

Regional Open Water Championships 2026

Sunday 21st June 2026, Lake 86, Cotswold Water Park

1. General

1. The event working group of Swim Wales and the Swim England East Midlands, Swim England West Midlands and the Swim England South West Regions reserves full powers over the Regional Open Water Championships (“the Championships”), including but not limited to cancelling, postponing or changing the Championships venue and/or format due to reasons beyond its reasonable control.
2. For these conditions, Swim Wales is considered a “Region”.
3. The Championships shall be held under Swim England Regulations and the relevant World Aquatics Competition Regulations.
As given in point 23 a. and b. the World Aquatic Competition Regulations regarding water temperature (point 7.2 and 8.1.6.3) will be applicable to the Championships in its entirety.
4. All competitors must be a Swim England Club Compete or Swim Wales Club-Competitive or Competitive Individual or equivalent registered member of Swim England, Swim Wales or Scottish Swimming at the point of entry.
5. The club a swimmer enters under dictates their Region, swimmers must ensure they are entering under the Region/Club they wish to at time of entry as this cannot be amended.
6. In the event of oversubscription, the promoter reserves the right to reject entries from athletes not affiliated to one of the organising regions.
7. Ages as at: 31st December 2026
8. Entries will **open at noon on 20th April** and **close at noon on 1st June**.
9. 1km entry fee: £26
2km-5km entry fee: £32
10. Guide limits will be placed on wave numbers for entry purposes, the Championship safety team may increase the limits actually followed based on the safety information available closer to the Championships.
11. The promoter reserves the right to accept entries after the closing date if there is the operational capacity to accept additional entries from an oversubscribed event by utilising space in an undersubscribed event.
12. Two entry streams will exist. All swimmers wishing to qualify for the Swim England National Open Water Championships must enter the AGE GROUP competition. Any swimmer aged 18 or over may enter the MASTERS competition if they prefer.
13. A swimmer cannot participate in the same distance AGE GROUP and MASTERS competition; but could participate in the AGE GROUP 5km event and 2km and/or 3km MASTERS events if they wished. A swimmer wishing to split their entries in this way would need to submit two entries,
14. Entries must be made via the relevant link by the given closing date:

[CLICK HERE TO ENTER](#)

15. There will be a cut off time limit for all events:

- 1km: 30 mins
- 2km: 1 hr
- 3km: 1 hr 30 mins
- 5km: 2 hrs

16. The proposed order in which events will be swum will be – this may be subject to change.

Group	Wave	Distance	EC	AG
1	1	5km	O/M	16 / 17-18
	2	5km	O/M	19+ / Masters
	3	5km	F	16
2	1	5km	F	17-18
	2	5km	F	19+ / Masters
	3	1km	F	11-12
3	1	2km	O/M	13
	2	2km	F	13
	3	1km	O/M	11-12
4	1	3km	O/M	14
	2	3km	F	14
	3	3km	Mixed	Masters
5	1	3km	O/M	15
	2	3km	F	15
	3	2km	Mixed	Masters

The timing for registration and events will be circulated following the closure of the event.
The first event will not start in the water earlier than 8.50am.

17. Awards and National qualifying information:

Please see the Award Conditions

18. Briefings for all events will be held at the event before each group. This briefing must be attended. Failure to attend the briefing will disqualify an athlete from accessing competition.

19. An online information session will take place on Thursday 18th June. This session is optional, though we recommend athletes attend, especially those racing at the venue for the first time. The recording and information will be sent to all emails given on the entry link, club coaches and team managers can also sign up for communications [by clicking here](#).

20. All swimmers, and guardians where swimmers are under 18, agree to the event conditions and declaration on sign in at the venue and at submission of entry.

21. All swimmers MUST sign in at the registration area at the given time for their event.

22. Failure to complete the sign in and event declaration will result in a no swim.

23. Swimmers must have their given number displayed on their back, upper arms and backs of hands. Along with the hat they are given. Numbering of swimmers will be supervised by designated officials, and may be adjusted if needed. Any latex allergies or medical information must be sent to the organiser via the entry form at the time of entry.

24. Water Temperature & Swimwear

- a. Water Temperature 18°C – 31°C: wetsuits are not permitted
- b. Water Temperature 16°C – 17.9°C: the use of wetsuits is compulsory

25. For the purpose of these conditions, wetsuits are swimsuits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles. When wetsuits are worn a swimming costume may be worn underneath for modesty. Rash vests may not be worn under wetsuits.
26. No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Jewellery and watches are also not permitted to be worn. Goggles, nose clip, earplugs and maximum TWO caps may be worn, the outer cap MUST be the provided numbered latex cap. (If allergic to latex please inform the promoter at time of entry and competition). Only one swimsuit is allowed.
27. Swimmers shall be allowed to use grease or equivalent providing these are not deemed in excess, in the opinion of the Chief Referee. It must not be applied prior to being numbered, or when the numbering has not dried.
28. Reasonable modifications may be made to the course or the manner in which the Championships and Challenge events are conducted based on the conditions at the time.
24. Cancellations:
 - a. If the conditions, such as weather or water, are deemed to be unsuitable and not safe at the Championships, a decision may be made to cancel, pause or postpone the competition.
 - b. Full refunds of entry fees to the Championships will be offered to all affected swimmers.
 - c. No refunds will be offered, or given, for any other expenses incurred in relation to the Championships – this will also apply to swimmers who have been denied entry to the water for failing to follow these conditions or the Swim England Regulations or the relevant World Aquatics Competition Regulations.
29. Any matters not provided for in these conditions shall be decided by the event working group.

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Declaration

1. I am aware of the need to seek appropriate medical advice if I have concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical conditions which would make it inadvisable for me to participate in Open Water Swimming/Masters swimming events or any other associated activities. Accordingly, I hereby certify that I am physically fit and well to participate in any such training and events.
2. I am aware of and appreciate the inherent risks involved in open water swimming including the possibility of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
3. I undertake at all times to use my best endeavours to train and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk or injury.
4. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards to safety.
5. I acknowledge that at Open Water Swimming/Masters Swimming events British Swimming Ltd, Swim England Ltd, or anybody affiliated thereto including the Regions, cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.
6. I hereby agree to abide by and be governed by the rules of Swim England and all other laws and regulations applicable including the Swim England Safety Laws.
7. I have read and understand the above provisions, along with the event information pack and agree to abide by them.
8. I acknowledge that all events have cut off times and that these will be applied to all athletes in all categories.
9. I understand that it is my responsibility to have viewed and understood the event briefing prior to signing in at the event by the given time.