



Open Water
**NATIONAL AGE GROUP
CHAMPIONSHIPS**

OPEN WATER NATIONAL AGE GROUP CHAMPIONSHIPS

25 July 2026 | Rother Valley Country Park



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MANAGEMENT TEAM

Technical Director:	Hannah Smith
Safety Officer:	Ray Jupp
Course Officer:	Paul Kendall
Medical Officer:	Joe Leary / Echo Fire & Medical
Water Safety:	Leon Fryer / Swim Your Swim
Land Safety (Venue):	Ian Dixon; Joanne Edley
SE Lead Event Officer:	Jade Williams
SE Head of Events:	Ekaterina Boyd

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No Use of Mobile Phones in Changing areas

Swim England members are reminded that the use of mobile phones or devices in changing rooms is prohibited throughout the event.

This follows an update to Swim England's safeguarding policy and procedures document, [Wavepower](#).

[Keep it in Your Locker](#) campaign raises awareness of the change, which has been introduced to help protect members from instances of inappropriate photos or video footage being taken.



**Keep phones in lockers and
out of the changing room.**



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Timings: 7.5km

Events	Registration	Briefing	Warm Up	Race
Wave 1: Open / Male 16 yrs	07:30	08:30	09:00	09:30
Wave 2: Female 16 yrs	07:45	08:45	09:15	09:45
Wave 3: Open / Male 17/18 yrs	08:00	09:00	09:30	10:00
Wave 4: Female 17/18 yrs	08:15	09:15	09:45	10:15
Wave 5: Open / Male / Female 19+ yrs	08:30	09:30	10:00	10:30

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Timings: 5km

Events	Registration	Briefing	Warm Up	Race
Wave 1: Open / Male 14 yrs	11:30	12:30	13:00	13:30
Wave 2: Female 14 yrs	11:45	12:45	13:15	13:45
Wave 3: Open / Male 15 yrs	12:00	13:00	13:30	14:00
Wave 4: Female 15 yrs	12:15	13:15	13:45	14:15



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Timings: 3km

Events	Registration	Briefing	Warm Up	Race
Wave 1: Open / Male 13 yrs	14:15	15:15	15:45	16:15
Wave 2: Female 13 yrs	14:30	15:30	16:00	16:30



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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 (7.5km start already in the water)
- Competitors will be briefed at the mandatory Race-Day Safety Briefing

- Start is in the water to the left-hand-side of the pontoon
- Course is run clockwise (right shoulder to the large buoys)
- 1 lap = 1.5 km
 - 7.5km swim 5 laps
- Do not enter the finish funnel until final lap
- On turning at T2, for final time, head directly towards and into finish funnel.
- The finish is "swim through" and competitors **MUST** reach up and touch the finish banner. This is essential to determine place and to ensure your timing chip is read.



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World Aquatics Rules – Feeding Pontoon (7.5km only)

- The competitor shall not receive support from any fixed or floating object
- Coaching and the giving of instructions by the approved competitor's representative on the feeding platform is permitted
- No whistle shall be allowed
- No objects can be thrown from the feeding platform to the competitors, including sustenance
- The competitors shall receive their feeding in biodegradable containers directly from their representative by a feeding pole.

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- Feeding poles are not to exceed 5m in length when extended
- No objects, rope or wire may hang off the end of feeding poles except ~~national~~ club flags and the issued swimmer number flag
- ~~National~~ Club flags are allowed to be attached to the feeding pole but may not exceed the size of 30cm x 20 cm. Flags shall be of fabric material with no hard edges and without any weight or other items added.

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- Poles will be checked at the mark up station and coaches will be issued their swimmer number(s)
- Entry to the pontoon will be controlled by a Pontoon Official.
- Coaches to leave the pontoon as soon as possible after feeding and re-enter the holding area
- Feeding will be available on laps 1-4 of the 7.5km race.



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World Aquatics Rules – Feeding Pontoon (7.5km only)

- Feeding from any other place than the feeding pontoon will not be permitted
- One representative per swimmer will be allowed
- Coaches must wear a buoyancy aid and appropriate non-slip footwear when on the pontoon
- Instructions from the Technical Officials and Safety Team must be followed at all times.

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The Course – 3 and 5km

- Start with a dive from the pontoon / in the water at the pontoon from allocated position
- Clockwise around large buoys (right shoulder to buoys)
- Repeat number of times to achieve race distance. Do not enter the finish until final lap
- 1 lap = 1 km
 - 3km swim 3 laps
 - 5km swim 5 laps
- On turning at T2, for final time, head directly towards and into the finish funnel.
- The finish is "swim through" and competitors MUST reach up and touch the finish banner. This is essential to determine place and to ensure your timing chip is read.



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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



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Cut Off Times

- There is a cut off time, after the first finisher in each wave of:
7.5km: 60 minutes
5km: 30 minutes
3km: 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
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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Premium Spectator Area

- The Waterfront Balcony
 - First come, first served
 - £5 entry per race
 - Includes tea & coffee





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Safety and Security

Everyone is asked to be extra vigilant and take care not to leave their belongings unattended.

Please remain aware of your surroundings throughout the event and report anything unusual, suspicious or unattended to event staff.

In the unlikely event of a security incident, follow the Run, Hide, Tell guidance and any instructions provided by event staff, stewards or emergency services.

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Safety and Security

If you see a suspicious or unattended item, do not approach it. Report it immediately to event staff. In an emergency, call 999.

Should any issues arise whereby it is necessary to evacuate the venue, this will be managed under the direction of venue staff. The event Security team will assist with the evacuation of the venue. Venue staff will direct all persons to an appropriate evacuation assembly point in case of evacuation.

Thank you for helping us maintain a safe, secure and enjoyable event for everyone.

UNATTENDED ITEMS: LOST... or **SUSPICIOUS?**



H

Hidden?

- Has it been concealed or hidden from view?
- Bombs are unlikely to be left in locations such as this -- where any unattended item will be noticed quickly.



O

Obviously suspicious?

- Does it have wires, circuit boards, batteries, tape or putty-like substances?
- Do you think the item poses an immediate threat to life?



T

Typical?

- Is the item typical of what you would expect to find in this location?
- Most lost property is found in locations where people congregate.

**If after applying the HOT
protocols you still believe the item
to be suspicious, call 999.**



NATIONAL
COUNTER TERRORISM
SECURITY OFFICE



BRITISH
TRANSPORT
POLICE



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