

Stockport Metro November Open Meet 2026

License Number: **2NW26xxxx**

To be held at Life Leisure Grand Central, Stockport
Friday 20th November to Sunday 22nd November 2026

(Held under the relevant FINA/Swim England/IPC Technical & Judicial Rules/Laws)

Welcome,

We are pleased to present to you our November Meet details. Now in its 32nd year, our Short Course Meet is growing in quality, and we hope to make this year's event successful with fast swimming and a great atmosphere.

Included in this pack:

- Meet Information
- Meet Conditions
- Programme of Events
- Minimum Qualifying Standards

Our website, stockportmetrosc.org.uk, will include all information and regular updates along with a map of the area and directions to Life Leisure Grand Central.

Timeline:

- Entries close **Monday 19th October 2026**
Please Note: Club entries are to be sent using Sports Systems File via email to the Competition Manager, individual entries are also to be sent via email to the Competition Manager - Alastair Rainsbury: meetmanager@stockportmetrosc.co.uk
- Accepted/Rejected Entries will be published **Wednesday 21st October 2026**
- Afternoon session start times confirmed **Monday 26th October 2026**

Key Contacts:

- | | | |
|-----------------------|--------------------|--|
| • Meet Promoter | Rick Hall | headcoach.sm@lifeleisure.net |
| • Technical Director | Jackie Beard Jones | officials@stockportmetrosc.org.uk |
| • Competition Manager | Alastair Rainsbury | openmeet@stockportmetrosc.co.uk |

These events continue to be successful thanks to the support and hard work of the officials and volunteer helpers. If you have any comments or suggestions to help us improve the way we do things, please do not hesitate to tell us, either during the course of the event, or via the website, where a results service will also be available. Alternatively if you need any more information please contact me.

We look forward to receiving your entries.

Rick Hall

Meet Promoter
0791 900 4071

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Open Meet Conditions

1. Introduction

- 1.1. The Stockport Metro Swimming Club (hereinafter 'the Club') Open Meet (hereinafter 'the Meet') will be held in accordance with the relevant FINA/Swim England/IPC Technical & Judicial Rules/Laws.
- 1.2. The Meet is subject to Government, Swim England, Local Authority and the Pool Operator (Leisure Centre) guidance, restrictions & operating procedures relating to Coronavirus (COVID-19).
- 1.3. Bona Fide Coaches and Team Managers requiring access to the poolside must be in possession of a Pass issued by the Club. **Coaches Pass fee is £25 and covers entry to all sessions together with Start list.** It is mandatory that all Coaches comply with the relevant Swim England Child Protection Procedures and have an up to date DBS certificate.
- 1.4. This Meet is open to all members of a Club affiliated to Swim England/Scottish Swimming or Swim Wales. A swimmer shall be considered as foreign if they are not a member of a club affiliated to Swim England/Scottish Swimming or Swim Wales. Foreign swimmers are eligible to enter provided that they are a member of a Club in their home country, and that country is affiliated to FINA. They should also provide adequate evidence of the validity of their entry time if requested.
- 1.5. Any question or dispute arising from these conditions or disputes related to a matter not covered in these conditions shall be determined by the Meet Promoter.

2. Entries

- 2.1. The closing date for entries is **23:59pm 19th October 2026.**
- 2.2. Age for individual events will be as of midnight on 31st Dec 2026
- 2.3. All competitors are required to comply with the entry process and pay the required fees.
- 2.4. Entries together with the appropriate fees must be received by the Competition Manager no later than the published closing date (see 2.1).
- 2.5. Entry fees for each event shall be:
 - Entries to Friday Night 800m & 1500m: £14.00
 - All Saturday and Sunday events (50m to 400m): £9.00.
- 2.6. **SportSystems is the preferred method of entry for this competition. The relevant SportSystems entry file can be downloaded from the Stockport Metro website. Completed entry files should be emailed to: meetmanager@stockportmetrosc.co.uk Foreign, Para and individual entries can also be emailed to meetmanager@stockportmetrosc.co.uk . An Excel spreadsheet is available upon request for bulk foreign entries.**

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- 2.7. Payment for individual entries and coaches passes must be made via BACS transfer:
A/C **89339090** Sort Code **09-01-28** using **SMNOV2026** & either:
- **The swimmers surname as the reference for individual entries; or**
 - **Club Name for club submitted bulk entries, along with the number of coaches passes required where the payment also includes the fees for coaches passes.**
- 2.8. Qualifying times will be applied to all individual events.
- 2.9. Individual entry times must be equal to or faster than the qualifying time.
- 2.10. Qualifying times for entrants 11 years and over must have been achieved at a Licensed Meet, in the 12 month period prior to the Date of the Event.
- 2.11. Entry times must be 25m times (conversions will be accepted).
- 2.12. Competitors can only enter one long distance event, either 800m or 1500m.**
- 2.13. Submitted entry times shall be used for seeding and rejection purposes as required.
- 2.14. Once an entry has been submitted improved times will not be accepted.
- 2.15. Poolside entries will not be accepted.**
- 2.16. Entries will be audited against the rankings published by the Swim England and any club may be challenged to demonstrate the authenticity of the information provided. There will be no refunds for incorrect entries.
- 2.17. The Meet Promoter reserves the right to restrict entries in the interests of safety, to meet any local or Government restrictions (includes COVID), time constraints and to ensure the smooth running of the competition. Where this rule is invoked the promoter will reduce the qualifying times for each event by the same percentage until the projected sessions lengths fall within Level 2 licensed meet guidelines, rejecting swimmers who are outside these revised consideration times. Any entry rejected under these circumstances will be refunded.
- 2.18. Refunds will only be given where a competitor whose entry has been accepted, has to withdraw on medical grounds subject to an appropriate medical certificate being received by the Meet Promoter
- 2.19. 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

3. Confirmation of entry

- 3.1. Accepted entries will be posted on the Stockport Metro website stockportmetrosc.org.uk on **Wednesday 21st October 2026**. These should be used to cross check the accuracy of swimmer entries and to allow any necessary corrections to be made.

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4. Disability competitors

- 4.1. Swimmers with a disability shall swim under IPC Rules.
- 4.2. Qualifying times for disability competitors are not required. However entry times shall be submitted for the purpose of seeding the heats.
- 4.3. Personal Care Attendants/Coaches: Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4, S5 and S11. A swimmer in any of these classes may have both a coach and a personal care attendant present. No charge will be applied for personal care attendant. Poolside passes; coaches' passes shall attract the advertised fee (see section 1.2 All coaches, chaperones and personal care attendants must conform to the Swim England child protection procedures and hold a current DBS certificate.
- 4.4. Competition format: The competition format will be based on disability inclusion within the able bodied programme i.e. there will be no separate events for swimmers with disabilities. All swimmers will be seeded in the heats according to their entry times. Disability competitors will be included within the results for their age group.
- 4.5. A strobe will be available.

5. The Events

- 5.1. Individual events shall be:
 - Freestyle: 50m, 100m, 200m, 400m, 800m, 1500m
 - Backstroke: 50m, 100m, 200m
 - Butterfly: 50m, 100m, 200m
 - Breaststroke: 50m, 100m, 200m
 - Individual Medley: 100m, 200m, 400m.
- 5.2. The 100m IM, 50m, 200m, 400m, 800m and 1500m events shall be swam as HDW (Heat Declared Winner) events. The 100m events shall have heats and finals, where the finals will be for Age (11/14) and Youth (15/over). All heats will be swam combined.

6. Awards

- 6.1. Awards will be made with at the end of the meet to:
 - 6.1.1. Top male/open and top female for Age (14/Under) and Youth (15/over) for the best individual performance (FINA points) from two events added together.

7. Meet Procedures

Heats

- 7.1. A withdrawal system will be in operation. Competitors or their representatives must inform the organisers of their intention to withdraw at least **60 minutes** before the start of the session if they do not intend to swim. Notification must be made to the Chief Recorder. Details of the withdrawal procedure to be used for the meet will be confirmed on the Stockport Metro website alongside the accepted & rejected entries.

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- 7.2. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.
- 7.3. There will be no refund of entry fees for such withdrawals unless the withdrawal is for medical reasons in which case an appropriate medical certificate must be provided (see 2.17).
- 7.4. Should a swimmer withdraw from an event on medical grounds they will be removed from all other events to be held that day.
- 7.5. Heat Start Lists will be made available to clubs as soon as possible after the withdrawal deadline of each session.
- 7.6. Heats that culminate in a final shall be spearheaded with the last three heats being cyclically seeded. All heats for HDW events shall be spearheaded.
- 7.7. Swimmers are responsible for presenting themselves to the Marshalling area one event prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for the race. This applies to both Heats and Finals.

Finals

- 7.8. There will be an 'Age' (14 & under) and a 'Youth' (15 & over) Final for each 100m event (except 100 IM). The fastest eight 'Age' swimmers in the heats of each relevant event shall contest the 'Age' Final with the fastest eight 'Youth' swimmers contesting the 'Youth' Final. Two reserves will be declared for finals where possible.
- 7.9. Lanes for finals shall be allocated on the spearhead principle.
- 7.10. The names of finalists and two reserves shall be announced as soon as practicable after completion of the heats.
- 7.11. **ALL FINALISTS & RESERVES MUST REPORT TO THE MARSHALLS FOR THE FINAL UNLESS THEY HAVE WITHDRAWN.**
- 7.12. Finalists & reserves who do not intend to swim must withdraw by completing the relevant form as soon as possible after the announcement of the finalists.
- 7.13. Reserves will be used if a finalist does not show by the time the swimmers have reached the final marshal station and have failed to withdraw.
- 7.14. Once withdrawn, a finalist cannot be reinstated.
- 7.15. Where a reserve is brought in as a result of a declared withdrawal then the final shall be re-seeded. Where a reserve is brought in at short notice the reserve shall occupy the vacant lane and there shall be no changes made to the allocation of other lanes.

8. Other

- 8.1. Photographs and Video of the meet may be taken by representatives of the promoter of the event and may be used for promotional purposes. Entry into the competition implies acceptance of this condition.
- 8.2. Any swimmer/team failing to comply with any of the foregoing conditions may not be allowed to compete in the Meet.
- 8.3. All other matters regarding the running and administration of the Meet shall be at the discretion of the Meet Promoter or their agent(s).

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Competition Programme – 25m Short Course

SESSION 1: Friday

W/Up: 5.00pm Start: 5.45pm

101 OPEN HDW 800 Freestyle

10 min Break

102 OPEN HDW 1500 Freestyle

SESSION 2: Saturday

W/Up: 8.00am Start: 9.00am

201	F	OPEN	HDW	400 IM
202	M/O	OPEN	HDW	200 IM
203	F	OPEN	Heats	100 Butterfly
204	M/O	OPEN	Heats	100 Freestyle
205	F	OPEN	Heats	100 Breaststroke
206	M/O	OPEN	HDW	200 Backstroke
207	F	OPEN	HDW	50 Butterfly
208	M/O	OPEN	HDW	50 Backstroke
209	F	AGE	Final	100 Butterfly
210	F	YOUTH	Final	100 Butterfly
211	M/O	AGE	Final	100 Freestyle
212	M/O	YOUTH	Final	100 Freestyle
213	F	AGE	Final	100 Breaststroke
214	F	YOUTH	Final	100 Breaststroke

SESSION 3: Saturday

W/Up: TBC

301	F	OPEN	HDW	100 I.M
302	M/O	OPEN	HDW	400 Freestyle
303	F	OPEN	Heats	100 Backstroke
304	M/O	OPEN	HDW	200 Breaststroke
305	F	OPEN	Heats	200 Freestyle
306	M/O	OPEN	HDW	200 Butterfly
307	F	OPEN	HDW	50 Freestyle
308	M/O	OPEN	HDW	50 Breaststroke
309	F	AGE	Final	100 Backstroke
310	F	YOUTH	Final	100 Backstroke

SESSION 4: Sunday

W/Up: 8.00am Start: 9.00am

401	M/O	OPEN	HDW	400 IM
402	F	OPEN	HDW	200 IM
403	M/O	OPEN	Heats	100 Butterfly
404	F	OPEN	Heats	100 Freestyle
405	M/O	OPEN	Heats	100 Breaststroke
406	F	OPEN	HDW	200 Backstroke
407	M/O	OPEN	HDW	50 Butterfly
408	F	OPEN	HDW	50 Backstroke
409	M/O	AGE	Final	100 Butterfly
410	M/O	YOUTH	Final	100 Butterfly
411	F	AGE	Final	100 Freestyle
412	F	YOUTH	Final	100 Freestyle
413	M/O	AGE	Final	100 Breaststroke
414	M/O	YOUTH	Final	100 Breaststroke

SESSION 5: Sunday

W/Up: TBC

501	M/O	OPEN	HDW	100 I.M
502	F	OPEN	HDW	400 Freestyle
503	M/O	OPEN	Heats	100 Backstroke
504	F	OPEN	HDW	200 Breaststroke
505	M/O	OPEN	Heats	200 Freestyle
506	F	OPEN	HDW	200 Butterfly
507	M/O	OPEN	HDW	50 Freestyle
508	F	OPEN	HDW	50 Breaststroke
509	M/O	AGE	Final	100 Backstroke
510	M/O	YOUTH	Final	100 Backstroke

Continuous Swim-Down facility available all weekend.

Over the Top Starts (where Possible)

Age as at 31st December 2025

Please return all entries to the Competition Manager - Alastair Rainsbury electronically via Sports Systems or via email for individual entries to : meetmanager@stockportmetrosc.co.uk

Entry Fees:	Via SportsSystems Files
Distance Events (800s & 1500s)	£14.00
All Other Events	£9.00

Please check the Stockport Metro website for details and for a downloadable entry pack.

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Stockport Metro November Meet – Level 2 Minimum Consideration Times – All times are 25m Short Course

MALE/OPEN								FEMALE								
11	12	13	14	15	16	17	OPEN	EVENT	11	12	13	14	15	16	17	OPEN
33.9	32	30.4	29	27.9	27.2	26.8	25.8	50m Freestyle	34.5	32.8	31.7	31	30.4	30.1	30.1	28.6
1:13.4	1:08.9	1:05.1	1:02.2	1:00.2	58.7	57.9	56.7	100m Freestyle	1:14.2	1:10.2	1:07.9	1:06.2	1:05.3	1:04.3	1:04.2	1:02.9
2:39.1	2:29.8	2:21.8	2:15.4	2:11.1	2:07.7	2:06.1	2:05.1	200m Freestyle	2:39.7	2:30.9	2:25.7	2:22.4	2:20.0	2:18.4	2:17.3	2:16.9
5:32.4	5:14.3	4:58.6	4:46.5	4:36.9	4:30.5	4:26.0	4:26.0	400m Freestyle	5:32.0	5:14.2	5:03.9	4:57.5	4:52.4	4:50.2	4:48.0	4:48.0
11:35.1	10:50.9	10:16.2	9:52.0	9:34.4	9:20.9	9:121.7	9:12.7	800m Freestyle	11:05.8	10:32.1	10:08.9	9:55.0	9:50.2	9:44.6	9:42.2	9:38.0
21:40.0	20:05.0	19:06.1	18:26.4	17:55.5	17:30.2	17:20.0	17:10.0	1500m Freestyle	21:47.8	20:39.0	19:50.3	19:38.6	19:15.5	19:00.1	18:49.4	18:39.7
43.9	41.2	38.5	36.7	35.2	34.2	33.7	32.4	50m Breaststroke	44.1	41.6	40.0	38.9	38.1	37.8	37.6	36.1
1:34.5	1:28.5	1:22.7	1:18.7	1:15.6	1:13.5	1:12.3	1:10.6	100m Breaststroke	1:34.6	1:29.3	1:25.3	1:22.4	1:21.3	1:20.7	1:19.8	1:18.0
3:23.1	3:10.9	2:59.3	2:50.2	2:44.0	2:40.3	2:36.8	2:32.8	200m Breaststroke	3:23.0	3:11.5	3:03.1	2:58.0	2:55.5	2:54.1	2:52.9	2:47.5
37.5	35.5	33.4	31.8	30.4	29.6	29.0	27.8	50m Butterfly	37.9	35.9	34.6	33.6	32.9	32.6	32.5	30.7
1:22.7	1:17.3	1:12.6	1:08.8	1:05.9	1:04.6	1:03.1	1:01.3	100m Butterfly	1:23.1	1:18.0	1:15.1	1:12.8	1:11.8	1:11.1	1:10.4	1:07.7
3:01.2	2:50.6	2:40.4	2:32.4	2:25.0	2:22.3	2:18.5	2:16.0	200m Butterfly	3:03.1	2:51.0	2:43.9	2:39.0	2:35.9	2:34.4	2:32.8	2:29.0
38.9	36.9	34.6	33.2	31.7	30.6	30.3	28.6	50m Backstroke	39	37.1	35.8	34.9	34.4	33.9	33.7	32.2
1:22.7	1:17.9	1:13.2	1:09.5	1:06.7	1:05.1	1:03.9	1:01.6	100m Backstroke	1:23.1	1:18.2	1:15.2	1:13.5	1:12.0	1:11.3	1:11.0	1:09.0
2:56.3	2:46.5	2:37.0	2:29.4	2:23.8	2:20.6	2:18.6	2:14.5	200m Backstroke	2:55.6	2:46.5	2:40.9	2:37.2	2:33.9	2:32.0	2:30.8	2:28.4
1:23.2	1:18.6	1:14.5	1:10.6	1:08.1	1:06.6	1:05.5	1:04.2	100m I.M	1:23.9	1:19.3	1:16.7	1:14.7	1:13.5	1:12.7	1:12.2	1:11.5
3:00.1	2:50.1	2:41.2	2:32.9	2:27.4	2:24.2	2:21.8	2:19.0	200m I.M.	3:00.3	2:50.6	2:44.9	2:40.7	2:38.1	2:36.5	2:35.3	2:33.9
6:22.1	5:58.8	5:40.6	5:23.8	5:11.8	5:05.1	5:00.3	4:56.6	400m I.M	6:20.3	5:58.8	5:45.2	5:37.2	5:31.9	5:27.9	5:26.6	5:23.0

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