



COUNTY CHAMPIONSHIPS AND AGE GROUP COMPETITIONS 2026

(Held under Swim England Regulations and Technical Rules)

Saturday 17th / Sunday 18th January – Distance Events – UEA Sportspark
Saturday 31st January / Sunday 1st February – Main Events – UEA Sportspark
Saturday 7th / Sunday 8th February – Main Events – UEA Sportspark
Licence numbers TBA

Rules and Conditions

1. General

- The Championships will be held under Swim England (SE) Regulations, Technical Rules and to SE Open Meet Licensing Criteria.
- Entrants must be registered with SE as a Club Compete member and must be a member of a club affiliated to Swim England Norfolk at the time their entry is made and must remain a member of a club affiliated to Swim England Norfolk until they have completed their last swim in the Championship. There are no restrictions on changing clubs between making the entry and the last swim but there must not be a break in membership between the clubs concerned.
- A Technical Director will be appointed as soon as entries open. The Technical Director will be a Referee who will then oversee all aspects of the Championships.
- Key contacts for the meet are as follows:
Promoter – Liam Harvey – galas@norfolkswimming.org.uk for queries
Technical Director – Darren Peck
- The pool is 50m, 8 lanes. A secondary strobe for the starting system is available.
- The events will be swum in accordance with the attached schedule.

2. Entries

- The deadline for entries is **Tuesday 23rd December 2025**
- The entry fee is £8.50 per event.
- 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.*
- Qualifying times for this competition are in the attached schedule. Entry times must be on the British Rankings Database from a Licensed Meet at levels 1-4. Short Course converted times are acceptable. The conversion accepted is that built into the Sportsystems software. Submitted times will be used for seeding purposes only. Swimmers whose SE Membership Record shows a Disability Class or are in possession of a Certificate of Swimming Disability may enter without achieving the qualifying times stated for their age group. **Times must have been achieved since 1st January 2025.**
- Swimmers whose SE Membership Record shows a Disability Class or are in possession of a Certificate of Swimming Disability will also swim under World Para Swimming Rules.
- Clubs must submit entries using Sportsystems Entry Manager submitting all entries to Liam Harvey by email by the closing date. Files generated by other software or systems will not be accepted. Payment to be by BACS to the County Account. Clubs have two business days grace after the closing date to make the payment. After that a charge of 5% of the entry fee due will be made and if payment is not made within one week, the charge will be increased to 10%. Entries will not be accepted until the fee and charge, if due, is paid. The Sportsystems entry file will be available on the County's website www.norfolkswimming.org.uk.
- Swimmers may only enter events of the appropriate age group as listed on the programme of events.
- Entries must have been completed correctly, submitted by the specified date and accepted by the promoters for an entry to be valid. The promoters reserve the right to restrict the number of entries by event and/or session in order to meet the SE Open Meet Licensing Criteria. This will be done by rejecting the slower swimmers in each age group first. Swimmers whose SE Membership Record shows a Disability Class or are in possession of a Certificate of Swimming Disability will not be rejected.
- A list of Received Entries will be published on the County's website following the closing date. Clubs will then have one week from the publication of the received entries to report any errors. After that a list of Accepted Entries will be published on the website and no further alterations will be made. If payment is not made in accordance with condition 2e, a club's entries will not appear in the Accepted Entries list.
- Competitors age as of 31st December 2026. A junior swimmer shall be a swimmer who has not attained their 17th birthday by 31st December 2026.
- A warm-up schedule and procedure will be published on the County website before each session.

3. Events/Awards

- Swimmers are requested to report to the Clerk of the Course at least 1 event prior to their event. For the first event of each session, they should report 10 minutes before it is scheduled to start.
- All heats will be seeded according to the submitted entry times.
- All 50m and 100m events shall have finals. All other events to be swam as timed finals.
- Each final shall have a maximum of two reserves declared and published.
- Results will be declared by the following age groups: 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17/OV, Championship and Junior Championship.
- Medals will be awarded to the top 3 places in each age group. A perpetual trophy and award will be presented to the first placed swimmer in the Championship (Open and Junior) for each event.
Medals will also be awarded to Swimmers whose SE Membership Record shows a Disability Class S, SB or SM 1-14 (S, SB & SM 64 will be treated as S, SB or SM 14) on a multi-class basis, to 1st, 2nd and 3rd placed competitors in the heats, based on the British Para-Swimming Points System.
- The last 3 heats of events with finals will be cyclically seeded, all other heats spearheaded.
- Trophies will be presented to the top three swimmers based on their World Aquatics points in accordance with the table below.

	MENS/Open			WOMENS		
10/11 Years	Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200/400m 200m IM		Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200/400m 200m IM	
12 Years	Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 200/400m IM		Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200m/400m/800/1500m free Best 200/400m IM	
13 Years	Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 200/400m IM		Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200m/400/800/1500m free Best 200/400m IM	
14 Years	Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 200m/400m IM		Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 200/400m IM	
15 Years	Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 200m/400m IM		Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 200/400m IM	
16 Years	Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 200/400m IM		Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 200/400m IM	
17/OV Years	Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 200/400m IM		Sprints 100's Form Free Medley	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 200/400m IM	

- Awards will be available for collection approximately 15 minutes after the event has finished. All awards must be collected by the end of each day's competition. Any uncollected medals will not be given out during subsequent days of competition or given to clubs after the completion of the event.
- 800/1500m Freestyle. These events are run jointly with Swim England Suffolk. Each county will set its own qualification times and declare its own results. The events will be swum as mixed gender. Each event will be split into two groups of heats, each group will comprise heats lasting approximately one half of the expected total swimming time of the event. When the Received Entries are published a draft start list will be published which will also show the warm up and start times for the two groups of heats. When the Accepted Entries are published a final start list will be published with final warm up and start times. Withdrawals from the events will result in empty lanes. The Promoter reserves the right to merge heats should there be enough withdrawals after the publication of the final start list but no swimmers will be moved between groups and no warm up or start times will be changed.

4. Withdrawals

- a. It is the responsibility of the club to advise the gala organisers if they have swimmers not swimming 45 minutes before the first race of each session. This will prevent the gala running with empty lanes. The Swim Meet website will be used to do this and clubs will be advised of their access one week before the first day of the Championship. Any deviations from this condition may only be at the discretion of the Promoter and/or Technical Director.
- b. If a swimmer is withdrawing on medical grounds after the 45 minute deadline the Technical Director must be informed by the swimmer or a representative of the club. The Technical Director may require a swimmer who has withdrawn on medical grounds to withdraw from any further events during the same day. No fine will be imposed on medical withdrawals that are accepted by the Promoter.
- c. Finals – The names of finalists and reserves will be published. Withdrawals must be made to the recorder within 15 minutes of the publication. At the end of this period, reserves may ask the recorder whether they are required for the final or can be stood down. Unless notice of withdrawal has been given to the recorders within 15 minutes of the publication of the heat results, all finalists shall report to the Clerk of the Course for the final. Withdrawals after the 15-minute deadline may only be made on medical grounds. Any swimmer not present for a final will incur a fine of £5.00

5. Refunds/Fines

- a. 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 for medical withdrawals will only be considered where a Refund request on Medical grounds has been made on Swim-Meet before the start of the events concerned. In considering the request the Promoter and/or Technical Director may require medical evidence to support the request.
- b. After the championships the club, in whose name the competitor has participated in the competition, will be invoiced for any fines and will have 28 days in which to make the payment. If the payment is not made within the 28 days, the fine will be doubled and no entries will be accepted from the club for County events until the fine is paid.

6. Poolside & lunch passes

- a. The Swim England Team Manager, Coach and Chaperone Policy must be adhered to at all times. Coaches and Team Managers are only permitted poolside if they are participating in a session and are in possession of a SE DBS, Safeguarding, qualification check bearing their name and photograph. The check can be obtained free of charge via the Swim England Member Options link on www.swimmingresults.org and must be valid for the period of the Gala.
- b. Lunch will be provided for 2 coaches/team managers/chaperones per club free of charge. Please advise galas@norfolkswimming.org.uk of any dietary requirement 2 weeks prior to the event.
- c. No persons shall be permitted poolside without a poolside pass unless they are a swimmer, official, volunteer or part of the technical team. All others will be asked to leave and may be refused readmission.

7. Health & Safety

- a. All participants must observe the safety precautions in operation at the pool. SE Norfolk is not responsible for any loss, damage or injury occurring during this meet.
- b. Please note no air horns or vuvuzelas are permitted to be used during galas.

8. Other

- a. The promoter reserves the right to refuse admission to any competitor, coach or spectator. Anything not covered in the above rules will be at the discretion of the Technical Director and Promoter, who also reserves the right to make any changes that may be considered necessary for the smooth, effective, and safe running of the meet.
- b. 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. Further information can be found in our Data Privacy Statement found [here](#).
- c. The Promoter reserves the right to decide on any point not covered by these conditions and to make any changes necessary for the smooth running of the gala. Any changes will be agreed with the Technical Director and be within SE Regulations, Technical Rules and the SE Open Meet Licensing Criteria.

9. Use of mobile devices and photography

- a. 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 child as much as reasonably possible and to avoid including other children in those images. Should you have any concerns about photography or filming please bring them to the attention of the promoter.
- b. Note that use of any mobile device in the changing rooms is absolutely forbidden
- c. Participants and spectators are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England Safeguarding Policy and Procedures, Wavepower provides guidance on the use of social networking and guidance on photography. <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs>. Both sets of guidance apply if social media platforms are being used to share images or recordings either after the meet or during live streaming of the event.

10. Entry procedure

- a. All entries from a club shall be consolidated and submitted electronically. ONE electronic payment or cheque shall be made as a consolidated payment of all the entries. Download and install the Sportsystems Entry Manager V2.0 from www.sportsys.co.uk. If you have previously installed this program, ensure you check and download the latest version by using the 'Check for Updates' option.
- b. Full instructions on the use of Sportsystems Entry Manager can be found within the program under Help and a quick start video is also available on the Sportsystems website. The only way to enter individual times is by using the 'Get Times' button ensuring the entered time satisfies the entry conditions. No other method of providing times will be accepted. Times retrieved from British Swimming (BS) rankings that do not satisfy the qualification time will be flagged with a yellow 'N' swim button. Times which satisfy the qualification time are shown with a green 'Y' swim button. Click any unrequired green 'Y' swim buttons.
- c. Clubs entering Swimmers whose SE Membership Record shows a Disability Class or are in possession of a Certificate of Swimming Disability should identify the correct S, SB & SM sport class in the drop-down boxes, if applicable. For an event to be entered, the swim button must be green 'Y'. Any events flagged yellow 'N' from times retrieved from BS rankings will require the swim button clicked until it changes to green 'Y' and the entry time shows 'YES' The Entry Administrator will convert these 'YES' entry times to the times in BS Rankings, detail the times you believe meet the requirements in the e mail submitting the entry. Note: if, after saving a swimmer's entry, the entry is reopened for editing, you must ensure any events entered have the swim button set to 'Y' again before saving.
- d. Use the report feature to calculate the total cost of your entries. Your payment should NOT be different from this calculated amount. After completing your entries, generate the export file as described in the help section and attach to an e-mail. Your e-mail will be acknowledged.

SE Norfolk County Championships 2026 - Schedule of Events

Weekend 1			
Day 1 – 17 th January 2026		Day 2 – 18 th January 2026	
Session 1A – WU 8:30am		Session 2A – WU 8:30am	
101	Mixed 800m Free – Fastest heats	201	Mixed 1500m Free – Fastest heats
Session 1B – WU TBC		Session 2B – WU TBC	
101	Mixed 800m Free – Remaining heats	201	Mixed 1500m Free – Remaining heats

Weekend 2							
Day 3 – 31 st January 2026				Day 4 – 1 st February 2026			
Session 3 – WU 8:30am		Session 4 – WU TBA		Session 5 – WU 8:30am		Session 6 – WU TBA	
301	Womens 400m Medley	451	Mens/Open 400m Free	501	Mens/Open 400m Medley	651	Womens 200m Medley
302	Mens/Open 100m Fly	452	Womens 50m Fly	502	Womens 100m Fly	652	Mens/Open 100m Free
303	Womens 50m Free	453	Mens/Open 100m Back	503	Mens/Open 50m Free	653	Womens 50m Back
304	Mens/Open 50m Breast	454	Womens 200m Free	504	Womens 50m Breast	654	Mens 200m Breast
305	Womens 200m Back			505	Mens/Open 200m Back		
Finals							
306-312	Mens/Open 100m Fly	455-461	Womens 50m Fly	506-512	Womens 100m Fly	655-661	Mens/Open 100m Free
313-319	Womens 50m Free	462-468	Mens/Open 100m Back	513-519	Mens/Open 50m Free	662-668	Womens 50m Back
320-326	Mens/Open 50m Breast			520-526	Womens 50m Breast		

Weekend 3							
Day 5 – 7 th February 2026				Day 6 – 8 th February 2026			
Session 7 – WU 8:30am		Session 8 – WU TBA		Session 9 – WU 8:30am		Session 10 – WU TBA	
701	Womens 400m Free	851	Mens/Open 200m Medley	901	Mens/Open 100m Breast	Relay Gala	
702	Mens/Open 50m Fly	852	Womens 100m Free	902	Womens 100m Back		
703	Womens 100m Breast	853	Mens/Open 50m Back	903	Mens/Open 200m Fly		
704	Mens/Open 200m Free	854	Womens 200m Breast	904	Womens 200m Fly		
Finals							
705-711	Mens/Open 50m Fly	855-861	Womens 100m Free	905-911	Mens/Open 100m Breast		
712-718	Womens 100m Breast	862-868	Mens/Open 50m Back	912-918	Womens 100m Back		

Swim England Norfolk County Championships 2026 Qualifying Times (Long Course)

Mens/Open Long Course QT

EVENT		10 & 11	12	13	14	15	16	17/OV
50m	Freestyle	41.00	40.00	38.00	33.00	32.00	30.00	27.10
100m	Freestyle	1:41.00	1:30.00	1:22.00	1:11.00	1:10.00	1:06.00	58.70
200m	Freestyle	3:30.00	3:05.00	2:55.00	2:38.00	2:32.00	2:20.00	2:11.50
400m	Freestyle	7:30.00	7:00.00	6:15.00	5:40.00	5:35.00	5:00.00	4:45.00
800m	Freestyle		13:30.00	12:30.00	11:45.00	10:45.00	10:30.00	10:15.00
1500m	Freestyle		25:00.00	24:30.00	23:00.00	20:30.00	19:35.00	19:20.00
50m	Breaststroke	57.00	55.00	52.00	46.00	44.00	41.00	36.50
100m	Breaststroke	2:15.00	2:00.00	1:50.00	1:40.00	1:38.00	1:35.00	1:20.50
200m	Breaststroke	4:23.00	3:56.00	3:40.00	3:28.00	3:20.00	3:00.00	3:00.00
50m	Butterfly	58.00	54.00	45.00	38.00	37.50	33.00	29.00
100m	Butterfly	2:05.00	1:52.00	1:40.00	1:29.00	1:32.00	1:22.00	1:07.00
200m	Butterfly	4:30.00	4:10.00	3:50.00	3:30.00	3:10.00	3:00.00	3:00.00
50m	Backstroke	49.00	46.00	44.50	39.00	38.50	37.00	32.50
100m	Backstroke	1:55.00	1:45.00	1:35.00	1:24.00	1:24.00	1:17.00	1:09.00
200m	Backstroke	3:50.00	3:25.00	3:08.00	2:53.00	2:53.00	2:36.00	2:35.00
200m	IM	4:00.00	3:40.00	3:20.00	3:00.00	3:00.00	2:47.00	2:26.00
400m	IM		7:48.00	7:28.00	6:30.00	6:06.00	5:50.00	5:50.00

Womens Long Course QT

EVENT		10 & 11	12	13	14	15	16	17/OV
50m	Freestyle	41.00	39.50	34.50	33.50	32.00	32.00	29.80
100m	Freestyle	1:38.00	1:30.50	1:16.50	1:11.00	1:09.00	1:09.00	1:04.70
200m	Freestyle	3:43.00	3:05.00	2:37.00	2:30.00	2:30.00	2:30.00	2:22.00
400m	Freestyle	7:16.00	6:35.00	5:48.00	5:19.00	5:19.00	5:18.00	5:02.50
800m	Freestyle		12:12.00	12:08.00	11:20.00	11:18.00	10:27.00	10:27.00
1500m	Freestyle		24:30.00	24:15.00	22:00.00	21:50.00	20:00.00	20:20.00
50m	Breaststroke	57.00	55.00	47.00	45.00	45.00	46.50	39.20
100m	Breaststroke	2:06.00	1:58.00	1:42.00	1:38.00	1:37.00	1:34.00	1:25.00
200m	Breaststroke	4:11.00	4:00.00	3:35.00	3:25.00	3:15.00	3:14.00	3:08.00
50m	Butterfly	52.00	49.00	41.00	39.00	37.00	36.50	32.50
100m	Butterfly	2:02.00	1:51.00	1:40.00	1:30.00	1:25.00	1:25.00	1:16.00
200m	Butterfly	3:50.00	3:40.00	3:35.00	3:34.00	3:23.50	3:16.00	3:02.00
50m	Backstroke	50.00	46.00	42.00	40.00	38.00	37.00	35.00
100m	Backstroke	1:45.00	1:37.00	1:30.00	1:24.00	1:22.00	1:20.00	1:15.50
200m	Backstroke	3:47.00	3:18.00	3:00.00	2:48.00	2:46.00	2:45.00	2:38.50
200m	Medley	3:55.00	3:40.00	3:10.00	3:05.00	3:05.00	2:54.00	2:42.00
400m	Medley		7:20.00	7:00.00	6:15.00	6:10.00	6:00.00	6:00.00

Entry times must be on the Rankings Database and from a Licensed Meet at levels 1-4. Short Course converted times are acceptable. The conversion accepted is that built into the Sportsystems software.
Times must have been achieved between 1st January 2025 and the closing date.