

Cumbria County

Championships

& Age Groups

2026

Event Conditions & Procedures

(Final 1.v251116)

OBJECTIVES

To provide the opportunity for Cumbria swimmers to compete in a County Championships licensed at Swim England Level 2.
To provide the opportunity for multi-classification para-swimming for classes S1 – S15.

Multi-classification races, known as MC races, are where para-swimmers compete against rivals from different classifications. County Championships will be held annually in conjunction with the Age Group Competition.

To find the best swimmers for each stroke in each Age Group and the overall best Men and Junior Men, Women and Junior Women swimmers in the County each year for each event.

To present the 'Tommy Hatch Trophy' to the club accruing the most points in the Age Group Competition.

To present the 'Cumbria Trophy' to the club accruing the most points in the Championship events.

SCOPE

The Championships will comprise an appropriate number of galas for individual Age Groups events, and Age Group and County team relays.

All events will be held within the Swim England window for county championships (January / February)

To provide competitive swimming for 10, 11, 12, 13, 14, 15-year-olds and 16 years and over in a combined Championships and Age Group format within the county of Cumbria.

The Association will allocate gala sessions and member clubs will provide organisational support to the Gala MC.

'Tommy Hatch Trophy' points will accrue for the 10 yrs to 16 yrs and over Age Groups in individual events and for 10yrs to 12yrs and 13yrs to 14yrs Age Groups in relay events.

'Cumbria Trophy' points will accrue from Championship events.

Full copy of the rules can be viewed on the county website: <http://www.swimcumbria.org.uk>

This is a combined competition comprising of

- Cumbria County Championships
- Cumbria County Age Groups

Competitors swimming within the 'Heats' are competing within the 'Cumbria County Age Groups' competition and will be awarded 'Age Group' badges.

The fastest swimmers within the 'Cumbria County Age Groups' competition will be automatically entered into a single heat of the 'Cumbria County Championship' finals along with 2 reserve swimmers.

Events which are marked 'HDW' will not swim finals and the results of the 'Cumbria County Age Groups' heats will be used to decide the 'Cumbria County Championships' winners. HDW winner events are events which have a lower number of competitors, these are events which generally have 3 or less heats. The competition organiser has the delegated authority to decide on these events

Note: Some events including the 200m Butterfly & 800m/1500m freestyle are 'Cumbria County Championships' events only and do not form part of the 'Cumbria County Age Groups' competition. 'Age Group' badges will not be awarded for these events.

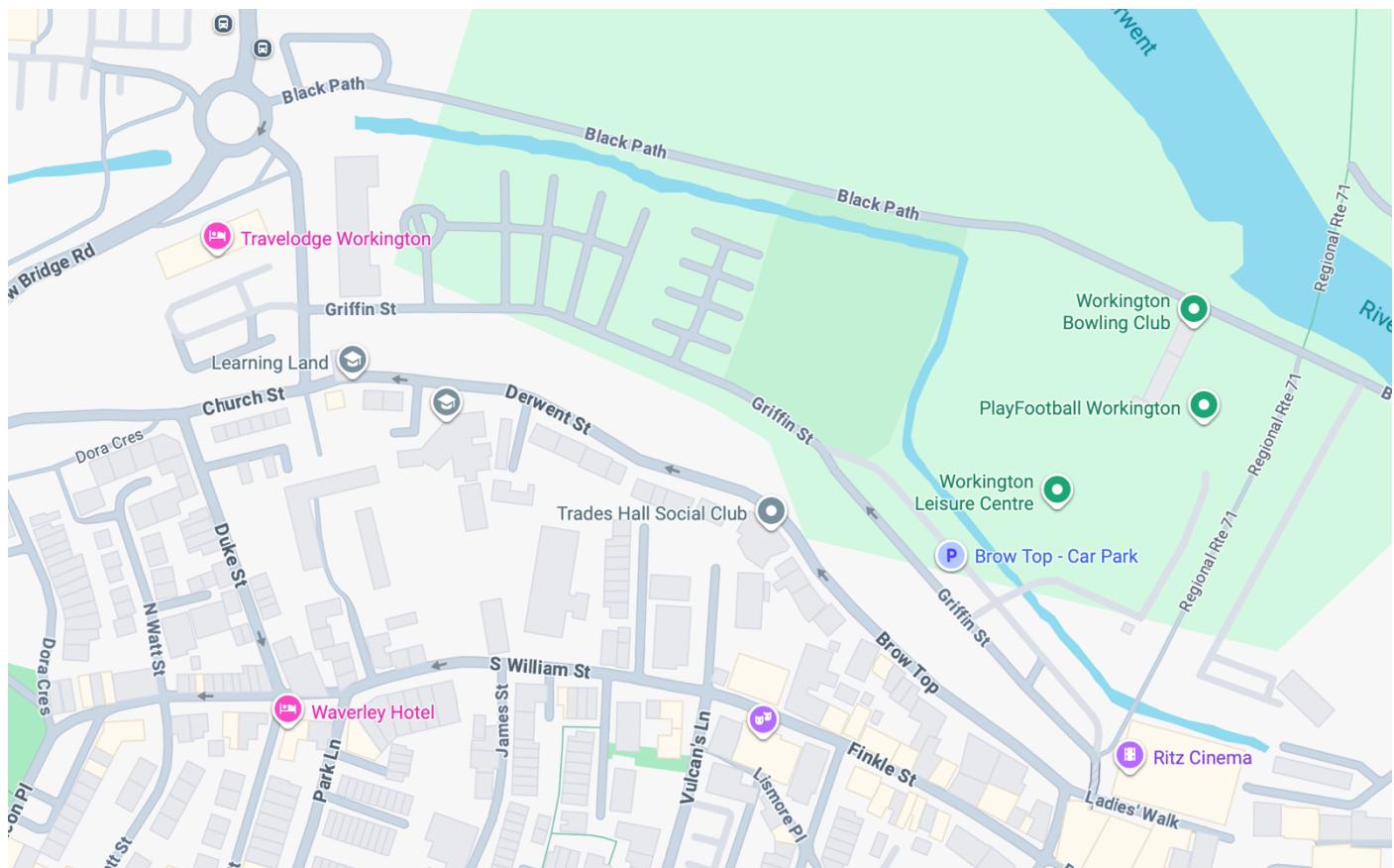


Workington

Saturday 24th & Sunday 25th January

Saturday 7th & Sunday 8th February

Workington Leisure Centre
Griffin St
Workington
Cumbria
CA14 2DX



Meet Deadlines & Information

Swimmer Age @	31st December 2026
Qualifying Period	5th February 2025 to 6th January 2026
Individual Entries Close	6th January 2026 £5.00 per entry
Team Entries Close	10th January 2026 £8.00 per team
Accepted Entries Published	12th January 2026 https://live.swimcumbria.org.uk
Spectator Ticket Online Sale	15th January 2026 (For week 1) 29th January 2026 (For week 2) £5.00 per session
Team Declaration Deadline	1st February 2026 10am 8th February 2026 – Final Changes
Heat Withdrawals	60 Minutes prior to session start. https://live.swimcumbria.org.uk
Finals Withdrawals (Finalists & Reserves)	15 Minutes after announcement of the finalists.
Meet Organiser	Mark Ralph events@swimcumbria.org.uk

Qualifying Times

Female

	10	11	12	13	14	15	160V
50m Freestyle	00:52.94	00:45.37	00:38.27	00:35.37	00:33.01	00:34.98	00:31.09
100m Freestyle	01:48.60	01:42.07	01:27.13	01:20.37	01:13.99	01:18.36	01:07.85
200m Freestyle	04:14.84	04:04.84	03:16.37	02:57.15	02:43.86	02:54.71	02:31.44
400m Freestyle	08:11.56	07:51.56	07:44.71	07:44.03	06:11.16	06:22.31	05:56.33
800m Freestyle		14:43.37	14:14.44	12:23.12	12:02.82	11:43.62	11:08.91
1500m Freestyle		23:36.10	23:06.70	22:37.30	21:32.13	20:48.52	20:07.16
50m Breaststroke	01:28.73	01:02.09	00:51.52	00:47.74	00:44.42	00:45.70	00:41.00
100m Breaststroke	02:50.68	02:17.69	01:53.03	01:43.90	01:37.53	01:39.64	01:30.17
200m Breaststroke	05:54.06	05:34.06	04:07.71	03:48.32	03:32.41	03:42.45	03:17.38
50m Butterfly	01:06.96	01:01.96	00:48.20	00:44.51	00:37.23	00:40.78	00:35.78
100m Butterfly	02:33.56	02:23.56	02:13.56	02:09.49	01:33.52	01:41.19	01:24.26
200m Butterfly	04:42.14	04:22.14	03:54.90	03:45.38	03:43.61	03:39.36	03:11.41
50m Backstroke	01:04.62	00:51.43	00:45.43	00:42.55	00:37.68	00:41.90	00:36.38
100m Backstroke	02:36.28	02:09.40	01:40.45	01:34.51	01:22.51	01:27.30	01:18.41
200m Backstroke	04:17.48	03:47.48	03:46.48	03:27.77	02:58.49	03:26.65	02:52.57
100m IM	02:14.20	01:56.09	01:37.25	01:30.10	01:22.49	01:27.47	01:17.29
200m IM	04:39.42	04:19.42	04:17.88	03:20.76	03:03.99	03:23.31	02:44.85
400m IM		07:25.00	06:55.53	06:55.36	06:50.76	06:50.30	06:33.20

Open/Male

	10	11	12	13	14	15	160V
50m Freestyle	00:50.89	00:49.97	00:39.98	00:36.36	00:35.95	00:32.19	00:29.85
100m Freestyle	02:11.59	01:56.78	01:34.65	01:23.17	01:24.40	01:13.43	01:08.33
200m Freestyle	04:00.00	03:38.13	03:37.72	03:08.10	03:18.55	02:41.37	02:31.77
400m Freestyle	08:23.01	08:03.01	07:43.01	07:09.02	06:08.42	05:57.86	05:18.92
800m Freestyle		14:57.52	14:57.52	14:09.13	12:35.12	11:23.43	10:37.61
1500m Freestyle		23:04.35	22:34.95	22:05.55	21:13.61	20:34.70	19:59.02
50m Breaststroke	01:29.44	01:13.25	00:56.15	00:50.92	00:53.73	00:43.82	00:38.95
100m Breaststroke	02:50.84	02:30.84	02:02.62	01:53.00	01:59.73	01:34.99	01:26.73
200m Breaststroke	05:01.25	04:51.25	04:41.25	03:57.61	04:48.26	03:53.43	03:27.58
50m Butterfly	01:18.36	01:12.36	00:55.48	00:45.09	00:50.36	00:37.40	00:34.90
100m Butterfly	02:45.71	02:25.71	02:05.71	02:01.30	01:51.81	01:29.59	01:25.47
200m Butterfly	05:02.34	04:42.34	03:56.80	03:31.15	03:13.31	03:15.13	02:57.18
50m Backstroke	01:15.37	01:09.05	00:48.46	00:43.24	00:46.22	00:40.09	00:36.50
100m Backstroke	02:30.76	02:20.76	01:47.22	01:37.40	01:42.14	01:33.15	01:27.91
200m Backstroke	05:02.87	04:42.87	04:24.87	03:47.22	03:23.67	03:12.09	02:52.09
100m IM	02:36.48	02:26.48	01:43.87	01:34.08	01:42.12	01:24.20	01:16.25
200m IM	04:37.28	04:17.28	03:57.28	03:47.22	03:44.74	03:03.57	02:56.21
400m IM		08:48.83	08:08.83	07:43.53	07:05.63	06:16.06	06:04.45

Events

Cumbria County Age Group - Events (Female & Open/Male)						
	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>
Freestyle	✓	✓	✓	✓		
Backstroke	✓	✓	✓			
Breaststroke	✓	✓	✓			
Butterfly	✓	✓				
Individual Medley		✓	✓	✓		
					(11/Over)	

Cumbria County Age Group - Team Events (Female & Open/Male)		
10yrs - 12yrs	4 x 50m Freestyle	4 x 50m Medley
13yrs - 14yrs	4 x 50m Freestyle	4 x 50m Medley

Cumbria County Championships 'Junior (16/Under)' Events (Female & Open/Male)					
--	--	--	--	--	--

	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>
Freestyle		✓				
Backstroke		✓				
Breaststroke		✓				
Butterfly		✓				
Individual Medley			✓			

Cumbria County Championships 'Junior (16/Under)' Team Events (Female & Open/Male)		
Junior 16/Under	4 x 50m Freestyle	4 x 50m Medley

Cumbria County Championships 'Open' Events (Female & Open/Male)					
---	--	--	--	--	--

	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>
Freestyle	✓	✓	✓	✓	✓	✓
Backstroke	✓	✓	✓	HDW	HDW	HDW
Breaststroke	✓	✓	✓		(11/Over)	(11/Over)
Butterfly	✓	✓	✓	HDW		
Individual Medley		✓	✓	✓	HDW (11/Over)	

Cumbria County Championships 'Open' Team Events		
Open	4 x 50m Freestyle (Female & Open/Male)	4 x 50m Medley (Female & Open/Male)
Mixed	6 x 50m Freestyle Female & Open/Male from each of the following age groups (Under 12 / Under 14 & Open)	

Event Schedule – Week 1

Session 1					
Saturday 24/01/2026 AM					
101	Heats	F	10yrs/Over	200m Breaststroke	
102	MC	Heats	OM	10yrs/Over	50m Freestyle
103	CC Final	F	10yrs/Over	200m Breaststroke	
104	MC	Heats	F	10yrs/Over	100m Butterfly
Presentation		F	Event 103	200m Breaststroke	
105	CC Final	OM	10yrs/Over	50m Freestyle	
106	MC	Heats	OM	10yrs/Over	100m Backstroke
Presentation		OM	Event 105	50m Freestyle	
107	CC Final	F	10yrs/Over	100m Butterfly	
108	MC	Heats	F	10yrs/Over	100m IM
109	CC Final	OM	10yrs/Over	100m Backstroke	
Presentation		F	Event 107	100m Butterfly	
110	MC	HDW	OM	10yrs/Over	400m Freestyle
111	CC Final	F	10yrs/Over	100m IM	
Presentation		OM	Event 109	100m Backstroke	
Presentation		OM	Event 110	400m Freestyle	
Presentation		F	Event 111	100m IM	

Session 2					
Saturday 24/01/2026 PM					
201	Heats	OM	10yrs/Over	200m Breaststroke	
202	MC	Heats	F	10yrs/Over	100m Breaststroke
203	CC Final	OM	10yrs/Over	200m Breaststroke	
204	MC	Heats	OM	10yrs/Over	200m Freestyle
Presentation		OM	Event 203	200m Breaststroke	
205	CC Final	F	10yrs/Over	100m Breaststroke	
206	MC	Heats	F	10yrs/Over	100m Backstroke
Presentation		F	Event 205	50m Freestyle	
207	CC Final	OM	10yrs/Over	200m Freestyle	
208	MC	Heats	OM	10yrs/Over	100m IM
209	CC Final	F	10yrs/Over	100m Backstroke	
Presentation		OM	Event 207	100m Butterfly	
210	HDW	F	12yrs/Over	400m IM	
211	CC Final	OM	10yrs/Over	100m IM	
Presentation		F	Event 209	100m Backstroke	
Presentation		F	Event 210	400m Freestyle	
Presentation		OM	Event 211	100m IM	

Session 3					
Sunday 25/01/2026 AM					
301	HDW	OM	10yrs/Over	200m Butterfly	
302	Heats	F	10yrs/Over	200m Backstroke	
303	MC	Heats	OM	10yrs/Over	100m Breaststroke
Presentation		OM	Event 301	200m Butterfly	
304	CC Final	F	10yrs/Over	200m Backstroke	
305	MC	Heats	F	10yrs/Over	50m Butterfly
Presentation		F	Event 304	200m Backstroke	
306	CC Final	OM	10yrs/Over	100m Breaststroke	
307	MC	Heats	OM	10yrs/Over	100m Freestyle
308	CC Final	F	10yrs/Over	50m Butterfly	
Presentation		OM	Event 306	100m Breaststroke	
309	MC	HDW	F	10yrs/Over	400m Freestyle
310	CC Final	OM	10yrs/Over	100m Freestyle	
Presentation		F	Event 308	50m Butterfly	
Presentation		F	Event 309	400m Freestyle	
Presentation		OM	Event 310	100m Freestyle	

Session 4					
Sunday 25/01/2026 PM					
401	HDW	F	10yrs/Over	200m Butterfly	
402	MC	Heats	OM	10yrs/Over	100m Butterfly
403	MC	Heats	F	10yrs/Over	50m Backstroke
Presentation		F	Event 401	200m Butterfly	
404	CC Final	OM	10yrs/Over	100m Butterfly	
405	MC	Heats	OM	10yrs/Over	50m Backstroke
Presentation		OM	Event 404	100m Butterfly	
406	CC Final	F	10yrs/Over	50m Backstroke	
407	MC	Heats	F	10yrs/Over	200m Freestyle
408	CC Final	OM	10yrs/Over	50m Backstroke	
Presentation		F	Event 406	50m Backstroke	
409	HDW	OM	12yrs/Over	400m IM	
410	CC Final	F	10yrs/Over	200m Freestyle	
Presentation		OM	Event 408	50m Backstroke	
Presentation		OM	Event 409	400m IM	
Presentation		F	Event 410	200m Freestyle	

Event Schedule - Week 2

Session 5						Session 6					
Saturday 07/02/2026 AM						Saturday 07/02/2026 PM					
501	Heats	OM	10yrs/Over	200m Backstroke		601	MC	Heats	F	10yrs/Over	50m Breaststroke
502	MC	Heats	F	10yrs/Over	50m Freestyle	602	MC	Heats	OM	10yrs/Over	50m Butterfly
503	CC Final	OM	10yrs/Over	200m Backstroke		603	CC Final	F	10yrs/Over	50m Breaststroke	
504	MC	Heats	OM	10yrs/Over	50m Breaststroke	604	MC	Heats	F	10yrs/Over	200m IM
505	CC Final	F	10yrs/Over	50m Freestyle		605	CC Final	OM	10yrs/Over	50m Butterfly	
506	MC	Heats	OM	10yrs/Over	200m IM	606	MC	Heats	F	10yrs/Over	100m Freestyle
507*	HDW	F	12yrs/Over	800m Freestyle		607*	HDW	OM	12yrs/Over	800m Freestyle	
508	CC Final	OM	10yrs/Over	50m Breaststroke		608	CC Final	F	10yrs/Over	200m IM	
Presentation		OM	Event 503	200m Backstroke		Presentation		F	Event 603	50m Breaststroke	
Presentation		F	Event 505	50m Freestyle		Presentation		OM	Event 605	50m Butterfly	
507*	HDW	F	12yrs/Over	800m Freestyle		607*	HDW	OM	12yrs/Over	800m Freestyle	
509	CC Final	OM	10yrs/Over	200m IM		608	CC Final	F	10yrs/Over	100m Freestyle	
Presentation		OM	Event 508	50m Breaststroke		Presentation		F	Event 608	200m IM	
Presentation		F	Event 507	800m Freestyle		Presentation		OM	Event 607	800m Freestyle	
Presentation		OM	Event 509	200m IM		Presentation		F	Event 609	100m Freestyle	

Session 7					
Sunday 08/02/2026 AM					
701	HDW	Mixed	12yrs/Over	1500m Freestyle	
Presentation		F	701	1500m Freestyle	
Presentation		OM	701	1500m Freestyle	

All session times will be confirmed once the entries are received.

Event Schedule – Team Relays

Session 8

Sunday 08/02/2026 PM

801	HDW	F	10-12yrs	4 x 50m Medley
802	HDW	OM	10-12yrs	4 x 50m Medley
803	HDW	F	13-14yrs	4 x 50m Medley
804	HDW	OM	13-14yrs	4 x 50m Medley
805	HDW	F	Junior CC	4 x 50m Medley
806	HDW	OM	Junior CC	4 x 50m Medley
807	HDW	F	Open CC	4 x 50m Medley
808	HDW	OM	Open CC	4 x 50m Medley
809	HDW	F	10-12yrs	4 x 50m Freestyle
810	HDW	OM	10-12yrs	4 x 50m Freestyle
811	HDW	F	13-14yrs	4 x 50m Freestyle
812	HDW	OM	13-14yrs	4 x 50m Freestyle
813	HDW	F	Junior CC	4 x 50m Freestyle
814	HDW	OM	Junior CC	4 x 50m Freestyle
815	HDW	F	Open CC	4 x 50m Freestyle
816	HDW	OM	Open CC Under 12	4 x 50m Freestyle
817	HDW	Mixed	Under 14 Open	6 x 50m Freestyle Cannon

Presentation of Team Events

Presentation of Trophies

Sections

1. General Conditions
2. Individual Events
3. Entry Conditions
4. Para Swimmers
5. Team Events
6. Meet Procedures
7. Withdrawals
8. Trophies & Awards
9. Other Information
10. Live Streaming

1 - General Conditions

(to be read in conjunction with the Rules of Cumbria Amateur Swimming Association)

1. Entries to the meet will be held on computer and consent, as required by the Data Protection Act 2018, to the holding of personal information on computer will be deemed to have been given by the submission of an entry.
2. You agree that we may publish your Personal Information as part of the results of the competition. Your information will only be shared in relation to your participation in the event, e.g. the list of entrants, results and event reports and may be shared on the Cumbria ASA website, social media pages or in emails sent by the organiser. We may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Information may include but not be limited to name, club affiliation, race times, age category and para swimming classification(s).
3. The combined Cumbria Age Group and County Championships (hereafter 'the Championships') shall be competed for annually in accordance with the Rules of the Association and Swim England Laws and ASA Technical Rules.
4. The Age Group individual competition shall consist of the following age groups for each gender:
10, 11, 12, 13, 14, 15 years and 16 years and over
5. Individual county championship events for each gender will comprise Open and Junior awards where there are Junior events. Juniors will be 16 years and under on December 31st 2026.
6. Age Group teams events for each gender will comprise swimmers from the appropriate age groups as defined above the following age groupings which shall be swum as Heat Declared Winner events
 - 10yrs to 12yrs for both Female & Open/Male
 - 13yrs to 14yrs for both Female & Open/Male
7. Teams must comprise swimmers of the appropriate Age Groups as defined above
8. County championship teams events shall consist of
 - Open (Age 10yrs/Over) for both Female & Open/Male
 - Junior (Age 10yrs to 16yrs) for both Female & Open/Male
 - Categories for each gender; these shall be swum as Heat Declared Winner events. Juniors must be 16 years or under on December 31st 2026. It is permissible for Junior age swimmers to compete in the Open age category.
9. Qualifying times will be applied to all individual events. For the 2026 championships qualifying times must have been achieved between February 5th 2025 and Jan 6th 2026 and must have been achieved at a level 1, 2, 3 or level 4 meet.
10. Split times for individual events will not be accepted.
11. All ranked times must comply with the Swim England ranking policies, times which have been incorrectly registered on rankings using splits from longer distances will be rejected. Example... 800m Split from a 1500m Freestyle will not be a valid time for entry.
12. The entry fee for individual events is. £5.00, and £8.00 for team events.
13. Age on the day will be as of December 31st 2026.
14. The closing date for entries will be Midnight 6th January 2025. Late entries may be accepted at the Competition Organiser's discretion. Poolside entries will not be accepted.
15. Refunds will only be given where a competitor has to withdraw on proven medical grounds, proof must be uploaded at the time of the electronic withdrawal.
16. Entry Rejections:
 - Entries maybe rejected for the following reasons
 - i. In the interests of safety.

- ii. Smooth running of the event
- iii. To comply with licencing conditions.
- Where entries are rejected, the following process will be followed
 - i. Entries with the fastest submitted times in each age group will take precedence.
 - ii. Events chosen for rejection will be at the discretion of the meet organiser.
 - iii. Refunds for rejections will be processed on or after the 9th February 2026.

17. Any matters not covered in these conditions or any supplementary information will be at the discretion of the Competition Organiser.

18. Contacts

- Competition organiser:
 - i. Mark Ralph, Tel: 07793-325179 | e-mail: markrswim@gmail.com
- Treasurer:
 - i. Keith Chsholm | Tel: 01946-694019 | e-mail: keithchisholm@gmail.com

19. Individual entry fees to be paid online by 'PayPal' at the point of entry on the Swim England Online entry system. It is important that when processing your entry that the email address on the entry matches the emails address of your PayPal account or your entry will be rejected. It is the parents' responsibility to ensure this is correct,

20. The preferred method of paying team entry fees is by arranging a BACS transfer to:

- Account name: Cumbria ASA
- Sort Code: 010954
- Account No: 11103221
 - i. Team Entries fees must be paid in full by Monday 19th January, clubs who have not paid in full by this date will have all team entries withdrawn and will not be re-instated at a later date.

2 - Individual events to be swum

1. Events

- a. Freestyle
 - i. 10 years and over 'Female' and 'Open/Male'
 - 1. 50m
 - 2. 100m
 - 3. 200m
 - 4. 400m
 - ii. 11 years and over 'Female' and 'Open/Male'
 - 1. 800m
 - 2. 1500m (This will be swum as a mixed gender event)
- b. Backstroke, Breaststroke & Butterfly
 - i. 10 years and over 'Female' and 'Open/Male'
 - 1. 50m
 - 2. 100m
 - 3. 200m :
- c. Individual Medley
 - i. 10 years over 'Female' and 'Open/Male'
 - 1. 100m
 - 2. 200m
 - ii. 11 years and over 'Female' and 'Open/Male'
 - 1. 400m:

2. Results of County Championship events for 50m, 100m and 200m events (excluding 200 butterfly) will be determined by finals. All other Championships will be determined on the heat declared winner (HDW) principle. This is because of low entry numbers within these events.

3. Results of Junior County Championships (up to a maximum of 8 places for allocation of Cumbria Trophy points) events will be determined from the relative placings of any junior age (16 years and under) swimmers who compete in a final; all other junior placings will be determined from heat times. Published results for junior championships will only show the medal placings, times will not be shown.

4. All Age Group events will be determined by HDW principles.

3 - Entry Conditions

1. Entries to individual events and relays shall reach the Competition Organiser no later than Tuesday January 6th 2026 accompanied by the appropriate fee.
2. It should be noted that this procedure cannot be used for para swimmers and their entries will have to be made by email or by post.
3. Entries maybe restricted to ensure safe running of the meet and to comply with local restrictions, this will be at the discretion of the Competition Organiser.
4. Team entries should be made using the form which can be downloaded from live.swimcumbria.org.uk
5. All entries to be submitted online using the link provided to the Swim England Entry System.
6. Entries for Para swimmers can be submitted online at <https://live.swimcumbria.org.uk>
7. Team entries to be submitted by affiliated clubs using the form available on <https://live.swimcumbria.org.uk> no later than the 10th January 2026.
8. Split times from team events will not be registered on rankings.
9. It is the responsibility of clubs to ensure that their entries are correct.

4 - Para Swimmers

1. The general conditions for the Cumbria Age Group and Cumbria County Championships shall apply to para swimmers except were varied by any of the following conditions.
2. Swimmers with the indicated classifications will be accepted for the following individual events
 - a. Freestyle
 - i. 50m S1 to S13 & S15
 - ii. 100m S1 to S15
 - iii. 200m S1 to S5 and S14, S15
 - iv. 400m S6 to S15
 - b. Backstroke
 - i. 50m S1 to S5
 - ii. 100m S1, S2, and S6 to S15
 - c. Butterfly
 - i. 50m S2 to S7
 - ii. 100m S8 to S15
 - d. Breaststroke
 - i. 50m SB1 to SB3
 - ii. 100m SB4 to SB9 and SB11 to SB15
 - e. Individual Medley
 - i. 100m – SM5 to SM15
 - ii. 200m – SM5 to SM15
3. Swimmers must indicate their disability classification OR provide a valid Certificate of Disability issued by Swim England or for S15 swimmers a classification which is held on the UK Deaf Sport or ICSD database at the time of entry.
4. Para swimmers may enter events above using their classification.
5. QTs are set in accordance with British Swimming guidelines.
6. Para swimmers may enter without a classification where they can meet the mainstream QT.
7. All coaches, chaperones and personal care attendants must conform to the Swim England child protection procedures.
8. Competition format
 - a. The competition format will be based on disability inclusion within the able-bodied programme.
 - b. All swimmers will be seeded in the heats according to their entry times.
 - c. Para swimmers will be included within the results for their age group.

5 - Team Events

1. A swimmer entered in the name of one club in the individual events may not compete in the name of another club in the team events.
2. The names of the members of a relay team for each event shall be declared using the county team portal no later than Wednesday February 1st 2026. If a team sheet is not received by this time, then the team concerned may be withdrawn from the event.
3. Team amendments may be made online using the county team portal up to 10am on the 8th February 2026.
4. Any team changes thereafter can only be made in the event of special circumstances e.g. illness. If the individuals or swim order is changed after the declaration form has been submitted, another declaration form must be submitted before the event is swum. The Gala Director shall make the final decision on the day of the competition.
5. An individual may only be nominated to swim for one team in any one event.
6. In the event of a faulty start the order of swimming may be changed so that another member of the same team swims the first leg.
7. Any swimmer who competes in a relay event but who has not swum in an individual event in either the Cumbria County Age Groups or the Cumbria County Championships must be a member of the club which they are representing at the closing date for entries and shall be registered with the Competition Organiser no later than the start of the appropriate session.
8. There are no qualifying times for any team events.
9. Each club may enter up to 5 teams per event.
10. Any team not complying with these requirements or swimming an ineligible person or swimming in the wrong order will be disqualified.
11. No times will be accepted for team events; they will be given the following times and seeding within the events. This is to give a more meaningful and fairer heats due to a number of teams not submitting entry times for team events in previous years,

1. 4 x 50m Medley

	A Team	B Team	C Team	D Team	E Team
10yrs to 12yrs	4:00.00	4:30.00	5:00.00	5:30.00	6:00.00
13yrs to 14yrs	3:30.00	4:00.00	4:30.00	5:00.00	5:30.00
Junior	3:00.00	3:30.00	4:00.00	4:30.00	5:00.00
Open	2:30.00	3:00.00	3:30.00	4:00.00	4:30.00

2. 4 x 50m Freestyle

	A Team	B Team	C Team	D Team	E Team
10yrs to 12yrs	4:00.00	4:30.00	5:00.00	5:30.00	6:00.00
13yrs to 14yrs	3:30.00	4:00.00	4:30.00	5:00.00	5:30.00
Junior	3:00.00	3:30.00	4:00.00	4:30.00	5:00.00
Open	2:30.00	3:00.00	3:30.00	4:00.00	4:30.00

3. 6 x 50m Freestyle

	A Team	B Team	C Team	D Team	E Team
10yrs to 12yrs	4:00.00	4:30.00	5:00.00	5:30.00	6:00.00

12. All heats for the team events will be seeded automatically by the Sportsystems software.
13. It may be possible that A, B, C, D or E teams will be spread over multiple heats and mixed due to the number of lanes used and number of teams entered.

6 - Meet Procedures

1. Entries must be received no later than Tuesday 6th January 2026. As soon as possible after this date draft programmes will be published on the Cumbria ASA website; these should be used to cross check the accuracy of the entries and to allow any necessary corrections to be made.
2. The final gala programmes will be produced as a result of any corrections that are received and will be published on the Cumbria ASA website (swimcumbria.org.uk) several days in advance of the sessions.
3. Withdrawals will be accepted until the start of the warm up for each session electronically online at live.swimcumbria.org.uk. There will be no refund of entry fees.
4. Any withdrawals after the closing deadline will result in heats being swum with empty lanes.
5. All withdrawals for heats must be submitted electronically <https://live.swimcumbria.org.uk>, paper withdrawal forms will not be accepted.
6. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.
7. Heat Start Lists will be made available to clubs as soon as possible after the commencement of the warm-up of each session.
8. Heat start Lists will be available for spectators priced at £1.00 per session.
9. Swimmers must present themselves to the Competitors Stewards one event prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for their race. This applies to both heats and finals.
10. Spectator entry will be £5 per session
11. Wrist bands will be issued to all spectators. Spectator fees will be cashless. (Card payments only)
12. Events that culminate in a final shall be spearheaded with the last three heats being cyclically seeded, except at the discretion of the Competition Organiser (for example where cyclic seeding could lead to an unfair situation for one or more competitors).
13. All heat declared winner events shall be spearheaded.
14. In the finals, the maximum number of places practicable shall be allocated. Two reserves will be declared for finals where possible.
15. Lanes for finals shall be allocated on the spearhead principle.
16. Finalists and reserve finalists (in individual events) must inform the Recorders, after the posting of the results, if they intend to withdraw from the event. Where a reserve is brought in after the preparation of the start list for the finals the reserve shall occupy the vacant lane and there will be no amendments made to the allocation of other lanes.
17. Each coach/team manager requiring access to the poolside must be in possession of a pass issued by Cumbria ASA.
18. It is mandatory that all Coaches and team managers comply with the relevant Swim England Policies
 - a. Child Protection Procedures
 - b. Valid and up to date DBS Certificate & Safeguarding qualification.
 - c. Minimum Team Manager 1 or Assistance coach qualification.
 - d. Comply with team manager coach and chaperone policy
19. Poolside passes will be issued on the basis of a club's entries; there will be no charge:
 - a. Up to 20 swimmers: 4 passes only
 - b. 21-35 swimmers: maximum of 5 passes
 - c. 36-50 swimmers: maximum of 6 passes
 - d. More than 51 swimmers: maximum of 7 passes.
20. Only pass holders, swimmers and officials will be allowed on poolside.
21. Any swimmer who withdraws from a heat or from a final of any event on medical grounds will not be allowed to compete again on the same day. However, they may compete on subsequent days of the competition.
22. Swimmers which withdraw from events on medical grounds will be offered a refund if evidence is submitted during the online withdrawal.
23. The competition organiser must be informed in advance of any swimmers who suffer from any medical conditions which would require assistance on the day of the meet. We should also be notified of any allergies such as 'nuts' which we may need to cater for.
24. 'Over the top' starts may be used in backstroke events at the referee's discretion.
25. Colorado timing system will be used in conjunction with Sport System software; a strobe light will be available.

7 – Withdrawals

1. Individual Events
 - a. All withdrawals must be made online @ <https://live.swimcumbria.org.uk>
 - b. Paper or verbal withdrawals will not be accepted.
 - c. Withdrawals must be made 60 minutes prior to the start of the session.
 - d. Failure to withdraw which results in an empty lane will incur a fine of £10.00 per event, this is to ensure no empty lanes.
 - e. Swimmers who incur injury within the session may complete a medical declaration that they are unable to swim and will not be fined.
2. Finals
 - a. Withdrawals for finals must be made within 15 minutes after the announcements of the finalists and reserves.
 - b. All finalists including reserves must withdraw if they do not intend to swim.
 - c. Withdrawals to be made using the paper form provided and handed to the timing suite.
 - d. All finalists including reserves must report to marshalling.
 - e. Failure to withdraw from a final will incur a fine of £10.00 per event, this is to enhance the experience of a final.

8 - Trophies and Awards

1. Medals shall be awarded to competitors placed first, second and third in the individual County Championship events.
2. Medals shall be awarded to competitors placed first, second and third in the following individual Junior County Championship events i.e. those events for which there are trophies: 100m backstroke, breaststroke, butterfly and freestyle and 200m IM.
3. The winner of each Championship shall be entitled to hold the trophy where one has been provided.
4. The trophy holder (individual or club) will be expected to take reasonable care of the trophy and that it will be returned, clean and suitably engraved when and as required.
5. An individual or club will be liable for any trophy repair costs for damage which occur.
6. Medals shall be awarded to para swimmers placed first, second and third in the individual County Championship events. If there are less than 4 competitors in any one event then a 'minus 1 rule' will apply i.e. if there are 4 competitors then 3 medals will be awarded, if there are 3 competitors then 2 medals will be awarded, if there are 2 competitors then 1 medal will be awarded. . If there is only 1 competitor, a medal shall be awarded if he/she breaks their entry time
7. Medals shall be awarded to members of teams placed first, second and third in the Open County Championship teams and Junior County Championship teams events.
8. Age group badges will be awarded to competitors placed first, second and third in each age group for each 50m, 100m, 200m and 400m event that is swum. Age Group badges will not be awarded for 200m Butterfly, 800m and 1500m Freestyle events since these are Championship events only.
9. Age group badges shall be awarded to members of teams placed first, second and third in the Age Group teams events.
10. There will be presentations of medals for county and junior championship events. There will be no presentations of age group badges; these will be given to each club for distribution to their swimmers.
11. Wendy Burrell and Raymond Watson trophies will be awarded to the best performing competitors in the Female and Male/Open categories.
 - a. The winners in each category will be decided based the individual points attained within the Age Group Competition for Age Group events only. (excluding relays).
 - b. Points towards the trophies will be awarded based on the individual's collective performance within the Age Group events to determine the winner of the Wendy Burrell and Raymond Watson Trophies.
 - c. Points to be calculated 8 > 1 (8 Points for 1st place down to 1 point for 8th place)
 - d. Awards will also be presented to the swimmers who finish second and third in the two categories. If a points tie occurs for any placing additional awards will be presented.
 - e. County Championship results (Junior or Senior) do not count towards the points calculation.

9 - Other Information

1. Lunch will be provided for technical officials and trainees free of charge.
2. Coaches can purchase lunch at a cost of £8.50 per day and should notify the Competition Organiser in 7 days advance.
3. Cumbria ASA may choose to employ a professional photographer to take photographs at the events, anyone else seeking permission to take photographs as part of a recognised examination will need to submit a request online prior to the event at <https://live.swimcumbria.org.uk>
4. If any session is programmed to last more than 3 hours a break may be inserted at an appropriate point in order to give the technical officials an opportunity for a short rest and to leave the poolside.
5. Clubs to provide assistance to the host club for setup and closedown of the equipment and pool deck.

10 – Live Streaming

1. Many events are now streamed online; Cumbria ASA strives for excellence and looks to provide a fantastic experience for all who attend our events.
2. This event may be live streamed and if so, will be available to view via our official YouTube channel.
<https://www.youtube.com/@CumbriaASA>
3. All swimmer/parents/guardians/coaches and all swim clubs attending our meet agree by entering to allow all their swimmers to appear on the live stream.
4. We will not be able to edit the live stream once it has been uploaded to YouTube therefore if anyone does not wish for images of their children to be seen we advise them not to enter this meet. There will be no refunds for withdrawals for this reason once entries have been submitted.
5. The stream will also remain online to view once the swim meet has concluded.
6. The stream/video will be controlled by Cumbria ASA, and as meet organisers we reserve the right to remove the stream from the internet should we feel necessary. This will be at the discretion of Cumbria ASA.
7. Should anyone have any concerns or questions in relation to this or data privacy then please contact
admin@swimcumbria.org.uk
8. We strive to ensure that our online events are held safely without technical hitches however it is impossible to eliminate these completely, so we apologise in advance should there be any disruptions.
9. We hope that everyone attending our events appreciate this enhancement to our event which will allow swimmers to rewatch their races and share their success with friends and family.