

Bakewell Swimming Club

Affiliated to East Midlands Region and Derbyshire ASA



Licence No. 3EM260113

LEVEL 3 OPEN MEET TO BE HELD UNDER SWIM ENGLAND
REGULATIONS AND TECHNICAL RULES

4th Spring Open Meet

Sunday 22nd March 2026

Arc Leisure, Bakewell Road, Matlock, DE4 3AZ

£5 spot cash prizes for each event!!

Medals for Top 6 in each age group

Age Groups: 9,10,11,12,13,14,15 & 16+

50m & 100m All Strokes including IM

200m IM, Freestyle & Breaststroke

Bakewell Swimming Club

Schedule of Events

Session One: Sun 22nd Mar 2026

Morning Session Start Time: TBC

- 101. Open/Male 200m IM
- 102. Female 200m Breaststroke
- 103. Open/Male 50m Freestyle
- 104. Female 50m Backstroke
- 105. Open/Male 100m Breaststroke
- 106. Female 100m Freestyle
- 107. Open/Male 50m Butterfly
- 108. Female 50m Breaststroke
- 109. Open/Male 100m Backstroke
- 110. Female 100m Butterfly
- 111. Open/Male 200m Freestyle
- 112. Female 100m IM

Session Two: Sun 22nd Mar 2026

Afternoon Session Start Time: TBC

- 201. Female 200m IM
- 202. Open/Male 200m Breaststroke
- 203. Female 50m Freestyle
- 204. Open/Male 50m Backstroke
- 205. Female 100m Breaststroke
- 206. Open/Male 100m Freestyle
- 207. Female 50m Butterfly
- 208. Open/Male 50m Breaststroke
- 209. Female 100m Backstroke
- 210. Open/Male 100m Butterfly
- 211. Female 200m Freestyle
- 212. Open/Male 100m IM

Bakewell Swimming Club

4th Spring Open Meet

Upper Limit Times (No faster than)

Female									Open/Male							
9	10	11	12	13	14	15	16/OV	Event	9	10	11	12	13	14	15	16/OV
00:31.4	00:30.7	00:30.0	00:28.6	00:27.9	00:27.5	00:27.4	00:27.4	50m Free	00:31.2	00:30.4	00:29.6	00:27.9	00:26.6	00:25.6	00:24.6	00:24.6
01:04.7	01:04.1	01:03.5	01:02.5	01:00.4	00:59.4	00:58.4	00:58.4	100m Free	01:04.0	01:02.5	01:01.3	01:00.3	00:57.1	00:55.4	00:53.1	00:53.1
02:26.5	02:20.3	02:14.0	02:14.0	02:09.8	02:08.0	02:05.3	02:05.3	200m Free	02:26.1	02:17.5	02:11.0	02:11.0	02:04.2	02:00.1	01:55.3	01:55.3
00:41.0	00:39.7	00:38.5	00:36.4	00:35.2	00:34.5	00:34.0	00:34.0	50m Breast	00:41.0	00:39.7	00:38.5	00:36.1	00:33.8	00:32.5	00:30.7	00:30.7
01:23.5	01:21.5	01:19.5	01:19.5	01:16.7	01:15.5	01:13.9	01:13.9	100m Breast	01:22.0	01:20.1	01:18.1	01:18.1	01:13.0	01:10.6	01:07.0	01:07.0
02:50.0	02:50.0	02:50.0	02:50.0	02:39.7	02:39.7	02:39.7	02:39.7	200m Breast	02:48.8	02:48.8	02:48.8	02:48.8	02:26.3	02:26.3	02:26.3	02:26.3
00:34.8	00:34.0	00:33.1	00:31.4	00:30.5	00:29.9	00:29.4	00:29.4	50m Fly	00:34.9	00:33.9	00:32.8	00:31.1	00:29.3	00:28.1	00:26.4	00:26.4
01:16.0	01:13.3	01:09.8	01:09.8	01:07.4	01:06.1	01:04.6	01:04.6	100m Fly	01:14.0	01:11.0	01:08.7	01:08.7	01:04.0	01:01.5	00:57.8	00:57.8
00:35.9	00:35.0	00:34.0	00:32.5	00:31.6	00:31.0	00:30.7	00:30.7	50m Back	00:36.0	00:35.0	00:34.1	00:32.3	00:30.4	00:29.4	00:27.9	00:27.9
01:16.0	01:12.9	01:09.7	01:09.7	01:07.5	01:06.3	01:04.8	01:04.8	100m Back	01:14.0	01:13.3	01:08.7	01:08.7	01:04.7	01:02.2	00:59.3	00:59.3
01:28.3	01:19.7	01:10.7	01:10.7	01:08.0	01:06.8	01:05.5	01:05.5	100m IM	01:28.6	01:20.0	01:09.5	01:09.0	01:06.5	01:03.2	01:00.0	01:00.0
02:47.4	02:39.1	02:31.6	02:31.6	02:27.3	02:25.0	02:22.0	02:22.0	200m IM	02:48.1	02:38.1	02:29.5	02:29.5	02:21.4	02:16.7	02:10.7	02:10.7

Swimmers faster than the Upper Limit Times at the time of entering this competition cannot enter those events.

Meet Conditions & Information

1. The Meet will take place at ARC Leisure, Matlock on Sunday 22nd March 2026 and will be swum under Swim England Regulations and Technical Rules of Swimming. Anti-wave lane ropes and Daktronics electronic timing will be used. The pool is eight lanes wide, 25m in length and 2m deep. A secondary strobe is not in use.
2. The event will be licensed at level 3.
3. All officials will be licensed to the appropriate level for their role.
4. Heats will be arranged according to submitted entry times and will be spearheaded. All events are Heat Declared Winners. Entries will only be accepted equal to or slower than the "Upper Limit Times".
5. Age groups for the Meet will be 9, 10, 11, 12, 13, 14, 15, 16 & over and Age at Date: 22nd March 2026. Medals will be awarded to top 6 in each age group, equal to or slower than the Upper Limit Times. Spot cash prizes of £5 will also be awarded to the winner of randomly selected heats, 1 cash prize per event, awarded to the first placed person in the heat, that isn't disqualified and whose time is equal to or slower than the upper limit. If all swimmers within a heat are disqualified or ineligible for the cash prize the prize rolls forward to the next heat or the previous heat if this occurs in the final heat of an event.
6. 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 their birth sex is female.
7. Medals and cash prizes will be available for collection throughout the day.
8. Entry fee is £8.00 per event

BAKEWELL SWIMMING CLUB MANUAL ENTRY FORM

PLEASE COMPLETE IN BLOCK CAPITALS

FULL NAME:	
DATE OF BIRTH:	
OPEN/MALE OR FEMALE:	
CONTACT PHONE No:	
CONTACT E-MAIL:	
CONTACT ADDRESS:	
SWIM ENGLAND MEMBERSHIP No:	
SWIMMING CLUB:	

EVENT ENTRY DETAILS:

EVENT	ENTRY TIME	EVENT	ENTRY TIME
50M FREESTYLE		50M BACKSTROKE	
100M FREESTYLE		100M BACKSTROKE	
200M FREESTYLE		50M BUTTERFLY	
50M BREASTSTROKE		100M BUTTERFLY	
100M BREASTSTROKE		100M IM	
200M BREASTSTROKE		200M IM	

TOTAL AMOUNT DUE	£
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PLEASE SIGN TO CONFIRM YOU ACCEPT THE MEET CONDITIONS (IF UNDER 18 PARENT TO SIGN)

NAME:	SIGNATURE:
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