



East Invicta Amateur Swimming Association

Constitution, Rules and Conditions (November 2024)

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PRESIDENT

**Ian Howes
Folkestone Swimming Club**

Affiliated to Swim England and to Kent County A.S.A.
<http://www.eastinvicta.co.uk/>

East Invicta Amateur Swimming Association

June 10th, 2026

CONSTITUTION, RULES AND CONDITIONS

(Revised Nov 2024)

The word 'Club' in the following Rules shall be held to include all bodies affiliated to the Association. Words imparting the masculine gender shall include the feminine. Words of the plural number shall include the singular and words of the singular shall include the plural.

1) NAME

The Association shall be called the East Invicta Amateur Swimming Association and shall cover that part of Kent east of a line from Dungeness Point through Ashford to Faversham finishing at Herne Bay.

2) COMPOSITION

The Association shall consist of:

- a) Clubs of both sexes based within the area promoting swimming, diving, water polo, lifesaving, synchronised swimming and masters swimming in all disciplines of the sport.
- b) Associated Members
- c) Hon. Life Members
- d) Life Members

The competing members of any club shall be eligible as defined by Swim England Laws and each club shall have a published rule to that effect.

The Association shall adopt Swim England Child Protection Procedures, and all affiliated clubs shall comply with Swim England Child Protection Procedures requirement and have a published rule to that effect.

3) MEMBERSHIP

Any club affiliated to Swim England South East Region whose headquarters are in the East Invicta Area shall be eligible to join the Association on being proposed and seconded by two clubs already affiliated to the Association.

4) OBJECTS

The objects of the Association shall be those of Swim England and in particular:

- a) Promote the teaching and practice of swimming, diving, water polo, lifesaving, artistic swimming, masters' swimming in all disciplines of the sport, and to encourage public opinion in favour of providing proper accommodation and facilities for swimming activities to take place.
- b) Promote and hold championships and competitions within the association area under Swim England Laws and Technical Rules.
- c) Promote the coaching and practice of performance swimming.
- d) Promote uniformity of rules for the control and regulation of swimming, diving, water polo, lifesaving, artistic swimming and the management of all competitions thereunder.
- e) Enforce observance of the laws of Swim England

5) SUBSCRIPTIONS

The annual subscription for affiliated clubs and associated members shall become due on the 1st of August of the preceding year and must be paid by the following Annual General Meeting. No club or member shall participate in the activities of the Association nor be entitled to any of the privileges of the Association until the subscription for the current year is paid. A notice of renewal shall be sent to each Club following the due date.

- a) Club subscriptions shall be determined by the Executive Committee at the May meeting each year. Details of affiliation shall be notified to Championship Hon. Secretaries by 1st October each year.
- b) Persons elected by the Association Council as associate members shall pay an annual subscription of £4.00 and £2.00 for juniors.
- c) The position of Vice-President is conferred by the Association Council upon invitation to, and acceptance by, the individual.
- d) A subscription of not less than £20.00 entitles the donor to Life Membership.

6) AFFILIATIONS

The Association shall be affiliated to the Swim England South East Region and to any other competent body at the discretion of the Executive Committee.

7) ASSOCIATION COUNCIL

- a) The Association Council shall consist of the Association President, Past Presidents, Hon. Life Members, The President Elect, The Officers listed in Rule 10, and up to three duly elected delegates from each affiliated club. Each Association Council member shall be entitled to one vote only at all General Meetings of the Association no matter how many Clubs he may represent.
- b) A meeting of the Association Council shall be held annually, during the month of November each year. **Nine** persons to form a quorum.
- c) The President, Past Presidents, Hon. Life Members, the President Elect, Officers and Club Secretaries shall be given in writing, fourteen clear days notice of the Annual Council meeting, together with the agenda, copies of the Annual Reports, Statement of Accounts, Notices of Motions, and a list of nominations for Officers and members of the Executive Committee for the coming year.
- d) The business of the Annual General Meeting shall be:
 - i) To consider and, if approved, adopt the Annual Report and Statement of Accounts.
 - ii) To consider and, if approved, adopt proposals for the alteration, addition to or deletion from the Rules of the Association.
 - iii) To appoint the President, any additional Vice Presidents, Hon. Life Members, Officers and Executive Committee Members for the coming year.
 - iv) To appoint an independent Examiner of the Accounts who shall not be a member of the Executive Committee or a member of the family of a member of the Executive Committee.
 - v) To consider any motions of which due notice have been given.
- e) The President for the subsequent year shall, if approved, be nominated by the Executive on the advice of a meeting of Past Presidents, which shall be held before 1st March each year. The President will serve for a minimum of two continuous years.
- f) Nominations for Officers and elected members of the Executive Committee shall be made in writing or e-mail to the General Hon Sec. Nominations shall be in the hands of the General Hon. Secretary three weeks before the AGM. Existing members of the Executive Committee who wish to continue in the role to which they have been acting during the previous year are not required to complete nomination forms.
- g) The election of the Officers and Members of the Executive Committee shall be by ballot conducted in accordance with the appropriate Rules of Swim England South East Region.

In the event of equality of votes between two or more candidates, the Chairman shall have one or more casting votes.

A ballot paper bearing votes for more or less than the number of candidates to be voted for shall be invalid and excluded from the ballot.

Any member of the Council who is unable to attend the meeting shall have the right to vote by post. His ballot paper, in an inner sealed envelope, together with a certificate of authority to attend the meeting and a notice of inability to attend, shall reach the General Hon. Secretary at least two days before the date of the meeting. Postal votes shall be opened by the General Hon. Secretary at the time voting is taking place for the positions concerned.

- h) A special meeting of the Council shall be called:
 - i) by resolution of the Executive Committee
 - ii) on receipt by the General Hon. Secretary of a written requisition signed by not less than four delegates representing four different affiliated clubs.
 - iii) The quorum is to be 15 as identified in 7b.

The resolution or requisition shall state the business for which the meeting is to be called and no other business may be transacted at that meeting.

The meeting shall be held within six weeks of the receipt of the date of the resolution or receipt of the requisition. The President, Past Presidents, Vice Presidents, Hon. Life Members, the President Elect, the Officers and Clubs shall be given fourteen clear days notice, in writing, of the date, time and venue, together with an agenda.

8) NOTICES OF MOTION

- a) Notices of motion for changes to, additions to or deletions from the Rules of the Association and of other motions to be considered at the Annual Council Meeting shall be made, in writing, to reach the General Hon. Secretary three weeks before the ACM.
- b) A notice of motion may be made by and in the names of members of the Council, who shall propose and second it; or in the name of the Executive Committee or any of the Standing Committees by the Hon. Secretary of the proposing Committee, in which case it shall be proposed and seconded by members of the Committee.
- c) Voting on Notices of Motion shall be by show of authorised order papers. A proposal to change, add to or delete from the rules of the Association shall require a two thirds majority of those present and voting.

9) ALTERATION TO RULES

- a) The “Rules of the Association” may only be changed, added to or deleted at an Annual General Meeting of the Council or at a Special Meeting of the Council called for the purpose, except that, where these Rules are affected by changes in the Laws of Swim England, it shall be the duty of the Executive Committee to make them conform to these changes at the earliest possible opportunity.
- b) The Conditions for all Association Championships and Competitions, which are included as Bye Laws to this Constitution, may be altered by the Executive Committee by a simple majority of those present and voting, following receipt by the Executive of a proposal from the relevant technical committee.
- c) The Honorary General Secretary shall maintain an up-to-date copy of all the Championship Conditions and the Technical Secretaries shall maintain an up-to-date copy of the Championship Conditions relevant to their discipline. The Conditions shall be made available upon request by a Club or by a member of a club affiliated to EIASA. Included in the Handbook and published on the Association website.
- d) The Rules and Conditions shall be published on the website. Any amendments agreed at the AGM will be up dated on to the version published there as soon as practicable after the Annual Council Meeting.

10) OFFICERS

The following Officers shall be elected annually from and by the Council of the Association at the Annual General Meeting:-

- a) President,
- b) Honorary Treasurer and Trustee.
- c) Honorary General Secretary.
- d) Swimming Championships Hon. Secretary.
- e) Swimming Officials Hon. Secretary.
- f) Diving Hon. Secretary. (Dormant)
- g) Water Polo Hon. Secretary (Dormant)
- h) Life Saving Hon. Secretary (Dormant)
- i) Artistic Swimming Hon. Secretary. (Dormant)
- j) Masters Swimming Hon. Secretary
- k) Trophies Hon. Secretary.
- l) East Invicta eXcel Swim Squad Manager (Dormant)

It is understood all officials will serve for a minimum of 2 years. In the event that any of the disciplines are dormant then an officer will not be elected.

11) EXECUTIVE COMMITTEE

- a) The management of the Association shall be vested in an Executive Committee consisting of the President, Past Presidents, the Officers as set out in Rule 10 and one delegate of each member club. The President, when present shall take the chair, or nominate a chairman, at meetings of the Committee. In his absence, the meeting shall appoint a Chairman. Five members shall form a quorum.
- b) The Executive Committee shall meet at least six times per year and the General Secretary shall give members at least 7 days notice in writing of the date of the meeting. The dates for the following year's Executive Committee meetings will be set at the meeting immediately following the AGM
- c) The committee shall, at its meeting immediately following the Annual General Meeting each year, appoint the Standing Committees as defined in Rule 12.
- d) The Executive Committee shall keep minutes of its proceedings and shall furnish to the Swim England South East Region such information as it may from time to time require.
- e) The Executive Committee shall exercise control over the funds of the Association. It shall prepare a Report and Statement of Accounts of each year's activities and submit them to the Annual General Meeting of the Council.
- f) The Executive Committee shall have the power to make alterations/amendments to all the Championship Conditions upon receipt of a properly minuted proposal from the relevant Technical Committee provided that the alteration/amendment complies with Swim England Law.
- g) The Committee shall enforce the observance of the Laws and Rules of the Swim England South East Region and of the Association.
- h) The Committee shall have the power to fill any vacancies that may occur among the Officers and Committee.
- i) The Committee shall oversee the proceedings of the Standing Committees, issuing such directions as it thinks fit and shall approve, reject or amend their proposals.
- j) The Committee may appoint, and subsequently discharge, any sub-committee or working party.
- k) The Committee shall take appropriate action against any Club or individual found guilty of any infringement of the Rules of the Association in accordance with the Guidelines laid down by Swim England
- l) The Committee shall decide any matter not provided for in the Laws of Swim England, the rules of the Swim England South East Region or the Rules of the Association, subject to confirmation at the next Council Meeting.

12) DISCIPLINE

The Committee may require an individual member or club to resign if, in its opinion, the interests of the Association have been compromised by the member/club. Such action shall only be taken if the member/club has been notified, by registered post, stating the reasons for the action being taken. In the event of such a member/club failing to reply or declining to resign within the stated period, a special meeting of the

committee shall be called. At least two weeks notice shall be given to the member, and the individual concerned of this meeting.

At that meeting, they will have the opportunity of defending their actions. Should two thirds of the members present vote in favour of the member's expulsion, they shall cease to be a member of the Association. Such action shall always be taken in accordance with the guidelines for clubs with internal disputes and subject to the overriding Swim England Appeal Law.

13) **STANDING COMMITTEES**

Ex-Officio Members

The President, the General Hon. Secretary and the Hon. Treasurer shall be Ex officio members of all Standing Committees.

- a) **General Purposes Committee**
The President, Treasurer and General Secretary, The General Secretary is the secretary of the Committee. Any other member may be co-opted if required for the business of the meeting.
- b) **Diving Committee (Dormant)**
The Diving Secretary and will chair the meeting and two co-opted members,
- c) **Life Saving Committee (Dormant)**
The Life Saving Secretary who will chair the meeting and two co-opted members
- d) **Swimming Committee**
The Swimming Officials Hon. Secretary, the Asst. Swimming Championships Hon. Secretary, East Invicta Excel Swim Squad Manager, the Masters Swimming Hon. Secretary, and one member elected from the Executive Committee
- e) **Artistic Swimming Committee (Dormant)**
The Artistic Swimming Secretary and will chair the meeting and two co-opted members
- f) **Water Polo Committee (Dormant)**
The Water Polo Secretary who will chair the meeting and two co-opted members

14) **POWERS AND DUTIES OF THE STANDING COMMITTEES**

- a) **General Purposes Committee**
 - i) Deal with matters that cannot wait until the next scheduled Executive Meeting.
 - ii) To consider matters relative to the finance, policy, organisation and administration of the Association.
 - iii) Deal with any matters of discipline against the Rules of the Association on behalf of the Executive Committee, following the procedure laid down in Rule 12 and report to the Executive Committee its recommendations.
 - iv) Recommend to the Executive Committee appropriate action against any club or individual found guilty of infringement of the Rules of the Association.
 - v) Deal with any non-technical matters referred to it by the Executive Committee.
- b) **Diving Committee**
 - (i) Advise the Executive Committee on all matters relating to diving and submit recommendations for diving facilities and equipment.
 - (ii) Make all arrangements for the holding of Championships, other Competitions and representative matches.
 - (iii) Appoint all officials for the East Invicta Diving Championships, competitions and any representative matches held under the auspices of the Association.
 - (iv) Advise on the selection of competitors to represent the Association and nominate candidates for the award of Association Colours.
 - (v) Conduct training courses for performers and coaches to arrange educational programmes and conferences.
 - (vi) Deal with any other matter concerning their branch of the sport that may be referred to them by the Executive Committee.
- c) **Life Saving Committee**

- i) Advise the Executive Committee on all matters relating to life saving and submit recommendations for life saving facilities and equipment.
 - ii) Make all arrangements for the holding of Championships, other Competitions and representative matches.
 - iii) Appoint all officials for the East Invicta Life Saving Championships, competitions and any representative matches held under the auspices of the Association.
 - iv) Advise on the selection of competitors to represent the Association and nominate candidates for the award of Association Colours.
 - v) Conduct training courses for performers and coaches and to arrange educational programmes and conferences.
 - vi) Deal with any other matter concerning their branch of the sport that may be referred to them by the Executive Committee.
- d) Swimming Committee**
- i) Advise the Executive Committee on all matters relating to swimming and submit recommendations for swimming facilities and equipment.
 - ii) Make all arrangements for the holding of Swimming Championships, other Competitions and representative matches. Make arrangements for the holding of Masters Swimming Competitions/Championships where necessary.
 - iii) Appoint all officials for the East Invicta Swimming and Masters Swimming Championships, competitions and any representative matches held under the auspices of the Association.
 - v) To make recommendations to the Executive Committee concerning the financing of the activities of the East Invicta eXcel Swim Squad **(Currently Dormant)**
 - vi) Deal with any other matter concerning their branch of the sport that may be referred to them by the Executive Committee.
- e) Artistic Swimming Committee (Dormant)**
- i) Advise the Executive Committee on all matters relating to Artistic swimming and submit recommendations for Artistic swimming facilities and equipment.
 - ii) Make all arrangements for the holding of Championships, other Competitions and representative matches.
 - iii) Appoint all officials for the East Invicta Artistic Swimming championships, competitions and any representative matches held under the auspices of the Association.
 - iv) Advise on the selection of competitors to represent the Association and nominate candidates for the award of Association Colours.
 - v) Conduct training courses for performers and coaches and to arrange educational programmes and conferences.
 - vi) Deal with any other matter concerning their branch of the sport that may be referred to them by the Executive Committee.
- f) Water Polo Committee (Dormant)**
- i) Advise the Executive Committee on all matters relating to Water Polo and submit recommendations for Water Polo facilities and equipment.
 - ii) Make all arrangements for the holding of Championships, other Competitions and representative matches.
 - iii) Appoint all officials for the East Invicta Water Polo Championships, competitions and any representative matches held under the auspices of the Association.
 - iv) Advise on the selection of competitors to represent the Association and nominate candidates for the award of Association Colours.
 - v) Conduct training courses for performers and coaches and to arrange educational programmes and conferences.
 - vi) Deal with any other matter concerning their branch of the sport that may be referred to them by the Executive Committee.

15) ATTENDANCE AT EXECUTIVE MEETINGS

- a) The Executive may declare that an officer or an elected member of the Executive who has been absent from three consecutive Executive Meetings (without grounds considered sufficient by the Executive Committee) has vacated his office or seat provided that the person concerned has been notified that

such a proposal is to be put before the Executive. The Executive may then exercise its authority under Rule 11 (h) to fill the vacancy.

- b) Where an officer is also the President or a Past President or a Hon. Life Member, the exercise of this rule will not affect his/her rights to attend Executive Meetings as bestowed by Rule 11 (a).

16) FUNDS OF THE ASSOCIATION

- a) The financial year of the Association shall end on the 31st July of each year, up to which date all accounts and other reports shall be made.
- b) All funds and property of the Association shall be applied to the furtherance of the objects of the Association. In the event of dissolution of the Association, the funds remaining shall be devoted to objects similar to those of the Association.

17) EXAMINER OF ACCOUNTS

An independent examiner, who shall not be a member of the Executive Committee or a member of the family of an Executive Committee member, shall be appointed annually by the Association Council at the Annual General Meeting.

18) INTERPRETATION OF RULES

In the event of any question arising as to the correct interpretation of these Rules, or any other question not herein provided for, such question shall be referred to the Executive for decision.

BYE LAWS CONCERNING EAST INVICTA CHAMPIONSHIPS AND COMPETITIONS

SECTION A – ANNUAL SWIMMING CHAMPIONSHIPS

COMPETITION RULES AND MEET INFORMATION

1. Qualification

- a) Entry is open to members of clubs that are affiliated to the East Invicta Swimming Association as set out in the Association constitution. Swimmers from other clubs may not enter.
- b) Each person entering the Championships/Competitions shall have been a member of a Club affiliated to the Association at the entry closing date of the relevant championship or competition. Any swimmer who has competed for one club in the Championships will be ineligible to swim for another club in the Championships during the same year.
- c) A swimmer who is a member of more than one club at the time of entry is eligible to swim under the name of whichever club he or she chooses. If they have entered to swim as an individual, they may only swim for this same club in the team races.
- d) Entries will only be accepted from clubs who have paid their affiliation fees in accordance with paragraph 5 of the constitution. New clubs must have been a member of the Association for three months prior to the entry closing date of the relevant championship or competition.

2. General Information

- a) The meet will be held at Dover Leisure Centre and swum under SWIM ENGLAND Laws and Technical Rules and will be licensed at Level 2 by Swim England for entry into County Championships, Regional and short course National Championships.
- b) The pool is 25 metres long with 8 lanes, anti-wave lane ropes, electronic timing and a digital scoreboard display. Results will be available via the East Invicta website at the end of the meet. There will also be a live link to the results via the Association website.
- c) The following age group events will be promoted for both Open/Male and Female:

9/10yrs, 11/12yrs, 13/14yrs, 15yrs +

INDIVIDUAL EVENTS:

50m	Butterfly – Breaststroke – Backstroke & Freestyle.	(Finals)
100m	Butterfly – Breaststroke – Backstroke & Freestyle.	(HDW)
200m	Butterfly – Breaststroke – Backstroke & Freestyle	(HDW)
400m	Freestyle / Individual Medley (not 9yrs)	(HDW)
100m	Individual Medley 200m Individual Medley	(HDW)
800m	Freestyle (not 9/10yrs)	(HDW)
1500m	Freestyle (not 9/10yrs)	(HDW)

TEAM EVENTS:

9/10, 11/12, 13/14, Junior 4 x 50m Freestyle & Medley Relays.

Open Age Group 4 x 100m mixed Freestyle and Medley relays
(2 x male/open swimmers and 2 Female swimmers who may swim in any order)
8 x 50m mixed Freestyle relay
(4 x male/open swimmers and 4 Female swimmers, one from each age group who should swim in age order, female first)

- d) All events will be HDW except for 50m events which will have finals. HDW and the heats of the 50m events, will be swum as combined age groups and seeded slowest to fastest irrespective of age. The fastest three heats will be spearheaded.
- e) Finalists who do not wish to take part in the final should advise the recorder in the timing office 30 minutes after the heat results have been announced. Once finals have been seeded in the event of a late withdrawal the reserve will be slotted into the empty lane.
- f) Age of swimmer will be as at the final day of competition. A “Junior” shall be under 17 as at the final day of competition. In the Team events swimmers may swim up an age group except in the 8 x 50m relay.

- g) Entry is open to members of clubs that are affiliated to the East Invicta Swimming Association as set out in the Association constitution and Bye Laws. Swimmers from other clubs may not enter.
- h) 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 their birth sex is female.
- i) For team events Clubs should list names, dates of birth and SWIM ENGLAND Registration for each swimmer. The team may list a maximum of 5 swimmers, 4 of whom will compete in each event. Where clubs use club management software these formats are acceptable.
- j) **8x 50 Mixed squadron relay** - If 10 clubs enter the championships then 6 teams from the clubs with highest number of entrants (*not entries*) will take part plus, with two teams jointly from the remaining 4 – club 7 will work with 10, club 8 with 9. If 9 clubs enter 7 teams from the clubs with highest number of entrants, one team jointly from the remaining two. There will be no charge to clubs for this event.
- k) Clubs may not select swimmers to take part in a team event if they have competed in an individual event representing a different club in these championships
- l) Clubs may enter two relay teams per event. A third team may be entered provided this does not result in an extra heat being required and will not be eligible for points.
- m) "Over the top" starts will be used in the heats at the discretion of the referee.
- n) Coaches must withdraw any swimmers not present, or who no longer wish to take part at the relevant desk **no later than the beginning of warm up for each session** and for events in that session only. A meet management link will be provided to clubs to enable this to be done electronically.
- o) Entry times must have been achieved since October 1st in the year prior to the championships and must be verifiable on the National Rankings database. Long course times converted to short course can be used.
- p) Entry times will not be amended if swimmers achieve faster times after entries have been submitted.
- q) There are no qualifying times for the 800m and 1500m events. **To enter swimmers must have a time that is verifiable on the rankings database.** The fastest entries will be accepted for 5 heats of 800m and 3 heats of 1500m. This will be done proportionately across all age groups giving equal weighting to male/open & females. Rejected swimmers with valid times will be listed in order of their % of the fastest time in their age group and will be offered swims in the event of withdrawals.
- r) Time trials will not be accepted other than for the 800m and 1500m events, and then only if there are empty lanes once the entries have been processed. Swimmers with times on rankings should enter normally and will not be eligible to do a time trial. For these two events only, clubs should manually enter by e-mail, swimmers who do not have times that are supported by rankings. The following information should be submitted:

Club	
Name registered with Swim England	
DOB	
Entry Time	

These entries must have times ratified by the club coach – **entries will not be accepted from swimmers with no times.** Once entries have been processed clubs will be advised how many time trials have been accepted. If required there will be a ballot to determine the swimmers who can compete in the available lanes. This will be done by the promoter.

- s) Entry Fee: £5.00 per event for individual events. £9.00 for relays.
- t) **Clubs must enter electronically using the Sportsystems data file provided and this should be sent by e-mail to: lynngates@live.co.uk**
A summary of all entries should be sent by e-mail with the entry file.

Do not make any payment until requested to do so. Clubs will be invoiced and requested to pay by BACS to:

NatWest Folkestone branch

Sort code: 52-41-42
Ac No: 15715167

- u) **Electronic entries must be received by Friday October 2nd, 2026.** Coach declaration and summary of entries should also be sent by e-mail by this date.

- v) The promoter may have to restrict entries to ensure the competition runs within the timetable guidelines set out by Swim England. In this event the slowest swimmers will be rejected. As far as practicable this will be in even proportions across all age groups.
- w) A list of accepted entries will be sent to club entry secretaries and posted on the Association website as soon as practicable after the closing date for the Championships.
- x) Coaches' passes will not be issued. Clubs are expected to provide sufficient staff to manage their swimmers on poolside and comply with Swim England Team Manager, Coach and Chaperone Policy, (SE1048 -16/05/23) which can be found by following this link:

<https://www.swimming.org/swimengland/swim-england-relases-supervision-ratios-policy/>

Coaches and TMs must wear club-branded kit, so they are clearly identifiable. A declaration of coach and helper names is required to be submitted with the entries.

3. Supplementary Para Conditions

- a) These championships shall be run with multi classification para swimming inclusive events.
- b) The following events will be offered

Event	Eligible Classifications
50m Freestyle	S1 - S14
100m Freestyle	S1 - S14
200m Freestyle	S1 - S14
400m Freestyle	S6 - S14
50m Backstroke	S1 - S5
100m Backstroke	S1, S2, 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

- c) The minimum age for entry will be 11 years as of 31 December 2026.
- d) All para swimmers must have an authorised IPC Swimming, British Swimming, INAS-FID or British Blind Sport classification, which is held on the British Swimming or IPC Swimming classification database at the time of entry.
- e) There will be no qualifying standard for para swimming competitors, but times entered must have been achieved since 1st October 2025 and recorded on Swim England Rankings – submitted times should be short course.
- f) Para swimmers will be entered manually by the East Invicta Entry Secretary. Their details should be entered on the separate sheet and enclosed with the entry summary.
- g) A Para Swimming competitor who qualifies for an able-bodied final, may swim in that final. There will be no finals for Para Swimmers swimming in multi classification events. There will be no separate heats for Para swimmers, entrants being seeded by time to compete with able-bodied swimmers. All Para events will be heat declared and final positions based on the relevant BD points.

4. Results

These will be posted on the wall in the corridor between the main reception area and the balcony. They will also be available on the web site as soon as practicable after the event. There may be live results running during the gala via a link on the East Invicta website

5. Programme

There will be no printed programme listing swimmers' names, a PDF version will be available on the website and can be downloaded if you wish to have a hard copy. Start lists will be supplied to all clubs once withdrawals have been

processed, generally this is about 30 minutes after the start of the warmup. These will also be a link to Live Results, where start lists can also be viewed as well as the results.

6. Awards

- a) Awards will be made to the fastest 6 in each age group as defined in 1(c), for HDW events and to all 8 finalists for events that have finals. Swimmers who are disqualified will not receive an award.
- b) Awards will be made to the top 3 relay teams in each event.
- c) There will be no presentations for HDW events. Awards to the top 6 swimmers in HDW events will be available for collection from the awards table as soon as the announcement of the result has been made.
- d) Awards for events in which finals have been swum will be presented at the end of each session.
- e) **Swimmer of the Year** There will be an award for the top three swimmers overall in each age group namely, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs & 15yrs and over. This will be determined by Bagpoints, or their age group-corrected equivalent on the following basis:
 - (i) Best 50m
 - (ii) Best 100m
 - (iii) Best 200m Form stroke (back, breast, fly)
 - (iv) Best freestyle from 200m, 400m, 800m or 1500m.
 - (v) Best Individual Medley from 100m, 200m or 400m.*(9 & 10 year swimmers will not take part in some of these events so will count only those for which they are permitted to enter)*

These will be presented during the final session when the relays are swum.

- f) **Top Club** - Individual points are awarded to clubs for an Open/Male trophy and a Female trophy as follows:

1st place - 6 points	2nd place - 5 points	3rd place - 4 points
4th place - 3 points	5th place - 2 points	6th place - 1 point

- a) **Top Relay Club** - Points are awarded to each team as set out in paragraph 4 (f)

7. Photography

Swim England do not require persons wishing to film during the event to register their names, however anyone wishing to carry out video, zoom or close-range photography is required to do so in accordance with the guidelines which can be found in Wavepower. These conditions also apply to swimmers on poolside. It is a condition of entry to this competition that all competitors consent to photography, performed in accordance with these guidelines.

8. Mobile Phones

Swim England have issued strict instructions that prohibit the use of mobile phones in changing rooms. This is for the protection of our athletes from improper use.

- Swimmers are not permitted to take any electronic devices into the changing village unless they are in their bags or pockets.
- Coaches and volunteers must keep their phones in their bags / pockets when they are walking through the changing village.
- There will be marshals patrolling the changing areas - anyone found not following the rules may be reported to the National Safeguarding Team and asked to leave the centre immediately.
- It is a criminal offence to take pictures under or over cubicle doors so there will be no alternative than to call the police if an incident occurs.

9. Data Protection

Swim meet entries and results will be managed on a computer; they will appear on the East Invicta Website and published in the SWIM ENGLAND rankings database. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. To comply with EU General Data Protection Regulation (GDPR) May 2018, this computer is password protected. The information supplied will be used to seed the entries into age groups and will not be used for any other purpose.

By submitting their entry swimmers and their parents accept these conditions in full. Clubs will be advised by e-mail as soon as practicable after the closing date the names of accepted swimmers. A full list of accepted entries will also be posted on the East Invicta Website. If refunds are required these will be made by BACS to the club from which the entry was received.

The promoter's details need to appear here to comply with Swim England regulations.

Section B: DEVELOPMENT GALA

COMPETITION RULES AND MEET INFORMATION

1. General Information

- a) The meet will be held under Swim England Laws and Technical Rules at Dover Leisure Centre and is licensed by Swim England for entry into County Championships. Age Groups: -
9 years old, 10/11 years old, 12/13 years old, 14/15 years old, 16-18 years old
- b) Entry is open to members of clubs that are affiliated to the East Invicta Swimming Association (These are: Ashford School, Canterbury, Deal Tri, Herne Bay, Thanet, Dover, Folkestone, Hythe Aqua, Ashford, Faversham, Kings School, White Cliffs Dover). Swimmers from other clubs may not enter.
- c) 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 their birth sex is female.
- d) Age of swimmer will be as on the May 17th, 2026.
- e) The pool is 25 metres long with 8 lanes, anti-wave lane ropes and electronic timing in operation with continuous digital scoreboard display.
- f) All swimmers will be assumed to be taking part unless their club coaches withdraw them prior to the start of warm up. Coaches must withdraw any swimmers who are not present or who no longer wish to take part at the relevant desk **not later than the beginning of warm up for each session** for events in that session only.
- g) Swimmers do not require an entry time to enter this competition. Swimmers that have swum faster than the upper limit times since September 1st in the year prior to competition, may not enter the event concerned.
- h) All events will be HDW, swum as combined age groups and seeded slowest to fastest irrespective of age. The last three heats will be spearheaded.
- i) "Over the top" starts will be used in the heats at the discretion of the referee.
- j) Coaches' passes will not be issued. Clubs are expected to provide sufficient poolside staff to manage their swimmers on poolside and comply with Swim England Team manager, Coach and Chaperone Policy, (SE1048 -16/05/23) which can be found by following this link:
<https://www.swimming.org/swimengland/swim-england-relases-supervision-ratios-policy/>
They must wear club branded kit, so they are clearly identifiable. A declaration of coach and helper names is required to be submitted with the entries.
- k) Times will not be amended if swimmers achieve faster times after entries have been submitted.
- l) The promoter may have to restrict entries to ensure the competition runs within the timetable guidelines set out by Swim England. In this event the fastest swimmers will be rejected. As far as practicable this will be in even proportions across all age groups.
- m) Clubs should enter electronically using the data file provided and this should be sent by e-mail to:
lynngates@live.co.uk
- n) Electronic entries, coach declaration and summary of entries **must be received by Thursday 30th April.**
- o) Entry Fee: £4.50 per event.
- p) Payment should be made by BACS to:
Nat West Bank Sort code 52-41-42 Account: 15715167

2. Programme

There will be no printed programme listing swimmers' names, a PDF version will be available on the website and can be downloaded if you wish to have a hard copy. Start lists will be supplied to all clubs once withdrawals have been processed, generally this is about 30 minutes after the start of the warmup. These will also be a link to Live Results, where start lists can also be viewed as well as the results.

3. Awards

Awards will be made to the fastest 6 in each age group in accordance with SWIM ENGLAND rules.

4. Results

These will be posted on the wall at the shallow end of the pool and the balcony. They will also be available on the web site as soon as practicable after the event. There may be live results running during the gala via a link on the East Invicta website.

5. Photography

SWIM ENGLAND no longer require persons wishing to film during the event to register their names, however anyone wishing to carry out video, zoom or close-range photography is still required to do so in accordance with SWIM ENGLAND Guidelines which can be found in Wavepower. These conditions also apply to swimmers on poolside. It is a condition of entry to this competition that all competitors consent to photography, subject to these guidelines.

6. Mobile Phones

Swim England have issued strict instructions that prohibit the use of mobile phones in changing rooms. This is for the protection of our athletes from improper use.

- Swimmers are not permitted to take any electronic devices into the changing village unless they are in their bags.
- Coaches and volunteers must keep their phones in their bags / pockets when they are walking through the changing village.
- There will be marshals patrolling the changing areas - anyone found not following the rules may be reported to the National Safeguarding Team and asked to leave the centre immediately.
- It is a criminal offence to take pictures under or over cubicle doors so there will be no alternative than to call the police if an incident occurs.

7. Data Protection

Swim meet entries and results will be managed on a computer; they will appear on the East Invicta Website and published in the SWIM ENGLAND rankings database. By submitting entries, consent is thereby given, as required under the Data Protection Act 1984, to the holding of personal information on a computer. To comply with EU General Data Protection Regulation (GDPR) May 2018, this computer is password protected. The information supplied will be used to seed the entries into age groups and will not be used for any other purpose.

By submitting their entry swimmers, and their parents, accept these conditions in full. Clubs will be advised by e-mail as soon as practicable after the closing date of accepted swimmers. A full list of accepted entries will also be posted on the East Invicta Website. If refunds are required these will be made by BACS to the club from which the entry was received.

SECTION C: MASTERS' SWIMMING CHAMPIONSHIPS

COMPETITION RULES AND MEET INFORMATION

1. General Information

- a) The meet will be held under SWIM ENGLAND Laws and Technical Rules. Age Groups: -

YM – 18-24

A – 25/29

B – 30/34

C – 35/39

D – 40/44

E – 45/49

F – 50/54

G – 55/59

H – 60/64

J – 65/69

K – 70/74

L – 75/79

M – 80/84

N – 85/89

O – 90+ yrs

- b) Events for all age groups are:

i) Individual Events – Open/Men and Ladies

50m Butterfly

50m Backstroke

50m Breaststroke

50m Freestyle

100m Freestyle

100m Individual Medley

ii) Team Events will be mixed sex relays comprising 2 x male/open swimmers and 2 Female swimmers who may swim in any order.

120 years 4 x 50m Freestyle and Medley Relay

160 years 4 x 50m Freestyle and Medley Relay

200 years 4 x 50m Freestyle and Medley Relay

240 years 4 x 50m Freestyle and Medley Relay

Team races are limited to two teams per club for each age group,
Competitors in the YM category may not take part in relays.

- c) Entry is open to members of clubs that are affiliated to the East Invicta Swimming Association as set out in Section B of the Association constitution and Bye Laws. **Swimmers from other clubs may not enter.**
- d) 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 their birth sex is female.
- e) Competitors in Group A must be 25 years or over on the date of the Championships otherwise ages are taken as at 31st December in the year of the Championships.
- f) For team events Clubs should complete a list for each team listing names, dates of birth.
- g) The pool is 25 metres long with 8 lanes, anti-wave lane ropes and electronic timing with continuous digital scoreboard display. Results will be available via the East Invicta website at the end of the meet.
- h) "Over the top" starts will be used at the discretion of the referee.
- i) Coaches must withdraw any swimmers not present or who no longer wish to take part at the relevant desk **no later than the beginning of warm up for each session** and for events in that session only.
- j) All events will be HDW and swum as combined age groups and seeded slowest to fastest irrespective of age. The last heat will be spearheaded.
- k) Coaches' passes will not be issued. Clubs are expected to provide sufficient poolside staff to manage their swimmers on poolside. They must wear club branded kit, so they are clearly identifiable.
- l) Entry times will not be amended if swimmers achieve faster times after entries have been submitted.
- m) In the event that the promoter may have to restrict entries in order to ensure the competition runs within SWIM ENGLAND timetable guidelines, the slowest swimmers will be rejected. As far as practicable this will be in even proportions across all age groups.
- n) Entry Fee: £5 per event for individual events. £8 for relays.
- o) **Clubs must enter electronically using the data file provided and this should be sent by e-mail to: lynngates@live.co.uk** A summary of all entries is required to be sent by e-mail.

Payment should be made by BACS to:

NatWest Folkestone branch

Sort code:

52-41-42

Ac No:

15715167

Please do not send hard copies of the entries. These should be retained by the club.

- p) Electronic entries must be received by the closing date advertised. Entry Fees and the summary of entries should be sent by e-mail by this date also.
- q) A list of accepted entries will be posted on the Association website as soon as practicable after the closing date.

2) Results & Awards

These will be posted on the wall at the rear of the balcony and on the glass wall at the shallow end of the pool. There may be a live results running during the gala via a link on the East Invicta website. They will also be available on the web site as soon as practicable after the event.

- a) There will be a 'Best Club' award decided on a points system as follows:

1st – 3 points

2nd – 2 points

3rd – 1 point

A trophy will be presented at the end of the gala to the Club gaining the most points for the Championships.

- b) For each event awards will be made to the top 3 swimmers in each age group.
- c) The East Invicta Masters Swimmers of the Year trophies for male/open & female competitors will be presented at the end of the competition. This will be determined by reference to the "Age adjusted times" and the associated points achieved at the Championships for all individual events swum.

3) Data Protection

Your privacy is important to us. The reason we need your data is to be able to administer your competition entry. We will publish your Personal Information as part of the results of the competition and will pass such information to the governing body or any affiliated organisation for the purpose of licenses or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, and age category. All data files containing your personal information in relation to the gala held by East Invicta will be securely stored on a password protected computer. Results from this gala will be posted on the EI website.

By submitting their entry, swimmers accept these conditions in full. Clubs will be advised by e-mail as soon as practicable after the closing date of accepted swimmers. A full list of accepted entries will also be posted on the East Invicta Website. In the event that refunds are required these will be made via the club from which the entry was received.

SECTION D: EAST INVICTA EXCEL SWIMMING TEAM (Dormant) **Information available from the Secretary of the Association**

SECTION E: WATER POLO COMPETITIONS AND CHAMPIONSHIPS **Information available from the Secretary of the Association**

SECTION F: DIVING CHAMPIONSHIPS **Information available from the Secretary of the Association**

SECTION G: LIFE SAVING CHAMPIONSHIPS **Information available from the Secretary of the Association**

SECTION H: ARTISTIC SWIMMING CHAMPIONSHIPS **Information available from the Secretary of the Association**