



**Swim England**  
Affiliated Club

**SwimMark**  
ESSENTIAL CLUB

**Swim England**  
Suffolk

Affiliated to  
**Swim England**  
East Region

*Mildenhall & District Swimming Club is a charity registered in England & Wales (1154407)*

Affiliated to Swim England East Region and Swim England Suffolk

### **MILDENHALL & DISTRICT SWIMMING CLUB CHAMPIONSHIPS**

Held under Swim England Laws and Regulations and Swim England Technical Rules of Racing and to the Swim England Open Meet Licensing Criteria

**Level 4 Licence Numbers 4ER261366-72**

**Long Distance Championship between 18<sup>th</sup> September and 18<sup>th</sup> October 2026 (Fridays and Sundays)**

**Main Championships – 7<sup>th</sup> November and 14<sup>th</sup> /15<sup>th</sup> November 2026**

**Venue: Mildenhall Hub, Sheldrick Way, Mildenhall, Suffolk, IP28 7JX**

#### **MEET RULES AND INFORMATION**

1. The competition is a Level 4 licensed meet, held under Swim England Laws and Swim England Technical Rules.
2. The dates of the Championships, which shall be held annually, will be fixed by the Club's committee
3. The promoter is Wendy Airey on behalf of Mildenhall & District Swimming Club.
4. The meet is our Club Championships and is only open to members of Mildenhall & District Swimming Club. Competitors shall:
  - (a) Be active (training regularly throughout the year), members of the Club for three months immediately prior to the date of the competition. (This does not apply to the beginners' races)
  - (b) Be willing and able to compete for the Club when required. The general committee will decide if a refusal to compete is reasonable.
  - (c) Declare that they relinquish the right of entry to the Championships of any other Club that they may be a member of.
  - (d) Provide documentary evidence as to their date of birth, if required by the Championship Secretary.
5. The Club may accept the entry of a member with less than three months' membership qualifications, under certain circumstances and at the discretion of the general committee.
6. The Club reserves the right to refuse entry to the Championships to any member, without giving a reason.
7. Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed swimmers in each age group in both the open/male and female categories.
8. The age groups are:

Long Distance – 12 years & under and 13 years & over

Main - 8 & Under, 9 years, 10/11, 12/13, 14/15 and 16+ years.
9. Age Groups shall be as at the 31<sup>st</sup> December in the year of the competition (i.e. a 12-year age group swimmer shall not have reached the age of 13 years by 31<sup>st</sup> December in the year of the competition).
10. In accordance with the Swim England Transgender and Non-binary Competition Policy of 1<sup>st</sup> September 2023, new competition categories will be termed as Female and Open/Male. 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.
11. The events for the Long distance are: 200m in all strokes; 400m, 800m & 1500m freestyle; 400 IM.



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12. The events for the Main Championships are: All age groups- 50m all strokes plus 100m IM & 200m IM; 9 years & Under -25m all strokes; 10 years and Over- 100m all strokes. Also there will be a 1 width, a 2 width and a 25m Novice race for the younger members.
13. The pool is 25m with anti-wave lane ropes in place and AOE will be used when possible. A secondary strobe for the starting system is available
14. Entries, on the official entry forms shall be presented to the Championship Secretary by the closing date. Late entries will be accepted at the discretion of the committee and/or promoter. There will be no "Time only" swims due to late entry. Any competitor failing to comply with these conditions shall be liable to disqualification.
15. Heats will be swum as mixed age and mixed sex with swimmers seeded by entry times.
16. To qualify, the swimmer has to be in their age group or class group for the width races.
17. The results will be posted on hard copy during the meet and on the club website on completion of the championships. They will also be supplied to Aquatics GB for entry into the national ranking database weekly.
18. In accordance with the Swim England Safeguarding Policies and Procedures any parents or carers of swimmers under the age of 18 who wish to take photographic, or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms. Should you have any concerns about photography or filming at this event then please bring them to the attention of the Promoter.  
Please note that use of any mobile device in the changing room is strictly forbidden.
19. The Swim England Team manager, Coach and Chaperone Policy must be adhered to at all times. All participants must observe the safety precautions in operation at Mildenhall Hub. Neither the Promoter nor Mildenhall & District Swimming Club will be responsible for any loss or damage occurring during this meet.
20. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry.
21. The appointment of Judges and other officials, and the settlement of any dispute or questions arising (not provided for in these conditions) shall be in the hands of the general committee, whose decision shall be final.
22. All championship trophies are the sole property of the Mildenhall & District Swimming Club and shall be returned to the Championship Secretary, at the latest, FOURTEEN days prior to the date of the next competition. The holder of any trophy shall be required to return the trophy to the Club at such time and for whatever reason he/she (the holder) may cease to be a member of the club. The holder of a trophy may also be required to return the trophy to the Club when requested by the general committee, without giving a reason.
23. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to Swim England Laws, Regulations and the Swim England Technical Rules of Racing.

Reviewed April 2026