

General Conditions

1. The competition shall be open to any member of a club affiliated to Swim England East Region who has current Swim England Club Compete Membership.
2. Any swimmer failing to comply with any of the conditions shall not be allowed to compete in the competition.
3. Protests shall be made and dealt with as detailed in Swim England Regulations. The Promoter is Tom Baster (Swimming Manager, Swim England East Region). He can be contacted at swimming@eastswimming.org
4. If the Swim England East Region Swimming Manager is not present, or is required to fulfil another duty, a Meet Director will be appointed and in such circumstances, the Meet Director will act as Promoter.
5. All participants must observe the safety precautions in operation at the venue.
6. Swim England East Region will not be responsible for any loss or damage occurring during this meet.
7. **Entries**
 - 7.1 A swimmer must be a member of the club in whose name they are entered and must have been registered as such, with Swim England, prior to the entry closing date of the competition.
 - 7.2 No swimmer competing in a like championship of any other English region in the same year is eligible to compete in these championships.
 - 7.3 Swimmers may enter any events for which they have achieved the qualifying time in the period 1 January 2025 and the entry closing date. The closing date for all entries is Tuesday 14 April 2026 (midnight). Times must be achieved at Swim England licence levels 1, 2 or 3. Once the entry is made, subsequent improved times will not be accepted.
 - 7.4 Entries for the age group competition shall be made via the online entry system. Queries related to entries should be directed to swimentries@eastswimming.org. There is a separate entry system for Para Swimming; details of this are given in the Para Swimming section that follows these General Conditions.
 - 7.5 After the entry closing date, a list of received entries will be published. Competitors, clubs and their representatives will have a short period (minimum 48 hours) to review their entries, notifying swimentries@eastswimming.org of any omissions or errors. At the conclusion of the review period a final list of accepted entries will be published, after which no further entries or corrections can be made.
 - 7.6 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, the slowest entries in each age group will be rejected first.
 - 7.7 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 purposes of making entries to the competition, managing the meet and the submission of the 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.
 - 7.8 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.
8. **Fees**
 - 8.1 Entry fees are £9 per individual event and £12 for relays.
 - 8.2 At Luton, spectator fees are £5 for one heat session or £10 for two heat sessions per day. At Norwich, £5 provides access to two mini-sessions; the full day of heats is £10. There is no charge for finals sessions.
 - 8.3 Swim England East Region will restrict access to the spectator seating to comply with safety limits.
9. **Public Health Protocols**
 - 9.1 Access to poolside will be controlled and planned in response to any prevailing Covid-19 or other public health protocols in place at the time of the competition.
 - 9.2 Swim England East Region reserves the right to make any changes to these conditions that are necessary to comply with such public health protocols.
10. **Warm-Up**
 - 10.1 A warm-up procedure and warm-up time will be published on the Swim England East Region website one week before the event.

11. **Age Groups**
 - 11.1 The age groups for both Male/Open and Female categories will be 11/12, 13,14,15,16 and 17+.
 - 11.2 Age groups for team events will be 14-16 years and 17+
 - 11.3 Ages are as at midnight on 31st December 2026
12. **Events**
 - 12.1 All events shall have individual age group finals except the 400m, 800m and 1500m Freestyle and the 400m Individual Medley which shall be timed finals. All relay events shall be swum as timed finals.
 - 12.2 Each final shall have a minimum of two reserves declared.
 - 12.3 Team declaration forms must be submitted to the recorder via the online system one hour prior to the start time of the session in which the swim is scheduled to take place.
13. **Withdrawals**
 - 13.1 Heats and Team Events – once an entry is accepted a swimmer shall swim or give notice of withdrawal. Withdrawals shall be reported to the recorder via the online system. For individual and team events, this must be at least one hour before the session start time.
 - 13.2 The names of finalists and reserves will be published. Withdrawals must be made via the online entry system within 20 minutes of the publication.
 - 13.3 Unless notice of withdrawal has been given to the recorder within 20 minutes of the publication of the heat results, all finalists shall report to the Clerk of the Course for the final. Withdrawals after the 20-minute deadline may only be made on medical grounds.
14. **Refunds**
 - 14.1 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.
15. **Awards**
 - 15.1 The first three swimmers in each age group for all events shall receive medals.
 - 15.2 In the 11/12, 13 and 14-year age groups, top Male/Open and Female awards will be presented to the swimmer with the most points across individual events. Points will be awarded on the basis of 3 points for a gold medal, 2 for a silver and 1 for a bronze. The top three swimmers in each age group category shall receive an award.
 - 15.3 The Don Neate Memorial Trophy will be open to swimmers in the 14 years and under age groups and will be awarded to the swimmer with the most points across individual events. Points will be calculated on the basis of 3 points for a gold medal, 2 for a silver and 1 for a bronze.
 - 15.4 The Warwick Thompson Memorial Trophy for Top Club shall be awarded to the club that finishes top of the combined medals table for the championships, including Para Swimming events and all other individual and team events.
16. **Photography and Safeguarding**
 - 16.1 No person attending the competition may use a mobile or image capturing device in the changing rooms. Anyone found contravening this requirement will be required to leave the facility without refund. Only accredited personnel may enter the changing area, dry land training or competition area.
 - 16.2 All persons attending the competition are advised to exercise reasonable care when taking photos or video, particularly with regards to the sharing of images on social media. Wavepower guidance should be followed at all times.
 - 16.3 Safeguarding and behaviour concerns at the event should be reported to the Promoter, or to the East Region Welfare Officer if the concerns arise once the competition has ended. If the concerns at the event relate to the conduct of the Promoter, a report should be made to the Swim England East Region Welfare Officer, or to a member of the East Region Board of Directors. The Swim England East Region Welfare Officer can be contacted at eastwelfare@swimming.org
17. **Other Issues**
 - 17.1 Secondary strobe lights will be available at this competition.
 - 17.2 Any information included in the Entry Pack including information published separately on the Swim England East Region website shall be regarded as part of these General Conditions.
 - 17.3 Any matter arising which is not covered by these conditions shall be determined by the Promoter.
 - 17.4 All persons attending the meet must wear shoes and clothing when exiting poolside.

Para Swimming Conditions

Please note that these supplementary conditions are to be adhered to together with the general conditions for the Regional Competition.

1. 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

2. Eligibility

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

3. Accreditation

Coaches and support staff must have an accreditation. 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 in accordance with Coach/Team Manager pass details given later in this document.

4. Medals

Medals will be awarded to the top three competitors in each event on a multi-classification points basis

5. Entry System

Entry is via a dedicated Para Swimming entries system on the East Region website. 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. In respect of Para Swimming entries, received entries are acknowledged by an email from swimentries@eastswimming.org showing the entry times that will be used.

Para Swimming Qualifying Standards

MALE	EVENT & CATEGORY	FEMALE
50m Freestyle		
02:19.52	S1	02:14.58
01:44.05	S2	01:54.27
01:18.94	S3	01:16.24
01:06.51	S4	01:05.97
56.34	S5	01:02.38
50.99	S6	57.89
46.48	S7	54.30
44.74	S8	49.97
41.62	S9	47.17
38.77	S10	45.63
43.65	S11	50.03
39.92	S12	46.53
39.58	S13	45.18
40.64	S14	45.66
100m Freestyle		
05:19.82	S1	06:39.41
04:11.02	S2	05:28.18
03:11.47	S3	03:08.05
02:23.84	S4	02:21.60
02:07.44	S5	02:42.02
01:51.26	S6	02:03.38
01:44.13	S7	02:00.32
01:37.90	S8	01:47.50
01:31.60	S9	01:41.95
01:24.14	S10	01:38.80
01:38.19	S11	01:54.11
01:28.93	S12	01:40.93
01:25.95	S13	01:38.85
01:26.90	S14	01:39.54
200m Freestyle		
08:12.64	S1	10:35.89
08:17.94	S2	11:07.74
05:52.08	S3	05:43.10
05:09.95	S4	05:30.42
04:36.86	S5	05:47.36
03:10.80	S14	03:31.65

MALE	EVENT & CATEGORY	FEMALE
400m Freestyle		
08:45.25	S6	09:12.06
07:49.60	S7	09:03.89
07:27.58	S8	07:57.23
07:00.45	S9	07:45.70
06:44.48	S10	07:32.13
08:00.27	S11	09:08.24
07:42.18	S12	08:31.71
06:51.58	S13	07:36.51
06:50.30	S14	07:45.15
50m Butterfly		
03:50.69	S2	03:43.66
02:14.69	S3	02:26.70
01:26.64	S4	01:24.38
01:02.72	S5	01:19.41
54.13	S6	01:06.11
50.64	S7	59:38
100m Butterfly		
01:44.54	S8	02:07.76
01:39.68	S9	01:51.36
01:34.26	S10	01:51.78
01:49.74	S11	02:37.73
01:34.74	S12	02:14.45
01:33.89	S13	01:44.82
01:34.37	S14	01:48.90

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Para-Swimming Qualifying Standards continued

MALE	EVENT & CATEGORY	FEMALE
50m Backstroke		
02:22.06	S1	03:37.46
01:39.44	S2	02:24.32
01:21.22	S3	01:31.49
01:16.22	S4	01:37.82
01:05.18	S5	01:16.50
100m Backstroke		
04:58.10	S1	07:10.90
03:36.10	S2	05:43.34
02:10.11	S6	02:32.40
01:59.12	S7	02:22.91
01:50.21	S8	02:06.80
01:45.92	S9	01:53.54
01:39.26	S10	01:54.06
02:05.50	S11	02:15.30
01:40.56	S12	01:59.84
01:41.02	S13	01:50.37
01:42.02	S14	01:50.48
50m Breaststroke		
02:51.89	SB1	03:37.31
01:38.85	SB2	04:27.89
01:17.47	SB3	01:40.32

MALE	EVENT & CATEGORY	FEMALE
100m Breaststroke		
02:56.02	SB4	03:18.54
02:35.78	SB5	03:02.11
02:18.59	SB6	02:49.74
02:12.32	SB7	02:33.97
01:58.54	SB8	02:14.83
01:53.60	SB9	02:05.76
02:16.02	SB11	02:34.14
01:56.74	SB12	02:11.12
01:51.57	SB13	02:06.51
01:49.28	SB14	02:04.32
200m IM		
06:35.55	SM5	06:15.73
04:48.34	SM6	05:08.91
04:24.94	SM7	04:59.14
04:04.29	SM8	04:22.61
03:45.60	SM9	04:16.43
03:35.34	SM10	04:08.64
04:10.77	SM11	05:00.27
03:52.24	SM12	04:42.02
03:43.68	SM13	03:54.59
03:36.69	SM14	03:57.71

Coach and Team Manager Passes

- Coach passes are available via the online system. A club is entitled to have one coach per 10 athletes. This relates to the number of athletes competing in the session. Whilst we refer to them as Coach Passes, they are in fact Swim England DBS, Safeguarding and Qualification Checks. Please follow the Coach Pass link on the 'Swimming Competitions' page of www.eastswimming.org for details of how to apply.
- In addition to Coach Passes, clubs may apply for Team Manager passes via the same online system in accordance with prevailing SE ratios given in the latest edition of WavePower.
- 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.
- From time to time, individuals whose DBS or safeguarding certificates are about to expire are unable to download passes from the online system. Similarly, the system does not recognise the qualifications of those coaches who are overseas trained. In these cases, they should contact swimming@eastswimming.org for support with their application.
- There is no charge for the Coach Pass or for Team Manager passes and refreshments will not be provided as part of the pass. Passes are obtained via the online system in advance of the competition.
- Clubs may purchase an additional tea, coffee and or food pass for the championships. A tea and coffee pass is £10 per person per weekend. Food passes are £16 per person per day (and include tea and coffee). Food comprises sandwiches and crisps/light snacks – there is no hot option. Please note that food is not available on 800m sessions. Tea, coffee and food passes must be purchased by Tuesday 14 April 2026 (midnight), by contacting swimming@eastswimming.org
- Passes cover the entirety of the championships and will be issued in the name of the designated coach or team manager. Passes must be downloaded, printed and worn at all times during the competition. Passes must be worn in a prominent place whilst in the designated area. Coaches without passes on display will be asked to leave and may be refused re-admission
- Passes may only be used by the designated coaches and Team Managers named on the printed pass. All pass holders must be current Swim England members.
- All swimmers aged 16 years and under must be under the supervision of a pass holder during the warm-up, competition and in the vicinity of the pool
- Passes may only be used when there are swimmers from your club competing in the relevant session. If too many coaches and team managers are present on poolside for a particular club, based on the ratios stated above, the club, including all athletes, will forfeit their participation in that session without refund.
- Instructions regarding how to download passes via the online system can be found on the competition page of the Swim England East Region website. Queries should be directed to swimming@eastswimming.org

PASSES CANNOT BE OBTAINED ON THE DAY OF COMPETITION

