



Open Water
**NATIONAL MASTERS
CHAMPIONSHIPS**

NATIONAL MASTERS OPEN WATER SWIMMING CHAMPIONSHIPS 2026

26 July 2026 | Rother Valley Country Park

Pre-Event Briefing

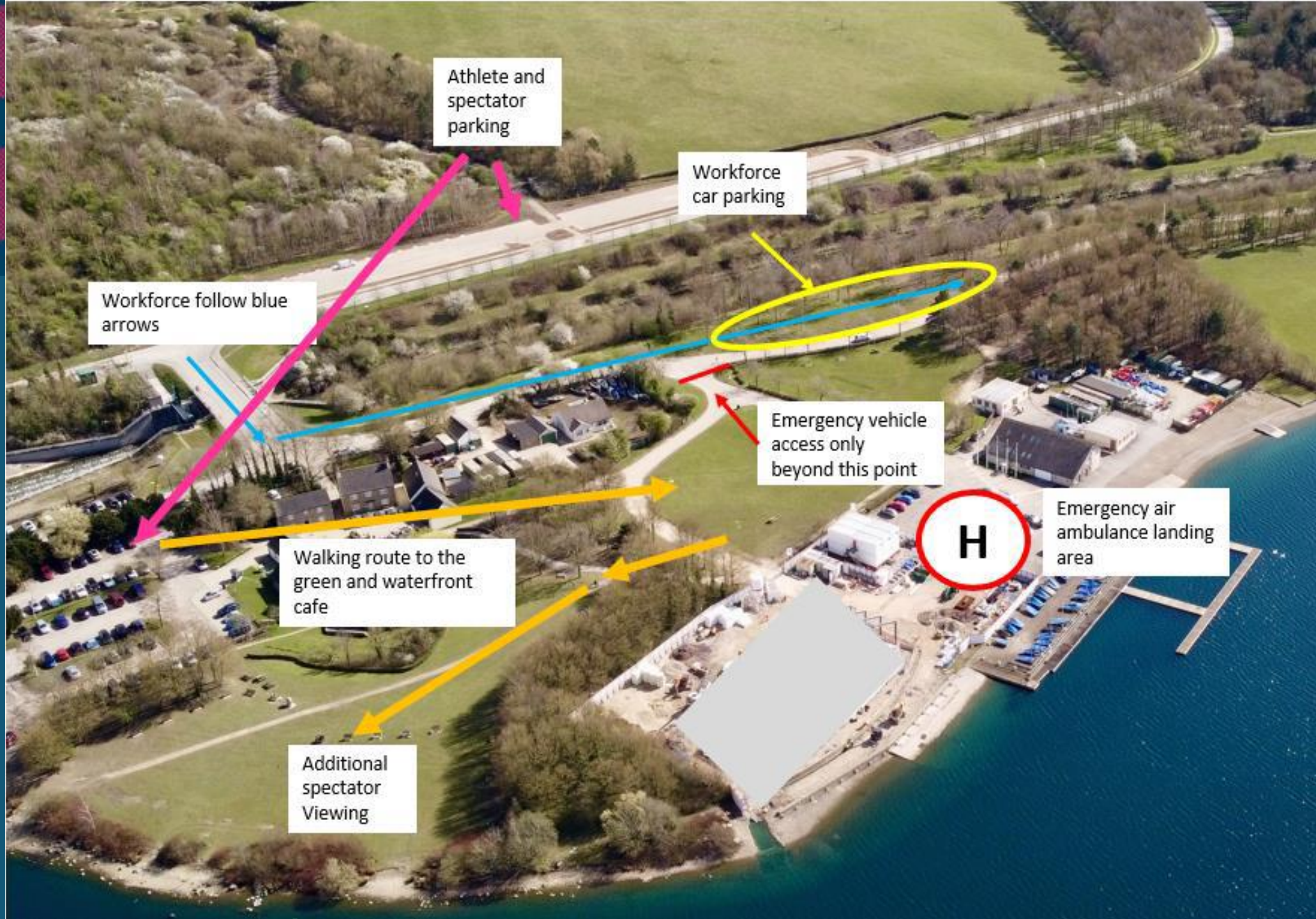


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Introductions

Event Officers: Jade Williams & Katya Boyd

Technical Director: Hannah Smith





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Timings

Events	Registration	Briefing	Race
Swim England National Masters 5km	08:00	09:00	10:00
Swim England National Masters 1km	10:20	11:20	12:30
Swim England National Masters 3km	12:15	13:15	14:20
Swim England National Masters Mixed Relay 4x400m	14:30	15:30	16:30

**Please ensure you allow time to go through the Clerk of the Course tent to get
numbered up before Briefing**



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Fitness to Swim Declaration

- Completed at the time of entry and again on the day at registration
- Please ensure you declare any medical conditions
- If you feel unwell on the day, please do not swim

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Water Depth

- Water level is significantly lower than usual
- Event Management team are monitoring this in the lead up to the event
- Starts may need to be in-water
- Competitors will be briefed at the mandatory Race-Day Safety Briefing

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The Course – Individual Events

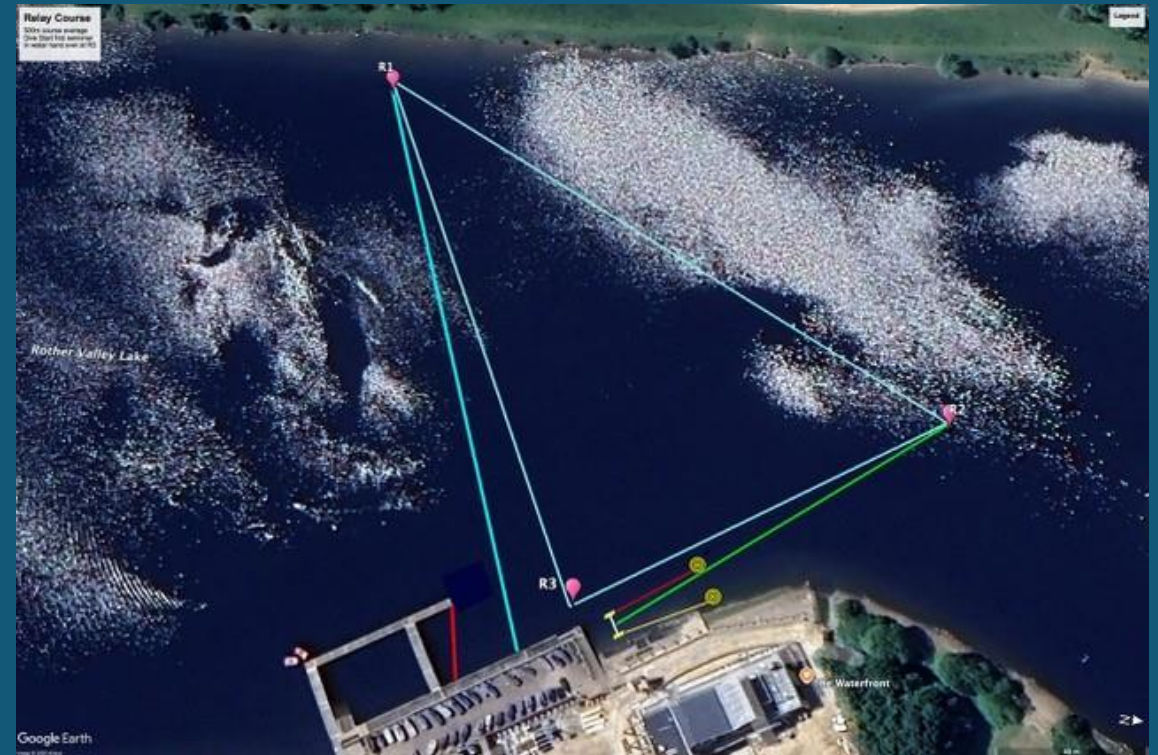
- 5km: 5 laps
- 1km: 1 laps
- 3km: 3 laps
- Dive Start* from the pontoon
- Swim clockwise around the large pink buoys (right shoulder to the buoys)
- Either side of any small intermediate buoys
- Swim through the green buoys into the finish funnel
- Must swim inside the lane ropes and touch the finish banner.



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The Course - Relays

- First swimmer start with a dive* from the pontoon from allocated position
- Swim clockwise around the course (500m)
- First 3 swimmers in each team swim past the finish to pontoon
- Swimmers 2, 3 & 4 to start from in the water by their allocated position
- Be aware of barnacles under the pontoon
- When finished lap, swim to the far side of the pontoon to exit the water
- Hand-over by hi-5 to next teammate at allocated position on pontoon
- Final member of team complete their lap by heading directly towards and into the finish funnel
- Swim through finish and competitors MUST reach up and touch the finish banner.



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The Finish

- Swim into finish funnel between the two buoys
- Swimmers will be DQ if they do not swim into the funnel and between the lane ropes
- Swim through finish
- Must touch the banner to finish
- Please clear the area as soon as you can
- Exit the water by the walkway and hand your tally band to an official
- **If you are swimming in multiple events – please keep hold of your chips until you finish your last event**



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Cut Off Times

- There is a cut off time, after the start of:
5km: 120 minutes
1km: 45 minutes
3km: 90 minutes
Relay: 30 minutes
- After the cut off time, the Chief Referee will decide whether remaining swimmers are to be instructed to leave the water.
- Anyone who has not finished by the cut off time will not receive an official result

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Water Temperature & Swimwear

Temperature	Swimwear Rules
16 – 17.9°C	Wetsuits are mandatory
18 - 31°C	Wetsuits are not permitted*
18 - 20°C & hazardous	Wetsuits may be declared as mandatory



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