



## Kent County Championships 2026 – Update 8 – 2026-01-28 Sessions 6 to 9 - 31<sup>st</sup> January/1<sup>st</sup> February @ LAC Stratford

### Timings

**Please note that the PM warm up sessions are earlier than Weekend 1.**

#### Saturday 31<sup>st</sup> January

Building Open to Swimmers, Coaches, TMs, Officials, Volunteers – 07:30

Building Open to Spectators – 08:00

Warm Up (3x 18 mins) – 08:15 to 09:09

Session 6 – 09:15 to 12:50

Warm Up (4x 15 mins) – 13:00 to 14:00

Presentation to the County Championship Team – 14:05

Session 7 – 14:15 to 17:30

#### Sunday 1<sup>st</sup> February

Building Open to Swimmers, Coaches, TMs, Officials, Volunteers – 07:30

Building Open to Spectators – 08:00

Warm Up (3x 18 mins) – 08:15 to 09:09

Session 8 – 09:15 to 12:50

Warm Up (4x 15 mins) – 13:00 to 14:00

Session 9 – 14:10 to 17:30

[LINKED] Warm Up Schedule for Sessions 6 to 9

There are changes to the Warm Down arrangements at LAC this year, as we are unable to access the training pool. For the AM sessions, the main competition pool will be available for use for warm down for 20 minutes between the heats and finals.

From 1pm on Saturday and from 2pm on Sunday, the diving pool will be available for use as warm down for the afternoon sessions. **Before this time, competitors should not use the diving pool as it is unavailable to us.**

### Presentation to the National County Team Championship Team - Saturday

As many will be aware the County Team won the National County Team Championships in Sheffield last October for the third time in 4 years. This is an amazing achievement by Kent swimmers and coaches as we are a County without the use of Long Course facilities in our own County and we were up against many Counties who have the benefit of not only a number of long course facilities but also of attracting swimmers from around the Country and beyond to the dedicated Swimming Schools within their Counties. **We will be making a presentation to the Team immediately after the PM warm up on Saturday 31st January at the Diving Pool end. Please could those clubs with swimmers in the team please advise their swimmers** – attendance is not obligatory but it would be good to have as many there as possible.

Swimmers who were part of the County Team may warm up in an earlier session to ensure that they are ready on poolside in time for the presentation.

### 8-12 Year Old Development Pathway Parents Talk - Sunday



All parents of swimmers aged 12 at the end of this year (i.e. born in 2014) are encouraged to join us for a brief introductory talk on the Swim England 12 Year Development Programme which is administered by the County. This will be given by Gary Inch of Greenwich Royals who will be the lead coach for the programme. The talk will be at approximately 1300 on Sunday (or as soon as swimming finishes after Session 8). It will take place in the Creche at LAC which is by the main reception area on the lower level. There will be limited seating for those less able to stand but the session should not last more than half an hour. Space is limited, so please can only one parent per swimmer attend.

### Withdrawals

Clubs should withdraw swimmers via the QR codes provided by Lynn Gates. Clubs are reminded that where a swimmer does not swim and has not been withdrawn that a £20 fine will apply. Withdrawals can be made up until the start of warm up.

If you are owed a refund for a medical withdrawal, these will be processed after the conclusion of the Championships through your club gala secretary.

### Certificates of Exemption

Swimmers and/or Team Managers must present any exemption certificates to the referee before the start of the race, and ideally before the start of the session.

If a swimmer has any other needs or conditions that may affect them before, during or after a race, that is not covered by an exemption certificate, it is advisable that this is brought to the attention of the referee before the start of the race, including taping.

### Medals, Presentation and Trophies

The medals table will be on the balcony between the spectator and swimmer galleries. Trophies will also be presented on that balcony. This will allow parents the opportunity to take photographs of their swimmers with their medals etc. Because of time constraints there will not be formal presentations. Please be aware that in order to claim your trophy from your event, you will need to sign a claim form as you will be responsible for it. Further information can be found here.

Swimmers, Parents and Coaches - please treat those working the medals and trophies table with the utmost respect. They are volunteers working in a hugely pressured environment particularly at the end of sessions. Expressions of impatience or rudeness are totally uncalled for and will be reported back to your club or in more serious cases to the County Swimming Committee who will take action as they see fit.

We much prefer swimmers to collect their own medals as they are the ones who won them, although we appreciate that at the end of the day some swimmers will be changing and so unable to collect themselves. If you can collect your medals early in the day rather than leave it to the end of afternoon sessions, it would be much appreciated.

[LINKED] [Kent County Trophy Information](#)

### Safeguarding

**From Chelsey Denney, the Kent County Welfare Officer:**

Please read the attached document very carefully. As noted within it:



**It is the club and parents' responsibility to make sure swimmers are aware of the rules. If they get caught doing the wrong thing "I didn't know" will not be a valid excuse or exempt them from any consequences.**

**Kent County reserve the right to remove swimmers from the championships, without refund, if they are caught in violation of any of the rules.**

Finally, I know that this is a very exciting time for everyone. Kents is the culmination of a lot of hard work and commitment from both the swimmers and their families. However, swimming is not only about performance, but also about enjoying the experience.

I have attached the link to a video that serves as a very important reminder to everyone as we head into two weeks of intense racing.

["My Magic Sports Kit" Video](#), by the NSPCC

[LINKED] Kent County Championships 2026 Safeguarding Reminders

### Changing Rooms

Swimmers are reminded of the Wavepower guidelines on changing rooms. **Usage of a mobile phone or device in the changing rooms is prohibited.**

- X No Taking Photos or Videos
- X No Texting
- X No Making Phone Calls
- X No Browsing The Internet

We reserve the right to remove swimmers from the Championships if they are found to be using mobile phones and other devices in the changing rooms.

### Merchandise

Merchandise for the Championships is now available to purchase [from SwimPath](#). There are a range of hoodies, t-shirts and swim caps available, with a bundle deal for all three items in any combination of designs. Please note that online orders from now onwards will be sent to your address towards the end of February – no further orders are eligible for collection from LAC.

### Photography

Kent ASA is delighted to have again secured the services of professional swim photographer Jason Shepherd. This is a chance to pre-book exclusive commission photography of your swimmer in action. Bookings are open now on a first-come, first-served basis. With limited slots, book early to take advantage of the "In Advance" pricing. Clubs can also engage with Jason to create great promotional content for their socials. For more information, check out [Jason's website](#).

### Accreditation

Applications for accreditation are closed, however if an emergency change is needed, please notify John King ([john.king@kentswimming.org](mailto:john.king@kentswimming.org)) with any required changes.

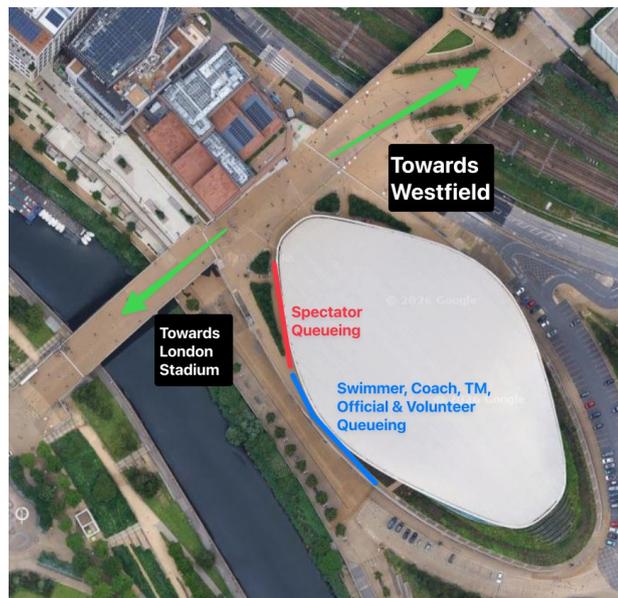


## Spectator Information

Spectator tickets for all sessions are now available for purchase. Tickets for the LAC sessions are priced at £6.50 per session. Please note that you may be subject to a bag search on entry to the LAC.

There are no cash sales on the door – all tickets must be bought online through the link above. Please ensure you have saved or screenshotted your confirmation email to enable us to get people seated on poolside as quickly as possible.

Access to the building is on the West Ham side of the LAC, using the door nearest the gym. **This is the only entrance this year. Spectators are asked to queue from the entrance towards the bridge, with all other attendees queueing the opposite way.**



The 'No Food' policy at LAC preventing bringing in food from outside remains in force except for the swimmers and coaches/team managers who may bring in their own food. Bags will be checked at the entry point by security staff. There is a café by the reception area. Past experience has shown that queues can be long and slow moving especially during the break so please be patient. This is totally outside the control of the County.

## Parking

**Spectators should avoid parking at the LAC car park unless absolutely necessary. We advise parking in the Westfield car park.** As there is no West Ham match this weekend, access through Westfield to their car park and Stratford station should be clear on both days.

If you intend to park in the car park at the Aquatics Centre you must register your vehicle in reception on the ground floor on arrival (it is the touch pad on the pools side of the reception desk).

If you do this you will get the member's car parking rate. You must still enter your registration number before leaving in the machine which is in the car park towards the entrance and exit to the car park and make payment there.

If you do not register your vehicle at reception you will be charged at the full rate which is understood to be in the region of £45 per day. If you fail to pay at all you will receive a penalty notice in the minimum sum of £60.

## Streaming

The event will be livestreamed – videos can be accessed on the [Kent Swimming YouTube channel](#).

## Nathan Friend

**Events Manager – Kent Swimming**