



SOMERSET ASA

Founded 1902
President: Karen Bowen

AGE GROUP AND CHAMPIONSHIPS 2026

EVENT CONDITIONS, QUALIFYING TIMES & PROGRAMME v2 (24/11/25)

Dates:

Sunday 18th January 2026	(1SW260206)
Saturday 24th & Sunday 25th January 2026	(1SW260207)
Saturday 7th & Sunday 8th February 2026	(1SW260208)

Venue:

Millfield Swimming Pool, Keen's Elm Lane, Street, Somerset. BA16 0ST
www.millfieldswimming.com

Promoter:

Kelly Podbury, for and on behalf of Somerset ASA

Age as of:

31st December 2026

Minimum age:

10 years of age in year of competition (via 10/11 qualifying times)

Closing date for entries:

Thursday 18th December 2025, 9pm

**SOMERSET COUNTY AMATEUR SWIMMING ASSOCIATION
AGE GROUPS & CHAMPIONSHIPS 2026 CONDITIONS**

General competition rules for all disciplines

1. All events shall be competed for annually under Regulations and Technical Rules of Swim England (Swim England Regulations) at venues and dates to be agreed by the Management committee
 - a. They shall be open to eligible competitors according to Swim England Regulations who:
 - i. Are a fee paying member of an affiliated club of Somerset ASA, and
 - ii. Must have been a member of the said club, for a period of not less than 60 days prior to the date of the competition or the first day of a series of competitions, or
 - iii. Are members of H.M. Forces whose unit is affiliated under Swim England Regulations, and their name is on the books of the said unit
 - iv. Ages shall be published in the Promoters Conditions
 - v. For the purpose of competition, members of any Swim England affiliated club paying a membership fee to SASA through a recognised network can apply to take part in SASA competitions. At the time of submitting entries the club must certify that the swimmer is attending development sessions with that network and the swimmer must pay the £1.75 affiliation fee if not already a SASA member
 - vi. In the interest of the sport in cases of extenuating circumstances the County Officers shall decide if the swimmer is eligible to compete (Their decision will be final)
 - b. No swimmer taking part in a competition of another county in the same discipline during the current year shall be eligible to compete
 - c. A Competitor entering in the name of one club for any Somerset ASA swimming championship, swimming age group competition, masters swimming competition and open water competition must compete for that club in that competition and may not be entered in the name of another club in any team or individual competition
 - d. Where a competitor has dual registration, they may only represent one club. This shall be the Club named on the entry form
2. Anything not covered by the foregoing rules or regulations shall be referred to the Somerset ASA Management Committee whose decision must be acted upon

The Events

1. Individual events:

50m, 100m, 200m & 400m Freestyle; ages 10/11; 12; 13; 14; 15; 16; 17; 18 and over
50m, 100m & 200m Backstroke; ages 10/11; 12; 13; 14; 15; 16; 17; 18 and over
50m, 100m & 200m Breaststroke; ages 10/11; 12; 13; 14; 15; 16; 17; 18 and over
50m, 100m & 200m Butterfly; ages 10/11; 12; 13; 14; 15; 16; 17; 18 and over
200m Individual Medley; ages 10/11; 12; 13; 14; 15; 16; 17; 18 and over
400m Individual Medley; ages 12; 13; 14; 15; 16; 17; 18 and over
800m & 1500m Freestyle; ages 11*/12; 13; 14; 15; 16; 17; 18 and over

* Qualification for 11-year-olds is via the 12-year-old QT

50m & 100m events will follow a Heat-Final format with Age Group Finals

200m, 400m, 800m & 1500m events will be Heat Declared Winner (HDW) format

800m & 1500m events will be swum as mixed events

**SOMERSET COUNTY AMATEUR SWIMMING ASSOCIATION
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Para events:

Event	Classification
50m Freestyle	S1-S14
100m Freestyle	S1-S13
200m Freestyle	S1-S5 & S14
400m Freestyle	S6-S13
50m Backstroke	S1-S5
100m Backstroke	S6-S14
50m Breaststroke	SB1-SB3
100m Breaststroke	SB4-SB9 & SB11-SB14
50m Butterfly	S1-S7
100m Butterfly	S8-S14
200m Individual Medley	SM5-SM14

The Competition

1. All events will be swum as Long Course, in an 8-lane pool with anti-wave lane ropes with electronic timing
 2. 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
 3. A Senior swimmer is aged 16 years and over, ages as of 31st December 2026
 4. A Junior swimmer is aged 15 years and under, ages as of 31st December 2026
 5. Points will be awarded to competitors in Finals for Heat-Final events and to the top eight competitors in each age group and team events in HDW events, point will be awarded as follows: 1st 8 points, 2nd 7 points, 3rd 6 points, 4th 5 points, 5th 4 points, 6th 3 points, 7th 2 points and 8th 1 point. No points will be awarded to a disqualified competitor
 6. All Age Group individual entries will be automatically entered into the relevant championship, i.e., all Age Group heats are also Championship heats. It should be noted that competitors cannot enter championship events where such events do not occur in their own Age Group
 7. The minimum depth at the starting end at the venue is 1.8m
 8. Competitors must be race ready when reporting to marshalling
 9. A secondary strobe will be provided where it is requested by the athlete at the time of entry
 10. Withdrawals/Scratches must be notified by clubs using the Withdrawal app by 8.15am on the day of competition. The link will be shared with the relevant club official(s) shortly after entries are confirmed. Withdrawals will not be accepted by email
 11. Finalists and reserve finalists shall declare to the recorders, no later than 30 minutes after the posting of event results or notification that the event would be swum as a final, if they intend to withdraw from an event
 12. Competitors withdrawing on medical grounds after the 30 minutes deadline shall have their withdrawal endorsed by the Promoter or Meet Manager
 13. An individual competitor, via their club, shall be fined the sum of £25 if he/she fails to notify the recorder of a withdrawal from a Final within the stipulated time
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14. An individual competitor who signs in for the 400m, 800m & 1500m event and then does not swim will be fined £25 via their club
 15. Failure to pay these fines within 28 days may result in further disciplinary action by the Somerset ASA Management Committee
 16. All competitors to be seeded from submitted times, slowest heats first
 17. Heats will be seeded by times, with the fastest two heats in 400m, 800m & 1500m and fastest three heats for 50m, 100m & 200m Finals being cyclically seeded, all other heats will be spearheaded
 18. The Referee is responsible for all aspects of health, safety and fair play and can halt the Competition at any time if there are perceived risks to competitors, officials, spectators or competition organisers. It is therefore imperative that all competitors observe all safety announcements and conduct themselves in accordance with those announcements at all times Competitors are required to observe all safety announcements and conduct themselves in accordance with those announcements at all times
 19. Somerset County ASA reserves the right to refuse admission to any club official, coach, team manager, competitor or spectator. Behaviour by any club official, coach, team manager, competitor or spectator deemed to be inappropriate, disrespectful, abusive and/or aggressive will result in that individual being required to leave the facility and further action taken following the decision of the Management Committee
 20. It is the responsibility of each club to ensure that its coaches, team managers, chaperones and marshals are responsible for their competitors on poolside including, but not restricted to, behaviour, dress and conduct towards other competitors, officials and competition organisers at all times
 21. Any competitor or coach requiring wheelchair access MUST advise the Promoter who can then check with the venue any safety requirements/assessments to be carried out prior to competition
 22. During the meet and in case of unforeseen circumstances out of our control the Referee may need to alter the conditions to ensure the smooth running of the competition
 23. Any swimmer breaking these conditions will be liable to disqualification from any or all events
 24. The Organiser reserves the right to ban the use of gas hooters, klaxons etc., which in the Organiser's opinion, could be a hazard or danger to competitors, officials or spectators
 25. All clubs with five or more competitors are kindly requested to provide qualified and licensed officials to assist with the officiating of the event during each session. The promoter will endeavour to ensure enough officials and timekeepers meet the licence requirements for each session, however if this proves not to be achievable the times for the competitors will not be accepted by Rankings
 26. 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 on 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
 27. It is also requested of clubs that enough volunteers are encouraged to support the event to ensure our competitors are competing in a safe and secure environment
 28. The Meet Promoter will make every effort to run the event. In any situation that the meet must be cancelled competitors are not eligible for full refunds of their entry fees. Proportionate refunds may be made but only after the promoter has covered all incurred costs
 29. The Promoter will make every effort to run the event at the advertised licence level. In any situation that the meet must be run at either unlicensed or at a lower licence level, competitors are not eligible for refunds of their entry fees
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**SOMERSET COUNTY AMATEUR SWIMMING ASSOCIATION
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- 30. Code of Conduct** All clubs, their coaches, team managers, competitors and parents are familiar with Swim England's Code of Conduct which is included in Swim England's Safeguarding Policy, known as [WavePower](#). This meet is run under the protection of this policy and all visitors to the complex will be expected to abide by the policy. Somerset ASA has a zero tolerance to any breach of any code of conduct and anyone who is deemed in breach of a code of conduct will be asked to leave the venue and reported to the Management Committee for further investigation
- 31. The use of any device with video or photo capture capability are strictly prohibited in the toilets, changing rooms or changing areas at any time**

Medals, Trophies & County Championship Records

a. Medals

1. Individual events Age Group Medals shall be awarded Age Group Medals to the first, second and third placed competitors of each age group 10/11; 12; 13; 14; 15; 16; 17; 18 and over and should be collected from the Medals desk
2. Outside of presentations the Podium is available to all winners to use for photographic opportunities
3. Exhibition competitors are not eligible to participate in finals or receive medals

b. Trophies

The Senior County Champion and Junior County Champion for the Individual events shall be determined as follows:

1. Heat Declared Winner events - The Senior Champion (16/o age group) shall be the fastest swimmer in the heats with the runner-up and third places adjudged similarly. The Junior Champion (15/u age group) shall be the fastest Junior swimmer in the heats with the runner-up and third places adjudged similarly
2. Final events – The Senior Champion (16/o age group) shall be the fastest swimmer in the finals and the runner up and third placed competitors adjudged similarly. The Junior Champion (15/u age group) shall be the fastest swimmer in the finals with the runner-up and third places adjudged similarly
3. Senior & Junior Championship Trophies & Podium Medals will be presented on the podium to the first placed competitor with Podium Medals presented to the second and third placed competitors for all individual events and distances
4. Competitors must wear club kit for all presentations

c. County Championship Records

1. County Championship Records will be recorded and published on the Somerset ASA website
 2. Competitors who break event records will be presented on the podium with a limited-edition commemorative Somerset ASA branded towel
 3. Outside of the Championship event any competitors who successfully achieve a Somerset record as detailed above should contact the Swimming and Competition Secretary, somersetasa@gmail.com to apply for the record and arrange for the commemorative Somerset ASA branded towel to be presented
 4. Exhibition competitors are eligible to claim a County Record
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**SOMERSET COUNTY AMATEUR SWIMMING ASSOCIATION
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Para-Swimming

These supplementary conditions are to be adhered to in conjunction with the General and Swimming Conditions

Eligibility

1. The Competition will be run as an integrated competition. Competitors with WPS Functional Ability Classification or a Certificate of Swimming disability achieving Para-Swim/Disability Consideration Standards for the Competition will be accepted as time permits.
2. WPS Functional Ability Classification MUST be declared on the entry email. Competitors with a Certificate of Swimming Disability MUST present the Certificate to the Referee at the start of the relevant session before racing commences. Failure to do so may result in disqualification
3. Para-Swim/Disability competitors may enter any event that is not deemed a Para-Swim Event, subject to satisfying the relevant qualifying or consideration standard(s) as specified in the entry conditions
4. Disability competitors may submit entries for non-MC events on a time-trial basis provided they meet the relevant Qualifying Time for that event
5. Entries must be submitted manually by email to somersetasa@gmail.com
6. Minimum age to be 10 years old as at 31st December 2026
7. Qualifying Points - any swimmer identified as having achieved a British Para-swimming points score of 100 or higher based on a swim since 1st January 2025 will be eligible to enter.

Competition

1. All competitors will compete in the same heats as able-bodied competitors
2. All disability events shall be HDW

Accreditations

1. All coaches and personal care attendants must have a Coach pass allocated. Personal care attendants will only be permitted for competitors where assistance is permitted on their code of exceptions
2. A swimmer who has assistance as specified above may have both a coach and a personal care attendant present

Awards

1. Medals shall be awarded on a multi-disability basis to 1st, 2nd and 3rd place in each event
2. If there are less than four competitors in any one event, then a minus one ruling shall apply
3. If there is only one competitor in an event, then a medal shall be awarded
4. Medals shall be awarded during the relevant session that the event has taken place

Entries & Payment

1. Entries will be open from Monday 1st December 2025
 2. Entry times must have been achieved on or after 1st January 2025 and by the closing date of entries
 3. Entry criteria is via the published short course Qualifying Times and must be from Licensed Level 1, 2, 3 or 4 meets and registered on the Swim England Rankings website
 4. All entries are to be submitted by e-mail only, using the Event Entry Submission template and attach the Hy-Tek Team Manager file. Email entries to somersetasa@gmail.com
 5. Closing date for entries is 9pm, Thursday 18th December 2025
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6. Entries will only be accepted when submitted by the Club Coach, Secretary or Competition Secretary of affiliated clubs and must include competitors Swim England membership number
 7. Submitting entries is certification as to the date of birth and achievement of the competitor's fastest time and minimum entry time for each event entered
 8. Qualifying Times are Short Course, **entry times are to be submitted in Short Course format ONLY, converted Long Course times published on Rankings ONLY.**
 9. All competitors must be registered and showing as Club Compete before clubs submit their entry
 10. Swim England membership numbers must be included for all competitors with your entry
 11. Late entries will not normally be accepted, decisions shall be made by the Promoter and County Secretary
 12. To ensure safety procedures and protocols are observed, together with the well-being of all competitors, all associated medical conditions must be declared with the management plan for the condition and submitted to the Promoter at least two weeks before the date of competition. The content of the declaration will be held in strict confidence, and only shared when essential to ensure the safety of the competitor during the competition. The declaration will be held securely on file until the final Somerset ASA competition of the 2025/26 season
 13. Improved entry times will not be accepted after the official closing date regardless of the date of achievement
 - 14. Entries will not be accepted:**
 - a. where the QT is not recorded on Rankings, or is not submitted in SC format, or
 - b. if a competitor is not a Swim England Club Compete member, or
 - c. if their membership number is not included in the entry file, or
 - d. A time is not submitted with the entry (NT)
 15. There will NOT be an opportunity to rectify any of these entry errors so it is imperative that ALL clubs check the accuracy of their data by running the Swim England Data Checker against their entries, any incorrect data not resolved before submitting entries will result in Rankings rejecting results <https://www.swimmingresults.org/teammanagercheck/>
 16. Competitors will be required to sign in at the Front of House for all 400m, 800m & 1500m events prior to commencing the session warm up
 17. Once entries have been confirmed there will be no refunds for withdrawals or scratched competitors, or for competitors failing to sign in
 18. A refund for withdrawal on medical grounds will be considered provided a request is made to the Promoter no later than 72 hours prior to the start date and time of the applicable weekend of competition and must be supported with a medical note within four weeks of that date
 19. All refunds following entry confirmation is at the discretion of the Promoter
 20. Clubs must contact the promoter if they have a swimmer who needs a chaperone
 21. Only competitors reporting for their event, required volunteers and appointed officials are allowed on the poolside during the meet
 22. During warmups, only coaches and team managers holding valid accreditation will be permitted on the poolside
 23. Coach & Team Manager accreditations are to be downloaded from the Swim England Membership Options. Clubs must adhere to [SE1048 Swim England Team Manager, Coach and Chaperone Policy](#). All Teams must be accompanied by at least one qualified Level 2 coach or equivalent and at least one qualified Level 1 Team Manager. All coaches and Team Managers must have an in date Safeguarding qualification and a valid in date DBS check. Failure to have these in place will prevent Coaches and Team Managers from purchasing accreditations and therefore access the competitor's balcony and poolside will be denied
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- 24. ALL ACCREDITATIONS MUST BE WORN AROUND THE NECK AT ALL TIMES AND PRESENTED TO THE COMPETITORS STEWARD OR ANY EVENT ORGANISER ON REQUEST. Failure to do this will result in a breach of the Code of Conduct. This will be reported to the Somerset Management Committee where sanctions may be imposed**
25. All Team Managers, Coaches and Chaperones must:
- Download their accreditation using the Swim England Membership platform. [Swim England Membership Options](#).
 - Ensure you have uploaded a photograph of yourself
 - Select 'Purchase accreditations for events'
 - Select Download Accreditation, below the Swim England DBS, Safeguarding, qualification check
 - Your accreditation will download to your device for printing
 - This process will safeguard our competitors by ensuring that all adults holding Coach passes have the right qualification and checks in place.
26. Accreditations must be printed and placed in a holder obtained from the Front of House on arrival, or use an existing holder previously provided
27. The cost of the accreditations is included within the entry fee. Clubs should not add additional surcharges to entry fees for the purpose of providing coach and team manager passes for the event.
28. Clubs may still wish to add a surcharge to their own entries to recover the cost of coaches' travelling expenses and anything else they may pay their coaches for attending the event
29. Individual event entry fee is £7.20 per event
30. Full competition information will be published on Meet Mobile
31. Payment must be paid direct to the Somerset ASA bank account on the same day as submitting your entries
32. Evidence of cleared fund will be checked prior to entries being sent to Rankings
33. In the event of the County not accepting entries, in line with all conditions above, refunds will be issued to clubs
34. Cash & cheques must be paid directly into the County bank account

Bank:	HSBC Bank
Account name:	Somerset ASA
Sort code:	40-44-33
Account number:	62083051

Photography & Imagery Consent

- Your privacy is important to us. Any concerns during an event should be reported to the Promoter or an appropriate member of the Sports Presentation team via the Front of House.
 - This event may be photographed and videoed in accordance with our Privacy Policy [Privacy Policy](#) -. Media may be displayed on our website, on our social media accounts and used to promote the event and events in the future. If you have any concerns, please refer to the ASA Photography Guidance in Wavepower (<https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>)
 - Somerset ASA may have official photographers and may record the competition events in which you are participating, and general images of competitors, coaches, officials, parents and volunteers will form part of the information we hold and use. In addition to the purposes for general
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**SOMERSET COUNTY AMATEUR SWIMMING ASSOCIATION
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information set out above, Somerset ASA may use these recordings and images for the purposes of education and training, inclusion in press releases and Club Communications, and event promotion.

4. If competitors, coaches, officials, parents and volunteers have any concerns with their child / themselves being photographed / filmed at our events please contact the Promoter by email (somersetasa@gmail.com) or call 07780 733 512 prior to the event.
5. Please note consent will be valid for 3 years or in the case of consent by a parent / guardian on behalf of a child, the shorter period of 3 years, or until the child's 16th birthday.
You can withdraw or change your consent at any time.
6. Where you do not grant consent, we will not be able to use your imagery except in certain limited situations, such as where required to do so by law or to protect members of the public from serious harm
7. **The use of any device with video or photo capture capability are strictly prohibited in the toilets, changing rooms or changing areas at any time**

Declaration

1. Competitors
 - a. agree to abide by the Competition's Entry Conditions
 - b. must provide information which is correct and accurate to the best of their knowledge
 - c. consent to their personal data being collected, stored, used, shared and transferred by Somerset ASA in accordance with Somerset ASA's Privacy Policy, which can be found here: [Privacy Policy -](#)
 2. Clubs
 - a. agree to act as a Data Processor on behalf of Somerset ASA for the collection, storage, use, sharing and transfer of the personal data of members who have made the above competitor declaration in support of entry into this competition
 - b. agree to submit Batch Entries which are correct and accurate to the best of their knowledge
 - c. must promptly make the Promoter aware of any exceptions and
 3. Agree to resolve any queries directly with the member(s) concerned
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**SOMERSET COUNTY AMATEUR SWIMMING ASSOCIATION
AGE GROUPS & CHAMPIONSHIPS 2025 QUALIFYING TIMES**

All times are Short Course

FEMALE 2026								
EVENT	10/11	12	13	14	15	16	17	18 & over
50m Freestyle	38.00	35.00	33.00	32.00	31.50	31.00	30.50	30.00
100m Freestyle	1:28.00	1:20.00	1:13.00	1:09.50	1:08.00	1:08.00	1:08.00	1:05.00
200m Freestyle	3:15.00	2:50.00	2:35.00	2:30.00	2:27.00	2:26.00	2:25.00	2:24.00
400m Freestyle	6:43.00	6:10.00	5:30.00	5:20.00	5:18.00	5:10.00	5:09.00	5:02.00
800m Freestyle		12:15.00	11:30.00	11:20.00	11:05.00	11:00.00	10:50.00	10:50.00
1500m Freestyle		30:00.00	24:00.00	23:00.00	22:00.00	21:00.00	21:00.00	21:00.00

50m Backstroke	48.00	43.00	40.50	39.70	37.60	37.60	37.20	37.20
100m Backstroke	1:45.00	1:33.00	1:24.00	1:22.00	1:20.00	1:20.00	1:19.50	1:18.00
200m Backstroke	3:58.00	3:20.00	3:10.00	2:58.00	2:54.00	2:52.00	2:52.00	2:45.00

50m Breaststroke	56.00	49.00	46.00	44.00	43.00	42.00	42.00	41.50
100m Breaststroke	2:00.00	1:45.00	1:38.00	1:34.00	1:30.00	1:30.00	1:29.00	1:30.00
200m Breaststroke	4:10.00	3:45.00	3:30.00	3:18.00	3:17.00	3:16.00	3:15.00	3:12.00

50m Butterfly	50.00	44.00	39.00	36.50	36.00	35.50	35.00	34.50
100m Butterfly	2:00.00	1:50.00	1:29.00	1:22.00	1:21.00	1:21.00	1:20.00	1:19.00
200m Butterfly	4:12.00	4:08.00	4:05.00	3:31.00	3:27.00	3:23.00	3:11.00	3:00.00

200m Individual Medley	3:31.00	3:20.00	3:00.00	2:58.00	2:55.00	2:54.00	2:50.00	2:48.00
400m Individual Medley		7:28.00	6:48.00	6:02.00	5:48.00	5:43.00	5:43.00	5:43.00

OPEN / MALE 2026								
EVENT	10/11	12	13	14	15	16	17	18 & over
50m Freestyle	44.00	37.00	35.00	32.00	30.00	29.50	29.10	28.90
100m Freestyle	1:33.00	1:20.00	1:15.00	1:10.00	1:05.00	1:04.00	1:04.00	1:01.00
200m Freestyle	3:06.00	2:50.00	2:45.00	2:25.00	2:20.00	2:16.00	2:15.00	2:14.00
400m Freestyle	6:30.00	6:25.00	5:48.00	05:16.00	5:00.00	4:58.00	4:57.00	4:56.00
800m Freestyle		12:15.00	12:10.00	12:04.00	11:15.00	11:15.00	11:05.00	11:10.00
1500m Freestyle		25:00.00	22:00.00	21:30.00	21:15.00	21:10.00	20:00.00	20:00.00

50m Backstroke	54.00	44.00	41.00	39.00	38.50	36.00	36.00	34.00
100m Backstroke	1:50.00	1:34.50	1:25.50	1:21.00	1:16.00	1:14.50	1:13.50	1:13.00
200m Backstroke	3:37.00	3:25.00	3:05.00	2:58.00	2:45.00	2:39.00	2:37.00	2:35.00

50m Breaststroke	59.00	52.00	48.00	43.80	40.80	37.00	37.00	36.00
100m Breaststroke	2:05.00	1:55.00	1:42.00	1:37.00	1:29.00	1:27.00	1:24.00	1:23.00
200m Breaststroke	4:15.00	3:40.00	3:32.00	3:22.00	3:12.00	3:10.00	3:05.00	3:00.00

50m Butterfly	54.00	48.00	43.00	39.50	37.00	35.00	35.00	34.00
100m Butterfly	2:10.00	1:55.00	1:52.00	1:40.00	1:30.00	1:20.00	1:16.00	1:10.00
200m Butterfly	4:16.00	4:15.00	4:00.00	3:47.00	3:43.00	3:39.00	3:12.50	2:45.50

200m Individual Medley	3:40.00	3:25.00	3:15.00	2:50.00	2:45.00	2:38.00	2:37.00	2:30.00
400m Individual Medley		7:28.00	6:30.00	6:20.00	5:45.00	5:40.00	5:35.00	5:30.00

SOMERSET COUNTY AMATEUR SWIMMING ASSOCIATION
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All times are Short Course

Times are for guidance and are equivalent to British Para-swimming points score of 100 or higher based on a swim since 1st January 2025

FEMALE 2026							
EVENT	S1	S2	S3	S4	S5	S6	S7
50m Freestyle	1:50.50	1:56.00	1:26.00	1:19.50	1:13.20	1:10.00	1:08.00
100m Freestyle	3:58.00	4:11.00	3:08.50	2:50.50	2:34.00	2:30.00	2:27.50
200m Freestyle	8:34.00	10:00.00	7:00.00	6:09.00	5:46.00		
400m Freestyle						10:55.00	10:26.00

50m Backstroke	2:23.00	2:13.00	1:55.20	1:44.00	1:19.70		
100m Backstroke						2:51.00	2:51.00

50m Breaststroke	2:54.50	2:18.50	1:54.50				
100m Breaststroke				3:44.50	3:36.00	3:16.50	3:05.00

50m Butterfly	1:50.00	2:05.50	1:38.00	1:26.50	1:22.00	1:14.30	1:11.00
100m Butterfly							

200m Individual Medley					7:01.00	6:16.00	6:07.00
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FEMALE 2026							
EVENT	S8	S9	S10	S11	S12	S13	S14
50m Freestyle	1:04.30	58.70	58.30	1:02.25	57.30	57.20	56.50
100m Freestyle	2:17.00	2:07.50	2:05.00	2:19.00	2:06.50	2:03.50	
200m Freestyle							4:26.00
400m Freestyle	10:10.00	9:55.00	9:28.00	10:32.00	9:25.00	9:27.00	9:34.00

50m Backstroke							
100m Backstroke	2:28.50	2:26.00	2:23.50	2:37.50	2:26.00	2:19.00	2:19.00

50m Breaststroke							
100m Breaststroke	2:45.00	2:32.50		2:46.50	2:36.00	2:39.50	2:35.00

50m Butterfly							
100m Butterfly	2:30.00	2:20.00	2:21.00	2:41.50	2:15.75	2:14.50	2:15.50

200m Individual Medley	5:40.00	5:29.00	5:12.00	5:39.00	5:11.00	5:04.00	5:03.00
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OPEN / MALE 2026							
EVENT	S1	S2	S3	S4	S5	S6	S7
50m Freestyle	2:17.00	1:49.00	1:36.00	1:16.50	1:03.00	1:01.40	56.70
100m Freestyle	4:52.00	3:49.00	3:19.30	2:50.00	2:24.00	2:15.00	2:08.40
200m Freestyle	10:00.00	8:34.00	7:09.00	5:54.00	5:14.00		
400m Freestyle						10:20.00	9:53.00

50m Backstroke	2:15.00	1:49.45	1:36.30	1:28.30	1:07.50		
100m Backstroke						2:36.30	2:25.60

50m Breaststroke	2:48.45	2:00.30	1:43.30				
100m Breaststroke				3:18.00	3:03.30	2:47.00	2:31.00

50m Butterfly	4:14.00	1:52.50	1:41.00	1:21.90	1:05.20	1:05.55	1:01.75
100m Butterfly							

200m Individual Medley					5:58.00	5:38.00	5:19.00
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OPEN / MALE 2026							
EVENT	S8	S9	S10	S11	S12	S13	S14
50m Freestyle	54.50	51.40	49.60	55.70	49.50	50.00	49.40
100m Freestyle	2:04.00	1:52.50	1:48.75	2:00.70	1:53.50	1:49.00	
200m Freestyle							3:59.00
400m Freestyle	9:26.00	9:00.00	8:31.00	9:32.00	8:48.50	8:32.00	8:48.00

50m Backstroke							
100m Backstroke	2:14.50	2:08.50	2:03.00	2:21.50	2:07.00	2:01.40	2:01.50

50m Breaststroke							
100m Breaststroke	2:24.50	2:20.50		2:31.00	2:18.00	2:13.00	2:15.00

50m Butterfly							
100m Butterfly	2:13.50	2:04.70	1:56.50	2:07.00	2:02.00	1:55.50	1:56.50

200m Individual Medley	5:02.00	4:43.70	4:30.00	4:51.00	4:41.50	4:22.50	4:31.00
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**SOMERSET COUNTY AMATEUR SWIMMING ASSOCIATION
AGE GROUPS & CHAMPIONSHIPS 2026 PROGRAM OF EVENTS**

Sunday 18th January				
Session 1				
Male / Female	Distance	Event	Ages	Type
Female	50m	Freestyle	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Male	100m	Butterfly	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Female	50m	Freestyle	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals
Male	100m	Butterfly	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals
Session 2				
Male / Female	Distance	Event	Ages	Type
Male	50m	Breaststroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Female	100m	Butterfly	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Male	50m	Breaststroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals
Female	100m	Butterfly	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals
Session 3				
Male / Female	Distance	Event	Ages	Type
Mixed	800m	Freestyle	11/12, 13, 14, 15 & 16,17, 18 & over	HDW

**SOMERSET COUNTY AMATEUR SWIMMING ASSOCIATION
AGE GROUPS & CHAMPIONSHIPS 2026 PROGRAM OF EVENTS**

Saturday 24th January

Session 4				
Male / Female	Distance	Event	Ages	Type
Male	50m	Freestyle	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Female	200m	Breaststroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	HDW
Male	50m	Freestyle	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals
Female	200m	Butterfly	10/11, 12, 13, 14, 15, 16, 17, 18 & over	HDW
Session 5				
Male / Female	Distance	Event	Ages	Type
Female	50m	Backstroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Male	100m	Freestyle	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Female	50m	Backstroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals
Male	100m	Freestyle	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals
Session 6				
Male / Female	Distance	Event	Ages	Type
Male	400m	IM	12, 13, 14, 15, 16 & over	HDW
Female	400m	Freestyle	10/11, 12, 13, 14, 15, 16, 17, 18 & over	HDW

Sunday 25th January

Session 7				
Male / Female	Distance	Event	Ages	Type
Female	50m	Butterfly	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Male	200m	IM	10/11, 12, 13, 14, 15, 16, 17, 18 & over	HDW
Female	50m	Butterfly	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals
Session 8				
Male / Female	Distance	Event	Ages	Type
Male	50m	Backstroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Female	200m	IM	10/11, 12, 13, 14, 15, 16, 17, 18 & over	HDW
Male	50m	Backstroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals
Session 9				
Male / Female	Distance	Event	Ages	Type
Female	100m	Backstroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Male	400m	Freestyle	10/11, 12, 13, 14, 15, 16, 17, 18 & over	HDW
Female	100m	Backstroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals
Male	200m	Breaststroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	HDW

**SOMERSET COUNTY AMATEUR SWIMMING ASSOCIATION
AGE GROUPS & CHAMPIONSHIPS 2026 PROGRAM OF EVENTS**

Saturday 7th February

Session 10

Male / Female	Distance	Event	Ages	Type
Male	50m	Butterfly	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Female	100m	Freestyle	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Male	50m	Butterfly	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals
Female	100m	Freestyle	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals

Session 11

Male / Female	Distance	Event	Ages	Type
Female	50m	Breaststroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Male	100m	Backstroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Female	50m	Breaststroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals
Male	100m	Backstroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals

Session 12

Male / Female	Distance	Event	Ages	Type
Female	1500m	Freestyle	11/12, 13, 14, 15 & 16, 17, 18 & over	HDW
Male	1500m	Freestyle	11/12, 13, 14, 15 & 16, 17, 18 & over	HDW

Sunday 8th February

Session 13

Male / Female	Distance	Event	Ages	Type
Male	100m	Breaststroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Female	400m	IM	12, 13, 14, 15, 16, 17, 18 & over	HDW
Male	100m	Breaststroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals

Session 14

Male / Female	Distance	Event	Ages	Type
Female	100m	Breaststroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Heats
Male	200m	Backstroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	HDW
Female	100m	Breaststroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	Finals
Male	200m	Butterfly	10/11, 12, 13, 14, 15, 16, 17, 18 & over	HDW

Session 15

Male / Female	Distance	Event	Ages	Type
Female	200m	Backstroke	10/11, 12, 13, 14, 15, 16, 17, 18 & over	HDW
Male	200m	Freestyle	10/11, 12, 13, 14, 15, 16, 17, 18 & over	HDW
Female	200m	Freestyle	10/11, 12, 13, 14, 15, 16, 17, 18 & over	HDW