



# Annual Long Course

## Open Meet

Held at

Corby East Midlands  
International Pool

**28<sup>th</sup> & 29<sup>th</sup> March 2026**

**This competition will be held under Swim England Regulations and  
Technical Rules of Swimming - Licensed at Level 3**

**(Licence no 3EM260204)**





## WEBSITE ENTRIES

Individual entries can now only be done online. The Manual entry paper copy in the Entry package is only for the use of clubs to compile their entries if this is their preferred way and should not be sent to Corby Swimming club.

For both a Swimming club electronic entries and Individual entries can both be submitted through the link found at <https://corbyswimmingclub.org.uk> website on the home page main banner.

The swimming clubs completed electronic Sportsys file can be uploaded along with the purchase of required coach passes for the weekend. Once the club entry has been successfully uploaded an email acknowledging it is sent out. Payment can be by card or BACs. Once CASC has received payment then the entry is accepted. Another email will be sent out confirming acceptance.

Swimming club electronic entries can still be submitted by email if preferred along with a summary sheet, Open/Male & Female entry documents and Sportsys entry file.

Individual entries are card payment only. Follow the on-screen prompts completing your entry and payment online. An email will be sent acknowledging the entry and acceptance.

If an event does not show when entering individually then that event is closed due to being oversubscribed. If uploading a Sportsys file and an event is closed, then those swimmers will be removed from that event automatically. This is informed on your entry page and the payment adjusted accordingly.

Officials or Volunteers who wish to help at the event can also register their details and select their chosen sessions following the link on the website.

Spectator entry can also be purchased online. Ensure you bring your booking receipt for entry to the seating area.



## **MEET INFORMATION**

**Venue:** This competition will be held at Corby East Midlands International Swimming Pool, Parkland Gateway, George Street, Corby, NN17 1QB Telephone: 01536 464643 <http://www.corby.gov.uk/corbypool>

**Car Parking:** Available directly outside the pool for around 400 cars. There is additional parking at the Oasis car park which is about a 2 minute walk from the pool. The approximate cost of these car parks is 60p/2 hours. Sunday free of charge.

**Pool:** An 8 lane 50 metres pool with a separate warm down pool. Backstroke start wedges will be available to use.

**Timing:** Colorado electronic timing with 8 line scoreboard is to be used in conjunction with a computerised entry and results. There will be a secondary strobe available for deaf swimmers.

**Entry Fee:** The entry fee is **£8.50** per event when submitted to your club gala administrator who will then forward them electronically as a club entry. Individual entries entered through Corby website link will also be £8.50

**Coaches Pass:** Coaches Passes are available to Coaches/Team Managers supporting competing swimmers. This will include poolside admission, Start Lists, poolside drinks and lunch. To assist with catering Coach Passes must be ordered with entries. When ordering coach passes, please ensure names and sessions attending are enclosed.

The cost of a day pass is £20. A weekend pass is £30  
Day passes can be purchased on-line when entering electronically. Weekend passes to be requested by email.

**Coaches' Passes will not be sold on the day.**

*It is the responsibility of the **entering club or Individual entry** to provide sufficient poolside supervision of their swimmers. Clubs and Individual entries are required to decide within their individual risk assessments the required number of Coaches, Team Managers and Chaperones along with gender of these for their team for each session. For guidance, please refer to the **Swim England Team Manager, Coach and Chaperone policy** which can be downloaded here. (<https://www.swimming.org/library/documents/6103/download>)*

*Coaches/Team managers must have downloaded their ID passes from SE and have them displayed to enable access to poolside.*

**Closing Date:** The closing date for entries is: **Friday 27<sup>th</sup> February 2026**  
Clubs returning electronic entries via email must be received before the closing date together with the appropriate fee to:  
Stacey Dando  
Email: [team.admin@corbyswimmingclub.org.uk](mailto:team.admin@corbyswimmingclub.org.uk) and  
Ken Pratt  
Email: [galas@corbyswimmingclub.org.uk](mailto:galas@corbyswimmingclub.org.uk)

For all other enquiries relating to the gala:  
Email: [galas@corbyswimmingclub.org.uk](mailto:galas@corbyswimmingclub.org.uk)



**Spectators:** Ticket options - Spectator seating capacity: 400  
**All Day £9 (Concessions £6 and on the door only)**  
**Single Session £6 (Concessions £4 and on the door only)**  
**Children (Under 16) Free**

Spectators can purchase their door entry online. It will be limited to allow for some door entries on the weekend payable by card or cash. Ensure you bring your booking receipt for entry to the seating area.

The Programme will be available on-line for this meet. It will be available prior to the day to enable people to print them out before they arrive if they so wish too.

**Refreshments:** The Swimming Pool has a small café which serves hot & cold food. There are currently NO vending machines in the café area. As the pool is located in Corby town centre there are numerous shops and restaurants within easy access to the pool

**Health & Safety:** All participants and spectators must observe the health & safety precautions in operation at the Corby Swimming Pool. The swimming pool and changing room areas are only available to competitors, Coaches, Officials and not to parents or carers. The Spectators balcony is available to those supporting the swimming. Access will be controlled to these areas.

The remainder of the pool complex is still open to the public for Gymnasium, Group classes and Health Suite including the café area.

Hot drinks are not permitted on poolside whether or not they are in a closed container. Also, spectators with hot drinks in the balcony purchased from the Cafe should be in take-away cups, not glass or crockery. Spectators must not lean over the balcony whilst consuming them.

It is vital that stairs, walkways and thoroughfares must be kept clear of persons and bags.

There are no expected Fire Alarms, so should the fire alarm sound, spectators and coaches should evacuate the building immediately. Swimmers have a two-stage evacuation. If the alarm sounds swimmers should follow the lifeguard's directions and queue up alongside the poolside fire exits. Should swimmers need to evacuate then they will leave by the fire escapes having been given foil blankets. The assembly point is by the Corby Cube (Large glass Building) to the left of the main entrance as you exit the swimming pool.

If a competitor has any known condition that may affect the swimmer during the meet, then the meet promoter and the referee should be notified in writing before the meet. This information will be passed onto the pool staff to ensure they have the appropriate level of people to deal with any potential problem occurring during the gala.

We request the swimmers do not bring nut products into the building to avoid swimmers with nut allergies coming into contact with them and having a reaction to them.

**Swim Shop:** A Swim Shop will be present on the day located by the main entrance to the building.

**Photography:** A professional Sports Photographer **will not** be present for this event. This event, by its very nature, is in the public arena and when entering for the event the participant and their parents acknowledges this fact, which may result in the recording and publication of his/her image.



In line with the requirements set out in the Swim England Child Protection Policy the promoters of this event no longer require you to sign in at reception if you wish to engage in photography, however we do request that you follow Swim England Photography Guidance and that you focus on your own children as much as is reasonably possible, especially in images intended to be shared with family or friends.

**Mobile phones and image capturing devices should not be used under any circumstances in a changing room. Anyone seen with a mobile phone or image capturing device in the changing room will be removed from the event.**

See also Photo/video & Live Streaming in Promoters Conditions below

**Property of  
Swimmers &  
Spectators**

Neither Corby Amateur Swimming Club nor Corby East Midlands International Swimming pool cannot be held responsible for loss or damage to spectators' or competitors' property.

Competitors can use the lockers in the changing room by obtaining an electronic wrist band from Reception (£1 deposit needed for a band which is refundable). The area around the pools has plenty of room for seating. Swimmers may want to bring their own camping chairs, but they must not impede over the grey floor tiles around the edge of the main pool along with blocking of walkways & exits.



## PROMOTERS CONDITIONS

**Session Details:** Entry on to Poolside from 07:30hrs

**Session 1 Start 09:00**  
**Warm up Starts at 08:00**

08:00 – 08:25 All Ages-Female  
08:30 – 08:55 All Ages-Open/Male

**Session 2 Start 14:00**  
**Warm up Starts at 13:00**

13:00 – 13:25 All Ages-Open/Male  
13:30 – 13:55 All Ages-Female

**Session 3 Start 09:00**  
**Warm up Starts at 08:00**

08:00 – 08:25 All Ages-Open/Male  
08:30 – 08:55 All Ages-Female

**Session 4 Start 14:00**  
**Warm up Starts at 13:00**

13:00 – 13:25 All Ages-Female  
13:30 – 13:55 All Ages-Open/Male

**The Competition is open to amateur swimmers as defined by the Swim England Regulation.**

**All entrants must be registered as Club Compete (Category 2) members.**

**Age:** Age as **31st December 2026** for the following age groups: 10/11, 12, 13, 14, 15, 16/ over.

**Entries:** Entries must be made on the Individual Entry Forms attached with submitted times to your Club administrator or however they have requested them. Qualification times must be personal best times in 50m pool format (Conversion allowed) within the last 12 months from the first date of the gala. They should also be no faster than the attached table in the respective age groups for consideration for entry.

The Categories are designated as:

Female – 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.

Open/Male – Athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the female category.

This meet will be run electronically. The completed club electronic entry file using Sportsys Entry Manager should ideally be uploaded to our online website. The link to online entries can be found at <https://corbyswimmingclub.org.uk>

Club online entries will only be fully accepted once the payment is received. See Website Entries on page 2 for completing an entry this way.

Clubs emailing their entries electronically must submit the entry summary sheet along with the Sportsys Entry Manager file and a pdf of the Open/Male & Female entry sheets. Once received we will email you back confirming provisional acceptance advising to make the BACs payment. Club entries emailed will be fully accepted once the payment is received.

[team.admin@corbyswimmingclub.org.uk](mailto:team.admin@corbyswimmingclub.org.uk) and [galas@corbyswimmingclub.org.uk](mailto:galas@corbyswimmingclub.org.uk)

All individual entries direct to Corby Swimming Club must be done online. The link to online entries can be found at <https://corbyswimmingclub.org.uk> on the Home page main banner. See Website Entries on page 2 to completing an entry this way.



Emailed/posted paper entries will no longer be accepted.

BACs payment to Corby Amateur Swimming Club, Account No. 46838759, Sort Code 60-06-11. No entries will be registered unless the correct payment has been received.

For seeding purposes entry times must be submitted. Failing to submit a time will result in exclusion of the swimmer from that event. Dependent on the number of entries the Promoter reserves the right to restrict the number of entries to facilitate the meet running time. (i.e. First come, first served).

No entries will be accepted after the closing date or during the meet unless due to promoters error or omission. Refund of entry fees will be made for rejected entries or where the entry to an event has had to be restricted. For any other reason refund of entry fees will only be made up until the closing date for entries or at the discretion of the Promoter.

**Officials:** Clubs taking part are asked if they can help provide officials that will both commit to attending and will be willing to mentor trainees if numbers allow. Please return the Officials form with their details and this will be passed on to the Lead Referee who will contact them directly. Alternatively Officials can register directly on line following the link on the Corby Swimming club website.

**Late Entries:** Applications for entry must be correctly submitted by the specified date. Entries received without payment or incorrectly completed may be rejected.

**Warm-up:** Warm up details as noted previously. Warm up procedures will be listed at diving end of the pool. Diving is only permitted in designated sprint lanes. And this will be announced 5 minutes from the end of each 25 minute warm up session. The duration and format of the warm ups may change on the day to ensure no overcrowding and lane safety.

**Racing:** Competitors must report to the Marshalling steward when they are called. Any competitor not reporting in time may be excluded. It is the responsibility of the Team Manager and Coaches to ensure that their competitors report to the marshalling stewards in time for the start of their race.

**Withdrawals:** There will be a withdrawal system in operation. These should be forwarded to the recorders desk by the coaches/Team Managers before the warm up of that session has started. If a swimmer withdraws once the draw has been completed for any reason other than illness, then they will not be allowed to compete in any further events within this gala.

**Start:** To maintain the scheduled timing of events all starts will be over the top, except backstroke races.

**Seeding of Heats:** All heats will be swum fully integrated and in spearhead formation time order.

**Winners:** All events are HDW (Heat Declared Winners) for each age group.

**Awards:** Individual medals will be awarded for the first 3 places in each age group for each event. Medals may be collected from the designated collection point when results are posted (they will not be sent out after the gala).



There may also be some fun element novelty prizes awarded for certain events/heats randomly throughout the gala. These can be awarded for any reason and do not form part of any top 3 medal awards. Announcements may be made prior or during the race of the pending novelty prize.

Main results will be available to view and download from the Corby Amateur Swimming Club website once an event has been completed. Website - <https://corbyswimmingclub.org.uk/>

**Admissions:** The promoter reserves the right to refuse admission to any competitor or spectator.

**Conduct:** It is the responsibility of the Club's Team Manager and/or the Lead Coach at the meet to ensure that the conduct of their swimmers is of the correct standard at all times. Those individuals are also responsible for the safety of their swimmers, including their welfare at all times. Failure of coaches and/or Team Managers to control their swimmer's actions and protect their swimmer's welfare, and possibly the welfare of others, may result in complete expulsion from the meet.

Please respect not only the people involved in running the meet, but also the Pool Centre staff, the building and facilities as well as members of the General public who will have access to certain areas of the building during the meet.

Please ensure that all litter is placed in the bins/ bags provided around the pool.

**Health & Safety:** All swimmers should have suitable footwear on when not in the changing rooms or poolside.

For Health and Safety reasons at the end of each event swimmers must remain in their lanes in the pool until released by the referee.

**Photos/Videos:** CASC will be taking photos & Videos of this event. It will be used by CASC to share news on the event and to publicise future events. Images may be used in Press Releases, printed material, or published on CASC website pages including media platforms Facebook and Twitter. If you do not wish your child to be photographed, please contact CASC. If you wish to see an image or one to be deleted please also contact CASC. Contact [secretary@corbyswimmingclub.org.uk](mailto:secretary@corbyswimmingclub.org.uk)  
Images will not be kept longer than needed for the purposes above at which point they will be deleted.

**Live Streaming:** CASC may also Live stream the event to their website. This will be via a given link on the Live Results page on the CASC website. The video will be distance views of the racing arena along with the display board. This may also be used to share news on the event, publicise future events, press releases, printed material and viewed on the CASC website. This data will be stored securely until no longer needed.

**Data:** DATA PROTECTION ACT 1984 – Personal information submitted to this meet is held on a data base and consent is therefore assumed to hold and disclose this information as necessary within the boundaries of this meet. For further information on GDPR please see the Corby Swimming club website.

**Miscellaneous:** Anything not covered in the above conditions and associated literature will be at the discretion of the promoter/referee, subject to Swim England Regulations and Technical Rules of Swimming.



Corby East Midlands International Pool

## Annual Long Course Open Meet

Saturday & Sunday 28<sup>th</sup> & 29<sup>th</sup> March 2026

Licence No. 3EM260204

### Entry Times

#### Female Upper Limit Times

Event	10/11	12	13	14	15	16/OV
50m Freestyle	00:29.6	00:27.3	00:26.8	00:26.5	00:26.2	00:25.6
100m Freestyle	01:04.7	01:01.6	00:59.9	00:58.0	00:57.0	00:55.9
200m Freestyle	02:21.9	02:13.6	02:09.3	02:07.7	02:04.8	02:01.9
400m Freestyle	04:56.7	04:41.1	04:34.4	04:27.4	04:22.1	04:16.7
50m Breaststroke	00:39.4	00:36.7	00:35.0	00:34.4	00:32.8	00:32.3
100m Breaststroke	01:26.2	01:20.0	01:16.9	01:15.8	01:14.3	01:12.6
200m Breaststroke	03:02.8	02:54.1	02:49.7	02:43.7	02:42.0	02:40.9
50m Butterfly	00:33.4	00:31.0	00:29.8	00:28.4	00:28.2	00:28.0
100m Butterfly	01:15.3	01:11.3	01:07.8	01:06.0	01:03.7	01:02.2
200m Butterfly	03:04.5	02:45.3	02:39.3	02:30.2	02:28.6	02:24.1
50m Backstroke	00:34.4	00:32.3	00:30.7	00:30.2	00:29.7	00:29.3
100m Backstroke	01:13.2	01:10.0	01:07.2	01:06.2	01:05.2	01:04.1
200m Backstroke	02:36.1	02:30.6	02:27.1	02:23.4	02:22.3	02:17.0
200m IM	02:41.2	02:33.4	02:28.9	02:23.4	02:20.9	02:18.3
400m IM	05:43.8	05:26.9	05:22.4	05:11.4	05:07.2	05:02.6

#### Open/Male Upper Limit Times

Event	10/11	12	13	14	15	16/OV
50m Freestyle	00:29.6	00:27.3	00:25.7	00:24.3	00:23.1	00:22.3
100m Freestyle	01:05.0	01:02.2	00:57.0	00:54.9	00:52.8	00:49.5
200m Freestyle	02:21.0	02:16.7	02:04.0	01:59.7	01:52.6	01:49.4
400m Freestyle	04:59.0	04:50.4	04:28.4	04:18.3	04:05.4	03:53.6
50m Breaststroke	00:39.4	00:36.5	00:33.7	00:31.6	00:29.4	00:28.1
100m Breaststroke	01:26.5	01:22.4	01:14.6	01:11.6	01:08.0	01:04.0
200m Breaststroke	03:09.2	03:00.3	02:42.6	02:38.0	02:31.5	02:25.9
50m Butterfly	00:33.4	00:30.9	00:28.9	00:26.8	00:25.0	00:23.9
100m Butterfly	01:16.9	01:13.0	01:05.1	01:02.6	00:58.7	00:54.4
200m Butterfly	03:00.5	02:50.4	02:35.2	02:23.6	02:16.2	02:06.5
50m Backstroke	00:34.4	00:32.0	00:29.6	00:28.0	00:27.0	00:26.0
100m Backstroke	01:13.1	01:11.4	01:04.3	01:01.5	00:58.1	00:56.1
200m Backstroke	02:35.2	02:32.1	02:18.9	02:14.3	02:09.5	02:05.1
200m IM	02:39.5	02:35.8	02:20.3	02:15.0	02:09.8	02:05.2
400m IM	05:46.3	05:34.5	05:04.0	04:54.4	04:45.4	04:37.0

**Notes:-** Age as of 31<sup>st</sup> December 2026

Times should be for a 50m Pool or 25m Converted within the last 12 months from the first date of the gala and be no faster than the table above



Corby East Midlands International Pool

## Annual Long Course Open Meet

Saturday & Sunday 28<sup>th</sup> & 29<sup>th</sup> March 2026

Licence No. 3EM260204

### Programme of Events

Saturday 28 <sup>th</sup> March 2026	
Session 1	
Warm Up 08:00hrs – Start 09:00hrs	
Event No.	Events
101	Female 400m Free HDW
102	Open/Male 200 IM HDW
103	Female 100m Back HDW
104	Open/Male 100m Breast HDW
105	Female 200m Breast HDW
106	Open/Male 200m Fly HDW
107	Female 50m Free HDW
108	Open/Male 50m Back HDW
Session 2	
Warm Up 13:00hrs – Start 14:00hrs	
Event No.	Events
201	Open/Male 400m IM HDW
202	Female 100m Free HDW
203	Open/Male 100m Fly HDW
204	Female 200m Back HDW
205	Open/Male 200m Free HDW
206	Female 50m Fly HDW
207	Open/Male 50m Breast HDW

Sunday 29 <sup>th</sup> March 2026	
Session 3	
Warm Up 08:00hrs – Start 09:00hrs	
Event No.	Events
301	Open/Male 400m Free HDW
302	Female 200m IM HDW
303	Open/Male 100m Back HDW
304	Female 100m Breast HDW
305	Open/Male 200m Breast HDW
306	Female 200m Fly HDW
307	Open/Male 50m Free HDW
308	Female 50m Back HDW
Session 4	
Warm Up 13:00hrs – Start 14:00hrs	
Event No.	Events
401	Female 400m IM HDW
402	Open/Male 100m Free HDW
403	Female 100m Fly HDW
404	Open/Male 200m Back HDW
405	Female 200m Free HDW
406	Open/Male 50m Fly HDW
407	Female 50m Breast HDW

**Notes:-** Age groups 10/11, 12, 13, 14, 15, 16/OV



Corby East Midlands International Pool

## Annual Long Course Open Meet

Saturday & Sunday 28<sup>th</sup> & 29<sup>th</sup> March 2026

Licence No. 3EM260204

### Meet Entry Form

Club			
Surname		First Name	
Date of Birth		Category (Female or Open/Male)	
Contact No.		Swim England No.	
Email			

Saturday 28 <sup>th</sup> March – Sessions 1 & 2 Sunday 29 <sup>th</sup> March – Sessions 3 & 4			
Event	Entry Time	Event	Entry Time
50m Freestyle		50m Butterfly	
100m Freestyle		100m Butterfly	
200 Freestyle		200m Butterfly	
400 Freestyle		50m Backstroke	
50m Breaststroke		100m Backstroke	
100m Breaststroke		200m Backstroke	
200m Breaststroke		200m IM	
		400 IM	
			Payment method
<b>Total number of races entered (electronic)</b>		<b>@£8.50 each</b>	<b>£</b>
			Chq/Cash/Bacs/Paypal

Notes:- Closing date is 27<sup>th</sup> February 2026

Age is as of 31<sup>st</sup> December 2026.

Times should be for a 50m pool and within the last 12 months from the first date of the gala and no faster than the Entry Times (Conversion allowed)

Entry forms should be returned to your meet administrator as requested by them to be entered as an electronic club entry

Individual paper entries direct to Corby Swimming Club are no longer accepted. If entering as an individual then an online individual entry can be submitted through the link found at <https://corbyswimmingclub.org.uk> website.



Corby East Midlands International Pool

## Annual Long Course Open Meet

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Licence No. 3EM260204

### Club Entry Summary Sheet

Club			
Contact Name			
Telephone No.			
Email Address			

Number of Female Entries	@ £8.50	=	£
Number of Open/Male Entries	@ £8.50	=	£
Number of Day Coach Passes	@ £20 / Day	=	£
Number of Weekend Coach Passes	@ £30.00 / Weekend	=	£
<b>Total Remittance</b>			£

Please Tick Payment Method	Tick
Payment by BACs to Account No. 46838759, Sort Code 60-06-11	
Cheque payable to "Corby Amateur Swimming Club"	

I certify that the above information is correct  
(Signed)

Club Position

If Emailing entries then please submit to [team.admin@corbyswimmingclub.org.uk](mailto:team.admin@corbyswimmingclub.org.uk) and [galas@corbyswimmingclub.org.uk](mailto:galas@corbyswimmingclub.org.uk) enclosing this Summary sheet, Sportsys entry file and a pdf of the Open/Male and Female entries.

This form is not required if club entries are submitted online via <https://corbyswimmingclub.org.uk/>



Corby East Midlands International Pool

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Licence No. 3EM260204

### Officials Sheet

Club Name			Sessions Available				Current Level				Training	REF
Name	ASA Number	Email Address	1	2	3	4	TK	J1	J2	J2S		

Please fill out the details of any person able to help officiate at this gala

Tick the sessions they can attend and what their current level is. If they are training and wish to gain experience then please tick the training box.

Please send completed Officials form to [team.admin@corbyswimmingclub.org.uk](mailto:team.admin@corbyswimmingclub.org.uk)

Officials who wish to help can also register their details and select their chosen sessions following the link on the website. <https://corbyswimmingclub.org.uk>



## Corby East Midlands International Pool

# Annual Long Course Open Meet

**Saturday & Sunday 28<sup>th</sup> & 29<sup>th</sup> March 2026**

Licence No. 3EM260204

## Withdrawals Form

<b>Club</b>	
<b>Submitted By</b>	

Withdrawals to be forwarded to the Recorders before the start of each sessions warm up