



SWIM ENGLAND ESSEX OPEN WINTER SHORT COURSE CHAMPIONSHIPS 2026 (ER260875)

(Under Swim England Regulations and Technical Rules)

17th & 18th OCTOBER 2026

London Aquatic Centre, London E20 2XQ

1. GENERAL CONDITIONS

- 1.1 The Championships are open to any member of a Swim England club who has current Swim England Club Compete Membership.
- 1.2 Any swimmer failing to comply with any of these conditions shall not be allowed to compete in these Championships.
- 1.3 Protests shall be made and dealt with in accordance with the Swim England Regulations. The Promoter, Helen Stephens, Swimming Manager, Swim England Essex, can be contacted at swimmingmanager@essexswimming.org
- 1.4 In the event of the Meet Promoter not being present at the event, the Technical Director will deputise as the Meet Promoter.
- 1.5 All participants must observe the safety precautions in operation at the venue.
- 1.6 Swim England Essex will not be responsible for any loss or damage occurring during these Championships.

2. ENTRIES

- 2.1 A swimmer must be a member of the club by whose name he/she is entered and must have registered as such with Swim England, prior to the entry closing date of the Championships.
- 2.3 Swimmers may enter any events who are aged 12 years and over at the 31st December 2026. for which they have achieved a qualifying time after 20.10.2025 and before the entry closing date. The closing date for all events is **midnight on Wednesday 30th September 2026**. Times must be achieved at Swim England license meet, levels 1,2, 3 and 4. Subsequent improved times will not be accepted. No late entries will be accepted.
- 2.4 Entries for the Championships shall be made via the online entry system, opening date for entries is 1st September 2025. Queries related to entries should be directed to swimmingmanager@essexswimming.org.
- 2.5 Received entries will be published on a summary list immediately following their receipt. At the conclusion of the entry period, a full list of entries will be published on the Swim England Essex County website. Swimmers and their representatives will have seven days to check the published entries for accuracy. During this period, they may contact the Event Manager, Lyndsey Motin, essexswimming@btopenworld.com for any issue requiring correction. Once the seven-day period has passed a final list of accepted entries will be published for which no further changes will be possible.
- 2.6 Dependent on the number of entries, the Promoter reserves the right to reject entries to achieve what is believed to be the best compromise between the events. If it is necessary to reject



entries, priority will be given to those swimmers who are members of an Essex County swimming club. The slowest entries in each age group will be rejected first.

2.7 The Data Protection Act requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purpose of making entries to the Championships, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.

2.8 The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.

3. FEES

3.1 Entry fees are **£10** for 50m, 100m, 200m and 400m events and **£15** for the 800m and 1500m events. Relay entry fee is £20

3.2 Spectator fees are £10 per day.

3.3 Spectators' tickets will be available ONLINE ONLY and will open on 4th October 2026. Tickets **will not** be available to purchase on the door. Spectator's tickets are nonrefundable.

3.4 Swim England Essex will restrict access to the spectator seating to comply with safety limits.

4. WARM-UP

4.1 A warmup procedure and warm-up time will be published on the Swim England Essex website one week before the event.

5. AGE GROUPS

5.1 The age groups for both genders in each event will be 12 years/over. Finals will be swum 15 years/under and 16+ years.

5.2 Ages are at midnight on 31 December 2026.

6. EVENTS

6.1 All events shall have 15 years and under and 16 years and over finals except all 200m events, 400m, 800m and 1500m Freestyle and the 400m Individual Medley which shall be timed finals. All relay events shall be swum as timed finals.

6.2 Each final shall have a maximum of two reserves.



7. WITHDRAWALS

- 7.1 Withdrawals shall be reported by a representative of the club to the recorder via the online system. This must be before the commencement of the first warm-up for each session. If a swimmer is ill during the session, then the Team Manager or coach must inform the Event Manager seated in the AOE suite. This ensures no fine will be issued for that swimmer.
- 7.2 The names of finalists and reserves will be announced and published at the end of each event. Withdrawals must be made to the recorder within 15 minutes of the announcement. At the end of this period reserves may ask the results recorder whether they are required for the final or can be stood down.
- 7.3 Unless notice of withdrawal has been given to the results recorder with 15 minutes of the publication of the heat results, all finalists shall report to the Call room marshal for the final. Withdrawals after the 15-minute deadline may only be made on medical grounds. Failure to report a withdrawal from a final will result in a £10 fine.
- 7.4 Failure to comply with these conditions shall result in a £10 fine per swimmer per event, which will be invoiced to the club at the end of the day. This invoice must be paid in full before the competition/club competes at any further Essex Championships.

8. REFUNDS

- 8.1 Refunds will only be issued where the competition is cancelled, or where there is a significant change to the schedule that results in a change of venue or session for the event entered, meaning that the competitor cannot swim. Refunds will not be made when there are withdrawals on medical grounds.

9. AWARDS

- 9.1 Medals will be awarded to the first three swimmers in the 14/under and 15+ age group for each event.
- 9.2 Cups will also be presented to Essex swimmers and a commemorative medal to an out of county swimmers

10. PHOTOGRAPHY AND SAFEGUARDING

- 10.1 Use of any mobile device in the changing rooms, showers, toilets or on poolside. is absolutely forbidden. Anyone contravening this requirement will be required to leave the facility without a refund. Coaches are not allowed to use their mobile devices on poolside to film. Swimmers must return to the stands/balcony to use their devices. Only accredited personnel may enter the changing area or competition area.
- 10.2 All people attending the competition are advised to exercise reasonable care when taking photos or video from the stands/balcony, particularly with regards to the sharing of images on social media. Wavepower guidance should be always followed.
- 10.3 Safeguarding and behaviour concerns at the event should be reported to the Promoter, or to the Essex Welfare Officer if the concerns arise once the competition has ended. If the concerns



relate to conduct of the Promoter, a report should be made to the Essex Welfare Officer, welfare@essexswimming.org or to a member of the Essex Management Board.

11. OTHER INFORMATION

- 11.1 A secondary strobe light will be in use at these Championships.
- 11.2 Any information included in the Entry Pack including information published separately on the Swim England Essex website shall be regarded as part of these General Conditions. Any matter arising, which is not covered by these conditions, shall be determined by the Promoter and Technical Director.
- 11.3 Any information included in the entry pack, including information published separately on the Essex Swimming website, shall be regarded as part of the General Conditions.
- 11.4 All persons attending the meet must wear shoes and clothing when exiting poolside.

12. COACHES AND TEAM MANAGER POOL DECK PASSES

- 12.1 Coach passes are available via the online system. To meet Swim England's club supervisory policy, clubs must ensure the minimum supervisory staff are present on poolside throughout the whole competition. Please follow the guidelines found in Wavepower <https://www.swimming.org/swimengland/wavepower-childsafeguarding-for-clubs/>. Whilst we refer to them as Coach Passes, they are in fact Swim England DBS, Safeguarding and Qualification Checks.
- 12.2 Coach and Team Manager pass cost £10 per day, this includes hot drinks from the officials room, but no food. Passes are available via the Swim England Essex website. A food Kiosk will be situated on the balcony for parents, swimmers and coaches to use.
- 12.3 All Coaches and Team Managers planning to attend the Championships shall apply for one pass which covers the entirety of the Championships. Refunds will be issued to those only attending one day. Please apply to the Event Manager, Lyndsey Motin, essexswimming@btopenworld.com
- 12.4 Passes will be issued in the name of the designated coach or team manager. Passes must be downloaded, printed, and always worn in a prominent place during the championships. The online system requires all coaches and team managers to be qualified in their respective roles, in addition to possessing in-date DBS and safeguarding training. Passes will not be issued to those who do not meet these requirements. Coaches without passes on display will be asked to leave and may be refused readmission. All pass holders must be current Swim England members.
- 12.6 All swimmers aged 16 years and under must be under the supervision of a pass holder during the warmup, competition and be escorted to the Call Room by a Team Manager. This is to prevent any safeguarding issues arising from swimmers meeting up in the changing rooms.



12.7 Passes may only be used when there are swimmers from your club competing in the relevant session.

12.8 PASSES CANNOT BE OBTAINED ON THE DAY OF COMPETITION

12.9 We will be running a clear deck meet. All Coaches, Team managers and swimmers will be seated in the balcony over the call room after each warmup. There will be no seating or standing on poolside during the racing phase of the competition.

13. PARA-SWIMMING CONDITIONS

13.1 Please note these conditions are supplementary to the general conditions for the County Championships.

14. THE EVENTS

Event	Classifications
50m Freestyle	S1 – S14
100m Freestyle	S1 – S14
200m Freestyle	S1 – S5 + S14
400m Freestyle	S6 - S14
50m Butterfly	S1 – S7
100m Butterfly	S8 – S14
50m Backstroke	S1 – S5
100m Backstroke	S1 – S14
50m Breaststroke	SB1 – SB3
100m Breaststroke	SB4 – SB14
200m IM	SM5 – SM14
400m IM	SM6 – SM14

15. ELIGIBILITY

15.1 The above events in the Championships are open to competitors whose Swim England Membership Record includes the relevant WPS Para-Swimming Sport Class, as shown above.

16. ACCREDITATION

16.1 A competitor may have both a coach and support staff in attendance providing they have an exception code A, Y, or T recorded on their Swim England Membership Record. All coaches and support staff will be required to apply for a pass.



17. MEDALS

17.1 Medals will be awarded to the top three competitors in each event on a multiclassification points basis. Commemorative medals will be awarded to out of county swimmers.

18. ENTRY SYSTEM

18.1 An entry link for Para swimmers will be posted on the Essex County website
<https://www.essexswimming.org/wp/>

18.2 Any competitor who achieves the non-Para–Swimming entry time for an event not on the list above and wishes to enter that event should do so on the open entry system for that event only.

18.3 All Para swimmers will swim with their correct age group. Failure to follow this entry procedure will mean that the entry will be declined. Late entries will not be accepted.

Male/Open	Event & Category	Female		Male/Open	Event & Category	Female
50m Freestyle				400m Freestyle		
02:11.22	S1	01:32.05		08:00.49	S6	09:08.91
01:42.66	S2	01:35.23		07:43.05	S7	08:44.50
01:18.17	S3	01:20.38		07:22.31	S8	07:54.91
01:03.75	S4	01:09.26		06:58.64	S9	07:52.57
00:53.57	S5	01:03.56		06:38.77	S10	07:33.37
00:49.45	S6	00:58.17		07:32.80	S11	08:34.42
00:46.38	S7	00:54.69		06:56.58	S12	07:37.20
00:44.35	S8	00:51.70		06:39.89	S13	07:40.12
00:41.28	S9	00:47.94		06:47.71	S14	07:32.34
00:38.15	S10	00:46.27		50m Butterfly		
00:44.56	S11	00:51.24		02:16.68	S2	01:39.74
00:40.56	S12	00:45.12		01:22.60	S3	01:44.26
00:39.75	S13	00:46.02		01:13.32	S4	01:28.06
00:37.84	S14	00:43.32		00:57.83	S5	01:22.50
100m Freestyle				00:53.35	S6	00:53.35
06:45.16	S1	03:22.01		00:53.89	S7	00:58.89



03:54.86	S2	03:59.84		100m Butterfly		
02:21.07	S4	02:50.49		02:50.49	S8	05:02.96
01:54.82	S5	02:30.87		01:39.11	S9	04:18.79
01:48.56	S6	02:18.74		01:32.29	S10	03:59.55
01:42.24	S7	02:06.36		01:48.32	S11	04:52.89
01:37.26	S8	01:56.55		01:35.96	S12	04:22.46
01:29.71	S9	01:51.52		01:34.86	S13	04:16.14
01:22.79	S10	01:45.32		01:33.91	S14	04:25.57
01:36.30	S11	01:41.01				
01:28.38	S12	01:50.24				
01:28.55	S13	01:39.62				
01:24.74	S14	01:38.33				
200m Freestyle						
08:05.74	S1	08:34.03				
08:05.74	S2	08:26.28				
06:05.38	S3	05:51.95				
05:04.44	S4	05:26.42				
04:14.74	S5	04:45.11				
03:09.63	S14	03:30.31				

Male/Open	Event & Category	Female		Male/Open	Event & Category	Female
50m Backstroke				100m Freestyle		
02:07.14	S1	01:54.89		02:35.53	SB4	02:57.29
01:52.40	S2	01:53.68		02:24.64	SB5	02:42.01
01:18.83	S3	01:26.00		02:18.12	SB6	02:35.52
01:13.75	S4	01:29.93		02:06.79	SB7	02:27.64
00:59.60	S5	01:12.49		01:55.69	SB8	02:08.42
100m Backstroke				01:48.10	SB9	01:48.10
04:27.46	S1	03:58.65		01:57.81	SB11	02:24.55
03:52.10	S2	03:58.97		01:55.14	SB12	02:03.42



02:06.68	S6	02:21.98		01:42.44	SB13	02:07.16
01:55.58	S7	02:07.45		01:44.16	SB14	02:03.52
01:47.41	S8	02:01.36		200m IM		
01:38.48	S9	01:54.53		04:42.10	SM5	05:43.98
01:37.39	S10	01:54.68		04:30.76	SM6	05:00.02
01:54.55	S11	02:11.27		04:19.11	SM7	04:54.22
01:37.82	S12	01:51.83		03:53.17	SM8	04:24.91
01:37.27	S13	01:48.10		03:40.47	SM9	04:12.50
01:36.75	S14	01:51.66		03:30.88	SM10	03:30.88
50m Breaststroke				03:30.88	SM10	03:55.87
02:43.76	SB1	02:21.36		03:42.07	SM12	04:14.34
01:43.21	SB2	01:56.40		03:36.65	SM13	04:09.15
01:22.02	SB3	01:28.86		03:37.97	SM14	04:03.25