



PLYMOUTH SUMMER OPEN 2026

27th & 28th June 2026
Plymouth Life Centre
Level 3 Short Course Competition
Licence: 3SW260757





A message from the team:

Welcome to the third edition of the AP Race Plymouth Summer Open! Over the last two years, the AP Race Team has put together a competition that offers an excellent racing experience for swimmers, coaches and spectators alike.

With a fantastic competition pool, constant warm up & swim down facilities and a high level of professional production, this is a competition not to be missed. Whether you are competing at your first ever competition or looking to bank another racing opportunity, this experience caters for all.

Across the weekend, the programme offers a full competition schedule, allowing swimmers the chance to test their skills across a multitude of events. With two relay races also in the mix, clubs from across the country will be pushing their boundaries to come out on top.

To get a taste of what to expect at an AP Race Competition, check out one of our post-competition videos [HERE](#).

AP Race, founded in 2019, was established to provide the most exciting possible experiences within the swimming community, to launch innovative projects, and most importantly to support as many swimmers, coaches, clubs, parents and spectators as possible. By attending this event you are part of this dream and vision.

We cannot wait to welcome you to Plymouth!



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Upper Limit Times

All times are short course (i.e.: a 25m pool). Ages are as of 28th June 2026.

Since 1st January 2025, swimmers who have swum a time quicker than those shown below cannot enter.

Male

Event	Age Group						
	9	10	11	12	13	14	15+
50m Freestyle	35.00	34.00	31.75	30.50	29.70	27.80	25.80
100m Freestyle	1:14.00	1:12.00	1:10.00	1:09.00	1:05.50	1:00.50	58.50
200m Freestyle	2:50.00	2:45.00	2:34.00	2:32.00	2:25.00	2:12.00	2:04.50
400m Freestyle					5:10.00	4:45.00	4:30.00
800m Freestyle					10:25.00	9:35.00	9:05.00
1500m Freestyle					21:00.00	19:15.00	18:15.00
50m Butterfly	42.00	38.00	36.00	35.00	33.50	30.00	28.00
100m Butterfly	1:40.00	1:32.00	1:27.00	1:24.00	1:19.50	1:09.90	1:04.40
200m Butterfly					3:06.00	2:42.00	2:27.90
50m Backstroke	41.00	38.00	36.20	35.80	34.40	31.50	29.30
100m Backstroke	1:30.00	1:27.00	1:24.00	1:20.50	1:17.00	1:12.00	1:04.60
200m Backstroke					2:44.00	2:28.00	2:18.80
50m Breaststroke	46.00	45.00	43.00	41.90	38.40	36.00	33.30
100m Breaststroke	1:45.00	1:40.00	1:36.50	1:35.00	1:28.00	1:19.00	1:13.80
200m Breaststroke					2:59.50	2:49.50	2:38.95
100m Individual Medley	1:27.00	1:26.00	1:21.00	1:19.00	1:12.50	1:09.40	1:05.50
200m Individual Medley	3:25.00	3:10.00	2:57.00	2:52.00	2:45.00	2:30.00	2:20.50
400m Individual Medley					5:40.00	5:30.00	5:10.00

Female

Event	Age Group						
	9	10	11	12	13	14	15+
50m Freestyle	37.00	34.00	32.50	31.20	30.50	28.80	28.00
100m Freestyle	1:15.00	1:13.00	1:11.50	1:10.00	1:08.00	1:03.50	1:01.30
200m Freestyle	2:55.00	2:45.00	2:36.00	2:34.00	2:26.00	2:19.00	2:13.90
400m Freestyle					5:11.00	4:52.00	4:46.00
800m Freestyle					10:30.00	9:55.00	9:40.00
1500m Freestyle					21:00.00	20:00.00	19:30.00
50m Butterfly	39.50	37.90	35.60	34.80	33.00	31.00	30.00
100m Butterfly	1:30.00	1:27.00	1:24.00	1:21.00	1:18.00	1:09.90	1:07.90
200m Butterfly					2:58.00	2:46.00	2:35.00
50m Backstroke	39.00	37.00	36.00	35.00	34.00	32.00	31.20
100m Backstroke	1:30.00	1:26.00	1:23.00	1:20.00	1:14.00	1:11.00	1:08.90
200m Backstroke					2:40.00	2:32.50	2:28.00
50m Breaststroke	49.00	47.00	43.00	41.80	38.80	36.00	35.80
100m Breaststroke	1:42.00	1:39.00	1:35.00	1:32.00	1:26.90	1:20.00	1:19.40
200m Breaststroke					3:00.00	2:55.00	2:51.00
100m Individual Medley	1:30.00	1:29.00	1:23.00	1:20.00	1:14.00	1:11.00	1:08.50
200m Individual Medley	3:16.00	3:10.00	2:58.00	2:52.00	2:46.00	2:36.00	2:30.50
400m Individual Medley					5:55.00	5:36.00	5:20.00



Programme of Events & Session Times

Day 1 – Saturday 27th June 2026

Session 1	Warm Up 12:45	Start 13:30	Est. Finish 15:45
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Event	Category	Distance	Stroke
101	Open/Male	400m	Individual Medley
102	Female	400m	Individual Medley
103	Open/Male	50m	Freestyle
104	Female	50m	Freestyle
105	Open/Male	100m	Butterfly
106	Female	100m	Butterfly
107	Open/Male	200m	Backstroke
108	Female	200m	Backstroke
109	Open/Male	1500m	Freestyle

Session 2	Warm Up 16:00	Start 16:45	Est. Finish 19:30
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Event	Category	Distance	Stroke
201	Open/Male	200m	Butterfly
202	Female	200m	Butterfly
203	Open/Male	50m	Breaststroke
204	Female	50m	Breaststroke
205	Open/Male	200m	Freestyle
206	Female	200m	Freestyle
207	Open/Male	100m	Individual Medley
208	Female	100m	Individual Medley
209	Female	800m	Freestyle
210	Mixed	4x50m	Medley Relay

Subject to changes pending entries

Timings for Session 2 are provisional and will be confirmed after entries close.



Programme of Events & Session Times

Day 2 – Sunday 28th June 2026

Session 3	Warm Up 09:00	Start 09:45	Est. Finish 11:45
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Event	Category	Distance	Stroke
301	Female	200m	Individual Medley
302	Open/Male	200m	Individual Medley
303	Female	100m	Freestyle
304	Open/Male	100m	Freestyle
305	Female	50m	Backstroke
306	Open/Male	50m	Backstroke
307	Female	100m	Breaststroke
308	Open/Male	100m	Breaststroke
309	Female	1500m	Freestyle

Session 4	Warm Up 12:00	Start 12:45	Est. Finish 15:30
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Event	Category	Distance	Stroke
401	Female	400m	Freestyle
402	Open/Male	400m	Freestyle
403	Female	100m	Backstroke
404	Open/Male	100m	Backstroke
405	Female	200m	Breaststroke
406	Open/Male	200m	Breaststroke
407	Female	50m	Butterfly
408	Open/Male	50m	Butterfly
409	Open/Male	800m	Freestyle
410	Mixed	4x50m	Freestyle Relay

Subject to changes pending entries

Timings for Session 4 are provisional and will be confirmed after entries close.



The Venue

Plymouth Life Centre, 40 Mayflower Drive, Plymouth, PL2 3DG

Key Dates

Individual and relay entries open at midday (12:00) on Tuesday 10th march

All entries close at midnight (23:59) on Friday 12th June 2026 (or earlier if full).

Key Contacts

Contact the event team via email - events@aprace.club

To contact the venue, please find their information [HERE](#)

Start Lists

Start lists will be available online which will be outlined in the event confirmation pack.

Privacy Policy and Photography Consent

By entering this event you automatically agree that images may be recorded, stored, used and published for the use of promotion by AP Race and any approved rights-holding third party media bodies, of which AP Race gives agreement. This also extends to official photography within the venue.



Volunteers and Officials

Any individuals interested in joining our friendly team to support the delivery of this highly produced event, please get in touch via events@aprace.club

Spectator tickets

Spectator tickets will be available via our website [HERE](#)



Additional Participant Information

All attendee information for the event will be shared on the Competition Hub nearer the event.

Travel Information:

- Rail – Direct trains from London, Penzance and Cardiff all go to Plymouth Railway Station.
- Air – The nearest airport is Exeter which is approximately 50 minutes from Plymouth.

If there is any other information the team can help with or any questions you may have, please do not hesitate to contact us via events@aprace.club





Promotor's Conditions

1) Venue Information

- The venue is Plymouth Life Centre, Plymouth, PL2 3DG.
- The centre has a 25m, 10 lane pool with anti-wave lane ropes and electronic timing.
- There will be a pool available for continuous warm up and swim down.

2) Swim England Laws

- The meet is a Level 3 Short Course (25m) licensed meet.
- The meet will be held under Swim England Laws & Technical Rules of Racing.
- No jury of appeal will be appointed.
- Over the top starts will be used wherever required.
- Swimmers must remain in their lane after finishing their race until the next race has started or instructed to leave the pool by the referee.
- Swimmers should promptly leave the pool by the side so as not to interfere with the timing system.

3) Eligibility

- At time of entry, competitors must be current members of either:
 - Swim England with Club Compete membership
 - Swim Wales with Club – Competitive membership
 - Scottish Swimming with Athlete membership
 - Any other club that is a member of a federation affiliated to World Aquatics
- Competitors can only represent a club for which they have current membership.
- Only competitors with a birth sex of female can enter the "Female" category (in line with the Swim England Transgender and Non-Binary Competition Policy). By entering the "female" category, competitors confirm that their birth sex is female.
- Ages are calculated as of 28th June 2026.

4) Programme of Events

- The Programme of Events is set out in a separate document.
- The promoter reserves the right to amend the Programme of Events (including, but not limited to session timings, event ordering) to ensure the smooth running of the meet. Competitors will be notified at the earliest opportunity.
- All age groups will be swum together in heats.
- All heats will be seeded from submitted entry times.
- All heats will be spearheaded.
- Competitors aged 13 & over may enter all events.
- Competitors aged 12 & under may only enter: all 50m and 100m events, 200m freestyle and IM, and relay events.

5) Entry Time Criteria

- This meet has upper limit (no faster than) times.
 - Since 1st January 2025, competitors must not have achieved a time faster than the upper limit time.
 - After entering, a competitor who has achieved a time faster than the upper limit time at the entry closing date may be permitted to swim as a time trial/ exhibition swim where session time permits after all valid entries have been accepted, otherwise they will be rejected.
 - Not declaring a faster time achieved after entry but before the closing date will invalidate the entry. It is the club's, or entrant's responsibility where the competitor has entered individually, to be transparent where a competitor's times have improved above the upper limit times at the close of entry.
- Entry times must be either:
 - short course metres (SCM), or
 - long course metres (LCM) converted to SCM via Swim England Equivalent Performance Tables (use of www.pullbuoy.co.uk/times/ is permissible).

6) Entries

- All entries must be made and paid for using the online entry service: [swimming.events/meets/523](https://aprace.club/pages/swimming-events-entry-instructions). Detailed instructions on how to use the online entry system can be found at: <https://aprace.club/pages/swimming-events-entry-instructions>
- The entry fees are as follows:
 - 50m events: £10.00
 - 100m & 200m events: £12.50
 - 400m, 800m & 1500m events: £15.00
 - Relays: £20.00 per team
- Entries:
 - Open at midday (12:00) on Tuesday 10th March 2026.
 - Close at midnight (23:59) on Friday 12th June 2026 (or earlier if full).
- Entries that do not satisfy the entry criteria will be rejected.
- Entries will be accepted on a first come, first served basis.
- It is possible that entries to the meet or individual sessions/events may close before the closing date (because the meet/session/event has reached capacity).
- Any entries made but not paid for at the time entries close may not be accepted.
- When the meet is full, no further entries will be accepted.
 - Late Entries:
 - Where, after meet entry deadline, there are spaces in events, the promoter reserves the right to offer these spaces.
 - Late entries will be accepted on a first come, first served basis.
 - Late entries will incur a surcharge of £10 per event.
 - Late entries will not be accepted after 18:00 on Friday 26th June 2026.

7) Para Competitors

- All the meet conditions apply to para competitors.
- Competitors should ensure their classification(s) are added to their Swimming Events profile (as part of the entry process).
- Competitors must have an authorised disability Classification, or certificate of Disability/Exception which must be declared during the entry process and be presented to the Referee at the start of the relevant session before racing commences. Failure to do so may result in disqualification.
- The competition format will be based on para inclusion within the able-bodied programme, i.e. there will be no separate events for swimmers with impairments.
- It is the responsibility of the competitor or competitor's representative to ensure that the entry is correctly completed for their disability.
- A secondary strobe may be available on request. Swimmers wishing to use the secondary strobe should contact the meet promoter in advance of the meet.
- Awards will be made to the Para Swimmer competitors placed first, second and third in each event based upon AGB Para Swimming Points.
 - Where there are less than four competitors in an event a minus one rule will apply.
 - Where there is a single competitor in an event, that competitor must achieve faster than their entry time to receive an award.

8) Recognition of Times

- This meet is a licenced Level 3.
- Times from individual events will be submitted to rankings. For the avoidance of doubt, times or splits from relay events will not be submitted to rankings.

9) Awards

- All events are Heat Declared Winner (HDW)
- Awards will be made to the fastest three swimmers in each age group per category.
- Age groups are: 9 years, 10 years, 11 years, 12 years, 13 years, 14 years,



15 years & over.

d) See 3d for the age at date.

e) See 7g for para swimming awards.

10) Changes, Withdrawals, and Refunds

a) Changes to entry times will not be permitted.

b) Withdrawals must be submitted:

i) through Swimming Events.

ii) before 18:00 on the day prior to the event they wish to withdraw from.

c) Competitors who fail to follow the withdrawal process shall be removed from the day's remaining events.

d) Instructions on how to withdraw from an event can be found in the Swimming Events FAQs under "Payments, withdrawals, rejections and refunds" > "How do I withdraw?".

e) Refunds for events that have been closed to new competitors (either because the event is full, or the entry closing date has passed) will only be granted in exceptional circumstances.

f) Refunds for invalid entries that result in rejection will not be given.

11) Officials

a) AP Race strive to provide professionally run meets and rely on the valuable contribution of officials who volunteer their time to support us.

b) Officials are asked to sign up via Swim Meet Officials Sign Up. The link for this can be found on our website.

c) All officials will be offered travel expenses which will be capped at £25.

i) Officials sharing one car will only be able to make one total claim.

ii) Mileage is based on 45p per mile from the shortest route from home address to the venue.

iii) Details of how to claim expenses will be provided on the day of the event.

d) For officials volunteering for at least two sessions per day:

i) Lunch will be provided in-venue, or

ii) A nominated cash amount to spend at local vendors can be claimed.

e) All expenses must be supported by receipts.

f) Further expenses may be accepted by the promoter depending on the needs of the event. Any further claim must have been approved in writing by the promoter prior to the spend.

12) Coaches/Team Managers/Chaperones

a) All teams must be accompanied by at least one Swim England Swimming Coach or the equivalent Level 2 coach who must have current safeguarding and DBS passes.

b) Team Managers on poolside must be TM1 Qualified and DBS checked.

c) Poolside passes cost £10/day or £15 for the weekend.

d) Poolside passes can only be purchased via TicketSource: <https://www.ticketsource.co.uk/ap-race-competitions/ap-race-plymouth-summer-open-2026-coach-team-manager-pass/e-zkaaxa>

e) Poolside passes can only be purchased by individuals that have been Swim England DBS checked.

f) Only individuals wearing a valid, visible poolside pass will be permitted on poolside.

13) Spectators

a) Spectator tickets cost £10/day.

b) Spectator tickets can only be purchased online here: <https://www.ticketsource.co.uk/ap-race-competitions/ap-race-plymouth-summer-open-2026-spectator-tickets/e-pdpymy>

c) More information about spectating will be available in the confirmation pack.

14) Photography

a) Use of any device with the ability to capture photos or videos is strictly prohibited in the toilets, changing rooms or changing areas at any time. Strict sanctions will be imposed on anyone found contravening this policy and they will be required to leave the venue without refund.

b) There will be official photographers and videographers at the event.

i) The media will be available on a password-protected website

for purchase one week after the event.

ii) You have the right to withhold your consent. Please contact events@aprace.club if you refuse consent for you or your swimmer to be photographed prior to the event commencement.

15) Data Protection

a) Entries and results will be managed via computer and available via the internet. By submitting entries, consent is thereby given to the holding of personal information on a computer. Personal data, including submitted and recorded times will be available during the meet.

b) By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 2018, to the holding of personal information. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared by form of results with Swim England (Rankings), with the clubs who have entered the meet and additional third parties used for the entry process (Swimming Events).

c) A full copy of the results will be published on the website after the meet. Please be aware that links from our website (aprace.club) may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted. If any persons want to exercise their right to erasure or processing of their personal data, they will need to make a written request to the Promoter.

d) We will only hold competition data for 12 months after which it will be destroyed.

16) Other Matters

a) AP Race will not accept any form of abuse and expects all individual attending the meet (swimmers, parents, coaches, officials, volunteers) to abide with Swim England's Wavepower policy and associated member clubs' Codes of Conduct. Any individual found to violate this will be removed from all events at the meet and asked to leave the venue (no refunds given).

b) Any matter not covered in the conditions will be determined by the promoter in conjunction with the Lead Referee and/or the Meet Management team.

c) Any other queries or concerns should be directed to the AP Race events team: events@aprace.club.



Thank You

We cannot wait to see you in Plymouth this June, as you take to the pool. Whether this is one of your first ever competitions, or an opportunity to beat some of your personal best times as part of your summer campaign, the AP Race Team is here to help you become... **Better Than Yesterday**

