



Swim England Essex Age Group Championships 2026

17-18th January 2026 1ER260032

21st-22nd February 2026 1ER260033

28th February-1st March 2026 1ER260034

London Aquatic Centre, London E20 2AQ

1. Relay information

- 1.1. Age is on 31st December 2026.
- 1.2. Age Groups for relay teams are 9-10yrs, 11-12yrs, 13-14yrs, 15yrs & over, for both the freestyle relays and the medley relays, Male/Open and Female. Entries are made via Essex website
- 1.3. A master list of relay swimmers must be entered using the form on the Essex website before midnight on 16th January 2026
- 1.4. All relays are HDW.
- 1.5. Teams that are disqualified will not be eligible for an award.
- 1.6. Entry fee per relay team is £20.00.
- 1.7. There are no QTs for these events although teams must be entered with a time and names of the swimmers using the form on the Essex website.
- 1.8. If a team is not going to swim in a heat that it has previously entered, a club coach or club official must submit a withdrawal form, through the Essex website.
- 1.9. Clubs may enter **1** girls' team and **1** boys' team per age group per relay event.
- 1.10. The relays are unlicensed but the General Conditions for the meet apply to these events so all relay members must be Swim England category 2 swimmers.
- 1.11. There will be a ten-minute warmup for those relay swimmers who have **not** competed in other events at that same session only. This will happen after the event heats and before the finals.
- 1.12. Any queries please contact the Promoter, Helen Stephens at:
swimmingmanager@essexswimming.org