



wycombe swimming

2026 WYCOMBE LONG COURSE (Level 1) PREMIER MEET

Friday 13th, Saturday 14th & Sunday 15th March 2026

In aid of Wycombe District Swimming Club

Under Swim England Laws & Regulations and Swim England Technical Rules of Racing

LEVEL 1

License Number: **1SE260017**

ANTI - WAVE LANE ROPES | 8 LANE 50M POOL | ALL EVENTS HDW
OMEGA TIMING WITH OBS11 WEDGE BLOCKS & BACKSTROKE LEDGES

Wycombe Leisure Centre,
High Wycombe,
Bucks,
HP11 1UP





2026 Wycombe Long Course (L1) Premier Meet

Entries Open: 10.00am on Sunday 11th January 2026

Entries Close: 11.59pm on Saturday 31st January 2026

Entry Fees: £9.50 per event; £20.00 for 800m & 1500m events

In the event that the meet is oversubscribed, international entries will be accepted first, and the remaining entries accepted on a 'fastest to slowest time' basis with age consideration. Accepted entries will be published on the club website no later than 21st February 2026.

Age Groups: (ages at 31st December 2026):

The 100m, 200m and 400m events will have the following age groups:

FEMALE: 10-13, 14, 15, 16, 17, 18+

MALE/OPEN: 10-14, 15, 16, 17, 18, 19+

The 50m, 800m and 1,500m events will have a single 10+ age group (and qualification time)

Events:

50m, 100m & 200m: all strokes

200m & 400m Individual Medley, 400m Freestyle

800m & 1,500m Freestyle (Mixed)

Awards:

Awards to 1st, 2nd & 3rd in each age group (no age group medals in open events)

Top Visiting Club Award

Top Open/Male and Female Award

Registration: This is an ACTIVE WITHDRAWAL meet. Swimmers must inform the meet team using the QR code / online form to withdraw from events.

For further details: www.wycombe-swimming.org.uk (Look for 'LCPM')

Meet Promoter: Simon Shaw

Meet Secretary: Lindsey Reynolds

Contact details: Email: openmeets@swimwycombe.com

Phone: 01494 410 075 option 3

Postal address: Wycombe District Swimming Club, Wycombe Leisure Centre,
Handy Cross, High Wycombe, HP11 1UP.



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SCHEDULE OF EVENTS

Friday 13th March							
Session 1 Warm up 17.45, Start 18.30							
101	Open/Male	400 IM	10 to 14,15,16,17,18, 19+				
102	Female	400 IM	10 to 13, 14,15,16,17,18+				
103	Open/Male	50 Back	Open				
104	Female	50 Back	Open				
Saturday 14th March				Sunday 15th March			
Session 2 Warm up 7.30, Start 8.30				Session 5 Warm up 7.30, Start 8.30			
201	Female	200 Back	10 to 13, 14,15,16,17,18+	501	Open/Male	200 Back	10 to 14,15,16,17,18, 19+
202	Open/Male	100 Free	10 to 14,15,16,17,18, 19+	502	Female	100 Free	10 to 13, 14,15,16,17,18+
203	Female	200 Breast	10 to 13, 14,15,16,17,18+	503	Open/Male	200 Breast	10 to 14,15,16,17,18, 19+
204	Open/Male	50 Fly	Open	504	Female	50 Fly	Open
205	Mixed	800 Free	Open	505	Mixed	1500 Free	Open
Session 3 Warm up TBA				Session 6 Warm up TBA			
301	Female	50 Breast	Open	601	Open/Male	50 Breast	Open
302	Open/Male	200 Fly	10 to 14,15,16,17,18, 19+	602	Female	200 Fly	10 to 13, 14,15,16,17,18+
303	Female	400 Free	10 to 13, 14,15,16,17,18+	603	Open/Male	400 Free	10 to 14,15,16,17,18, 19+
304	Open/Male	100 Breast	10 to 14,15,16,17,18, 19+	604	Female	100 Breast	10 to 13, 14,15,16,17,18+
305	Female	200 IM	10 to 13, 14,15,16,17,18+	605	Open/Male	200 IM	10 to 14,15,16,17,18, 19+
Session 4 Warm up TBA				Session 7 Warm up TBA			
401	Female	50 Free	Open	701	Open/Male	50 Free	Open
402	Open/Male	100 Fly	10 to 14,15,16,17,18, 19+	702	Female	100 Fly	10 to 13, 14,15,16,17,18+
403	Female	200 Free	10 to 13, 14,15,16,17,18+	703	Open/Male	200 Free	10 to 14,15,16,17,18, 19+
404	Open/Male	100 Back	10 to 14,15,16,17,18, 19+	704	Female	100 Back	10 to 13, 14,15,16,17,18+

***Note: Timings may be updated closer to the meet after entries are finalised.
Refer to the Wycombe District Swimming Club website for latest updates.***



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QUALIFICATION TIMES

- Entry times are to be either LONG COURSE or converted to LONG COURSE
- Qualifying criteria for para-swimmers are provided on page 6 below
- Qualifying times must be Level 4 or above, achieved since 10th March 2025, and listed in the British Rankings database by the time that entries close
- Age at 31st December 2026

Open / Male							
Distance	Stroke	10-14 yr	15 yr	16 yr	17 yr	18 yr	19 yr+
50m	FREE	32.80					
100m	FREE	01:09.4	01:04.1	01:02.8	01:01.8	01:01.7	01:00.7
200m	FREE	02:30.2	02:19.9	02:16.9	02:15.7	02:14.8	02:14.1
400m	FREE	05:19.9	04:55.9	04:50.4	04:50.3	04:49.0	04:48.1
800m	FREE	09:43.2					
1500m	FREE	18:36.2					
50m	BRST	41.50					
100m	BRST	01:23.7	01:21.0	01:19.2	01:18.4	01:17.7	01:16.7
200m	BRST	03:11.4	02:54.4	02:52.4	02:47.8	02:46.4	02:45.2
50m	FLY	35.40					
100m	FLY	01:16.4	01:09.4	01:08.1	01:07.4	01:07.2	01:06.6
200m	FLY	02:48.9	02:33.5	02:31.1	02:29.0	02:28.2	02:26.4
50m	BACK	38.0					
100m	BACK	01:19.1	01:12.2	01:11.3	01:10.7	01:09.8	01:08.9
200m	BACK	02:49.3	02:35.1	02:32.1	02:30.1	02:29.2	02:28.4
200m	IM	02:51.7	02:37.4	02:34.6	02:32.7	02:32.2	02:31.0
400m	IM	05:53.0	05:34.3	05:29.0	05:24.0	05:23.5	05:22.9

Female							
Distance	Stroke	10-13 yr	14 yr	15 yr	16 yr	17 yr	18 yr+
50m	FREE	33.60					
100m	FREE	01:13.0	01:11.0	01:10.6	01:10.2	01:09.5	01:08.7
200m	FREE	02:35.3	02:31.2	02:30.4	02:29.8	02:28.7	02:28.7
400m	FREE	05:22.8	05:14.6	05:09.4	05:07.4	05:06.1	05:06.1
800m	FREE	10:44.3					
1500m	FREE	20:04.4					
50m	BRST	42.40					
100m	BRST	01:31.2	01:28.9	01:28.4	01:27.3	01:26.9	01:25.3
200m	BRST	03:16.4	03:10.3	03:08.5	03:07.6	03:05.7	03:04.3
50m	FLY	36.50					
100m	FLY	01:18.6	01:16.8	01:15.8	01:15.5	01:15.1	01:13.5
200m	FLY	02:54.2	02:48.7	02:46.5	02:45.7	02:44.5	02:41.4
50m	BACK	39.30					
100m	BACK	01:21.7	01:19.5	01:19.0	01:18.6	01:17.8	01:16.1
200m	BACK	02:56.9	02:52.3	02:48.2	02:46.4	02:45.2	02:43.1
200m	IM	02:55.8	02:51.3	02:49.6	02:49.3	02:48.8	02:47.8
400m	IM	06:08.5	05:59.9	05:56.8	05:55.6	05:53.8	05:50.8



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Competition Rules and Information

The competition will be held under Swim England Laws & Regulations and Swim England Technical Rules of Racing. All competitors must be registered swimmers.

POOL PARAMETERS

The pool is 50 metres long with eight lanes. Anti-turbulence lane ropes and electronic timekeeping will be used. Backstroke ledges will be available. A swim-down pool may be available throughout the meet and is strictly to be used for this purpose only.

ENTRY PROCEDURE

CLUB ENTRIES: Entry is via a consolidated club entry Hy-Tek file submitted through the *Online Entry* form link at www.wycombe-swimming.org.uk. The Club entry Hy-Tek file is uploaded when the *Entry Application Form* is completed. Payment instructions will be provided in the application form. Payments should include club code and 'LCPM.'

INDIVIDUAL ENTRIES: Individual *manual* entries (i.e. via email) are not being accepted for this meet. Individuals may enter if they supply a Hy-Tek file. Please contact your own club officers to arrange the submission of an entry file as described above.

No entries will be accepted without the completed online *Entry Application Form*, appropriate entry fees paid, submitted times and Swim England registrations. For all enquiries, please contact the Meet Secretary, preferably via email (details on page 2).

Please Note: We will not accept updated entry times once a club file has been processed.

Please note that British Swimming Rankings may reject meet results containing database errors. The errors are often in the accuracy of the entrant's name, the official club name and date of birth. It is therefore requested that Clubs use the online validation tools available at www.swimmingresults.org to check their entries prior to submission. Entries that are found to contain errors may be rejected.

ENTRIES ACCEPTANCE

Entries will close at **11.59pm on Saturday 31st January 2026.**

A swimmer's entry time must be recorded in the British Rankings database (Level 4 or above) and may be verified. Entries with incorrect times will be rejected.

In the event that the Meet is oversubscribed, international entries will be accepted first, and the remaining entries accepted on a '*fastest to slowest time*' basis with age consideration (i.e. an equivalent percentage of swimmers will be scratched from each age group within each event).

Accepted entries will be published on the Club website not later than **21st February 2026.**

Entries may be withdrawn (with refund) up to the meet entry closing.



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SWIMMERS WITH ADDITIONAL NEEDS

Swimmers with classifications (S Categories) and those who require additional provisions to access the event are requested to notify the Meet Promoter in advance of the meet. (This includes where the swimmer will be accompanied by a suitably qualified personal support assistant, so that they may be granted poolside access free of charge). A secondary strobe light will be available for swimmers where requested at the time of entry.

Para swimmers will be accepted at the Promoter's discretion – the minimum guideline requirement for acceptance will be 280 British Para-Swimming Points. Qualifying swims must have been completed within the period from the 1 September 2024 to the entry closing date, must show in the SE Rankings, and may be achieved in either a long course or a short course pool.

Results will be produced for classified swimmers using the latest Hytek Meet Manager functionality for calculating British Para-swimming points available at the time.

Transgender Policy

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 you confirm that your birth sex is female. The Male/Open category is for birth sex males, Trans or Non-Binary swimmers and any swimmer not eligible for the female category. The Mixed 800m and 1,500m freestyle events are open to all swimmers, with results to be categorised separately for Female and Male/Open swimmers.

POOLSIDE ACCESS PASSES & SUPERVISION RATIOS

Clubs are expected to adhere to the Swim England policy on supervision ratios. Passes are required for all non-swimmers accessing poolside or changing rooms and may be picked up from the passes desk before entering the swimmer areas. This includes all coaches, team managers and support staff. Passes are required for each individual in a session. Where different team members are attending different sessions, passes may be transferred to other users with permission of the meet organisers, but all users must have valid Disclosure and Barring Service (DBS) checks with their club. Each pass costs £40.00 for the weekend and includes one lunch each day, meet programme and poolside refreshments – please advise the Meet Promoter of any dietary requirements.

Passes are to be applied for via the online application form (follow the link on the meet webpage). Poolside passes must be ordered at least 2 weeks before the start of the meet (27th February).

Heat sheets will only be provided to officials, coaches and team managers displaying passes.

For the safety and welfare of all swimmers, **spectators and parents are NOT allowed poolside, in the changing rooms or the Sports Hall during the meet.** It is a requirement that all teams must have a coach/team manager with them to access the poolside seating. Any individual entries under the age of 16 shall have a responsible adult in the facility at all times when they are present.



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ACTIVE WITHDRAWAL

If swimmers want to withdraw from their events after the entries have been published, they are required to notify the meets team by completing the online form available on the event webpage. All withdrawals should be submitted **no later than the start of warm-up** for the session in which the event takes place.

QR codes will be posted around poolside and the sports hall for ease of access on the meet weekend. To avoid having heats with empty lanes, clubs are requested to ensure that their swimmers follow this procedure.

REFUNDS

Where a refund is due to withdrawal and not part of the Promoter's obligations (e.g. cancellation of meet, over subscription and scratches), refunds will be subject to a £15 administration charge. With the exception of withdrawals due to injury or illness, no refunds for withdrawals will be made after the meet entry closing.

Withdrawals due to injury or illness incurred after event entry, may be made up to the day before the gala. Full refunds will be provided on receipt of proof of injury or illness through a doctor's/medical certificate or similar.

RESERVE & TRIAL SWIMS

Reserve & Trial swim entries may be accepted on the day at the discretion of the Meet Promoter and are used to fill spare lanes if available after seeding is complete.

Swimmers wanting a time-trial swim may add their name to the reserve list, provided that they are already entered into the meet and satisfy the entry time criteria as stated in the conditions.

Time-Trial swims will have 'EXH' (Exhibition) appended to their name in the results and the swim will not count in terms of points or awards; however, times will count for Rankings. Successful reserve swimmers will be announced towards the end of the warm-up session and payment must be made at the spectator entry desk or the swimmer will be withdrawn.

AWARDS

Medals will be awarded to the first three swimmers in each Age Group for all events except the Open events, which will have medals for only the first three places, irrespective of age.

Medals will be awarded to the first three Para swimmers in each event irrespective of age, calculated using British Para Swimming Points.

Top visiting Club, Top Male and Top Female swimmer will receive an award.

Swimmers must ensure that they are suitably clothed (t-shirt, shorts, footwear, etc.) when collecting awards.



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MEET RESULTS

Official Meet results will be posted on the Wycombe District Swimming Club website as soon as possible after the meet. Heat sheets and (unofficial) results will be available during the meet through the club website (free), and through the Meet Mobile smartphone app (charges may apply).

An electronic copy (Hy-Tek file) of individual club results will be sent to clubs on request from a club official. Results will also be passed to Swim England for their reference and inclusion in Rankings.

APPEALS

Any appeals must be submitted in accordance with Swim England procedures and will be handled by the Meet Promoter and Referees.

GENERAL

Any point not covered by these rules will be at the discretion of the Meet Promoter. Depending upon the situation, the Meet Promoter or Referee's decision, respectively, will be final.

OFFICIALS

To ensure the Meet can run effectively and efficiently, WDSC encourages all clubs to help where possible with officials.

Qualified and trainee officials can sign up to officiate at www.swim-meet.com/availability/
Any questions can be directed to the Officials' Co-ordinator at officials@swimwycombe.com

SPECTATORS

Entry is £25.00 per weekend (no concessions), £15.00 per day (no concessions) or £6.00 (£5.00 concession) per individual session.

Payments can be made by card only.

Due to the seating capacity within the Leisure Centre, for safety reasons it may be necessary to restrict spectator access during busy sessions.

CAR-PARKING

'Pay and Display' car parking is available at the Leisure Centre. At the time of publishing, parking at the 'Park and Ride' (2 minutes walk from the pool) is £3.10 for up to 10 hours. Please check on the [Buckinghamshire Council website](http://www.buckinghamshire.gov.uk) closer to the event for any updates.

REFRESHMENTS

The Wycombe Leisure Centre has a small cafe that may be in operation throughout the meet. The adjacent Waitrose supermarket also has a large cafeteria. Food may not be taken onto poolside. There will be refreshments and lunch provided for coaches who have purchased a poolside pass.

SWIM SHOP

A Mailsports swim shop will be in operation throughout the meet.



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HEALTH AND SAFETY

No outdoors shoes to be worn on the poolside. No large bags are allowed poolside. Swimmers are asked to ensure they wear appropriate footwear and clothing when on the balcony or reception area.

The pool depth is 2m and the blocks are 75cm above the edge. If you are unable to execute a competent racing dive do not use the starting blocks at any time during this swim meet. A competent racing dive is defined as in the Swim England Competitive start award; each swimmer is required to hold one of these. It is the Coach and/or Team Managers responsibility to ensure that this is the case for all swimmers intending to execute a racing dive. No swimmer should topple into the water in the event of a false start - a proper shallow dive must be performed.

Further event information including any health and safety guidance resultant from our risk assessments will be made available to participants closer to the event. Please ensure you read the information and utilise for your club planning and risk assessment.

DATA PROTECTION

The data you provide will be processed for the purposes of running the meet, including seeding, programme (online and printed), results, management of officials and management of child protection poolside. You agree that we may publish your (or your club members') personal information as part of the programme and results of the meet and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include name, club affiliation, race times and disqualification codes, gender, disability classification and age category. To submit the data to us you must have obtained permission from the individuals for the uses specified. As required by the General Data Protection Regulations, consent to process and hold the data in line with these conditions will need to be given with the submission of entries.

FILMING AND PHOTOGRAPHY

Anyone who wishes to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. 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 use of cameras or mobile phones for taking photographs in the changing area is strictly forbidden. Only coaches and team managers may take photos or film races on poolside, and these must comply with Swim England guidance and the focus of the filming should be of their 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.