

Swim England London Region Open Water Regional Age Group Championships and Open Competition 2026

GENERAL CONDITIONS

1. The Swim England London Region Open Water Committee reserves full power over the Regional Open Water Age Group Championships, including but not limited to cancelling, postponing or changing the venue and/or format due to reasons beyond its reasonable control.
2. The event shall be held under Swim England Regulations and World Aquatics Technical Rules of Open Water Swimming, except if varied by these conditions.
3. The Promoter of the event shall be the Swim England London Region Open Water Committee.
4. The promoter is committed to providing an inclusive environment and will make reasonable adjustments within the rules of open water swimming to enable participation, where possible and safe and practicable to do so. Any competitor who believes they may require additional support or specific adjustments in order to compete (for example, but not limited to, the presence of a support swimmer or other agreed assistance) must declare this requirement at the point of entry and before entries close. Requests made on the day will not be considered.
5. All Age Group competitors must be registered Swim England Club Compete members (or equivalent Scottish Swimming or Swim Wales members) of the club in whose name they are entered, at the date of making the initial entry. Competitors may enter in the name of one club only. Overseas competitors will be accepted if they are from one of the countries affiliated to World Aquatics.
6. The Regional Age Group championships will be a qualifying event for Swim England Open Water National Age Group Championships (see condition 32 for appropriate qualifying distances for each age group).
7. The Regional Age Group championships will be run alongside the following events:
 - (a) The Regional Open Water Masters championships
 - (b) An open competition for age group and masters competitors who are not a member of a club affiliated to Swim England through the London Region.
 - (c) A separate 1k event for all swimmers aged 11 years and older as at 31st December 2026.
8. All swimmers under the age of 18 on competition day must be under the supervision of a qualified club coach or team manager. Coaches and team managers must hold an up-to-date DBS (with Barred List) certification registered with Swim England.
9. All Clubs entering swimmers, must also comply with the Swim England Team Manager, Coach and Chaperone policy – see link [SE supervision ratios policy](#).

10. All coaches and team managers will need to have completed the necessary coach/team manager pass application using the method published by the Promoters (see [event webpage](#) for details).
11. The use of mobile phones or electronic devices in a changing area during Swim England regulated activity is strictly prohibited.
12. Swim England London remind all those attending these Championships wishing to use cameras, video or digital image capturing devices (including mobile phones) that they should only do so after reference to their obligations and the recommendations laid down in Wavepower, the Swim England Safeguarding Policy.
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 competitor confirms that their birth sex is female.
14. An athlete declaration must be made at the time of entry (through the online entry system) and again on paper on the day of the event.
15. A swimmer can enter any distance provided they meet the minimum age requirements. The minimum ages (as at 31st December 2026) for each event are:
 - 1km 11 years
 - 2km 12 years
 - 3km 13 years
 - 5km 13 years
16. If seeking to qualify for the National Open Water Championship event, swimmers must compete in the appropriate qualifying event for their Age Group (see condition 32 for details).
17. The club's designated competitor representative (coach/team manager/chaperone) must sign in at the registration desk at the appropriate time.
18. All swimmers must attend the briefing for the event in which they intend to swim and answer to the roll call. No briefing – No swim!
19. A time limit will be applied to all events at the discretion of the chief referee. The cut off times for completing events will be:
 - 1km 30 mins
 - 2km 1 hour
 - 3km 1 hour 15 minutes
 - 5km 1 hour 45 minutes
20. All competitors must wear the numbered swim hat provided by the Region. Competitors must also wear the numbered band provided on their wrist or ankle throughout the race. This must be handed to the Clerk of the Course on completion of the race or on exiting the water.
21. Swimwear must be compliant with World Aquatics Rules (Part 3, Article 10):
 - (a) Water temperature below 18°C, competitors must wear: a wetsuit and start the race wearing one cap or two caps and may wear goggles. Only one swimsuit may be worn underneath the wetsuit. A competitor may wear a nose clip and/or use earplugs.
 - (b) Water temperature from 18.0°C or above, competitors must wear: one swimsuit (not a wetsuit, subject to clause (c) below and must start the race wearing one cap or two caps and may wear goggles. A competitor may wear a nose clip and/or use earplugs.

- (c) If the water temperature is between 18.0°C and 20.0°C, the chief referee, upon recommendation from the Safety Officer and Medical Officer, may determine that conditions are hazardous and require all competitors to compete in wetsuits.
22. No competitor shall be permitted to use or wear any device, which may be an aid to their speed, endurance or buoyancy.
23. Swimmers may use grease providing use is not excessive, in the opinion of the chief referee. Competitors must have their numbers marked on their shoulders and arms by the Clerks of the Course before any grease is applied.
24. At the start and during the race, competitors must have trimmed fingernails and toenails and must not wear any jewellery, including watches.
25. Entries:
- (a) The Promoter reserves the right to limit entries to all events. In the event of over-subscription, the Promoter will allocate spaces based on the date/time compliant entries are received. Surplus spaces can be re-allocated as needed and will be at the discretion of the Promoter.
 - (b) An athlete declaration must be made at the time of entry (through the online entry system) and again on paper on the day of the event. On entering the event, all entrants agree to the entry conditions and all elements of the declaration.
 - (c) Entries will only be accepted when a correctly completed application form has been received by the organiser and payment has been made to the Region's bank account. No cheques will be accepted for entries.
 - (d) The closing date for entries is 22nd June 2026. Any late, incomplete or incorrect entries received will be processed solely at the discretion of the Promoter.
 - (e) The entry fee is £25 for the 1km event and £40 per event for the 2km, 3km and 5km events.
26. If the event has to be cancelled due, for example to inclement weather, for safety reasons, or if the water temperature is below 16 degrees, the organisers will make every effort to run the event on another date. Should this not be possible, then once all expenses have been paid, a percentage of the entry fee may be refundable.
27. Any protests shall be made and dealt with as detailed in Swim England Regulations.
28. Photographs of the event may be used for publicity purposes, and may be put on the Swim England London Region website.
29. The timing for all races and briefings will only be circulated as part of the event's final information pack in June.
30. Please pay special attention to these site-specific conditions of entry:
- (a) No dogs are allowed at the venue
 - (b) No drones are to be operated from the venue
 - (c) No smoking/vaping is permitted on the site
 - (d) All swimmers must change in the designated changing rooms
31. Medals will be awarded in accordance to the following:
Regional Age Group Championship medals are available only to entrants who, at the time of entry, were a member of a club affiliated through the London Region. Gold, Silver and Bronze medals will be awarded to the first three Female and Open/Male swimmers in the following age categories (ages as at 31st December 2026) and race distances:

12 years – 2km
 13 years – 2km
 14 years – 3km
 15 years – 3km
 16 years – 5km
 17/18 years – 5km
 19+ years – 5km

In order to receive a medal, competitors in the Regional Championship competitions must complete the course within the cut-off time and not be disqualified.

Commemorative medals will also be awarded to the first three Female and Open/Male Age Group swimmers in each age category in the Open event (ie swimmers competing on behalf of clubs not affiliated to Swim England through the London Region and therefore not eligible to participate in the Regional championship events), subject to completing the course within the cut-off time and not being disqualified.

All finishers in the 1km event will receive a commemorative medal, subject to completing the course within the cut-off time and not being disqualified.

32. In order to qualify to swim at the Swim England Open Water National Age Group Championships, swimmers must, at the time of entry, be a member of a London Region affiliated club. They must also enter the appropriate qualifying event for their age group (see table below) and comply with all other conditions set out above.

Age as at 31 st December, 2026	Regional qualifying events for Nationals	National Championships race distance
11 years	-	-
12 years	-	-
13 years	2K	3K
14 years	3K	5K
15 years	3K	5K
16 years	5K	7.5K
17/18 years	5K	7.5K
19+ years	5K	7.5K

The first four finishers in each of the Age Groups above and competition category's (Female and Open/Male) will be eligible (by invite) to swim at the National Age Group Championships. National Age Group Championship Conditions can be found here: [NAG OW Conditions 2026](#)