

Cumbria Winter Meet 2026

Event Conditions & Procedures

Venue



Kendal

Saturday 28th & Sunday 29th November

Kendal Leisure Centre
Burton Road
Kendal
Cumbria LA9 7HX

Meet Deadlines & Information

Swimmer Age @	29 th November 2026
Qualifying Period	1 st January 2023 to 17 th November 2026
Entries Open	5 th October 2026 – 7:30am Entry Link: https://events.swimnorthwest.org
Individual Entries Close	9 th November 2026 (Or when full) Entries first come first served £5.00 per entry
Accepted Entries Published	16 th November 2026 https://live.swimcumbria.org.uk
Spectator Ticket Online Sale	16 th November 2026 £5.00 per session
Heat Withdrawals	60 Minutes prior to session start. https://live.swimcumbria.org.uk
Meet Organiser	Mark Ralph events@swimcumbria.org.uk

Female

Event	09-09	10-10	11-11	12-12	13-13	14/Over
50m Freestyle	32.10	29.90	28.20	27.20	26.70	26.50
100m Freestyle	1:14.00	1:06.90	1:01.70	59.70	58.10	57.70
200m Freestyle	2:37.10	2:23.00	2:14.50	2:09.00	2:05.90	2:05.70
400m Freestyle	5:05.00	4:55.00	4:42.50	4:27.40	4:26.40	4:23.30
50m Backstroke	36.00	34.00	32.90	30.60	29.90	28.20
100m Backstroke	1:22.30	1:16.80	1:09.30	1:04.70	1:04.70	1:00.50
200m Backstroke	2:51.00	2:35.50	2:29.80	2:16.40	2:18.60	2:09.40
50m Breaststroke	42.10	38.80	35.80	34.40	33.40	32.70
100m Breaststroke	1:37.80	1:27.90	1:20.40	1:13.90	1:11.70	1:12.20
200m Breaststroke	3:26.30	3:04.00	2:51.80	2:42.50	2:39.80	2:38.40
50m Butterfly	36.10	33.00	31.00	29.50	28.70	28.40
100m Butterfly	1:29.00	1:18.50	1:08.80	1:04.70	1:02.40	1:02.50
200m Butterfly	3:08.40	2:49.50	2:33.30	2:24.90	2:18.50	2:19.10
100m IM	1:22.70	1:17.60	1:13.20	1:07.30	1:05.90	1:05.00
200m IM	2:58.20	2:43.00	2:31.10	2:24.30	2:20.80	2:18.20
400m IM	-	5:38.40	5:23.90	5:10.50	4:59.20	4:48.40

Open / Male

Event	09-09	10-10	11-11	12-12	13-13	14/Over
50m Freestyle	32.00	29.90	28.40	25.40	24.00	23.20
100m Freestyle	1:13.80	1:08.90	1:01.00	57.70	54.00	51.60
200m Freestyle	2:37.70	2:23.90	2:17.50	2:06.40	1:59.00	1:53.30
400m Freestyle	5:05.70	4:55.70	4:42.20	4:24.70	4:07.20	4:03.50
50m Backstroke	36.30	34.80	32.10	30.10	27.30	27.00
100m Backstroke	1:23.50	1:18.30	1:11.40	1:02.90	59.60	56.50
200m Backstroke	2:46.70	2:37.70	2:26.10	2:19.10	2:08.60	2:02.90
50m Breaststroke	41.30	36.80	34.90	31.60	30.00	28.80
100m Breaststroke	1:31.70	1:30.10	1:18.00	1:12.80	1:08.10	1:06.30
200m Breaststroke	3:15.00	2:56.10	2:44.80	2:36.50	2:31.40	2:22.50
50m Butterfly	34.80	31.80	31.40	28.20	26.00	25.10
100m Butterfly	1:26.20	1:22.10	1:11.90	1:03.40	57.80	55.00
200m Butterfly	3:14.30	2:51.30	2:34.30	2:23.40	2:11.70	2:04.40
100m IM	1:22.50	1:16.40	1:10.50	1:05.60	1:02.30	1:00.20
200m IM	2:55.20	2:40.30	2:33.20	2:19.00	2:10.90	2:07.50
400m IM	-	5:30.60	5:15.40	4:56.30	4:40.00	4:29.40

Entry Times must not be faster than the times above.

Coach times will be accepted if swimmer has no ranked time for an event, to comply with licensing for Level 3 meets all entries MUST have an entry time.

Session 1

Saturday 28/11/2026 AM - Times TBC			
101	Boys	9yrs/Over	200m Backstroke
102	Girls	9yrs/Over	50m Breaststroke
103	Boys	9yrs/Over	100m IM
104	Girls	9yrs/Over	200m Butterfly
105	Boys	9yrs/Over	400m Freestyle
106	Girls	9yrs/Over	200m Freestyle
107	Boys	9yrs/Over	50m Backstroke
108	Girls	9yrs/Over	100m Breaststroke

Session 2

Saturday 28/11/2026 PM - Times TBC			
201	Girls	9yrs/Over	100m Butterfly
202	Boys	9yrs/Over	50m Freestyle
203	Girls	9yrs/Over	100m Backstroke
204	Boys	9yrs/Over	200m Breaststroke
205	Girls	10yrs/Over	400m IM
206	Boys	9yrs/Over	200m IM
207	Girls	9yrs/Over	50m Butterfly
208	Boys	9yrs/Over	100m Freestyle

Session 3

Sunday 29/11/2026 AM - Times TBC			
301	Girls	9yrs/Over	200m Backstroke
302	Boys	9yrs/Over	50m Breaststroke
303	Girls	9yrs/Over	100m IM
304	Boys	9yrs/Over	200m Butterfly
305	Girls	9yrs/Over	400m Freestyle
306	Boys	9yrs/Over	200m Freestyle
307	Girls	9yrs/Over	50m Backstroke
308	Boys	9yrs/Over	100m Breaststroke

Session 4

Sunday 29/11/2026 PM - Times TBC			
401	Boys	9yrs/Over	100m Butterfly
402	Girls	9yrs/Over	50m Freestyle
403	Boys	9yrs/Over	100m Backstroke
404	Girls	9yrs/Over	200m Breaststroke
405	Boys	10yrs/Over	400m IM
406	Girls	9yrs/Over	200m IM
407	Boys	9yrs/Over	50m Butterfly
408	Girls	9yrs/Over	100m Freestyle

Sections

1. General Conditions
2. Individual Events
3. Entry Conditions
4. Para Swimmers
5. Meet Procedures
6. Withdrawals
7. Awards
8. Other Information
9. Live Streaming
10. Martyn's Law

1 - General Conditions

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. To be run in accordance with Swim England Laws and ASA Technical Rules.
4. The competition shall consist of the following age groups for each gender:
10, 11, 12, 13 & 14 and over
5. Qualifying times will be applied to all entries, entry times not to be faster.
6. Coach times will be accepted if swimmer has no ranked times for an event.
7. All entries must have an entry time.
8. Split times for individual events will not be accepted.
9. 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... 400m Split from a 800m Freestyle will not be a valid time for entry.
10. The entry fee is £5.00 per event.
11. Age on the day will be as specified on Page 3 of this document.
12. The closing date is shown on page 3 of this document. Late entries may be accepted at the Competition Organiser's discretion. Poolside entries will not be accepted.
13. 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.
14. 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 with take precedence.
 - ii. Events chosen for rejection will be at the discretion of the meet organiser.
 - iii. Refunds for rejections will be processed within 28 days of the last day of the competition.
15. Any matters not covered in these conditions or any supplementary information will be at the discretion of the Competition Organiser.
16. 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
17. Entry fees to be paid online by 'Stripe' at the point of entry on the Swim England North West Online entry system.
<https://events.swimnorthwest.org>

18. When entering swimmers will be required to provide the following
- Athlete Photo
 - i. Swimmers will be issued with a poolside pass which will be emailed once the accepted entries are published.
 - ii. Passes must be either printed or saved to a mobile wallet using the Apple and Google Links.
 - iii. Passes will only be valid for pool side access on the sessions in which the swimmer is swimming.
 - Medical Declaration
19. Swimmers may update their entry times using the link on the email confirmation at any prior to the closing date for entries. Once entries are closed improved times or changes of club will not be accepted.

2 - Individual events to be swum

1. Events
 - a. Freestyle
 - i. 9 years and over 'Female' and 'Open/Male'
 1. 50m
 2. 100m
 3. 200m
 4. 400m
 - b. Backstroke, Breaststroke & Butterfly
 - i. 9 years and over 'Female' and 'Open/Male'
 1. 50m
 2. 100m
 3. 200m
 - c. Individual Medley
 - i. 9 years over 'Female' and 'Open/Male'
 1. 100m
 2. 200m
 - ii. 10 years and over 'Female' and 'Open/Male'
 1. 400m:
2. All events will be determined by HDW principles.

3 - Entry Conditions

1. Entries to shall reach the Competition Organiser no later than the date shown on page 3 of this document accompanied by the appropriate fee.
2. 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.
3. All entries to be submitted online using the link provided to the Swim England North West Entry System.

4 - Para Swimmers

1. 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. There are no separate para qualifying times or awards.

5 - Meet Procedures

1. Entries must be received no later than the date on page 3 of this document. 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.
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. All events shall be spearheaded.
13. Each coach/team manager requiring access to the poolside must be in possession of a pass issued by Cumbria using the Swim England North West Accreditation system. <https://events.swimnorthwest.org/accreditation-system/>
14. Passes must either be printed or saved to a mobile using the Google or Apple Wallet links supplied when the was purchased.
15. 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 Assistant coach qualification.
 - d. Comply with team manager coach and chaperone policy
16. 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.
17. Only pass holders, swimmers and officials will be allowed on poolside.
18. Any swimmer who withdraws from a heat on medical grounds will not be allowed to compete again on the same day. However, they may compete on subsequent days of the competition.
19. Swimmers which withdraw from events on medical grounds will be offered a refund if evidence is submitted during the online withdrawal.
20. 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.
21. 'Over the top' starts may be used in backstroke events at the referee's discretion.
22. Colorado timing system will be used in conjunction with Sport System software; a strobe light will be available.

6 – 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.

7 - Awards

1. Medals shall be awarded to competitors placed first, second and third in all events and age groups

8 - 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.

9 – 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..

10 – Martyn’s Law

- 1) All competitors, spectators and event volunteers will be subject restrictions and procedures set out in ‘Martyn’s Law’, formally known as the Terrorism (Protection of Premises) Act 2025.
- 2) The facility will be the responsible person for the purposes of the law.
- 3) Restrictions may include and not limited to
 - a. Control of numbers
 - b. Security screening and checks on personal belongings including bags
 - c. Restrictions imposed by the facility
- 4) Event volunteers and staff may be subject to mandatory training.