



SPRINT WITH THE STARS

LONDON 2026 ENTRY PACK

Sunday 20th September 2026
Level 3 Long Course Competition
London Aquatics Centre
3LR260809

WELCOME!

Sprint With The Stars London 2026

Sunday 20th September 2026

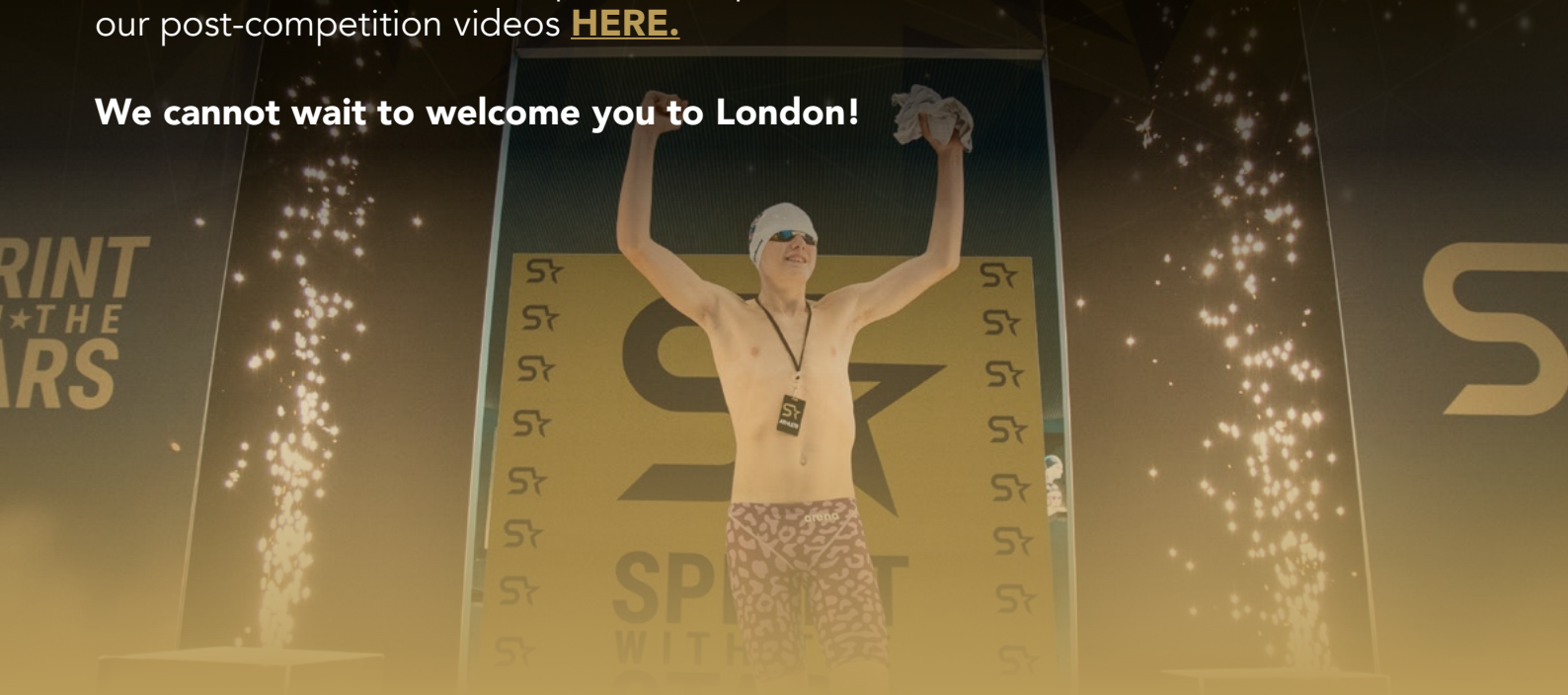
Sprint With The Stars is a revolutionary event where junior swimmers have the opportunity to race some of the world's best. Following several successful years of running this event, we are excited to be back in London for the fifth year running!

Competition is based solely on sprint racing – 50m on all strokes – where the fastest nine in each age group progress from the Heats to the Showcase Finals of the respective stroke. The centre lane in each final will be filled with one of our Stars, who chase down the pack following a handicap age-related head start.

The finals will be a 90-minute action packed flurry of racing, where athletes are introduced to the crowd, putting the spectator & athlete experience at the heart of the event.

To get a taste of what to expect at a Sprint With The Stars Event, check out one of our post-competition videos [**HERE.**](#)

We cannot wait to welcome you to London!



CONTENTS

| | |
|-----|--|
| 1. | Qualifying Times |
| 2. | Schedule |
| 3. | The Venue |
| 4. | Key Dates |
| 5. | Key Contacts |
| 6. | Start Lists |
| 7. | Privacy Policy and Photography Consent |
| 8. | Volunteers and Officials |
| 9. | Spectator Tickets |
| 10. | Additional Participant Information |
| 11. | Promoter's Conditions |



QUALIFICATION AND UPPER LIMIT TIMES

Open/Male

| Event | | Age Group | | | | | | |
|------------------|-----|-----------|---------|---------|-------|-------|-------|-------|
| | | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 50m Butterfly | ULT | 32.86 | 31.86 | 30.56 | 28.96 | 28.23 | 27.82 | 26.99 |
| | LLT | 58.05 | 58.05 | 55.01 | 52.01 | 49.95 | 47.25 | 44.55 |
| 50m Backstroke | ULT | 34.87 | 34.87 | 33.65 | 32.89 | 30.50 | 29.87 | 29.30 |
| | LLT | 56.70 | 56.70 | 55.54 | 53.32 | 49.95 | 47.25 | 46.57 |
| 50m Breaststroke | ULT | 38.89 | 38.89 | 36.01 | 34.83 | 33.00 | 31.78 | 29.56 |
| | LLT | 1:05.01 | 1:05.01 | 1:04.40 | 58.01 | 53.01 | 51.40 | 50.90 |
| 50m Freestyle | ULT | 31.00 | 31.00 | 30.00 | 27.56 | 26.98 | 25.29 | 24.90 |
| | LLT | 49.27 | 49.27 | 47.72 | 45.90 | 43.20 | 40.50 | 39.15 |

Female

| Event | | Age Group | | | | | | |
|------------------|-----|-----------|---------|-------|-------|-------|-------|-------|
| | | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 50m Butterfly | ULT | 33.98 | 33.98 | 32.67 | 31.68 | 30.46 | 29.13 | 28.78 |
| | LLT | 54.51 | 54.51 | 52.51 | 52.00 | 49.95 | 47.25 | 45.90 |
| 50m Backstroke | ULT | 35.29 | 35.29 | 34.69 | 33.86 | 32.95 | 31.59 | 30.26 |
| | LLT | 55.00 | 55.00 | 52.00 | 51.91 | 49.95 | 47.92 | 47.25 |
| 50m Breaststroke | ULT | 37.50 | 37.50 | 37.00 | 36.50 | 36.00 | 35.50 | 34.50 |
| | LLT | 1:00.01 | 1:00.01 | 57.51 | 57.00 | 56.51 | 55.81 | 54.67 |
| 50m Freestyle | ULT | 32.29 | 32.29 | 31.65 | 30.04 | 29.10 | 28.08 | 27.87 |
| | LLT | 49.95 | 49.95 | 45.91 | 45.90 | 43.20 | 41.85 | 41.85 |

All times are long course (i.e.: a 50m pool). Ages are as of 20th September 2026.

SCHEDULE

| Session 1 | | Session 2 | |
|---|--|---|--|
| 07:15 DOORS OPEN | No access before this time | 13:15 DOORS OPEN | No access before this time |
| 08:00-08:20 WARM UP | Female Warm Up Only | 13:45-14:15 | Mixed Warm Up |
| 08:20-08:40 | Male/Open Warm Up Only | | |
| 09:00 HEATS | Female 9/ov 50m Backstroke Male/Open 9/ov 50m Backstroke Female 9/ov 50m Freestyle Male/Open 9/ov 50m Freestyle | 14:30 HEATS | Female 9/ov 50m Butterfly Male/Open 9/ov 50m Butterfly Female 9/ov 50m Breaststroke Male/Open 9/ov 50m Breaststroke |
| 11:30 BREAK | | 16:30 BREAK | |
| 12:00 SHOWCASE FINALS 13:30 FINISH | Female 9yrs 50m Backstroke Male/Open 9yrs 50m Backstroke Female 10yrs 50m Freestyle Male/Open 10yrs 50m Freestyle Female 11yrs 50m Backstroke Male/Open 11yrs 50m Backstroke Female 12yrs 50m Freestyle Male/Open 12yrs 50m Freestyle Female 13yrs 50m Backstroke Male/Open 13yrs 50m Backstroke Female 14yrs 50m Freestyle Male/Open 14yrs 50m Freestyle Female 15/ov 50m Backstroke Male/Open 15/ov 50m Backstroke Female 9yrs 50m Freestyle Male/Open 9yrs 50m Freestyle Female 10yrs 50m Backstroke Male/Open 10yrs 50m Backstroke Female 11yrs 50m Freestyle Male/Open 11yrs 50m Freestyle Female 12yrs 50m Backstroke Male/Open 12yrs 50m Backstroke Female 13yrs 50m Freestyle Male/Open 13yrs 50m Freestyle Female 14yrs 50m Backstroke Male/Open 14yrs 50m Backstroke Female 15/ov 50m Freestyle Male/Open 15/ov 50m Freestyle | 17:00 SHOWCASE FINALS 18:30 FINISH | Female 9yrs 50m Butterfly Male/Open 9yrs 50m Butterfly Female 10yrs 50m Breaststroke Male/Open 10yrs 50m Breaststroke Female 11yrs 50m Butterfly Male/Open 11yrs 50m Butterfly Female 12yrs 50m Breaststroke Male/Open 12yrs 50m Breaststroke Female 13yrs 50m Butterfly Male/Open 13yrs 50m Butterfly Female 14yrs 50m Breaststroke Male/Open 14yrs 50m Breaststroke Female 15/ov 50m Butterfly Male/Open 15/ov 50m Butterfly Female 9yrs 50m Breaststroke Male/Open 9yrs 50m Breaststroke Female 10yrs 50m Butterfly Male/Open 10yrs 50m Butterfly Female 11yrs 50m Breaststroke Male/Open 11yrs 50m Breaststroke Female 12yrs 50m Butterfly Male/Open 12yrs 50m Butterfly Female 13yrs 50m Breaststroke Male/Open 13yrs 50m Breaststroke Female 14yrs 50m Butterfly Male/Open 14yrs 50m Butterfly Female 15/ov 50m Breaststroke Male/Open 15/ov 50m Breaststroke |



KEY INFORMATION

The Venue

London Aquatics Centre, Queen Elizabeth Olympic Park,
Stratford Cross, London E20 2ZQ

Key Dates

All entries close at midnight (23:59) on Friday 11th
September 2026 (or earlier if full).

Key Contacts

Contact the event team via email -
info@sprintwiththestars.com

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

Start Lists

The confirmation pack will contain information on how to
access the start lists and results via the online service

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 Sprint With The Stars and any approved
rights-holding third party media bodies, of which Sprint
With The Stars gives agreement. This also extends to official
photography within the venue.

You have the right to withhold your consent. Please contact
info@sprintwiththestars.com if you refuse consent for you
or your swimmer to be photographed.

Volunteers and Officials

Any individuals who are interested in joining our friendly
team to support the delivery of this highly produced event,
please get in touch via info@sprintwiththestars.com



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:

There is very limited parking available at the London Aquatics Centre, therefore we strongly recommend individuals seek alternative parking or transport methods.

Stratford Underground Station is an approximate 7 minute walk from the London Aquatics Centre, with Stratford International Station being a 5 minute walk. Several car parking options are also available within Westfield Shopping Centre which is within walking distance from the pool.

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 info@sprintwiththestars.com



PROMOTER'S CONDITIONS

**The promoter for this event is: Sprint With The Stars.
Licence Number: 3LR260809**

For enquiries, please contact Molly Monk via email:
info@sprintwiththestars.com

1) Venue Information

- The venue is London Aquatics Centre, London, E20 2ZO.
- The centre has a 50m, 10 lane pool with anti-wave lane ropes and electronic timing.
- The diving pit may be available for continuous warm up and swim down. Further information will be included in the confirmation pack.

2) Swim England Laws

- The meet is a Level 3 Long Course (50m) licensed meet.
- The meet will be held under Swim England Laws & Technical Rules of Racing.
- No jury of appeal will be appointed.
- 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 and hold a Swim England Temporary Membership. Please contact info@sprintwiththestars.com for more information.
- 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 20 th September 2026.

4) 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.

5) Finals

- There will be a final per age group per event.
- Age groups for finals are: 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15 years & over.
- The fastest 9 swimmers in each age group will qualify for the final with the respective "Star Swimmer".
- Time trial/exhibition swims are not eligible to qualify for finals.
- There will be 1 reserve for each final.
- Swim-Offs, if required:
 - Will take place at the end of the respective heats session.
 - Will not be held for reserves.
- Lane 4 will be occupied by the "Star Swimmer". Their time will not be official, nor eligible for rankings.
- Competitors wishing to withdraw from finals must notify the timing suite within 20 minutes after the qualifying event has finished.
 - Finalists must report to the Call Room in sufficient time and be available to parade for their event.

6) Call Room

- Before their race, all competitors must report to the Competition Stewards in the Call Room and follow their direction.
- It is a competitor's responsibility to report in good time for their race.
- Upon entry, the competitor must ensure that they report to a steward and be registered as being present.
- Competitors must arrive at the Call Room "Race Ready".
- Competitors should remain in the Call Room until they are directed to pool deck for their race.
- Access to the Call Room is forbidden to Coaches, Team Managers, and Chaperones.

7) Entry Time Criteria

- This meet has lower limit (qualifying) times, and upper limit (no faster than) times.
- Since 1 st September 2025, competitors must have achieved a time faster than the lower limit.
- Since 1 st September 2025, competitors must not have achieved a time faster than the upper limit time.
 - Automated periodic checks will be run to verify that competitors still meet the entry criteria.
 - If after entering, a competitor achieves a time faster than the upper limit time before the entry closing date, they may be permitted to swim as a time trial/exhibition swim (where session time permits and after all valid entries have been accepted), otherwise they will be rejected with a refund.
- Entry times must be either:
 - long course metres (LCM), or
 - short course metres (SCM) converted to LCM via Swim England Equivalent Performance Tables (use of www.pullbuoy.co.uk/times/ is permissible).

8) Entries

- All entries must be made and paid for using the online entry service: swimming.events/meets/524. Detailed instructions on how to use the online entry system can be found at: sprintwiththestars.com/pages/entry-instructions
- The entry fee is £20 per event.
- Entries:
 - Open at 18:00 on Friday 21 st February 2026.
 - Close at midnight (23:59) on Friday 11 th September 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 must satisfy the entry criteria at the time of entry.
 - Late entries will incur a surcharge of £10 per event.
 - Late entries will not be accepted after 18:00 on Saturday 19 th September 2026.
 - Entries will show as "pending" on Swimming Events until entries are closed and the first draft of Accepted Entries is published.
 - A draft programme will be published after the entry closing date.

9) 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.

- d) 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.
- e) It is the responsibility of the competitor or competitor's representative to ensure that the entry is correctly completed for their disability.
- f) 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.

10) Recognition of Times

- a) This meet is a licenced Level 3.
- b) Times from individual events will be submitted to rankings.

11) Awards

- a) No awards will be made.

12) Changes, Withdrawals, and Refunds

- a) Changes to entry times will only be permitted in extremis.
- 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 cannot request a refund.
- 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.

13) Officials

- a) Sprint With The Stars 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 by emailing info@sprintwiththestars.com.
- c) All officials will be offered travel expenses which will be capped at £40.
 - 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 one session per day:
 - i) Lunch will be provided in-venue, or
 - ii) A nominated cash amount to spend at local vendors can be claimed.
- e) 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.

14) Coaches/Team Managers/Chaperones

- a) Coaches must have current safeguarding and DBS passes.
- b) Team Managers must be TM1 Qualified and DBS checked.
- c) Poolside passes cost £20 for the day.
- d) Poolside passes can only be purchased via TicketSource (link available closer to the event).
- e) Poolside passes can only be purchased by individuals that have a valid Swim England membership and have been Swim England DBS checked.
- f) Parents acting as a coach must be a current member of the club they are representing with Team Manager status and must have been Swim England DBS checked.
- g) Individuals purchasing poolside passes will be required to prove they meet the poolside pass requirements.
- h) Only individuals wearing a valid, visible poolside pass will be permitted on poolside.
 - i) For any swimmers without a coach or team manager present:
 - i) They must stay with their parent/guardian when not competing.
 - ii) Athlete flow and procedures will be published in the confirmation pack.
 - iii) The warm-up and call room procedures will be communicated to all competitors.
 - iv) Sprint With The Stars volunteers will be present in the athlete

seating area to assist and/or answer questions.

15) Photography

- a) Use of mobile phones and devices is strictly prohibited under any circumstances in the changing rooms or village (including simply making a call). Anyone found contravening this policy 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 info@sprintwiththestars.com if you refuse consent for you or your swimmer to be photographed.

16) 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 (sprintwiththestars.com) 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.

17) Other Matters

- a) Sprint With The Stars 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 Sprint With The Stars events team: info@sprintwiththestars.com.



THANK YOU

We cannot wait to see you at the London Aquatics Centre this September. Stars from all over the world came together to showcase their talent in 2012 at the London Olympics, now it is your time to show us your talent and race against some of the best swimmers on the planet.

