors must wear appropriate clothing and footwear when leaving poolside to access dry areas of the facility, including the spectator gallery.
- 58. Clubs must ensure that their swimmers are supervised whilst poolside and under the supervision of parent/guardians at all other times.
- 59. The instructions of the pool lifeguard and/or Hillingdon SC meet management staff must be followed. Hillingdon Sports and Leisure Complex staff reserve the right to close this facility.
- 60. Hillingdon Sports and Leisure Complex and Hillingdon SC shall not be responsible for the loss of property for any reason.
- 61. Any Safeguarding concerns should be reported immediately to the Meet Promoter.

Data Protection

- 62. 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 submission of the entry. Where the personal data of competitors, officials, 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 consent has been obtained.



Schedule of Events

Saturday 19 December 2026

Session 1

<i>Warm-up: TBC Start: TBC Est Finish: TBC</i>			
Event 101	Open/male	100m	Butterfly
Event 102	Female	100m	Butterfly
Event 103	Open/male	50m	Backstroke
Event 104	Female	50m	Backstroke
Event 105	Open/male	200m	Breaststroke
Event 106	Female	200m	Breaststroke

Session 2

<i>Warm-up: TBC Start: TBC Est Finish: TBC</i>			
Event 207	Open/male	200m	Individual Medley
Event 208	Female	200m	Freestyle
Event 209	Open/male	400m	Freestyle
Event 210	Female	400m	Individual Medley
Event 211	Open/male	14/ under	Medley SKINS
Event 212	Open/male	15/ over	Medley SKINS

Session 3

<i>Warm-up: TBC Start: TBC Est Finish: TBC</i>			
Event 313	Open/Male	200m	Butterfly
Event 314	Female	100m	Backstroke
Event 315	Open/male	100m	Backstroke
Event 316	Female	50m	Breaststroke
Event 317	Open/male	50m	Breaststroke

Sunday 20 December 2026

Session 4

<i>Warm-up: TBC Start: TBC Est Finish: TBC</i>			
Event 418	Female	100m	Breaststroke
Event 419	Open/Male	100m	Breaststroke
Event 420	Female	50m	Freestyle
Event 421	Open/Male	50m	Freestyle
Event 422	Female	200m	Backstroke
Event 423	Open/male	200m	Backstroke

Session 5

<i>Warm-up: TBC Start: TBC Est Finish: TBC</i>			
Event 524	Female	200m	Individual Medley
Event 525	Open/male	200m	Freestyle
Event 526	Female	400m	Freestyle
Event 527	Open/male	400m	Individual Medley
Event 528	Female	14/ under	Medley SKINS
Event 529	Female	15/ over	Medley SKINS

Session 6

<i>Warm-up: TBC Start: TBC Est Finish: TBC</i>			
Event 630	Female	200m	Butterfly
Event 631	Open/male	100m	Freestyle
Event 632	Female	100m	Freestyle
Event 633	Open/male	50m	Butterfly
Event 634	Female	50m	Butterfly



Upper Limit Qualifying Times

Short course entry times must have been achieved at a Licensed meet and appear on British Rankings. Long course times converted to short course will be accepted. No Time entries are not accepted.

Open/ Male						
Event	10/11	12	13	14	15	16/over
50m Freestyle	26.30	24.40	24.40	24.40	24.40	23.20
100m Freestyle	56.80	53.60	53.60	53.60	53.00	50.30
200m Freestyle	2:02.70	1:55.90	1:55.90	1:55.90	1:54.00	1:51.10
400m Freestyle	4:19.70	4:05.90	4:05.90	4:05.90	4:05.90	3:58.20
50m Breaststroke	33.10	30.70	30.70	30.70	29.80	28.00
100m Breaststroke	1:11.30	1:06.90	1:06.90	1:06.90	1:04.00	1:01.50
200m Breaststroke	2:35.00	2:25.80	2:25.80	2:25.80	2:20.00	2:15.00
50m Backstroke	29.10	27.40	27.40	27.40	27.40	26.20
100m Backstroke	1:02.30	58.70	58.70	58.70	58.70	56.00
200m Backstroke	2:14.90	2:08.10	2:08.10	2:08.10	2:05.00	2:02.70
50m Butterfly	28.20	26.70	26.70	26.70	26.00	24.50
100m Butterfly	1:02.00	58.50	58.50	58.50	58.00	54.00
200m Butterfly	2:17.90	2:09.60	2:09.60	2:09.60	2:08.00	2:00.00
200m Individual Medley	2:18.40	2:10.90	2:10.90	2:10.90	2:10.90	2:04.00
400m Individual Medley	4:55.10	4:39.10	4:39.10	4:39.10	4:39.10	4:30.80

Female						
Event	10/11	12	13	14	15	16/over
50m Freestyle	27.40	26.70	26.70	26.70	26.70	26.00
100m Freestyle	1:00.20	57.80	57.80	57.80	57.80	57.00
200m Freestyle	2:12.90	2:05.20	2:05.20	2:05.20	2:03.50	2:02.00
400m Freestyle	4:42.50	4:23.40	4:23.40	4:23.40	4:20.00	4:17.50
50m Breaststroke	34.40	33.60	33.60	33.60	33.00	32.80
100m Breaststroke	1:15.00	1:12.40	1:12.40	1:12.40	1:11.00	1:10.00
200m Breaststroke	2:42.30	2:37.20	2:37.20	2:37.20	2:32.00	2:30.00
50m Backstroke	30.40	29.90	29.90	29.90	29.90	29.10
100m Backstroke	1:05.40	1:03.90	1:03.90	1:03.90	1:03.90	1:02.30
200m Backstroke	2:22.90	2:17.80	2:17.80	2:17.80	2:15.00	2:13.00
50m Butterfly	29.60	28.90	28.90	28.90	28.90	28.20
100m Butterfly	1:05.10	1:03.80	1:03.80	1:03.80	1:03.80	1:02.00
200m Butterfly	2:24.40	2:20.20	2:20.20	2:20.20	2:18.00	2:16.00
200m Individual Medley	2:27.60	2:20.40	2:20.40	2:20.40	2:20.40	2:18.40
400m Individual Medley	5:14.90	4:57.60	4:57.60	4:57.60	4:57.60	4:55.10