DUNMOW ATLANTIS SWIMMING CLUB
Affiliated to Swim England East Region and Swim England Essex

DUNMOW ATLANTIS CHRISTMAS CRACKER 2026

Held under Swim England Laws and Regulations, the Swim England Technical Rules of Swimming and to the Swim England Open Meet Licensing Criteria

Level 3 Licence 3ER261450

12 and 13 December 2026

AT THE LONDON AQUATICS CENTRE,

MEET CONDITIONS AND INFORMATION

1. The meet will take place at the London Aquatic Centre, Queen Elizabeth Olympic Park, Stratford Cross, London E20 2ZQ ("LAC"). on 12 and 13 December 2026 and is licensed by Swim England at Level 3 under Licence No. 3ER261450.

2. The meet will be run in accordance with held under Swim England Regulations, Swim England Technical Rules of Swimming and these conditions

3. 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. Entries will only be accepted from competitors registered as members of Swim England, SASA or WASA or competitors from a country affiliated to World Aquatics.

4. The promoter is Amanda Simmons on behalf of Dunmow Atlantis Swimming Club. The promoter can be contacted by email at teamdascmeet@gmail.com

Events and Awards

5. The events are:

Freestyle 50m, 100m, 200m, 400m

Backstroke 50m, 100m, 200m

Breaststroke 50m, 100m, 200m

Butterfly 50m, 100m, 200m

Individual Medley 200m, 400m

6. The age groups are: 9, 10, 11, 12, 13, 14, 15, 16, 17 Years and over.

7. Ages are as at 13th December 2026.

8. 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.

9. Medals will be awarded to 1st, 2nd and 3rd placed swimmers in each age group.

10. The pool is 25m, anti-wave devices will be in place and AOE will be used. A secondary strobe for the starting system is available. Backstroke ledges will be provided.

11. Heats will be swum as mixed age with swimmers seeded by entry times.

12. Over the top starts may be used at the referee's discretion.

Entries

13. Upper cut-off times are provided. Entry times must have been achieved since 1 January 2026, be within the qualifying standards and be on the Aquatics GB rankings. Short course or converted long course times will be accepted using the Sports Systems conversion tool.

14. Valid entries (which must include payment) will be accepted in the order of receipt, that is: first come first served. Complete entries for each club are required together with a single cheque or electronic payment. Individual entries will only be accepted at the Promoter's discretion.

15. Entry shall be by an Individual Entry Form. Where five or more competitors enter from the same club, entry shall be made using HYTEK Team Manager Lite and sending the Entry file to the Promoter. The Entry Manager software may be downloaded free of charge from the [HYTEK website http://www.hy-tekltd.com/Demos/Swim_Team_Manager_Lite.exe] and the required Entry File for the meet will be available on the club website.

16. If electronic entries are not being made, the entry form should be emailed to the promoter and payment provided prior to the closing date.

17. Entries together with entry fees must be received by the Promoter by 10pm on 31 October 2026. The entry fee is £10.00 per event.

18. The Promoter reserves the right to limit entries and the number of heats in any event to maintain a balanced programme. In the event that entries are rejected, fees will be refunded by a single payment to club in question.

19. Accepted and rejected entries will be posted on the club website within 2 weeks of the closing date.

Withdrawals

20. Swimmers must withdraw from events that they no longer wish to swim. Each club will be provided with a schedule of their accepted entries.

21. Entries prior to the first day of the meet should be made by email to teamdascmeet@gmail.com stating WITHDRAWAL in the subject line of the email.

22. Withdrawals may be made on the day to the AOE desk, but must be made 1 hour before the start of the first event in each session.

23. Refunds are not available for withdrawals after the accepted entries have been posted.

Coaches Passes

24. The Swim England Team Manager, Coach and Chaperone Policy must be adhered to at all times including when swimmers are using the warm up and swim down pool . Coaches' passes will be issued at a cost of £20 per day. There will be no entry to poolside without a pass and passes must be worn at all times.

Warm Up

25. Warm up protocol: Each warm up session will be divided into two equal length sessions, the times of which will be published 48 hours prior to the meet. There is to be strictly no diving during warm-up, with the exception of designated sprint lanes. Odd lanes will swim clockwise and even lanes will swim anti-clockwise. Swimmers must leave the water by the side of the pool and not over the timing pads.

26. There will be a warm up / swim down pool in operation throughout the meet. Swimmers must be supervised when using this facility and may be asked to leave it if they are not.

Results

27. Results will be provided live using the Meet Mobile App and will be supplied to Aquatics GB for entry into the national rankings database.

Photography

28. No photography is permitted poolside. This is a LAC rule and enforcement of this rule may be by LAC staff.

29. Subject to 24 above, 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 use of any mobile device in the changing rooms is absolutely forbidden

30. 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.

Health and Safety

31. All participants must observe the safety precautions in operation at the LAC. Neither the Promoter nor Dunmow Atlantis Swimming Club will be responsible for any loss or damage occurring during the meet.

Data Protection

32. 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.

33. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Regulations and Technical Rules of Racing.

Schedule of Events

Saturday 12 December			
Session 1		**Session 2**	
Warm Up 8:30 Session Start 09:10		**Warm Up 13:00 Session Start 13:40**	
101	Male/Open 400m freestyle	201	Male/Open 200m IM
102	Female 400m IM	202	Female 200m Backstroke
103	Male/Open 50m butterfly	203	Male/Open 100m Breaststroke
104	Female 100m 50m backstroke	204	Female 100m Freestyle
105	Male/Open 100m backstroke	205	Male/Open 200m Butterfly
106	Female 200m freestyle	206	Female 50m Breaststroke
107	Male/Open 200m breaststroke	207	Male/Open 50m Freestyle
108	Female 100m butterfly		

Sunday 13 December			
Session 1		**Session 2**	
Warm Up 8:30 Session Start 09:10		**Warm Up 13:00 Session Start 13:40**	
301	Female 400m freestyle	401	Female 200m IM
302	Male/Open 400m IM	402	Male/Open 200m Backstroke
303	Female 50m butterfly	403	Female 100m Breaststroke
304	Male/Open 50m backstroke	404	Male/Open 100m Freestyle
305	Female 100m backstroke	405	Female 200m Butterfly
306	Male/Open 200m freestyle	406	Male/Open 50m Breaststroke
307	Female 200m breaststroke	407	Female 50m Freestyle
308	Male/Open 100m butterfly		

Event	Male Events							
	9 Years	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years+
50 Free	24.7	24.7	24.7	24.7	24.7	24.7	24.1	23.0
100 Free	53.8	53.8	53.8	53.8	53.8	53.8	52.1	50.4
200 Free	1.58.00	1.58.00	1.58.00	1.58.00	1.58.00	1.58.00	1.55.0	1.51.5
400 Free	4.07.0	4.07.0	4.07.0	4.07.0	4.07.0	4.07.0	4.07.0	3.58.00
50 Fly	26.7	26.7	26.7	26.7	26.7	26.7	26.0	25.0
100 Fly	59.3	59.3	59.3	59.3	59.3	59.3	57.6	55.4
200 Fly	2.15.00	2.15.00	2.15.00	2.15.00	2.15.00	2.15.00	2.09.5	2.07.0
50 Back	27.8	27.8	27.8	27.8	27.8	27.8	27.4	26.5
100 Back	59.8	59.8	59.8	59.8	59.8	59.8	58.3	57.5
200 Back	2.11.5	2.11.5	2.11.5	2.11.5	2.11.5	2.11.5	2.08.0	2.06.0
50 Breast	30.9	30.9	30.9	30.9	30.9	30.9	30.4	28.7
100 Breast	1.08.2	1.08.2	1.08.2	1.08.2	1.08.2	1.08.2	1.06.1	1.02.7
200 Breast	2.29.0	2.29.0	2.29.0	2.29.0	2.29.0	2.29.0	2.26.0	2.18.3
200 Medley	2.13.5	2.13.5	2.13.5	2.13.5	2.13.5	2.13.5	2.09.0	2.06.0
400 Medley	4.07.0	4.07.0	4.07.0	4.07.0	4.07.0	4.07.0	4.07.0	3.58.00
Event	**Female Events**							
50 Free	27.2	27.2	27.2	27.2	27.2	27.2	27.0	26.6
100 Free	59.0	59.0	59.0	59.0	59.0	59.0	58.2	57.7
200 Free	2.07.5	2.07.5	2.07.5	2.07.5	2.07.5	2.07.5	2.05.4	2.05.0
400 Free	4.26.0	4.26.0	4.26.0	4.26.0	4.26.0	4.26.0	4.26.0	4.23.0
50 Fly	29.1	29.1	29.1	29.1	29.1	29.1	29.0	28.6
100 Fly	1.04.5	1.04.5	1.04.5	1.04.5	1.04.5	1.04.5	1.04.0	1.03.1
200 Fly	2.24.0	2.24.0	2.24.0	2.24.0	2.24.0	2.24.0	2.22.5	2.22.0
50 Back	30.3	30.3	30.3	30.3	30.3	30.3	30.2	29.7
100 Back	1.05.5	1.05.5	1.05.5	1.05.5	1.05.5	1.05.5	1.04.5	1.03.5
200 Back	2.21.0	2.21.0	2.21.0	2.21.0	2.21.0	2.21.0	2.20.0	2.18.4
50 Breast	34.0	34.0	34.0	34.0	34.0	34.0	33.4	33.0
100 Breast	1.13.5	1.13.5	1.13.5	1.13.5	1.13.5	1.13.5	1.13.0	1.11.7
200 Breast	2.39.5	2.39.5	2.39.5	2.39.5	2.39.5	2.39.5	2.39.0	2.36.3
200 Medley	2.23.7	2.23.7	2.23.7	2.23.7	2.23.7	2.23.7	2.22.7	2.22.5
400 Medley	4.26.0	4.26.0	4.26.0	4.26.0	4.26.0	4.26.0	4.26.0	4.23.0

Qualifying Standards Template for Lower Qualifying Times and Upper Cut-off - Ages are as at 13 December 2026