



Proudly Presents the 2nd

City of Plymouth ASA Swimming League

**Round 1**

Plymouth Life Centre

Saturday 26th September

Warm-up: 1:10pm      Racing from 1:45pm

Clubs: Devonport Royal, Dinnaton, Kingsbridge Kingfishers,  
Plymouth Leander, Plymouth RNRM, Tavistock

Unlicensed - no team sheets required

Swimmers who have qualified for Aquatics GB Next Gen Championships and/or Swim England Summer Meet are not permitted to swim

| Event                               | Comments | Event                                  | Comments |
|-------------------------------------|----------|----------------------------------------|----------|
| 1 Female 200m Ind. Medley           |          | 23 Female 10&U 50m Breaststroke        |          |
| 2 Open 200m Ind. Medley             |          | 24 Open 10&U 50m Breaststroke          |          |
| 3 Mixed 10&U 4 x 50m Free Relay     |          | 25 Female 12&U 50m Butterfly           |          |
| 4 Mixed 12&U 4 x 50m Free Relay     |          | 26 Male 12&U 50m Butterfly             |          |
| 5 Mixed 14&U 4 x 50m Free Relay     |          | 27 Female 14&U 100m Freestyle          |          |
| 6 Mixed Open Age 4 x 50m Free Relay |          | 28 Male 14&U 100m Freestyle            |          |
| 7 Female 10&U 50m Backstroke        |          | 29 Female Open Age 100m Breaststroke   |          |
| 8 Male 10&U 50m Backstroke          |          | 30 Male Open Age 100m Breaststroke     |          |
| 9 Female 12&U 50m Breaststroke      |          | 31 Female 10&U 50m Freestyle           |          |
| 10 Male 12&U 50m Breaststroke       |          | 32 Male 10&U 50m Freestyle             |          |
| 11 Female 14&U 100m Backstroke      |          | 33 Female 12&U 50m Freestyle           |          |
| 12 Male 14&U 100m Backstroke        |          | 34 Male 12&U 50m Freestyle             |          |
| 13 Female Open Age 100m Butterfly   |          | 35 Female 14&U 100m Breaststroke       |          |
| 14 Male Open Age 100m Butterfly     |          | 36 Male 14&U 100m Breaststroke         |          |
| 15 Female 10&U 50m Butterfly        |          | 37 Female Open Age 100m Freestyle      |          |
| 16 Male 10&U 50m Butterfly          |          | 38 Male Open Age 100m Freestyle        |          |
| 17 Female 12&U 50m Backstroke       |          | 39 Mixed 10&U 4 x 50m Medley Relay     |          |
| 18 Male 12&U 50m Backstroke         |          | 40 Mixed 12&U 4 x 50m Medley Relay     |          |
| 19 Female 14&U 100m Butterfly       |          | 41 Mixed 14&U 4 x 50m Medley Relay     |          |
| 20 Male 14&U 100m Butterfly         |          | 42 Mixed Open Age 4 x 50m Medley Relay |          |
| 21 Female Open Age 100m Backstroke  |          | 43 Mixed Squadron 8 x 50m Free Relay   |          |
| 22 Male Open Age 100m Backstroke    |          |                                        |          |
|                                     |          |                                        |          |
|                                     |          |                                        |          |
|                                     |          |                                        |          |
|                                     |          |                                        |          |



**City of Plymouth Swimming League Conditions:** While the league is unlicensed, the competition will, as close as feasible, be held under Swim England Rules and Regulations and Technical Rules of Racing.

(1) All competitors aged 8 and above must be registered as club train or club compete. Registration must be with the Swim England, Swim Wales or Scottish Swimming.

(2.1) As an invitational event swimmers must be members of the following clubs: Caradon, Devonport Royal, Dinnaton, Kingsbridge Kingfishers, Mount Kelly, Plymouth College Aquatics, Plymouth Leander, Plymouth RN/RM, Tavistock.

(2.2) For the 2026-2027 Season, a maximum of 6 teams will take part in the league. These teams will be decided on a first come first serve basis.

(2.3) The league shall be open to extend in the 2027-2028 Season and beyond, to a maximum of 10 teams.

(2.4) Mixed teams from 2 or more different clubs are permitted to enter the league.

(3) The Promoter of the Invitational Meet is the City of Plymouth ASA (hereby known as COP) and its Committee.

(4.1) The competition pool for Rounds 1 and 2 shall be 25m in length, with up to 10 lanes. Starting blocks, anti-turbulence ropes, manual timing and placing will be used for this event. Depending on availability a secondary strobe may be requested for individual use.

(4.2) The competition pool for Round 3 shall be 25m in length, with 5 lanes. Starting blocks, anti-turbulence ropes, and electronic timing will be used for this event.

(5) All events will use a points system, depending upon the amount of clubs who participate in that gala. Should 6 clubs participate in the gala, then 6 points will be awarded for a win.

(6) Zero points will be awarded in the event of a disqualification, or in the event that an ineligible swimmer is used, or in the event that no swimmer is used at all.

(7.1) Age groups for the 1st round: 11 and under, 13&U, 15&U, and Open Age. Age as of 26/09/2026.

(7.2) Age groups will remain the same for the 2nd and 3rd rounds, however the age will always be as of the day of the round.

(8) Events will be 50m in each stroke for the 11&U and 13&U age groups. For the 15&U age group and Open Age, events will be 100m, plus a 200 IM.

(9) Each individual event will have an Open/Male and Female category. All relays will be swum as mixed events as detailed in condition 11.3 & 11.4.

**(10) Swimmers who competed at the 2026 Aquatics GB Next Gen Championships, the 2026 Aquatics GB Championships, or the 2026 Swim England National Summer Meet, are not allowed to participate.**

(11.1) There will be 43 events in total, of which 9 events will be relays.

(11.2) **Swimmers may only take part in 2 individual races in their age group**, with the only exception being the Open Age 200 IM, which falls outside of this rule. Swimmers may race an unlimited number of individual races in age groups older than which they currently belong.

(11.3) Each age-group will contest a 4x50 mixed medley relay, and a 4x50 mixed freestyle relay. 4 x 50 Relay teams must comprise 2 in number Open/Male swimmers and 2 in number Female swimmers.

(11.4) The final event shall be an 8x50 Freestyle Squadron relay. Relay teams must comprise of 1x Open/Male swimmer and 1x Female swimmer from each of the four age groups determined for this gala.

(12) The league reserves the right to run some individual events as hot heats.

(13.1) The points accrued from the first gala will carry over into the 2nd and 3rd rounds.

(13.2) In a league comprising 6 or more teams, only the top 5 teams will progress into the final 3rd round. The team/s with the fewest number of points after the 2nd round will be eliminated.

(13.3) Should fewer teams take part in the second round than the first round, then points accrued in the first gala will be altered by COP.

(13.4) Should a new team take part in the second round that did not race in the first round, they will begin the league with zero points.

(13.5) The team with the most points after the third gala will be the league winners.

(14) The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering a 'Female' category event, a swimmer confirms that their birth sex is female.

(15) Entries for individual races and relays do not need to be registered beforehand. It is down to each individual club to ensure that each competing swimmer is eligible for each race. Should another competing club decide to lodge a protest about any individual swimmer, that must be registered with the lead referee **no later than 5 minutes** after the conclusion of Event 43. If it is agreed that an individual swimmer who competed was ineligible, that club will receive zero points for any race whereby that swimmer broke entry rules.

(16) Lane allocation will take place via a random lane draw, which will occur before the warm-up.

(17) **Anyone wishing to partake in close, zoom or video photography using a camera or mobile phone must comply with WavePower guidelines.** Full details can be found here; [www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/](http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/) Images or videos taken must not be put onto social media platforms unless permission has been sought from all parties included in the image / video. Should you have any concerns about the behaviour of anyone during this gala you must raise your concerns to any COP volunteer or official.

(18.1) In addition to providing their own team managers/coaches, each club will be asked to provide at least two voluntary officials (qualified or in training) who can act in the roles of timekeepers and judges. Should an illegal turn or illegal stroke action take place, COP requests that this official report this to the lead referee, who will ultimately decide if the swimmer is to be disqualified. The lead referee's decision is final.

(18.2) The lead referee, appointed by COP, has full control over how the gala is to be officiated.

(19) The appointed lead referee will make judgments on all starts and relay takeovers. Their decision is final.

(20) No expenses may be claimed by any official who voluntarily chooses to help the running of this gala. COP thanks all volunteers for their help and support.

(21) Swim down lanes may not be available during the league.

(22) The swimmers and any supporters agree that their behaviour will be of an appropriate and respectful manner abiding by the rules of the competition and venue. Failure to do so could result in removal or refusal of entry.

(23) Our host venues - Plymouth Life Centre and Quayside Leisure Centre - do not accept responsibility for any lost or damaged property. Items have gone missing in the past so please look after your belongings. Large bags are not permitted poolside.

(24) If participating competitors or other club members on poolside suffer injury or damage as a result of any failure by any person to follow the regulations set out then neither COP nor our host venues will accept any liability in respect of any such injury or damage.

**(25.1) The cost of the first round will be £59.50 per competing team. Clubs must make payment 1 week before each round, or 2 weeks after receiving an invoice from the COP Treasurer, or a COP delegate.**

PREFERRED METHOD OF PAYMENT IS BY BACS

Sort Code: 56-00-63, Account No: 05006724

Please use Reference: Your Club Code & COPS2025

(25.2) The costs of the second and third rounds for 2026-2027 are still to be determined. The cost will be split evenly across each competing club. COP will not make a profit from the running of this league.

(26) All participating competitors are deemed to be aware of these conditions and it is each participating club's responsibility to make their members aware of these conditions.

Promoter: City of Plymouth ASA

2026 Event Contact Email: [kksccoach@gmail.com](mailto:kksccoach@gmail.com) and/or [compsec@kksc.co.uk](mailto:compsec@kksc.co.uk)