



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 holds 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 **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 if they are aged 12 years or over on 31 December 2026 and have achieved a qualifying time after 20 October 2025 and before the entry closing date.

The closing date for all events is **midnight on Wednesday 30 September 2026**. Times must be achieved at a **Swim England licensed meet** (Levels 1, 2, 3 or 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**, which opens on **1 September 2025**. Queries relating 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, corrections may be requested by contacting: **Event Manager — Lyndsey Motin, essexswimming@btopenworld.com**

After the seven-day checking window, a **final list of accepted entries** will be published, after which **no further changes** will be possible.

2.6 Depending on the number of entries, the Promoter reserves the right to reject entries to achieve what is believed to be the best balance between events. If rejection is necessary, priority will be given to 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 certain information and obtain consent before processing personal data.

Processing includes obtaining, recording, holding, disclosing, destroying or retaining information. Personal data is required for the purpose of making entries to the Championships, managing the meet, and submitting results to Rankings.

Information provided will be processed in accordance with the **Data Protection Act 2018**. Submission of an entry is deemed to give consent for such processing.

Where personal data of competitors, officials or coaches/team managers is provided by a third party (e.g., a club), we rely on that third party to ensure 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**, opening on **4 October 2026**. Tickets will **not** be available to purchase on the door.

Spectators' tickets are **non-refundable**.

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

4. WARM-UP

4.1 A warm-up 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 and over**. Finals will be swum as **15 years & under** and **16 years & over**.

5.2 Ages are taken at **midnight on 31 December 2026**.

6. EVENTS

6.1 **Finals Structure and Timed Finals** All events shall have **15 years & under** and **16 years & over** finals, **except** all **200m events**, the **400m**, **800m** and **1500m Freestyle**, and the **400m Individual Medley**, which shall be swum as **timed finals**. All **relay events** shall be swum as **timed finals**. Each final shall have a maximum of **two reserves**.

6.2 **Eligibility to Progress to Finals** Only competitors who are representing a club **affiliated to Swim England Essex** at the entry closing date shall be eligible to progress to an individual Final. Competitors representing clubs **not affiliated to Swim England Essex** may compete in the Heats of the competition **for times only** and shall **not** progress to a Final.

6.3 **Non-Essex Competitors – Eligibility for Championship Awards** Competitors representing clubs **not affiliated to Swim England Essex** may compete in **heat-declared-winner** and **timed-final** events. Their results and times will be included in the published overall event results; however, they are **not eligible** for any Essex Championship placing, medal, cup or trophy. Essex Championship placings will be determined separately using the results of eligible competitors representing **Swim England Essex-affiliated clubs**.

6.4 **Relay Events – Eligibility for Championship Awards.** Relay teams representing clubs not affiliated to Swim England Essex may compete in relay events. However, only relay teams representing clubs affiliated to Swim England Essex at the entry closing date shall be eligible for an Essex Championship placing, medal, cup or trophy. Essex Championship relay placings will be determined separately from the results of eligible teams representing Swim England Essex-affiliated clubs.

7. WITHDRAWALS

7.1 Withdrawals shall be reported by a representative of the club to the recorder via the **online system**. This must be completed **before the commencement of the first warm-up for each session**. If a swimmer becomes ill during the session, the **Team Manager or coach** must inform the **Event Manager**, seated in the AOE suite. This ensures that **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 may be stood down.

7.3 Unless notice of withdrawal has been given to the results recorder **within 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 competitor/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 withdrawals occur on **medical grounds**.

9. AWARDS

9.1 **Individual Medals.** Medals will be awarded to the first three **eligible competitors** representing **Swim England Essex-affiliated clubs** in each applicable age group and event. For **heat-declared-winner** and **timed-final** events, Essex Championship placings will be determined **from eligible Essex competitors only**, irrespective of the overall finishing positions.

9.2 **Relay Medals** Relay medals will be awarded to the members of the first three **eligible relay teams** representing **Swim England Essex-affiliated clubs** in each relay event, irrespective of the overall finishing positions.

9.2 **Cups and Trophies** Cups and trophies will be presented only to **eligible competitors** or **relay teams** representing clubs **affiliated to Swim England Essex**. Competitors and relay teams representing clubs **not affiliated** to Swim England Essex are **not eligible** for Essex Championship medals, cups or trophies.

For example, if a visiting swimmer finishes first overall in a timed-final event and Essex swimmers finish second, fourth and fifth, the visiting swimmer remains first in the **published race results**, but the three Essex swimmers receive **gold, silver and bronze** respectively. The same principle applies to **relay teams**.

10. PHOTOGRAPHY, FILMING & 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** permitted to use 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 regarding the **sharing of images on social media**. **Wavepower guidance** must always be 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 the conduct of the Promoter, a report should be made to the Essex Welfare Officer at welfare@essexswimming.org, or to a member of the **Essex Management Board**.

11. GENERAL 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 that 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. COACH & TEAM MANAGER 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 guidance in **Wavepower**: <https://www.swimming.org/swimengland/wavepower-childsafeguarding-for-clubs/>

Whilst referred to as *Coach Passes*, they are in fact **Swim England DBS, Safeguarding and Qualification Checks**.

12.2 Coach and Team Manager passes cost **£10 per day**, which 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 covering the entirety of the Championships**.

Refunds will be issued to those attending **one day only** at the end of the competition. Any queries please contact the Event Manager, **Lyndsey Motin**, at 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 worn in a prominent place** during the Championships. The online system requires all coaches and team managers to be **qualified in their respective roles**, and to possess **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 warm-up and competition and must be **escorted to the Call Room** by a Team Manager. This is to prevent safeguarding issues arising from swimmers meeting 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 The meet will operate as a **clear-deck competition**.

All Coaches, Team Managers and swimmers will be seated in the **balcony over the Call Room** after each warm-up.

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 Breaststroke		
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