



City of
Hereford
Swimming Club

Applefest Sprints 2026

28th June 2025 @ Hereford Leisure Pool

(Held under ASA Laws and Technical Rules- License Number 3WM260619)

Licensed Level 3

25m, 6 lane pool with anti-wave ropes, electronic timing, and swim down pool.
Spectator seating area and Cafeteria.

All events are heat declared winners.

All events are subject to entry times upper limits.

Preferred entries are electronic, via Sportsys Entry Manager

Age as on 28th June 2026

Medals will be given for top 3 for each event in the following age groups:
9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16/over.

Open meet information / entry pack can be downloaded from the website

www.herefordswimming.club

or email promoter@herefordswimming.club

Entries close midnight Friday 5th June 2026

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Programme of Events

Sunday 28th June

Session 1

09:00 Warm up – 10:00 Start

101	Mixed	100m I.M.	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
102	Mixed	50m Freestyle	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
103	Mixed	100m Butterfly	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
104	Mixed	50m Breaststroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
105	Mixed	100m Backstroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.

Session 2

13:00 Warm Up – 14:00 Start

201	Mixed	100m Breaststroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
202	Mixed	50m Butterfly	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
203	Mixed	100m Freestyle	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.
204	Mixed	50m Backstroke	9, 10, 11, 12, 13, 14, 15, 16/Over	H.D.W.

Upper Qualifying Times

Female Short Course Upper Qualifying Times

Event	9	10	11	12	13	14	15	16/OV
50 Freestyle	00:33.0	00:33.0	00:29.7	00:28.9	00:28.0	00:27.9	00:27.6	00:27.5
100 Freestyle	1.14.4	1.14.4	1.05.1	1.02.4	59.8	59.7	59.5	59.0
50 Breaststroke	42.2	42.2	37.1	36.5	35.0	33.8	31.6	30.5
100 Breaststroke	1.34.7	1.34.7	1.21.0	1.18.5	1.16.5	1.16.3	1.16.2	1.15.3
50 Butterfly	37.0	37.0	33.4	31.2	30.2	29.3	29.2	29.0
100 Butterfly	1.26.2	1.26.2	1.16.9	1.08.9	1.07.5	1.06.0	1.05.5	1.05.3
50 Backstroke	38.9	38.9	35.8	32.9	32.0	31.7	31.5	31.0
100 Backstroke	1.23.3	1.23.3	1.15.6	1.08.5	1.07.9	1.07.5	1.07.2	1.07.0
100 Individual Medley	1.20.0	1.19.0	1.17.0	1.15.5	1.10.5	1.10.4	1.08.5	1.07.5

Open Short Course Upper Qualifying Times

Event	9	10	11	12	13	14	15	16/OV
50 Freestyle	32.3	32.3	31.0	28.3	26.2	25.3	24.3	24.0
100 Freestyle	1.11.9	1.11.9	1.06.4	1.02.4	59.3	55.6	54.2	53.0
50 Breaststroke	43.6	43.6	39.4	36.4	32.7	32.2	31.1	30.5
100 Breaststroke	1.34.8	1.34.8	1.28.3	1.18.6	1.11.7	1.10.3	1.09.1	1.08.0
50 Butterfly	34.7	34.7	33.6	31.4	29.0	26.7	25.1	24.1
100 Butterfly	1.18.8	1.18.8	1.14.3	1.11.0	1.01.7	58.8	56.5	54.9
50 Backstroke	37.0	37.0	36.2	31.8	31.2	28.7	28.5	28.0
100 Backstroke	1.19.0	1.19.0	1.14.8	1.10.5	1.06.2	1.02.4	1.01.0	1.00.0
100 Individual Medley	1.19.0	1.18.0	1.15.5	1.12.5	1.10.5	1.05.2	1.02.0	1.01.8

Swimmers must not have swum faster than the above times in the preceding 12 months.

Random checks will be made on ASA rankings & entries rejected where necessary.



Applefest Sprints 2026

LEVEL 3 LICENSED MEET – 3WM260619

@ Hereford Leisure Pool, St Martins Avenue,
Hereford HR2 7RQ

Sunday 28th June 2026

Under Swim England Laws and Swim England Technical Rules

(Affiliated to Worcester County Swimming Association and Swim England West Midlands Region)

Promoter's Conditions

All entrants must be registered members of their Association and of an affiliated Club, and be amateurs as defined by Swim England Laws.

Upper entry times will be applied to all events. Entries of six or more swimmers from the same Club must be made electronically using the entry file available from the Promoter. Entries of five or fewer swimmers may be made by emailing the Promoter directly. Entries must be received by the Promoter by the closing date of 5th June 2026. Acceptance of entries will be notified by email.

Please notify the Promoter of any errors or spelling mistakes as soon as possible. Errors may result in results not being uploaded to Rankings.

The Promoter reserves the right to refuse or reject any entry. Incorrect or incomplete entries will not be accepted.

Entries are accepted on the understanding that competitors accept the Promoter's Conditions. If the meet is oversubscribed, the Promoter reserves the right to return entries. No poolside entries will be permitted.

Entries will be accepted on a first come, first served basis.

No refunds will be made to competitors who withdraw after notification of acceptance, unless for medical reasons supported by a Doctor's note. Competitors selected to represent their Nation, Region, County or Pathway Development Programme during the meet may apply for a refund.

The pool is 25 metres and the meet will be swum short course. Anti wave lane ropes will be in place and electronic timing will be used.

Electronic starting equipment will be used, with a strobe and speaker built into the unit, providing swimmers with an audible horn start and a highly visible strobe light that automatically flashes as the horn sounds. A secondary strobe light will also be available.

All events will be single start and may be started over the top.

The order of events may be changed at the discretion of the Referee.

The meet will be run without cards. Entries will be seeded into spearheaded heats from submitted times, with the slowest heat first.

All events will be Heat Declared Winners. Medals will be awarded for first, second and third places in each age group per event and must be collected from the medal table when announced.

Warm down facilities will be available. A pool is provided for swim down only and may be closed if not used correctly.

Entry fees are £7.00 per event.

Age groups are 9, 10, 11, 12, 13, 14, 15 and 16/over, based on age as at 28th June 2026.

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.

Automatic recorded times are not final until results have been verified by the Referee and published as confirmed results.

Clubs may have poolside coaches, managers and chaperones admitted on production of a pass, available at a cost of £10.00 per person per day. A maximum of four passes per session per Club will be issued. Passes must be collected from the entrance table on the day and worn at all times whilst poolside or in the changing rooms. It is the responsibility of attending Clubs to ensure passes are only issued to individuals with a current DBS check. Coach and chaperone passes will not be sold on the day. No pass means no admission to poolside.

Results will be posted live on the SwimResults website on the day of the meet at <http://swimresults.co.uk>.

Spectator entry fees are £4.00 per session..

Video and Photography: In line with current Swim England guidance, the use of photographic equipment is not restricted. Spectators, coaches and swimmers are reminded to STOP AND THINK when taking images, ensuring that consent and decency guidelines are followed at all times. This applies to all images and recordings taken on cameras, mobile phones or other recording devices. Social media guidance applies where images or recordings are shared online. Photography and video recording are strictly prohibited in changing areas. Flash photography is not permitted during the meet.

Neither the Promoter nor Halo Leisure accept any responsibility for loss or damage to personal belongings.

Entries and results for this meet will be held on computer. In accordance with UK GDPR and the Data Protection Act 2018, submission of entries implies consent to the holding and processing of personal information for the purposes of meet administration. These details may be made public before, during or after the meet.

The Promoter reserves the right to refuse admission to any competitor or spectator, for example in cases of abusive or unacceptable behaviour.

In order to assist with the efficient running of the meet, Clubs are requested to provide licensed officials where possible. Clubs unable to provide officials will not have their entries affected. Trainee officials are welcome and may be mentored where possible.

The Promoter reserves the right, with the approval of the Licensing Officer, to amend these conditions as necessary, return entries if the meet is oversubscribed, or cancel the meet if it is undersubscribed. All participants will be informed of any changes.

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The meet will be run under Swim England Laws and Swim England Technical Rules. Any matters not covered by these conditions will be dealt with under Swim England Laws relating to Open Competitions.

Any complaints should be made in the first instance to the Promoter using the contact details provided.

Information and completed entry files to:

Chris Wilson

Tel: 07800 679057

E-mail: promoter@herefordswimming.club

**Download entry forms and obtain up to date information on the Meet by visiting
www.herefordswimming.club**