

Cornwall County ASA



Affiliated to Swim England

2026 Cornwall County Championships

Licensed Level 2

Dates and Venues

Saturday, 17th January 2026, Penzance Leisure Centre, Licence Number - 2SW260144

Sunday, 25th January 2026, Bodmin Leisure Centre, Licence Number - 2SW260145

Saturday, 31st January 2026, Penzance Leisure Centre, Licence Number - 2SW260146

Sunday, 1st February 2026, Bodmin Leisure Centre, Licence Number - 2SW260147

Saturday, 7th February 2026, Penzance Leisure Centre, Licence Number - 2SW260148

Sunday, 8th February 2026, Bodmin Leisure Centre, Licence Number - 2SW260149

Contact: competitions@swimcornwall.org

Website: www.swimcornwall.org



Schedule of Events

Day 1 Saturday 17th January Penzance		Day 2 Sunday 25th January Bodmin	
Session: 1		Session: 2	
Mixed 11 & Over 800 Freestyle	HDW	Mixed 11 & Over 1500 Freestyle	HDW
Presentations		Presentations	
Day 3 Saturday 31st January Penzance			
Session: 3		Session: 4	
Female 10 & Over 50 Breaststroke	Heats	Female 10 & Over 100 Backstroke	Heats
Male/Open 10 & Over 50 Breaststroke	Heats	Male/Open 10 & Over 100 Backstroke	Heats
Female 10 & Over 200 IM	HDW	Female 10 & Over 200 Freestyle	HDW
Male/Open 10 & Over 200 IM	HDW	Male/Open 10 & Over 200 Freestyle	HDW
Session 3 Finals		Session 4 Finals	
Female 10 & Over 50 Breaststroke	Finals	Female 10 & Over 100 Backstroke	Finals
Male/Open 10 & Over 50 Breaststroke	Finals	Male/Open 10 & Over 100 Backstroke	Finals
Presentations		Presentations	
Day 4 Sunday 1st February Bodmin			
Session: 5		Session: 6	
Female 10 & Over 100 Butterfly	Heats	Female 10 & Over 50 Backstroke	Heats
Male/Open 10 & Over 100 Butterfly	Heats	Male/Open 10 & Over 50 Backstroke	Heats
Female 10 & Over 200 Breaststroke	HDW	Female 11 & Over 400 IM	HDW
Male/Open 10 & Over 200 Breaststroke	HDW	Male/Open 11 & Over 400 IM	HDW
Session 5 Finals		Session 6 Finals	
Female 10 & Over 100 Butterfly	Finals	Female 10 & Over 50 Backstroke	Finals
Male/Open 10 & Over 100 Butterfly	Finals	Male/Open 10 & Over 50 Backstroke	Finals
Presentations		Presentations	
Day 5 Saturday 7th February Penzance			
Session: 7		Session: 8	
Female 10 & Over 100 Freestyle	Heats	Female 10 & Over 50 Freestyle	Heats
Male/Open 10 & Over 100 Freestyle	Heats	Male/Open 10 & Over 50 Freestyle	Heats
Female 10 & Over 200 Butterfly	HDW	Female 10 & Over 100 IM	HDW
Male/Open 10 & Over 200 Butterfly	HDW	Male/Open 10 & Over 100 IM	HDW
Session 7 Finals		Session 8 Finals	
Female 10 & Over 100 Freestyle	Finals	Female 10 & Over 50 Freestyle	Finals
Male/Open 10 & Over 100 Freestyle	Finals	Male/Open 10 & Over 50 Freestyle	Finals
Presentations		Female 10 & Over 100 IM	Finals
		Male/Open 10 & Over 100 IM	Finals
		Presentations	
Day 6 Sunday 8th February Bodmin			
Session: 9		Session: 10	
Female 10 & Over 400 Freestyle	Heats	Female 10 & Over 100 Breaststroke	Heats
Male/Open 10 & Over 400 Freestyle	Heats	Male/Open 10 & Over 100 Breaststroke	Heats
Female 10 & Over 50 Butterfly	HDW	Female 10 & Over 200 Backstroke	HDW
Male/Open 10 & Over 50 Butterfly	HDW	Male/Open 10 & Over 200 Backstroke	HDW
Session 9 Finals		Session 10 Finals	
Female 10 & Over 50 Butterfly	Finals	Female 10 & Over 100 Breaststroke	Finals
Male/Open 10 & Over 50 Butterfly	Finals	Male/Open 10 & Over 100 Breaststroke	Finals
Presentations		Presentations	



Consideration Qualifying Times

Male/Open

Age Group	10&11	12	13	14	15	16	17& Over
50m Freestyle	38.02	36.94	32.77	31.88	31.31	28.99	26.54
Consideration	43.33	39.64	36.28	33.62	31.88	30.01	30.01
100m Freestyle	01:29.68	01:22.99	01:16.02	01:13.95	01:09.41	59.02	59.02
Consideration	01:40.00	01:34.34	01:24.03	01:16.09	01:16.06	01:05.72	01:05.72
200m Freestyle	03:14.50	02:52.41	02:37.70	02:35.46	02:25.96	02:10.46	02:10.46
Consideration	03:26.03	03:26.03	03:12.23	02:58.56	02:38.89	02:22.42	02:22.42
400m Freestyle	06:40.00	06:12.90	05:47.15	05:10.00	05:09.00	04:56.79	04:56.79
Consideration	07:00.00	06:40.00	06:30.30	05:37.00	05:10.00	05:09.00	05:09.00
800m Freestyle*	xxxx	12:50.00	11:08.53	10:32.45	10:32.45	10:04.46	10:04.46
Consideration *	xxxx	13:20.00	12:50.00	11:50.00	11:17.00	10:32.45	10:32.45
1500m Freestyle*	xxxx	24:22.40	22:50.00	22:05.49	19:50.35	19:20.00	19:20.00
Consideration *	xxxx	26:20.00	24:22.40	22:50.00	22:05.49	19:50.35	19:50.35
50m Breaststroke	53.71	49.61	44.23	42.21	44.00	34.60	34.60
Consideration	01:00.69	53.44	50.33	46.92	44.01	39.04	39.04
100m Breaststroke	01:57.63	01:51.12	01:46.27	01:43.73	01:35.43	01:21.21	01:21.21
Consideration	02:18.77	02:00.98	01:53.22	01:49.90	01:46.78	01:38.20	01:38.20
200m Breaststroke	04:06.54	03:45.17	03:45.53	03:30.67	03:10.41	03:05.00	03:05.00
Consideration	04:16.00	04:06.00	03:56.34	03:35.96	03:18.06	03:10.41	03:10.41
50m Fly	52.04	47.28	39.04	36.37	37.04	33.91	29.16
Consideration	57.90	51.06	45.80	42.32	41.43	38.40	38.40
100m Fly	01:40.64	01:40.64	01:23.94	01:23.94	01:10.00	01:06.72	01:06.72
Consideration	02:05.00	01:57.94	01:40.64	01:40.64	01:26.31	01:23.94	01:23.94
200m Fly	04:10.00	03:48.00	03:23.00	03:14.60	02:59.00	02:51.00	02:51.00
Consideration	04:20.00	03:58.00	03:33.00	03:23.60	03:09.60	03:01.70	03:01.70
50m Backstroke	45.68	44.57	39.23	37.97	41.10	34.80	32.47
Consideration	51.32	47.72	43.94	42.57	41.41	38.09	38.09
100m Backstroke	01:41.49	01:36.34	01:30.43	01:25.10	01:25.10	01:10.81	01:10.81
Consideration	01:57.30	01:48.25	01:42.01	01:35.07	01:35.07	01:25.10	01:25.10
200m Backstroke	03:32.63	03:15.00	03:08.36	02:49.00	02:43.00	02:26.00	02:26.00
Consideration	03:50.00	03:27.09	03:24.00	02:59.00	02:53.60	02:36.00	02:36.00
100m IM	01:40.93	01:35.99	01:22.27	01:24.25	01:21.13	01:16.07	01:07.43
Consideration	01:59.75	01:45.41	01:35.63	01:29.60	01:26.54	01:24.72	01:24.72
200m IM	03:28.25	03:25.45	02:54.87	02:35.80	02:35.80	02:27.74	02:27.74
Consideration	03:53.84	03:28.25	03:05.99	02:58.00	02:46.00	02:35.80	02:35.80
400m IM*	xxxx	06:23.00	06:23.00	06:01.97	05:37.81	05:24.37	05:24.37
Consideration *	xxxx	06:43.14	06:43.14	06:21.97	05:57.81	05:44.37	05:44.37

* 11 year old have to achieve the 12 year old time for the 800m, 1500m Free & 400m IM



Female

Age Group	10&11	12	13	14	15	16	17& Over
50m Freestyle	37.65	34.66	33.18	31.85	31.08	29.64	29.64
Consideration	40.89	37.60	34.96	32.92	31.29	30.47	30.47
100m Freestyle	01:25.02	01:17.76	01:14.52	01:11.25	01:09.40	01:06.90	01:06.90
Consideration	01:35.44	01:27.14	01:19.25	01:14.71	01:10.85	01:08.90	01:08.90
200m Freestyle	03:06.66	02:46.92	02:38.96	02:29.74	02:26.76	02:25.92	02:25.92
Consideration	03:22.00	03:14.46	02:53.37	02:38.00	02:32.21	02:30.85	02:30.85
400m Freestyle	06:24.60	06:08.81	05:38.69	05:18.23	05:17.93	05:14.54	05:14.54
Consideration	07:00.00	06:40.00	05:57.18	05:55.35	05:32.14	05:18.96	05:18.96
800m Freestyle*	xxxx	12:07.35	11:50.38	11:13.44	10:47.80	11:26.85	11:05.10
Consideration	xxxx	13:20.00	12:32.30	12:32.30	11:49.26	11:49.26	11:49.26
1500m Freestyle*	xxxx	23:56.33	23:22.76	21:29.68	21:31.06	22:06.22	22:06.22
Consideration	xxxx	26:20.00	23:56.33	23:56.33	23:22.76	22:52.85	22:52.85
50m Breaststroke	48.94	48.29	43.85	43.29	41.15	38.02	38.02
Consideration	54.85	53.42	46.07	45.09	43.78	41.85	41.85
100m Breaststroke	01:53.24	01:46.14	01:39.07	01:38.23	01:33.76	01:27.31	01:27.31
Consideration	02:04.13	02:00.90	01:43.70	01:39.23	01:30.70	01:28.07	01:28.07
200m Breaststroke	03:58.62	03:46.11	03:27.49	03:18.27	03:12.67	03:10.36	03:08.47
Consideration	04:16.00	04:13.28	03:42.93	03:36.99	03:18.53	03:11.46	03:11.46
50m Fly	44.24	40.75	37.94	36.12	34.81	32.94	32.94
Consideration	51.73	44.77	40.90	36.48	35.54	34.11	34.11
100m Fly	01:50.00	01:45.00	01:38.21	01:23.40	01:18.85	01:18.85	01:18.85
Consideration	02:03.00	01:57.94	01:54.53	01:30.68	01:23.40	01:22.49	01:22.49
200m Fly	03:53.72	03:39.49	03:18.76	03:09.61	03:09.61	03:05.64	03:05.64
Consideration	04:33.81	03:53.72	03:39.49	03:20.57	03:20.57	03:09.61	03:09.61
50m Backstroke	44.32	41.38	39.39	36.54	37.02	34.11	34.11
Consideration	48.92	43.45	39.76	39.43	36.96	35.35	35.35
100m Backstroke	01:35.85	01:30.97	01:25.01	01:21.54	01:18.41	01:16.05	01:16.05
Consideration	01:52.00	01:38.21	01:28.49	01:26.03	01:23.18	01:18.41	01:18.41
200m Backstroke	03:20.75	03:10.15	03:00.54	02:49.67	02:50.85	02:42.26	02:42.26
Consideration	03:42.00	03:20.75	03:17.69	03:15.59	02:59.56	02:49.50	02:49.50
100m IM	01:35.93	01:29.16	01:25.82	01:20.48	01:18.24	01:17.09	01:15.91
Consideration	01:45.09	01:36.60	01:29.16	01:24.71	01:19.99	01:17.89	01:17.89
200m IM	03:39.01	03:15.52	03:03.59	02:53.56	02:48.01	02:42.59	02:42.59
Consideration	03:55.00	03:26.45	03:10.99	03:00.30	02:55.38	02:45.42	02:45.42
400m IM*	xxxx	06:53.91	06:24.47	06:17.98	05:59.46	05:46.00	05:46.00
Consideration	xxxx	07:20.00	06:37.55	06:24.47	06:24.00	06:06.25	06:06.30

* 11 year old have to achieve the 12 year old time for the 800m, 1500m Free & 400m IM



Promoters Conditions

1. The competition will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing and is licensed to Level 2 by Swim England – Licence numbers TBC.
2. The promoter is Cornwall County ASA (CCASA). The event will be managed by the 'Events Team' as determined by our swimming committee. All communications should be made to competitions@swimcornwall.org.
3. Events will be as stated in the programme. Ages are as at midnight on 31st December 2026.
4. Eligibility rules are covered in Annex 1.
5. Each swimmer must have achieved the relevant entry time for the stroke being swum as set out in the Meet Programme. Accepted swimmers will be those who achieve entry times depending upon numbers required to make each session viable within Licensing criteria.
6. The consideration times aim to fill places where available. The approach of having consideration times aims to offer as many swimmers as possible the opportunity to swim based on being able to safely accommodate swimmers. It is expected that some swimmers who set a consideration time will not be accepted for counties.
7. Clubs will be notified of accepted entries no later than 2 weeks following the closing date for entries.
8. Minimum age requirements are as follows:
 - 50m, 100m, 200m and 400m (with exception of 400m IM) 10years old
 - 400m IM, 800m 1500m 11 years old
9. Para swimmers: Please see additional rules / exceptions in Annex 2.
10. Entry times must be either short course times (or long course converted times) as recorded on Swim England Rankings. Times to be achieved from 1st January 2025 at a level 1, 2, 3 or 4 licenced meet and times must be on British Rankings.
11. Entry times on the entry form must be given using 25m pool times (converted if appropriate).
12. All competitors must be Swim England Club Compete registered.
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 swimmer confirms that their birth sex is female.
14. The closing date for all entries is Friday, 19th December 2025.
15. All entries must be submitted to the Competition Secretary by email (competitions@swimcornwall.org) using Hy-tec files. All clubs must check their data against Swim England Rankings prior to submitting entries: <https://www.swimmingresults.org/teammanagercheck/>
16. Each club must notify the Recorder by the entry deadline in the event of any swimmers with hearing impairments who require the use of a strobe light at the gala. In the event of multiple requests, the Recorder reserves the right to re-arrange heats to accommodate the swimmers. A secondary strobe will be provided where it is requested by an athlete at the time of entry unless a secondary strobe cannot be provided at the meet for technical reasons.
17. Each club must pay the entry fees for its swimmers as a consolidated single payment. Entry fees must be paid by bank transfer to CCASA's bank account (sort code: 30-98-76 account number: 02260131 quoting the club code as the payment reference). Deadlines for receipt of payment is one week following notification of accepted entries. Fee queries should be made to our treasurer at treasurer@swimcornwall.org.
18. Entry fees are:
 - All 50m, 100m, 200m and 400m events are £8.00 per entry.
 - 800m and 1500m events are £9.50 per entry.
19. There are no refunds once accepted entries are finalised.
20. Warm-up times and start times will be as stated in the programme. The programme will be published at least 2 days in advance of each day of the competition.
21. Age groups are defined as 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17yrs & over (17yrs and over is for awards only). Juniors are defined as 15 years and younger; Seniors are defined as 16 years and over. For 400 IM, 800m and 1500m Freestyle the youngest age group is 11.
22. Heats and Finals
 - 200m, 400m, 800m and 1500m will be swum as heat declared winners (HDW).
 - 50m and 100m events will be swum as heats followed by individual age group finals. However, where there is only one swimmer in an age group that age group will be swum as HDW.
 - Heats will be seeded in accordance with the submitted entry times, slowest to fastest.
 - Finals will comprise the six fastest swimmers in the following age groups, 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs & over with two reserves in each of these age groups.
23. Finalists & reserves sign in: The finalists and reserves must declare their intention to swim in the final. This will be done by signing the relevant form held by the recorders or other appointed person and must be done within the 5 minutes following the first announcement of the names of the finalists and reserves for each event.



24. Junior/Senior Champion is the fastest swimmer in the relevant age group. Juniors are 15years and under, Seniors are 16years and over. For 50m and 100m events this means the final. For all other events this is HDW.
25. Competition Best Times can be achieved in any heat regardless of whether it is a preliminary heat or a final
26. Championship Records. There are separate Championship records for Juniors and Seniors. These can only be achieved in finals (50m and 100m events) or where events are HDW (all other distances).
27. Heat start lists will be issued at the gala to all club based on the number of Team Managers and Coaches. Heats sheets will be made available free of charge via Meet Mobile.
28. Competitors must report to the marshals two events before their own event. Competitors for the first two events of a session must report at the end of the warm-up. It is the coach's responsibility to ensure that their swimmers present themselves to the marshal in sufficient time for their event. Races will not be delayed in the event that a swimmer fails to comply.
29. Trophies and Medals will be awarded in accordance with the criteria set out in Annex 3
30. Coaches and team managers should notify the recorders as soon as possible if any swimmer is unable to compete. The preferred method will be via the 'Deletions Form' which will be made available at least 2 weeks prior to the event.
31. Failure to swim: If a swimmer fails to compete in an event he or she has entered without notification to the recorders by the start of warm up of the session that event is in, his or her club will incur a fine for every such entry. Fines will be set at CCASA annual AGM in the year proceeding the county competitions. Fines may be waived in exceptional circumstances. The fine for 2026 is £5.00.
32. Only competitors, officials and holders of a valid coaches pass will be permitted poolside. Coaches and Team Managers must complete poolside accreditation prior to the competition. All clubs are reminded to follow the [Swim England Team Manager, Coach and Chaperone Policy for safe supervision](#) while at the competition. Poolside passes are charged at £5.00 per person and will be purchased through Swim England accreditation system. A poolside pass can be used on multiple days.
33. All clubs are required to provide the names of their poolside staff for each session, meeting required supervision ratios.
34. All coaches and team managers must have a valid Disclosure and Barring Service (DBS) check. All Teams must be accompanied by at least one Level 2 Swim England Swimming Coach who must have current Safeguarding and DBS passes. Team Managers must have a Team Manager Training Module 1 Certificate or equivalent. Chaperones must have club authorisation to be acting on behalf of the club. All coaches, team managers and chaperones are required to have a valid safeguarding certificate.
35. The full ASA Guidance on Photography can be found in Wavepower the ASA Child Safeguarding Policy and Procedures available at www.swimming.org. **The use of any device with video or photo capture capability are strictly prohibited in the toilets, changing rooms or changing area's at any time.** Any suspected or confirmed incident involving indecent images or upskirting must be reported to the relevant agencies.
36. Results will be communicated to clubs and made available on [CCASA's website](#).
37. All valuables and clothing left in the changing rooms will be entirely at the owner's risk.
38. No diving at any time is permitted in the shallow end of the pool.
39. The pool is hired under an agreement with the pool operator. As the pool is run primarily for the benefit of the public the temperature of the water and surrounding air is under the control of the pool operator. The water temperature is normally maintained above 28 degrees centigrade. No refunds will be given if a swimmer decides not to compete on the day based solely on water temperature.
40. Data Protection – Entries will be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 2018 and in line with GDPR 2018, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal Data will be available for inspection during the gala on application to the Promoter.
41. Force majeure: In situations of force majeure or other unforeseen circumstances leading to the cancellation of galas or parts of galas or other incomplete performance, CCASA's liability will be restricted to a maximum of a refund of the entry fees to those affected for the affected events. CCASA will communicate the circumstances to clubs as soon as possible and seek to make alternative arrangements when this is reasonably feasible.
42. Other issues: In the event of any ambiguity in these rules, or if any issues arise that have not been dealt with in these rules, the Promoter will make a decision. If the issue is raised or known sufficiently in advance of the gala, the appropriate CCASA committee or competition organiser will make the decision in consultation with the chief referee and other CCASA personnel if appropriate. If it becomes apparent on the day, the Promoter's representative will make the decision in consultation with the lead referee and other CCASA personnel if appropriate. This decision will not be subject to appeal except on the grounds that it is contrary to ASA laws or regulations.
43. Officials who officiate at any of the Sessions will be entitled to Mileage Expenses at a Rate of 45p per mile from their home address to the Pool Venue and return, with a limit of one claim per day, regardless of the number of sessions attended in that day. Officials should request an Expenses Application Form from a Referee which



should be completed and returned to that Referee during the duration of the Meet. Officials who officiate for two sessions in one day will be provided with lunch.

44. Due to constraints set by the Leisure Centre and in the interest of safety for all, it may become necessary to limit the number of spectators allowed in the public seating areas, depending on the number of swimmers competing.
45. Anything not covered by these conditions will be at the discretion of the referee, who also reserves the right to alter these conditions in order to ensure the smooth running of the gala. Any such alterations will be announced during the meet.

Expectations from all clubs

Officials Requirement: To ensure that we comply with Licensing requirements, and that the Championships runs effectively and efficiently, all clubs submitting entries are requested to supply details of one licensed official who will officiate, for up to 10 swimmers, with one additional official for every further 10 swimmers or part thereof. (Eg 23 swimmers will need three officials).

Host Club Duties: All clubs will participate in a rota to cover each day of the championships. This is to ensure that sufficient volunteers are recruited that will enable the championships to run effectively and safely. The host club rota and duties will be published once all entries are received.



Annex 1

Eligibility criteria

Residence	To be eligible swimmers must ordinarily reside in Cornwall or neighbouring Devon. (For the sake of clarification swimmers who spend term time outside the county for educational purposes but otherwise meet this residential condition are eligible. Likewise, swimmers at educational institutions in Cornwall during term time are eligible.)
Club Membership	To be eligible a swimmer must also be a member of a CCASA affiliated club and registered with the Swim England as a member of a CCASA affiliated club for not less than 60 days immediately prior to the competition or the first day of a series of competitions. The swimmer must compete for only one club for the duration of the competition or series of competitions, which must be the club in whose name he or she entered the competition or first of a series of competitions. (Note: This means that a swimmer can change from one CCASA affiliated club to another during the 60-day period but not after the entry date.)
Club Membership	To be eligible a swimmer must be a genuine active member of a CCASA affiliated club who commonly trains with that club under whose name he or she is entered into the competition and it is expected that their first county loyalty will be to Cornwall swimming. To achieve this, it is stipulated that a competitor entering any CCASA Competition must perform the majority of his or her training with a club or clubs affiliated to the CCASA during the qualifying periods of residence in the County or neighbouring county as required by the residence rule above.
County Loyalty	A competitor can only swim in the calendar events for one County in any given year. If for example they choose to swim in the CCASA Junior Interclub and/or County Championship and Age Groups, they must not enter or swim for any other county that same year – i.e. start in Cornwall and remain in Cornwall. (Except in an Inter County Competition or an invitation event promoted by CCASA). Competitors can move from one Cornwall County club to another, they can also join another club out of County but if they have competed in the Cornwall County series of events and then enter another Counties series of events in the same calendar year, they will automatically disqualify themselves from the Cornwall series of events that year.
Members of H.M. Forces	Members of H.M. Forces based in Cornwall who are registered in accordance with ASA Laws and Regulations may enter CCASA competitions without being a member of a CCASA affiliated club. Neither members of H.M. Forces based in Cornwall, nor their spouses or children, will be subject to the 60-day rule. However, their spouses or children must be members of a CCASA affiliated club and adhere to the other eligibility rules.
Extenuating Circumstances	Regardless of the above eligibility rules, in the interests of the sport in cases of extenuating circumstances, the CCASA officers shall decide whether a swimmer will be allowed to compete. Their decision will be final. Their decisions will relate to individual swimmers and will not set binding precedents but may be taken into consideration in future decisions. Promoter and lead official to be notified for relevant galas when extenuating circumstances have been agreed



Annex 2

Additional rules and variations to CCASA competition rules for competitors with a disability that affects their swimming. Unless specifically stated here, the normal competition rules will apply.

CCASA encourages para swimmers to participate in its competitions.

Entry Times Entry times will not apply to Para swimmers. Times submitted for entry must have been attained in a licensed meet and a record held on ASA ranking. The swimmer's coach is expected to consider and decide on the basis of the swimmer's current abilities whether the County Championships is the most appropriate competition for the swimmer. Advice may be obtained from the CCASA Para Representative.

Awards Normal award rules apply EXCEPT where there is a single para swimmer entered into an age group event. If there is only one para swimmer entered in an age group event the swimmer must swim faster than the entry time submitted in order to attain an award.

The following additional information must be provided by the swimmer's club to the CCASA's designated recorder when sending in the club's entries:

Classification If the swimmer has been classified, the classification must be notified, and a copy submitted to the Recorder by the entry deadline. If the swimmer has a Certificate of Swimming Disability a copy must be provided.

Stroke Exemptions In the case of the County Age Groups and Championships the exemptions must be exemptions recognised by the ASA and available from relevant documentation.

Poolside Assistance If the swimmer requires assistance for moving around the poolside, starting (physical support or indication of the starting signal for the audio impaired), turns (a tapper for visually impaired), or anything else, this must be notified in advance.

Wheelchairs While spectating on poolside, swimmers in wheelchairs must be placed in such a position where their chairs do not hinder the movement of other swimmers and officials along the poolside.



Annex 3

Trophies and Medals

Individual Awards: Age Groups

Medals will be awarded to the 1st, 2nd & 3rd swimmers in each event in each of the age groups.

Individual Awards: Junior & Senior Championships

Will be awarded to the 1st, 2nd and 3rd swimmers in each event.

Individual KERNOW Awards

Presented to top boy and top girl in age groups individual age groups 10, 11, 12, 13, 14, 15, 16, 17plus.

The winner is the swimmer with the highest points total.

Scoring will be: 1st, 6 points; 2nd, 5 points; 3rd, 4 points; 4th, 3 points; 5th, 2 points; 6th, 1 point.

Scores will be recorded for age group finals in 50m and 100m events and all HDW in all 200m, 400m, 800m and 1500m event. In the event of swimmers having equal points the winner will be determined by the swimmer who achieved most first places. In the event that doesn't determine a winner then numbers of second places will be considered (and so on until a winner is determined).

Ellis Trophy (this is a club trophy)

Presented at the end of the final session (unless result cannot be determined).

Points will be awarded for all ages and individual events in the County Championship and Age Group Competition, including both heats (only in events that are heat declared winners) and finals, and including the long-distance events (800 metres & 1500 metres) but excluding any relay events or team competitions.

Scoring will be: 1st, 6 points; 2nd, 5 points; 3rd, 4 points; 4th, 3 points; 5th, 2 points; 6th, 1 point. In the event of a tie points will be averaged (i.e. total points divided by number of swimmers)

The club achieving the highest total number of points will be awarded the trophy. In the event of a tie the club achieving the highest number of first places in the above qualifying events will be the winner.

John Hickman Trophy (this is a club trophy)

Presented at a time determined by the Recorder.

Points will be awarded to the club that achieves the highest number of points in the distance events (800m & 1500m) across all age groups girls 11, 12, 13, 14, 15, 16 and 17 plus and boys 11/12, 13, 14, 15, 16 and 17plus.

Scoring will be: 1st, 6 points; 2nd, 5 points; 3rd, 4 points; 4th, 3 points; 5th, 2 points; 6th, 1 point.

Speedo Trophy (individual award)

Presented at the end of the final session (unless result cannot be determined).

Awarded to the top boy and top girl in the 15 year old age group.

Calculated based on the two swims achieving the highest FINA points from heats or finals, only one of which can be 50 metres.



ENTRY FORM

All genders and ages swim together according to seeded times.

AGE AS OF 31ST December 2026 Under SE Laws and SE Technical Rules.

First name	Surname	Club
Date of birth	Gender	SE Number

Stroke distance	Entry time	Stroke distance	Entry time
50m Freestyle		50m Butterfly	
100m Freestyle		100m Butterfly	
200m Freestyle		200m Butterfly	
400m Freestyle		50m Backstroke	
800m Freestyle*		100m Backstroke	
1500m Freestyle*		200m Backstroke	
50m Breaststroke		100m Individual Medley	
100m Breaststroke		200m Individual Medley	
200m Breaststroke		400 Individual Medley	

Submitted times will be times achieved in a 25m pool after 1st January 2025. Long course times are acceptable, but they must be converted to 25m times and be within the short course qualifying entry time.

All entry time must have been achieved at an SE licenced meet levels 1 to 4 and be on British Rankings.

Age groups for awards are 10/11, 12, 13, 14, 15, 16, 17 & over all events with the exception of 400m IM, 800m and 1500m which is restricted to 11, 12,13,14,15,16,17 & over age groups.

ENTRY FEE £8.00 (£9.50 for 800m & 1500m) Number of events Total fee paid.....

Closing date for entries to **CCASA** is **19th December 2025**. Completed entry forms should reach your club (with cheque for full amount due made payable to your club) by the date set by your club for onward transmission to CCASA by **CCASA** closing date.

Note for swimmers/ parents/ guardians / carers etc: Swimmers names ages and clubs will normally be published in spectator programmes/ in published results / on CCASA website and in other relevant places. If for any reason a swimmer's name shall be with-held this MUST be notified to your club for onward notification to the CCASA. The full CCASA constitution can be obtained from your swimmer's club. The club is also able to provide you with copies of ASA Laws, regulations, and technical rules.

Notes for club officials Please make sure you read the relevant rules and ensure that you adhere to them in handling the entries from your club and that you provide the necessary advice to your swimmers and their adults. **Declaration**

<p><i>I declare that the above details are correct, that I am eligible to compete in accordance with the relevant ASA Laws, regulations, and technical rules and CCASA rules and I accept the rules of the competition.</i></p> <p>Signature of swimmer:</p>	<p><i>Countersignature of parent / guardian/ person with parental responsibility supporting the swimmer's application and declaration.</i></p> <p>Signature:</p> <p>NAME:</p>
<p><i>I certify that the above information is correct, and that the swimmer meets the entry requirements for this competition in accordance with ASA Laws, regulation and technical rules and the CCASA Constitution and competition rules.</i></p> <p>Signature of club official.....</p> <p>Position held Date</p>	