



Dear Coaches

Re. UWCSEA Dragons Den International Swim Meet –24,25,26 April 2026

UWCSEA East Dragons are delighted to announce the return of the Dragons Den International Meet in April 2026. We look forward to welcoming teams from outside of Singapore again next year. We will be working hard to create a “carnival” atmosphere, which can be enjoyed by high level, and developing athletes alike.

We anticipate significant interest so we will require all swimmers to aim for some meet consideration times. These times will enable the meet to run to a strict time schedule and produce some high quality performances.

The meet entry deadline will be **March 3rd 2026**. If there are any meet rejections, these will be provided by **March 5th** allowing time for possible travel changes if necessary.

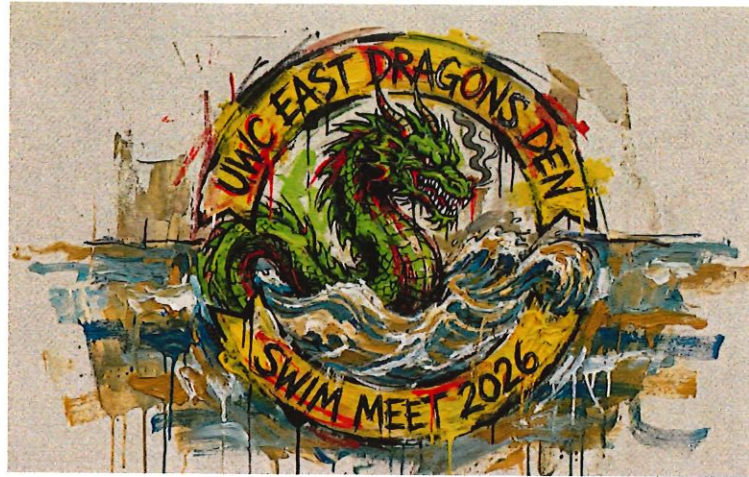
Below are the meet events and conditions. UWCSEA is very experienced at hosting large competitions and will help by supplying transport from our partner Hotel the [IBIS on Bencoolen](#) in Singapore. Please complete the expression of interest [Dragons Den 2026 Expression of Interest](#) (closes January 23 2026)

We very much hope you can join us for this exciting opportunity next year.

Yours Sincerely

Andrew Nicholls
Head Coach
UWCSEA Dragons Swimming





Session 1	
Friday 24 April 2026	
Warm up 3:15-3:45pm, Start Time 4pm	
Event	Round
Mixed 11& Over 1500 Free	HDW
Mixed 11& Over 800 Free	HDW
Girls 11 & Over 400IM	HDW
Boys 11 & Over 400IM	HDW
Girls 11 & Over 400 Free	HDW
Boys 11 & Over 400 Free	HDW

Session 2	
Saturday 25 April 2026	
Warm up 7-7:45am Start time 8am	
Event	Round
Boys 11 & Over 200IM	HDW
Girls Open 50m Butterfly	HDW
Boys Open 50 Backstroke	HDW
Girls Open 100m Breaststroke	HDW
Boys 11 & Over 200m Backstroke	HDW
Girls Open 100 Butterfly	HDW
Boys Open 100 Freestyle	HDW
Mixed Medley Relay 15&Over, 13&14, 11&12, 9&10	HDW

Session 3	
Saturday 25 April 2026	
Start time 12:30pm	
Event	Round
Girls 11 & Over 200 Freestyle	HDW
Boys Open 50m Breaststroke	HDW
Girls Open 50 Freestyle	HDW
Boys 11 & Over 200 Butterfly	HDW
Girls Open 100 Backstroke	HDW
Boys 11 & Over 200 Breaststroke	HDW
Mixed Freestyle Relay 15&Over, 13&14, 11&12, 9&10	HDW





Session 4	
Sunday 26 April 2026	
Warm up 7-7:45am Start time 8am	
Event	Round
Girls 11 & Over 200IM	HDW
Boys Open 50m Butterfly	HDW
Girls Open 50 Backstroke	HDW
Boys Open 100m Breaststroke	HDW
Girls 11 & Over 200m Backstroke	HDW
Boys Open 100 Butterfly	HDW
Girls Open 100 Freestyle	HDW
Boys Medley Relay 15&Over, 13&14, 11&12, 9&10	HDW
Girls Medley Relay 15&Over, 13&14, 11&12, 9&10	HDW

Session 5	
Sunday 26 April 2026	
Start time 12:30pm	
Event	Round
Boys 11 & Over 200 Freestyle	HDW
Girls Open 50m Breaststroke	HDW
Boys Open 50 Freestyle	HDW
Girls 11 & Over 200 Butterfly	HDW
Boys Open 100 Backstroke	HDW
Girls 11 & Over 200 Breaststroke	HDW
Boys Free Relay 15&Over, 13&14, 11&12, 9&10	HDW
Girls Free Relay 15&Over, 13&14, 11&12, 9&10	HDW





Please note that these are consideration times only, swimmers may still be rejected if the events are loaded.

UWCSEA DRAGONS DEN INTERNATIONAL SWIM MEET CONSIDERATION TIMES										
Boys						Girls				
8 and Under	9/10	11/12	13/14	15 and Over		8 and Under	9/10	11/12	13/14	15 and Over
x	x	35	33	29	50 Free	x	x	37	35	32
1.40.00	1.30.00	1.16.00	1.10.00	1.06.00	100 Free	1.45.00	1.35.00	1.18.00	1.15.00	1.09.00
x	x	2.40.00	2.40.00	2.40.00	200 Free	x	x	2.45.00	2.45.00	2.45.00
5.15.00	5.15.00	5.15.00	5.15.00	5.15.00	400 Free	5.30.00	5.30.00	5.30.00	5.30.00	5.30.00
11.30.00	11.30.00	11.30.00	11.30.00	11.30.00	800 Free	11.30.00	11.30.00	11.30.00	11.30.00	11.30.00
20.30.00	20.30.00	20.30.00	20.30.00	20.30.00	1500 Free	20.30.00	20.30.00	20.30.00	20.30.00	20.30.00
x	x	45	41	38	50 Breast	x	x	47	43	40
2.10.00	2.00.00	1.40.00	1.30.00	1.25.00	100 Breast	2.15.00	2.00.00	1.45.00	1.35.00	1.35.00
x	x	3.10.00	3.10.00	3.10.00	200 Breast	x	x	3.20.00	3.20.00	3.20.00
x	x	38	35	32	50 Back	x	x	39	37	34
1.55.00	1.45.00	1.30.00	1.20.00	1.15.00	100 Back	1.55.00	1.45.00	1.27.00	1.18.00	1.15.00
x	x	3.10.00	3.10.00	3.10.00	200 Back	x	x	3.15.00	3.15.00	3.15.00
x	x	39	32	30	50 Fly	x	x	40	35	32
2.10.00	1.55.00	1.30.00	1.18.00	1.15.00	100 Fly	2.10.00	1.55.00	1.35.00	1.20.00	1.18.00
x	x	3.00.00	3.00.00	3.00.00	200 Fly	x	x	3.15.00	3.15.00	3.15.00
x	x	3.10.00	3.10.00	3.10.00	200 IM	x	x	3.15.00	3.15.00	3.15.00
5.45.00	5.45.00	5.45.00	5.45.00	5.45.00	400 IM	6.00.00	6.00.00	6.00.00	6.00.00	6.00.00

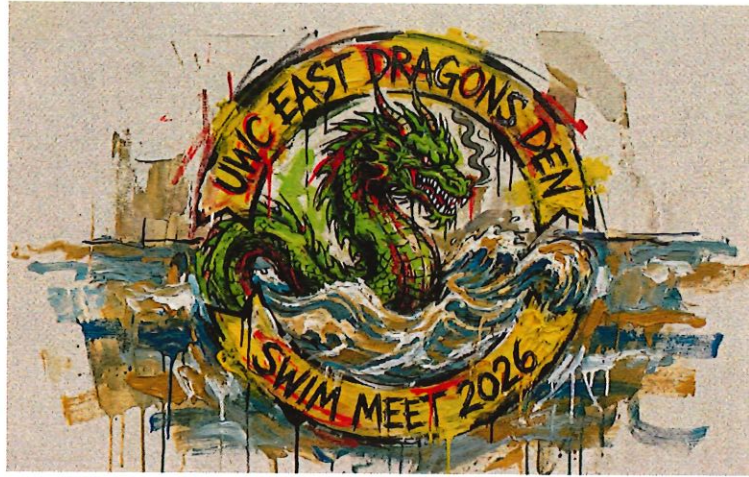




Meet Conditions

1. The meet will adhere to World Aquatics Rules and is sanctioned by Singapore Aquatics
2. The pool is 50 metres long with 10 lanes with anti-wave lane ropes and electronic Colorado timing in operation. Results will be posted via Hy-Tek's Meet Mobile App and also in the [meet folder](#). Full results will also be available in PDF format, which will be sent to all coaches after the meet.
3. "Over the top" starts may be used in the heats.
4. Strictly no diving in or climbing over pads during warm up in the competition pool.
5. Any swimmers or coaches who fail to notify the meet organisers that they are withdrawing from an event will automatically be withdrawn from any remaining swims that day.
6. Any swimmer who withdraws for medical reasons will be withdrawn from all remaining swims that day.
7. All events will be heat declared winner (HDW), the heats will be Super seeded so the fastest 10 entrants in each age group will be seeded together.
8. Age groups are 8 and under, 9/10, 11/12, 13/14, 15 and Over: and scoring will be separated as such.
9. Relays will be in age groups (9/10, 11/12, 13/14, 15 and Over) and will be Male, Female and Mixed (2male 2 female)
10. Age on the 24th April 2026.
11. Events will be scored 1st to 10th (12,10,9,8,7,6,5,4,3,2).
12. Medals will be awarded on the podium. Heat winners will also receive an award at the end of each race.
13. The following trophies will be awarded based on age group high point scores:
 - a. Visiting Team Points Score (excluding home team)
 - b. Each Individual Age Group Champion
14. The International entry package is as follows:
 - a. S\$170 – Travelling Team Package will include
 - b. Meet Entry Fee – Flat Rate (Total 8 Individual Events, 2 Relays provided there are no rejected swims)
 - c. Airport, hotel and pool transfers (note only 1 transfer time per team and drop off is to 1 hotel only)
 - d. Meet Souvenir and Cap
 - e. Saturday and Sunday Lunch Voucher
15. The Local entry package is as follows:
 - a. S\$85 – Local Team Package will include
 - b. Meet Entry Fee – Flat Rate (Total 8 Individual Events, 2 Relays provided there are no rejected swims)
 - c. Meet Souvenir and Cap





16. We have a nominated partner hotel for this event, [the IBIS on Bencoolen](#). For queries about hotel rates and transfer arrangements please contact our Activities Department (ishakuwc@uwcsea.edu.sg), copying in Head Coach Andrew Nicholls (ain@uwcsea.edu.sg)

