



# L3 End of Season Meet

## 4<sup>th</sup> & 5<sup>th</sup> July 2026

### Licence No. – 3SE261193

## MEET CONDITIONS

KEY DETAILS	
<b>Dates of Meet</b>	Saturday 4 <sup>th</sup> and Sunday 5 <sup>th</sup> July, 2026
<b>Venue</b>	Surrey Sports Park, Guildford, GU2 7AD
<b>Licence Details</b>	<ul style="list-style-type: none"> <li>• Licence No: 3SE261193</li> <li>• Level: 3</li> <li>• Course: Short</li> </ul>
<b>Pool configuration</b>	<ul style="list-style-type: none"> <li>• Length: 25m</li> <li>• No. of lanes: 8</li> </ul>
<b>Events</b>	<ul style="list-style-type: none"> <li>• 50m, 100m and 200m all four strokes</li> <li>• 400m, 800m and 1500m Freestyle</li> <li>• 100m, 200m, and 400m Individual Medley</li> </ul>
<b>Event Details</b>	<ul style="list-style-type: none"> <li>• Age groups are: 9, 10, 11, 12, 13, 14, 15, 16+</li> <li>• Age at date: 23:59:59 on Sunday 5<sup>th</sup> July 2026</li> <li>• The meet will operate on a SIGN-OUT basis</li> </ul>
<b>Dates for entries</b>	<ul style="list-style-type: none"> <li>• Opening: Midday, Monday 4<sup>th</sup> May 2026</li> <li>• Closing: Midday, Wednesday 20<sup>th</sup> May 2026</li> </ul>
<b>Entry Details</b>	<ul style="list-style-type: none"> <li>• Only club entries will be accepted, submitted using the online entry submission form (link below)</li> <li>• Individual entries will only be accepted for para-swimmers</li> <li>• 800m / 1500m Freestyle, acceptance of entries will be based on the fastest submitted entry times</li> <li>• All other events, acceptance of entries will be first-come-first-served</li> <li>• £15 per 800m / 1500m event, £10.50 per event for all other events</li> </ul>
<b>Key links</b>	<ul style="list-style-type: none"> <li>• Meet website: <a href="https://www.gcsc.co.uk/guildford-city-level3-july-2026/">https://www.gcsc.co.uk/guildford-city-level3-july-2026/</a></li> <li>• Entry submission: <a href="https://www.swimcomp.com/gcsc/gcsc-l3-july-2026/entries">https://www.swimcomp.com/gcsc/gcsc-l3-july-2026/entries</a></li> <li>• Officials sign-up: <a href="https://swim-meet.com/Availability/?m=8875">https://swim-meet.com/Availability/?m=8875</a></li> <li>• Poolside passes: <a href="https://www.swimmingresults.org/member_options/">https://www.swimmingresults.org/member_options/</a></li> <li>• Withdrawals: <a href="https://www.swimcomp.com/gcsc/gcsc-l3-july-2026/withdrawal">https://www.swimcomp.com/gcsc/gcsc-l3-july-2026/withdrawal</a></li> </ul>

CHANGE LOG	
<b>DRAFT</b>	<ul style="list-style-type: none"> <li>• Initial version submitted to licensing.</li> </ul>
<b>Version 1</b>	<ul style="list-style-type: none"> <li>• Initial licensed version. Licence number and officials sign-up link added to DRAFT version.</li> </ul>



## 1. AFFILIATION

- 1.1. Guildford City Swimming Club (GCSC) is affiliated to Swim England South-East Region.
- 1.2. The meet will be held under Swim England Laws and Regulations and Swim England Technical Rules of racing.
- 1.3. The meet is licensed at Level 3 under licence no. 3SE261193.

## 2. EVENTS

### 2.1. Distances and strokes

- 2.1.1. Events will consist of 50m, 100m and 200m of all four strokes, 400m, 800m and 1500m Freestyle, and 100m, 200m and 400m Individual Medley.
- 2.1.2. For the 400m Freestyle and 400m Individual Medley, there will be a maximum of 4 heats per event and competition category.
- 2.1.3. For the 800m Freestyle and 1500m Freestyle, there will be a maximum of 2 heats per event and competition category.

### 2.2. Age groups

- 2.2.1. Age groups are: 9, 10, 11, 12, 13, 14, 15, 16+.
- 2.2.2. Ages are as at 23:59, 5<sup>th</sup> July 2026.

### 2.3. Competing categories

- 2.3.1. Swimmers will be required to swim in one of two groups, Female or Open / Male swimmers.
- 2.3.2. *"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".*

### 2.4. Seeding

- 2.4.1. Events will be seeded into heats from submitted entry times with slowest heats swum first. Heats will be swum in a spearhead formation.

## 3. ENTRIES

### 3.1. Opening and closing dates

- 3.1.1. The Opening date for entries is **Midday, Monday 4<sup>th</sup> May 2026**.
- 3.1.2. The Closing date for entries is **Midday, Wednesday 20<sup>th</sup> May 2026**.

### 3.2. Process

- 3.2.1. A Hy-Tek events file will be available to download at least two weeks before the Opening date from the GCSC website: <https://www.gcsc.co.uk/guildford-city-level3-july-2026>
- 3.2.2. GCSC will only accept official club entries for this meet.
- 3.2.3. GCSC will not accept individual entries, other than for para-swimmers.
- 3.2.4. Club entries with short course times (long course conversions will be accepted) should be submitted electronically, during the entry window, by completing the form and uploading the Hy-Tek entries file at <https://www.swimcomp.com/gcsc/gcsc-l3-july-2026/entries>
- 3.2.5. The submission of entries indicates acceptance of the Meet Conditions.
- 3.2.6. Entries may be restricted to keep the session times within appropriate timescales.
- 3.2.7. For the 800m and 1500m Freestyle events, acceptance of entries will be based on the fastest submitted entry times.
- 3.2.8. For all other events, acceptance of entries will be based on a first come first served basis.
- 3.2.9. Details of accepted and rejected entries will be emailed to clubs who have entered and posted on our website no later than one week after the closing date.
- 3.2.10. **Please Note:** In the accepted and rejected entries that are shared, if the letters **SCR** appear next to an entry time, that entry has been rejected in accordance with our Meet Conditions.

### 3.3. Eligibility

- 3.3.1. Entry times must meet the published upper qualifying standards and have been swum at a Licensed (Level 1 – 4) meet and published on British Swimming Rankings. All such entries will be considered.



- 3.3.2. GCSC reserves the right to consider No Time entries at the Promoter's discretion, but only after all other entries have been considered.
- 3.3.3. Entries from clubs who have repeatedly and systematically failed to adhere to Meet Conditions from previous GCSC meets, or those with an outstanding balance, may be rejected at the Promoter's discretion. Any club whose entries would be rejected on this basis will be informed before the Entry Opening date by the Meet Promoter.
- 3.4. **Fees**
- 3.4.1. For the 800m and 1500m Freestyle events entry fees are **£15** per event. For all other events, entry fees are **£10.50** per event.
- 3.4.2. All entry fees include a levy of 20p per event payable to Swim England South East Region.
- 3.4.3. Instructions for payment for accepted entries will be emailed to clubs after the entries have been processed by GCSC. Payment will become due upon sending of this email.
- 3.4.4. **There will be no refunds for withdrawals after the initial closing date** other than for withdrawals for medical reasons that are accompanied by the appropriate certification.
- 3.5. **Swimmers with additional needs**
- 3.5.1. A secondary strobe will be provided where it is requested by the athlete **at the time of entry**.
- 3.5.2. Swimmers who wish to enter who have classifications (S categories) or require additional provisions to access the Meet are requested to email the Promoter at [open.meets@gcsc.co.uk](mailto:open.meets@gcsc.co.uk) before **Monday 11<sup>th</sup> May 2026**.
- 3.5.3. Individual or club entries for para-swimmers will be accepted at the Promoter's discretion, adopting a guideline minimum requirement of 50 British Para-Swimming Points for acceptance. Qualifying swims must show on the Aquatics GB Rankings and may be achieved in either a long course or short course pool.
- 3.5.4. Results will be produced for classified swimmers using the most recent Hy-Tek Meet Manager functionality for calculating British Para-Swimming Points.
- 3.6. **Reserve list, Time Trials and additional entries**
- 3.6.1. If the meet is oversubscribed, a **reserve list** will be operated. Only swimmers whose original entry into an event has been scratched will be eligible for inclusion on the reserve list for that event.
- 3.6.2. After all entries received before the Entry Closing date have been processed, if the Meet is undersubscribed the reserve list will be opened to swimmers meeting the qualifying times in the wider swimming community.
- 3.6.3. Swimmers can request to be placed on the reserve list by emailing [open.meets@gcsc.co.uk](mailto:open.meets@gcsc.co.uk) after the publication of the accepted entry list, and **before midday Wednesday 3<sup>rd</sup> June 2026**.
- 3.6.4. Should opportunities to participate arise for reserve list members, acceptance of swims will be at the Promoter's discretion and will operate on the same basis as original entries.
- 3.6.5. The Promoter reserves the right to allow Time Trials or additional entries that are slower than the qualification times, if the meet is not full after the closing date for the Reserve List. Time Trials or any additional entries will be charged the same entry fee as all other entries.
- 3.6.6. The Promoter retains ultimate discretion and authority over the management of the reserve list, Time Trials or any additional entries.
- 3.6.7. **Successful reserve list applicants will be informed as soon as possible after their participation has been confirmed, and no later than 15 minutes after the start of the warm-up for the corresponding session.**



## 4. PRE-COMPETITION

### 4.1. Officials

- 4.1.1. As with all meets, this meet can only take place with enough Licensed Officials to satisfy the conditions required to run a meet licensed at this level.
- 4.1.2. **All clubs submitting entries are requested to assist in the running of the meet by supplying details of any Licensed Officials who are willing to assist at this Gala.**
- 4.1.3. Officials should please sign-up directly using the following link:  
<https://swim-meet.com/Availability/?m=8875>
- 4.1.4. Too few Licensed Officials may result in the Promoter being required to take measures to safeguard the running of the meet. Such measures might include reducing the number of lanes and scratching previously accepted swimmers or downgrading the level of the meet, thereby removing the opportunity for swimmers to use times for qualifying for regional championships.

### 4.2. Sign-out and withdrawal

- 4.2.1. This Meet will be run on a **SIGN-OUT** basis.
- 4.2.2. To avoid empty lanes and to promote good racing and fair competition for all swimmers, **strict withdrawal conditions** apply.
- 4.2.3. Any swimmer who can no longer (or no longer wishes to) compete in an event **MUST** withdraw.
- 4.2.4. A Withdrawal Form will be available after the Entry Closing date at:  
<https://www.swimcomp.com/gcsc/gcsc-13-july-2026/withdrawal>
- 4.2.5. Withdrawals must be submitted using the Withdrawal Form, or in person at the Announcer's desk, **before the start of the session** in which the swim would have taken place.
- 4.2.6. Any withdrawals after the start of the session must still be notified in person at the Announcer's desk and will be recorded as **LATE WITHDRAWALS**.
- 4.2.7. Any swimmer who does not withdraw and does not compete in their designated race will be recorded as a **NO SHOW**. It is the responsibility of swimmers to report to the marshalling area in enough time for each event. GCSC cannot be held responsible for any swimmer missing the start of their designated race.
- 4.2.8. At the Promoter's Discretion, any swimmer who is recorded as a NO SHOW or a repeated LATE WITHDRAWAL may be **withdrawn by the Promoter for any or all subsequent events**. No refund will be issued for any such withdrawals.
- 4.2.9. Repeated failure of any club to follow the withdrawal conditions will be looked upon unfavourably.
- 4.2.10. In particular, entries into future GCSC meets from clubs who have previously systematically failed to withdraw swimmers will receive lower priority when accepting entries.

### 4.3. Poolside passes

- 4.3.1. Poolside passes are mandatory for all coaches, team manager or chaperone to access to the poolside. **There will be no access to the poolside for any coach, team manager or chaperone from a visiting club without a poolside pass.**
- 4.3.2. Clubs must ensure there are enough adults on poolside with valid passes and qualifications to provide adequate supervision in accordance with Swim England's Team Manager, Coach and Chaperone Policy. See section 5.2 for further details.
- 4.3.3. Poolside passes will be available at no cost, **but by default will not include catering and refreshments before or between sessions**. For catering options, please see 4.4.
- 4.3.4. We will be using the Swim England Poolside Pass system, that is used for National competitions, for coaches, team managers and chaperones.
- 4.3.5. **All coaches, team managers and chaperones must be registered with Swim England and have recorded their relevant qualifications in the Swim England systems.**



- 4.3.6. **Chaperones:** If a chaperone pass is required, the club (Chairman/Secretary) needs to email Martyn Hudson at Swim England ([martyn.hudson@swimming.org](mailto:martyn.hudson@swimming.org)) with the members details (name and number) and request they be added to the list of Chaperones. Once added they remain on the list until removed.
- 4.3.7. **Coaches, Team Managers, Chaperones:** The pass can be accessed through the member's individual page on the Swim England website. Log on using the following URL [https://www.swimmingresults.org/member\\_options/](https://www.swimmingresults.org/member_options/) and enter your Swim England membership number and password to access your membership page. Once onto your individual membership page, select the option "Purchase accreditation for events click here." You will then see a list of available competition passes available through the on-line pass system. Select the **Swim England DBS, Safeguarding, qualification check** pass for the period covering the meet and print your pass at home. If any of the requirements are in red, you must correct the data in the relevant Swim England system before you can print your pass.
- 4.3.8. **The pass must be downloaded and printed at home and brought with you to the meet.** We will provide wallets and lanyards.
- 4.3.9. We would recommend that Coaches, Team Managers and Chaperones apply early for passes to ensure any missing data is provided ahead of the meet. **No-one will be admitted to poolside without a pass.**
- 4.4. **Catered passes**
- 4.4.1. Poolside passes will not include catering and refreshments by default.
- 4.4.2. Catered passes can be purchased in advance by clubs for Coaches, Team Managers and Chaperones at a cost of £25 per day, or £45 for the weekend.
- 4.4.3. Catered passes should be requested as part of the submission of entries and payment will be charged at the same time as entry fees.
- 4.4.4. **Any late requests for catered passes after the submission of entries must be emailed to [open.meets@gcsc.co.uk](mailto:open.meets@gcsc.co.uk), before Friday 19<sup>th</sup> June 2026.**
- 4.4.5. Catered passes include breakfast before the first session each day, a hot lunch between the first and second session of each day, and poolside fruit and sweets.
- 4.4.6. Catered passes will be allocated by club and will be checked at each meal.
- 4.4.7. Catered passes cannot be shared between Coaches and Team Managers for a single meal. Sharing will be allowed across multiple meals. For example, Coach A could use a club's catered pass for breakfast, and Coach B could use the same pass for lunch, but Coach A and Coach B could not both use the same pass for breakfast.

## 5. **COMPETITION**

### 5.1. **Sign-out and withdrawal**

- 5.1.1. This Meet will be run on a **SIGN-OUT** basis.
- 5.1.2. Any swimmer who can no longer (or no longer wishes to) compete in an event **MUST** withdraw.
- 5.1.3. A Withdrawal Form will be available after the Entry Closing date at: <https://www.swimcomp.com/gcsc/gcsc-13-july-2026/withdrawal>
- 5.1.4. Withdrawals must be submitted using the Withdrawal Form, or in person at the Announcer's desk, **before the start of the session** in which the swim would have taken place.
- 5.1.5. See section 4.2 for further details.

### 5.2. **Supervision ratios**

- 5.2.1. Clubs must ensure there are enough adults on poolside with valid passes and qualifications to provide adequate supervision in accordance with Swim England's Team Manager, Coach and Chaperone Policy, and with reference to their obligations and the recommendations laid down in [Wavepower 2024](#), the Swim England Child Safeguarding Policy & Procedures.



5.2.2. **It is the responsibility of the visiting club to ensure ratios and safeguarding policies are upheld.**

5.2.3. Please see [Swim England's Policy regarding supervision of swimmers - Coaches / Team Managers and Chaperones](#).

### 5.3. **Pool configuration**

5.3.1. The pool length is 25m, with 8 lanes, and will be equipped with electronic timing with full display and anti-wave lane ropes.

5.3.2. Backstroke ledges will be available.

5.3.3. Continuous warm-up and swim-down facilities will be available throughout the meet.

### 5.4. **Warm-up**

5.4.1. Warm-up timings and details will be circulated to competing clubs before the Meet.

5.4.2. Swimmers and coaches must ensure that they take no action that would endanger themselves or others.

5.4.3. Sprint lanes will be announced as appropriate during the warm-up.

### 5.5. **Awards**

5.5.1. Medals will be awarded to the top three placed swimmers in each age group in the heats of each individual event.

5.5.2. Presentations will not be made. Awards should be collected from the awards table.

5.5.3. Points will be awarded to the top eight swimmers in each age group. Eight points being awarded for first place, seven for second and so on down to one point for eighth place.

5.5.4. The Male/Open and Female swimmers who acquire the highest points in each category will be awarded the following:

- Top Junior Male/Open 9 to 12 yrs
- Top Junior Female 9 to 12 yrs
- Top Senior Male/Open 13+ yrs
- Top Senior Female 13+ yrs

5.5.5. The visiting club whose swimmers achieve the combined highest points will be awarded the Top Visiting Club award.

### 5.6. **Use of devices**

5.6.1. Any use by any person of a device that can connect to the internet is prohibited from the point of entry to a changing room until exiting the changing room. In practice this means that any device must be in a bag or pocket - it must not be visible.

5.6.2. **There are no exceptions to this rule.**

5.6.3. If you believe there is a valid medical reason for using a device in the changing room this should be communicated in advance to [open.meets@gcsc.co.uk](mailto:open.meets@gcsc.co.uk) and this will be raised with the GCSC Welfare Officer.

## 6. **LOGISTICS**

### 6.1. **Venue**

6.1.1. The meet will take place at Surrey Sports Park, Richard Meyjes Road, Guildford, GU2 7AD.

### 6.2. **Parking**

6.2.1. GCSC will share parking arrangements communicated by Surrey Sports Park with visiting clubs before the start of the Meet.

6.2.2. GCSC has no control over enforcement or otherwise of parking restrictions and as such can accept no responsibility for parking related matters.

### 6.3. **Pick-up and drop-off**

6.3.1. Swimmers will be under the direct responsibility of their club's coaches and team managers while on poolside.

6.3.2. Parents must take responsibility for their swimmers immediately at the point of leaving the changing area.



- 6.3.3. **Parents are not permitted on poolside or in the changing area under any circumstances.**
- 6.3.4. Where external clubs have their own policies around Drop-Off and Pick-Up, these override GCSC internal stipulation.

#### 6.4. **Spectators**

- 6.4.1. Spectator seating is free of charge but limited and admission for Spectators may be restricted accordingly.
- 6.4.2. Please be considerate of other spectators by not “camping out” on seats or blocking seats with bags.

#### 6.5. **Photography**

- 6.5.1. All those attending the GCSC Open Meets (competitors, coaches, team managers, spectators, officials, volunteers, contracted staff etc.) wishing to use cameras, video or digital image capturing devices (including mobile phones) should only do so after reference to their obligations and the recommendations laid down in Wavepower 2024, the Swim England Child Safeguarding Policy & Procedures and other Swim England Photography guidance.
- 6.5.2. **Photographic equipment must not be used anywhere in the changing rooms.**

### 7. **MISCELLANEOUS**

#### 7.1. **Health and safety**

- 7.1.1. Everyone attending the event must familiarise themselves with the location of the emergency exits, which must be kept clear at all times.
- 7.1.2. Everyone is asked to observe all normal precautions in the pool area and when moving around the venue.
- 7.1.3. Swimmers must not wear outdoor footwear poolside.
- 7.1.4. Swimmers must not leave the changing area unless they are dry and wearing clothes and shoes.

#### 7.2. **Security**

- 7.2.1. Persons are requested not to leave belongings unattended.
- 7.2.2. As space at the venue is limited, swimmers will not be allowed to bring large bags on poolside.
- 7.2.3. Belongings should be placed in the lockers in the changing area (£1 charge, which is refunded on leaving).
- 7.2.4. Neither GCSC nor the venue management will be held responsible for loss of personal property.

#### 7.3. **Behaviour**

- 7.3.1. The GCSC Open Meet organisers and the venue management reserve the right to remove any person from the pool area, whose behaviour is either against the pool rules or the efficient running of the meet.

#### 7.4. **Data protection**

- 7.4.1. Entries and results will be managed via computer and available via the internet.
- 7.4.2. By submitting entries, consent is thereby given, as required by the Data Protection Act, to the holding of personal information on a computer.
- 7.4.3. Personal data, including submitted and recorded times, will be available during the meet.

#### 7.5. **Administration**

- 7.5.1. For all information regarding this meet, please see the GCSC website:  
<https://www.gcsc.co.uk/guildford-city-level3-july-2026>
- 7.5.2. All enquiries or queries and submission should be sent to: [open.meets@gcsc.co.uk](mailto:open.meets@gcsc.co.uk)
- 7.5.3. Any eventuality, situation or dispute not covered by the above conditions or by Swim England laws and Regulations or technical rules of Racing shall be determined by the Meet Promoter.





# L3 End of Season Meet

## 4<sup>th</sup> & 5<sup>th</sup> July 2026

### Licence No. – 3SE261193

## MEET PROGRAMME

<b>Saturday</b> 4 <sup>th</sup> July 2026			<b>Sunday</b> 5 <sup>th</sup> July 2026		
<b>Session 1</b> Warm-up 9:00 for 10:00 Start			<b>Session 3</b> Warm-up 9:00 for 10:00 Start		
Event 101 Female	400m Freestyle	HDW	Event 301 Male/Open	400m Freestyle	HDW
Event 102 Male/Open	100m Butterfly	HDW	Event 302 Female	200m Butterfly	HDW
Event 103 Female	100m Butterfly	HDW	Event 303 Male/Open	200m Butterfly	HDW
Event 104 Male/Open	200m IM	HDW	Event 304 Female	100m IM	HDW
Event 105 Female	200m IM	HDW	Event 305 Male/Open	100m IM	HDW
Event 106 Male/Open	800m Freestyle	HDW	Event 306 Female	800m Freestyle	HDW
Event 107 Female	50m Backstroke	HDW	Event 307 Male/Open	50m Breaststroke	HDW
Event 108 Male/Open	50m Backstroke	HDW	Event 308 Female	50m Breaststroke	HDW
Event 109 Female	100m Freestyle	HDW	Event 309 Male/Open	200m Freestyle	HDW
Event 110 Male/Open	100m Freestyle	HDW	Event 310 Female	200m Freestyle	HDW
Estimated finish time 13:00			Estimated finish time 13:00		
<b>Session 2</b> Warm-up 13:30 for 14:30 Start			<b>Session 4</b> Warm-up 13:30 for 14:30 Start		
Event 201 Male/Open	400m IM	HDW	Event 401 Female	400m IM	HDW
Event 202 Female	100m Backstroke	HDW	Event 402 Male/Open	100m Breaststroke	HDW
Event 203 Male/Open	100m Backstroke	HDW	Event 403 Female	100m Breaststroke	HDW
Event 204 Female	200m Breaststroke	HDW	Event 404 Male/Open	200m Backstroke	HDW
Event 205 Male/Open	200m Breaststroke	HDW	Event 405 Female	200m Backstroke	HDW
Event 206 Female	1500m Freestyle	HDW	Event 406 Male/Open	1500m Freestyle	HDW
Event 207 Male/Open	50m Freestyle	HDW	Event 407 Female	50m Butterfly	HDW
Event 208 Female	50m Freestyle	HDW	Event 408 Male/Open	50m Butterfly	HDW
Estimated finish time 17:30			Estimated finish time 17:30		





# L3 End of Season Meet

## 4<sup>th</sup> & 5<sup>th</sup> July 2026

### Licence No. – 3SE261193

## QUALIFYING TIMES

Stroke	Distance	Female 9 – 16+ yrs Short Course UQT	Male / Open 9 – 16+ yrs Short Course UQT
Freestyle	50m	22.83	19.90
Freestyle	100m	49.93	44.84
Freestyle	200m	1:49.36	1:38.61
Freestyle	400m	3:50.25	3:32.25
Freestyle	800m	7:54.00	7:20.46
Freestyle	1500m	15:08.24	14:06.88
Breaststroke	50m	28.37	24.95
Breaststroke	100m	1:02.36	55.28
Breaststroke	200m	2:12.50	1:59.52
Backstroke	50m	25.23	22.11
Backstroke	100m	54.02	48.16
Backstroke	200m	1:57.33	1:45.12
Butterfly	50m	23.72	21.32
Butterfly	100m	52.71	47.68
Butterfly	200m	1:59.32	1:46.85
Individual Medley	100m	55.11	49.28
Individual Medley	200m	2:01.63	1:48.88
Individual Medley	400m	4:15.48	3:54.81

*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.*

