

2nd ESSEX "SWIMABILITY" MEET

**Swimming and Fitness Centre
Charter Way
Braintree CM77 8JY**

Saturday 5th September 2026

Warm-up at 3 pm

Racing commences at 3:30 pm

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

Programme of Events

Warm up of 25 minutes starting at 3.00

1	Individual Medley
2	25m Freestyle (inc. noodle)
3	50m Backstroke
4	100m Breaststroke
5	25m Butterfly
6	50m Freestyle
7	4x25m Medley Relay
8	100m Backstroke
9	25m Breaststroke
10	50m Butterfly
11	100m Freestyle
12	25m Backstroke
13	50m Breaststroke
14	4x25m Freestyle Relay

Presentations will finish at approximately 7:00 pm and will be held in the baby pool area

1st ESSEX SWIMABILITY MEET – RULES AND CONDITIONS

Eligibility

This competition is open to any swimmer with a disability - physical, sensory or learning. All entries are now open and should be via Google forms link below:

<https://forms.gle/GfCHf8sk9EtPr1wq7>

Swimmers should indicate on the Google 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 competition 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 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 and certificates 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 NO LONGER ACCEPT CHEQUES.

Please pay by PAYPAL to essexswimming@btopenworld.com

Closing date for entries: Friday 7th August 2026

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. Could swimmers please use the lockers provided.

Lifeguards will be on duty throughout the meet.

Promoters

The promoters have 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 onto 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 and the poolside seating areas (if enough room is available) – both are extremely hot, so please come prepared.