

1st Essex Swimability Meet - Rules and Conditions

Eligibility

This competition is open to any Swim England member swimmer, with a disability - physical, sensory, or learning. Swimmers should indicate on the entry form their British Swimming/IPC classification. Where swimmers have not been classified, please leave blank. It is not necessary for swimmers to be formally classified to compete at this event.

Rules

This competition will be swum under Swim England Laws and Technical Rules,

Entry Restrictions

Because the event is subject to restricted pool time, the promoters will accept entries on a '**first come, first served**' basis. Once the meet is full, all additional entries will be rejected.

Races

All individual races will be made up of swimmers with similar entry times, irrespective of their age, gender, or disability. This is being done to make races more competitive and increase the opportunity for swimmers to gain fast times. It is important therefore that accurate times are submitted on the entry form for all events. If no time is completed, then the swimmer will be placed in the slowest heat of that event. Swimmers requiring outside lanes may have to be swum out of time order to accommodate their needs.

Clubs wishing to enter the relay events should complete the separate relay application forms. No additional entry fee will be required if the swimmer is entered into an individual event.

Open and female swimmers may be swum together. Swimmers will be allowed to enter a **maximum** of 4 races, excluding the relays. For the 25m freestyle and backstroke, swimmers will be permitted to use a noodle if they wish.

Whilst we will try to have all starts from the deep end of the pool, the Organisers reserve the right to move the start to the shallow end if competitors need the hoist to enter the water.

Awards

Participation medals will be presented to all swimmers.

Entry Fees

The non-refundable entry fee is £5.00 per swimmer, irrespective of the number of events entered. WE DO NOT ACCEPT CHEQUES.

Please pay by PAYPAL to essexswimming@btopenworld.com.

Closing date for entries: Friday 8th August 2025

Epilepsy

Swimmers with epilepsy must ensure that this is indicated on the entry form. A responsible adult who knows the swimmer's condition should accompany them. This person must act as a 'spotter' on the poolside while the swimmer is in the water.

Photography

All photography must be in accordance with current Swim England guidelines.

Responsibility

Parents/carers are responsible for swimmers whilst in the changing rooms and on poolside prior to the start of the competition. Swimmers and spectators are reminded that property should not be left unattended at any time. Please may swimmers please use the lockers provided, lockers take a refundable £1 or your own padlock.

Lifeguard cover will be provided throughout the meet.

Promoters

The promoter has the right to refuse entries and to make any changes that may be considered necessary for the smooth running and discipline of the event.

There will be no access to the changing rooms or to the poolside before 2.45pm.

The promoters will take into consideration the time needed for swimmers to change before commencing the event.

Spectators

Spectators will be able to use the balcony.

Saturday September 6th, 2025, 3 pm warm-up

Saturday September 6th, 2025, 3 pm warm-up

Swimming & Fitness Center, Charter Way, Braintree CM77
8YJ (Under Swim England Laws and Technical Rules)

Swimming & Fitness Center, Charter Way, Braintree CM77
8YJ (Under Swim England Laws and Technical Rules)

Mixed Medley Relay Entry Form

Mixed Freestyle Relay Entry Form

Please complete in CAPITALS

Please complete CAPITALS

Name of Club attending

Name of Club attending

Details of Competitors

Details of Competitors

OPEN/FEMALE (delete as appropriate)

OPEN/FEMALE (delete as appropriate)

Full Name..... Date of Birth...../...../.....

Full Name..... Date of Birth...../...../.....

OPEN/FEMALE (delete as appropriate)

OPEN/FEMALE (delete as appropriate)

Full Name..... Date of Birth...../...../.....

Full Name..... Date of Birth...../...../.....

OPEN/FEMALE (delete as appropriate)

OPEN/FEMALE (delete as appropriate)

Full Name..... Date of Birth...../...../.....

Full Name..... Date of Birth...../...../.....

OPEN/FEMALE (delete as appropriate)

OPEN/FEMALE (delete as appropriate)

Full Name..... Date of Birth...../...../.....

Full Name..... Date of Birth...../...../.....

I declare that the above particulars are correct and agree to abide by the conditions laid down by the promoters.

I declare that the above particulars are correct and agree to abide by the conditions laid down by the promoters.

Signature of Club Representative.....

Signature of Club Representative.....

1st Essex Swimability Meet

Saturday 6th September 2025
Swimming & Fitness Center, Charter Way,
Braintree CM77 8YJ

To be swum under Swim England Laws and Technical Rules
Swimmers must be 9 years old by the date of the gala.

Promoted by Swim England Essex and kindly supported by
Billericay Lions Club



Billericay Lions Club

"Ordinary people, doing amazing things"

Programme of events

Warm up of 45 minutes starting at
3.00

- | | | |
|---|------------------------|-------|
| 2 | Freestyle (inc noodle) | 25m |
| 3 | Backstroke | 50m |
| 4 | Breaststroke | 100m |
| 5 | Butterfly | 25m |
| 6 | Freestyle | 50m |
| 7 | Medley Relay | 4x25m |

Continued...

- | | | |
|----|-----------------|-------|
| 8 | Backstroke | 100m |
| 9 | Breaststroke | 25m |
| 10 | Butterfly | 50m |
| 11 | Freestyle | 100m |
| 12 | Backstroke | 25m |
| 13 | Breaststroke | 50m |
| 14 | Freestyle Relay | 4x25m |

**Presentations will finish at
approximately 7.00pm and will be in
the baby pool area**

This meet provides an opportunity for all swimmers with a disability - physical, sensory, learning - to swim in a competitive setting over a range of distances and strokes, according to personal strengths and wishes.

