



NCD & NEWQUAY CORMORANTS EASTER L3 OPEN MEET

SUNDAY 8TH MARCH 2026

Bodmin Leisure Centre

25m, 6 Lane Competition Pool

Electronic Timing with Hy-Tek Meet Manager



AGES AS AT 8th March 2026

Minimum Age: 9 years old

Programme includes:

50m / 100m Freestyle

50m / 100m Butterfly

50m / 100m Backstroke

50m / 100m Breaststroke

All events are Heat Declared Winners

Medals for 1st, 2nd & 3rd in each age group



Closing date for entries is midnight on:

Electronically by Hy-tek file Friday 13th February 2026

Paper entries Friday 13th February 2026

LEVEL 3 LICENSED MEET

Qualifying Times

Upper Cut Off Times

£8.00 per event

Level 3 Licensed Meet No. 3SW260476

Held under Swim England Laws and Swim England technical rules

North Cornwall Dragons & Newquay Cormorants Easter L3 Open Meet

SCHEDULE OF EVENTS

Sunday 8th March 2026

Session 1 Warm up 10.00am Start time TBC

Event No.	Gender	Event
1	Open/Male	100m Backstroke
2	Female	100m Backstroke
3	Open/Male	50m Breaststroke
4	Female	50m Breaststroke
5	Open/Male	100m Freestyle
6	Female	100m Freestyle
7	Open/Male	50m Butterfly
8	Female	50m Butterfly

Session 2 Warm up TBC Start time TBC

Event No.	Gender	Event
9	Open/Male	100m Butterfly
10	Female	100m Butterfly
11	Open/Male	50m Backstroke
12	Female	50m Backstroke
13	Open/Male	100m Breaststroke
14	Female	100m Breaststroke
15	Open/Male	50m Freestyle
16	Female	50m Freestyle

Warm up times are provisional and may be subject to change once the entries have been received.

Swimmers will be notified accordingly.

North Cornwall Dragons & Newquay Cormorants Easter L3 Open Meet

Sunday 8th March 2026

ENTRY FORM

Surname: _____ First Name: _____

Date of Birth: _____ Age at 08/03/2026: _____

Club: _____ Email: _____

Membership ID: _____

SESSION 1		
Event	Select ✓	Entry Time
OPEN/MALE 100m Backstroke		
FEMALE 100m Backstroke		
OPEN/MALE 50m Breaststroke		
FEMALE 50m Breaststroke		
OPEN/MALE 100m Freestyle		
FEMALE 100m Freestyle		
OPEN/MALE 50m Butterfly		
FEMALE 50m Butterfly		
SESSION 2		
Event	Select ✓	Entry Time
OPEN/MALE 100m Butterfly		
FEMALE 100m Butterfly		
OPEN/MALE 50m Backstroke		
FEMALE 50m Backstroke		
OPEN/MALE 100m Breaststroke		
FEMALE 100m Breaststroke		
OPEN/MALE 50m Freestyle		
FEMALE 50m Freestyle		

I declare I am an eligible competitor and I accept the promoters conditions

Signature of Competitor: _____

Signature of Coach / Official Club Representative: _____

Signature of Club Coach/ official is required below, ratifying the above entry times and that the swimmer is capable of diving as per the Competitive Start Award

North Cornwall Dragons & Newquay Cormorants Easter L3 Open Meet

Sunday 8th March 2026

QUALIFYING TIMES

Upper Cut Off Times (times must be slower than)

OPEN/ MALE Race	9	10	11	12	13	14	15	16+
50m Free			31.70	31.70	30.70	27.90	27.70	25.20
100m Free			1:09.40	1:09.40	1:06.40	1:01.40	58.90	55.40
50m Breast			44.30	44.30	41.00	39.00	34.00	31.50
100m Breast			1:34.00	1:34.00	1:31.00	1:19.00	1:18.00	1:10.00
50m Fly			37.80	37.80	35.30	33.20	29.30	27.30
100m Fly			1:25.60	1:25.60	1:17.60	1:12.60	1:09.10	59.60
50m Back			37.40	37.40	36.40	33.60	31.90	30.40
100m Back			1:22.80	1:22.80	1:17.80	1:10.80	1:10.80	1:05.80
FEMALE Race	9	10	11	12	13	14	15	16+
50m Free			32.20	32.20	30.20	29.20	28.70	28.40
100m Free			1:11.00	1:11.00	1:06.40	1:03.70	1:02.40	1:01.40
50m Breast			43.00	43.00	41.00	39.00	38.00	37.50
100m Breast			1:34.00	1:34.00	1:28.00	1:26.00	1:24.00	1:21.00
50m Fly			36.80	36.80	35.0	33.30	32.30	31.30
100m Fly			1:24.60	1:24.60	1:14.60	1:13.60	1:11.60	1:10.60
50m Back			36.90	36.90	35.40	33.90	33.60	32.60
100m Back			1:22.80	1:22.80	1:17.80	1:13.80	1:12.80	1:08.80

North Cornwall Dragons & Newquay Cormorants Easter L3 Open Meet
Sunday 8th March 2026
SUMMARY ENTRIES SHEET

Please note that Club entries of more than 5 swimmers must also be made electronically by Team Manager file. Team Manager Lite is available as a free download, www.ny-tektd.com/downloads.html, where instructions can be found.

Please find enclosed entries from:

Club: _____

There are a total of _____ swimmers.

No. Open/Male entries: _____ @ £8.00 each = £ _____

No. Female entries: _____ @ £8.00 each = £ _____

No. Coaches passes: _____ @ £10.00 each = £ _____

I enclose a payment of £ _____

☐ BACs Account Number 96393653 / Sort Code 54-41-12

☐ Cheque Made Payable to Newquay Cormorants Swimming Club

Signed: _____ **Club Official /Coach**

Name: _____

Email: _____ Telephone: _____

Please return this form with your consolidated club cheque payable to Newquay Cormorants SC or via BACs for the above amount, together with a copy of the Hy-Tek Meet Entries Report. Individual entry forms should be retained by the club.

Contact cormorants.gala.entries@gmail.com if you have any questions.

North Cornwall Dragons & Newquay Cormorants Easter L3 Open Meet
Sunday 8th March 2026
PROMOTER'S CONDITIONS

1. The competition will be held under Swim England laws and Swim England technical rules and is licensed to Level 3 by Swim England.
2. The meet will not be restricted to specific clubs
3. Events will be as stated in the programme. Ages are as at midnight on March 8th 2026. Minimum age is 9 years old.
4. Entry times on the entry form must be given using 25m pool times (converted if appropriate) and must be slower than the cut off times listed. Swimmers with no times may also enter.
5. 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.
6. Entry fees are £8 per event and coaches' passes are £10.00 per pass.
7. Entry fees should be paid from a club in one consolidated cheque, made payable to Newquay Cormorants Swimming Club, or payment may be made by bank transfer, Newquay Cormorants swimming Club, or payment may be made by bank transfer, Account Number 96393653/ Sort Code 54-41-12 but should be made within 7 days of closing.
8. The closing date is Friday 13th February 2026 for entries made electronically by Hy-Tek and Friday 13th February 2026 for paper entries. All entry fees should be with Newquay by 28th February 2026.
9. Team entries of more than 5 swimmers must be made electronically. The Hy-Tek Meet Manager file for Team Manager or Team Manager Lite is available from Michelle Hague at cormorants.gala.entries@gmail.com, to which electronic entries should also be made. Signed hard copies of entries must be retained by the submitting club for reference in the event of a query. Individual entries from clubs of less than 5 swimmers may be made by hard copy only but must arrive by 13th February 2026.
10. All Teams must be accompanied by at least one Level 2 or Swim England Swimming Coach who must have current Safeguarding and DBS passes. Team Managers on poolside must be TM1 Qualified and be DBS Checked.
11. The promoter reserves the right to refuse or restrict entries, and in the event of over-subscription, entries will be rejected slowest first across the age groups, and any rejected swimmers will be refunded. There will be no refunds for withdrawals after the closing date, except for a swimmer being selected to compete for their country or on production of a doctor's certificate.
12. All events will be swum as heat declared winners; heats will be seeded in accordance with the submitted entry times, slowest to fastest.
13. Medals will be awarded for each event in each age group (9, 10, 11, 12, 13, 14, 15 and 16 & Over) for 1st, 2nd, 3rd places. Medals will be given to the top 3 para swimmers based on British Disability Points. If there is only one entry in an event the swimmer must match or better the entry time to be awarded the gold medal
14. Swimmers with a disability: Please advise us of any special requirements and we will do our best to meet them in consultation with coaches. Teams who have swimmers with exemption certificates, should send an electronic copy of the exemption certificate to cormorants.gala.entries@gmail.com by 7th March 2026

15. Data Protection – North Cornwall Dragons Swimming Club and Newquay Cormorants Swimming Club uses a computer to record entries and results. By submitting entries and accepting entry to the Club Championships Meet, consent will be deemed to have been given for the holding of personal information on a computer, as required by the Data Protection Act 2018 and in line with GDPR 2018. Personal data recorded such as name, club, date of birth, and times entered and recorded may be made public during or after the Open Meet. This data will be passed to Swim England for the purpose of calculating and publishing swimmers' national rankings. Personal Data will be available for inspection during the Meet on application to the Promoter.
16. No spectators will be allowed on poolside. Only competitors, appointed officials and holders of a valid Coach or Team Manager's pass will be permitted poolside.
17. Results will be sent to clubs by e-mail.
18. For advice and guidance on the use of recording or streaming devices throughout the duration of the competition, parents should consult the Swim England Wavepower Policy: www.swimming.org/asa/clubs-and-members/safeguarding-children/.
19. **The use of any device with video or photo capture capability are strictly prohibited in the toilets, changing rooms or changing areas at any time. Strict sanctions will be imposed if this rule is broken.**
20. All valuables and clothing left in the changing rooms will be entirely at the owner's risk. Swimmers must not change on poolside, in the spectator area or spectator's toilets. Swimmers must use the changing areas.
21. No diving at any time is permitted in the shallow end of the pool or in the warm down pool.
22. There will be no entry fee for spectators.
23. The pool is hired under agreements with the pool operators. As the pool is run primarily for the benefit of the public the temperature of the water and surrounding air is under the control of the pool operators. The water temperature is normally maintained above 28°C. No refunds will be given if a swimmer decides not to compete on any day based on water temperature, and a higher water temperature will not be a basis for a protest or complaint or legal action in the event of resulting harm.
24. Officials who officiate at any of the Sessions will be entitled to Mileage Expenses at a Rate of 45p per mile from their home address to the Pool Venue and return, with a limit of one claim per day. Officials who officiate for both sessions in the day will be provided with lunch.
25. Force majeure: In situations of force majeure (including Covid related circumstances) or other unforeseen circumstances leading to the cancellation of the gala or parts thereof or other incomplete performance, NCD's liability will be restricted to a maximum of a refund of the entry fees to those affected for the affected events. The Club will communicate the circumstances to visiting clubs as soon as possible and seek to make alternative arrangements when this is reasonably feasible.
26. Anything not covered by these conditions will be at the discretion of the promoter in agreement with the Meet Referee (Nick Jenkin), who reserves the right to alter these conditions in order to ensure the smooth running of the Meet. Any such alterations will be announced during the meet.