

Swim England Suffolk County  
Championship Conditions 2026

Held under Swim England Laws and Regulations and Swim England Technical Rules of Racing and to the Swim England Open Meet Licensing Criteria.

**Meet Rules and General Conditions**

**General Conditions**

1. 800m and 1500m events will be licensed at Level 1. All other events will be licensed at Level 2. All events are held under Swim England Laws and Technical Rules.
2. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations and the Swim England Technical Rules of Racing.
3. The promoter is the Championship Secretary (Sarah Elmer) on behalf of Swim England Suffolk County.
4. Any queries regarding the Championships should be directed to the promoter in the first instance.
5. The pool length is 50m at UEA SportsPark and 25m at Crown Pools. Both pools have 8 lanes with anti-turbulence ropes and an external strobe. Electronic timing is Daktronix at UEA SportPark and Omega at Crown Pools.
6. Closing dates are 12th December 2025 for 800m/1500m freestyle and 19<sup>th</sup> December 2025 for all other events.
7. Heats will be swum as mixed age with swimmers seeded by entry times. Where events have finals, the last 3 heats will be cyclically seeded. All other events will be spearheaded.
8. Over the top starts will be used at the referee's discretion.
9. Separate additional conditions apply for para-swimmers, which are included in these conditions.
10. The Data Protection Act 2018 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 purposes of making entries to the competition, 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.
11. In accordance with the Swim England Safeguarding Policies and Procedures any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own swimmer as much as reasonably possible and to avoid including other swimmers in those images, particularly if those images are being shared with family and friends through social media platforms.

## Eligibility

12. A swimmer must be registered with Swim England as a member of a club affiliated to Swim England Suffolk County and have Swim England Club Compete membership during the period of the competition. Where this is a different club than the club at entry (i.e. where a swimmer has changed their registered club after entering), the swimmer will represent their new club, except if they have already swum in the name of their old club at these Championships in the same calendar year. In such cases, the swimmer will be allowed to swim but will not represent any club from the point of re-registration. Proof of change of club must be submitted to the Promoter before a change is made.
13. 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.
14. Entry times must have been achieved between 1<sup>st</sup> January 2025 and the closing date and appear on the British Swimming Rankings database. Conversions from long course times are permissible.
15. Para Qualifying Times have been set for swimmers with a formal classification. Para swimmers will compete alongside their able-bodied (AB) counterparts, seeded on time. Further information is in the separate Para Qualifying conditions at the end of this document.

## Age groups

16. Age groups for qualifying are 10/11 years; 12 years; 13 years; 14 years; 15 years; 16 years; 17 years & over.
17. Age groups for results are 10/11 years; 12 years; 13 years; 14 years; 15 years; 16 years; 17 years & over.
18. Age groups for relays are 10 and 11 years; 12 years and under; 14 years and under; 16 years and under; Open.
19. All ages are as at midnight on 31st December 2026.

## Events

20. Individual events open to all age groups are 50m, 100m, 200m, 400m freestyle; 100m, 200m individual medley; 50m, 100m, 200m backstroke, breaststroke and butterfly. In addition, there will be 150m individual medley event for para-swimmers.
21. Individual events open to swimmers ages 12 years and over are 800m, 1500 freestyle; 400m individual medley.
22. Relay events
  - a. Relay events for 10 and 11 years are 4x50m freestyle mixed and 4x50m medley mixed. Clubs may enter up to 2 teams in each of these relay events.
  - b. Relay events for all other age groups are 4x50m freestyle female and open/male and 4x50m medley female and open/male. Clubs may enter one team in each of these relay events.
23. 50m & 100m events (except individual medley) will have finals. All other events (including 100m IM) will be Heat Declared Winners (HDW).
24. Skins event will be random stroke draw. The top 8 female and open/male swimmers from the 100m Individual Medley heats will be invited to participate in Skins on the final day of the Championships. The next 2 swimmers will be invited as reserves. All invited swimmers must confirm their intention to swim by 5pm on the final day of the weekend on which their qualifying event takes place.

## Entry procedure

25. Individual events
  - a. The cost per individual entry will be £7.
  - b. Entries for 800m and 1500m events must be submitted using the online entry system by 12 noon on the relevant published closing date.
  - c. All remaining entries for individual events must be submitted using the online entry system by 12 noon on relevant published closing date.
26. Relay events
  - a. The cost for relay entries will be £10 per event.
  - b. Entries for relay events must be submitted by 12 noon on relevant closing date. Submitted entries must include a seed time but do not need to include the names of competing swimmers.
  - c. Each individual swimmer may compete in up to 3 relay events.
  - d. Names of competing swimmers, including the order of swimming, must be submitted to the promoter by 12 noon on the Friday preceding the relay events.
  - e. Changes to relay teams will be accepted up to the start of warm up for the session in which the relay is being swum.
  - f. Submission of teams must include Swim England membership number for any swimmers who have not already competed in the championships.
27. Swim England Suffolk County reserve the right to reject the slowest times by event or session should it be necessary to limit the number of swimmers.
28. 800m and 1500m events are held in conjunction with Swim England Norfolk. The number of entries to these events will be limited by the time available for each session.
29. Details of received entries will be confirmed to clubs within one week of each closing date. Clubs should notify the Championship Secretary as soon as possible, and within one week of receipt of information, of any errors or omissions. Confirmed entries will then be published on the Swim England Suffolk County website. No changes, errors or omissions will be accepted after this date, except due to an error by the Championship Secretary.

## Withdrawals

30. An online withdrawal process will be in operation for the duration of the competition.
31. Withdrawals may be made up to 45 minutes before the start of racing in each session.
32. In the event of a withdrawal needing to be made after this time, the swimmer or a representative must present themselves to the promoter.
33. Finalists will have 30 minutes after the publishing of heat results to withdraw from a final. They may also withdraw from any further individual swims in the same session at that time.
34. Swimmers who have to withdraw from two or more sessions on medical grounds may apply for a refund of fees. Evidence of medical grounds may be required.

## Finals

35. Where events have finals (50m all strokes; 100m all strokes except 100m IM), the finals will be 10/11 years; 12 years; 13 years; 14 years; 15 years; 16 years; 17 years & over.
36. For each final, the top 8 swimmers in each age group will be selected to compete. The next 2 swimmers will be selected as reserves. In the event of a tie for 8th place or 9th place, a swim-off will be held to determine places.
37. In the event that there are fewer than 8 finalists for any final, the promoter reserves the right to combine finals, in agreement with the lead referee and club representatives.

## **Awards**

38. A medal will be awarded to the first 3 swimmers in each results age group in each event.
39. A County Champion will be declared in each event and a trophy will be awarded. Where events are HDW, the County Champion will be the fastest swimmer across all heats and all age groups. Where events have finals, the County Champion will be the fastest swimmer across all finals regardless of age group.
40. An award will be made to the top three swimmers in each age group of the Championships based on the highest number of WA points achieved from five separate non-specified events (Heat, Final or HDW). In the case of a tie, there will be joint awards. A trophy will be awarded to the highest place swimmer in each age group.

## **Meet administration**

41. Details of warm-ups will be circulated to clubs as soon as possible after the confirmation of entries.
42. Swimmers must be supervised by coaches and team managers during warm-up and whilst poolside. Clubs are responsible for the behaviour of their swimmer at all times.
43. The Swim England Team Manager, Coach and Chaperone Policy must be adhered to at all times. Coaches' passes will be issued free of charge at one per 10 club entries, to a maximum of 5 per session. There will be no entry to poolside without a pass and passes must be worn at all times.
44. No use of electronic devices capable of taking photographic images or videos is permitted in the changing area. Anyone seen with a device capable of taking photographs/video in the changing village may be removed from the competition and reported to the SE Safeguarding team. In cases where it is believed images may have been recorded, the police may be called.
45. Coaches/team managers/chaperones must apply for accreditation in advance and must have an up-to-date Disclosure and Barring Service (DBS) check and a valid Safeguarding qualification. Accreditation passes are free of charge.
46. All participants must observe the safety precautions in operations at UEA SportsPark and Crown Pools including any additional COVID-19 precautions.
47. Neither the Promoter nor Swim England Suffolk County will be responsible for any loss or damage occurring during this meet.

Sarah Elmer  
Promoter & Championship Secretary  
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## Para-Swimming Championship Conditions

These supplementary conditions are to be adhered to together with the general conditions of the Suffolk County Championships 2026.

1. All events are open to para-swimmers based on given qualifying times.
2. Eligibility  
The above events in the Championships are open to competitors whose Swim England Membership Record includes the relevant IPC Para-Swimming Sport Class, as shown above and who meet the Event Qualifying times.
3. Support Staff  
A competitor may have 1 member of support staff in attendance. This must be applied for and all applicants must hold a current DBS.
4. Finals  
Swimmers who finish in the top 8 of any event with a final will be invited to swim in that final.
5. Awards  
Medals will be awarded to the top three swimmers based on British Para-Swimming Points. Where events have finals, the points from heats will be used. In addition, a trophy will be awarded to the swimmer with the highest total of British Para-Swimming Points across all events.

### Entry Procedure for Para-Swimmers

1. A covering email must be sent to the Meet Promoter [suffolkasa.championship@outlook.com](mailto:suffolkasa.championship@outlook.com) . This email must include the competitor's Swim England registration number and time for each event to be entered.
2. Para-swimmers who meet the non-para qualifying time may enter using the non-para entry procedure.
3. All para-swimmers will be seeded according to their entry time.
4. Failure to follow this entry procedure will mean that the entry will be declined.
5. Late entries will not be accepted.