

# National Junior Para-Swimming 2026 Programme



**#JuniorSwimming2026**

Led by

**activity  
alliance** | disability  
inclusion  
sport

 **Swim England**  
**Para-Swimming**

# Contents

Welcome from our CEO – Adam Blaze .....	3
Event Information .....	4
About the venue .....	4
Live results .....	4
Photographs.....	4
Event survey.....	4
About Activity Alliance.....	5
Join the Movement.....	5
Be a fundraiser for Activity Alliance.....	6
Activity Alliance Learning Hub .....	7
Education hub .....	7
Inclusion 2028.....	7
Swimming stories: A life-changing journey for Rose .....	8
A big thank you .....	10
Event timetable.....	14

# Welcome from our CEO – Adam Blaze

I'm delighted to welcome you to the Alan Higgs Centre in Coventry for the 2026 National Junior Para-Swimming. Organised by Activity Alliance in partnership with Swim England, this event plays a vital role in creating more opportunities for disabled people to take part in sport and physical activity, while providing a platform for talented young swimmers to develop and showcase their abilities.



Over the years, more than 5,000 talented young disabled people have taken part in this junior swimming programme. Many have gone on to achieve great success in the sport, while all have benefited from the confidence, friendships and experiences that participation brings.

I would like to extend a sincere thank you to the Activity Alliance team, our dedicated volunteers, officials and event partners whose hard work and commitment make this competition possible. Their efforts ensure that every swimmer has the opportunity to compete in a positive, welcoming and inclusive environment. Finally, a heartfelt thank you to all the participants, parents, carers, coaches and clubs taking part this weekend. Your passion, determination and sportsmanship bring this event to life and inspire everyone who is involved. I wish all competitors the very best of luck and hope you enjoy a memorable and successful championship.

Adam Blaze  
Activity Alliance CEO

## Follow Activity Alliance on Social Media and use #JuniorSwimming2026

Instagram – [activity\\_alliance](#)

Facebook – [ActivityAlliance](#)

LinkedIn – [activity-alliance](#)

BlueSky - [@ActivityAlliance](#)

X - [@AllForActivity](#)

# Event Information

## About the venue

This weekend's event takes place at the Alan Higgs Centre, Allard Way, Coventry CV3 1HW.

### Session times:

Saturday 13 June 2026: Session one – 12:00. Session two – 16:00.

Sunday 14 June 2026: Session three – 09:00. Session four – 12:30.

## Live results

Start sheets and live results will be available online. Follow the Activity Alliance social media channels, check the Activity Alliance website or scan the results QR code in the venue.

## Photographs

There will be an official photographer present at the event taking pictures for Activity Alliance's social, digital and print media assets (which includes videos, graphics, presentations blogs/news articles and campaigns) for use across Activity Alliance's website, social media channels, presentations, events and resources.

If you do not wish to be photographed, please let us know.

Parents/guardians please avoid taking photos and filming children not in your care and make every effort to edit and remove children not in your care before sharing your photos/footage with others.

## Event survey

Activity Alliance values the feedback of swimmers, parents, coaches and spectators at our events. To share yours, please scan the QR code or request a printed copy of the survey.



# About Activity Alliance

Activity Alliance is the leading voice for disabled people in sport and activity. Established in 1998 as a national charity, we were previously known as the English Federation of Disability Sport. We bring together organisations committed to closing the fairness gap between disabled and non-disabled people's activity levels. We are proud to be at the centre of influential programmes and events for disabled children and adults. Our teams specialise in various areas and drive change in disability, inclusion and sport.

## Join the Movement

**Sign up as an Activity Alliance supporter and stand with us in creating a future where all disabled people feel they belong in sports and activities.**

Whether you're part of a grassroots club, national body, charity, or public sector organisation, you can play your part in building a future where everyone feels they belong.



We are building an alliance of supporters who share our vision and are committed to making sports and activities inclusive for every disabled person.

Becoming a supporter is free. Organisations and individuals from within organisations can join. As a supporter, you'll add your voice to a national movement for change and gain access to a range of great benefits.

### Supporter benefits include:

- Exclusive research briefings on latest disability trends in sport
- Discounts for training opportunities on the [Activity Alliance Learning Hub](#)
- Regular sector updates and success stories from the supporter network
- Regular online events on topics related to disabled people's inclusion
- Opportunities to join campaigns and influence policy

If you would like more information about our supporter scheme please email [supporter@activityalliance.org.uk](mailto:supporter@activityalliance.org.uk) or call 0808 175 6691.

## Be a fundraiser for Activity Alliance

As a charity, we rely on our supporters, like you, to continue our work to ensure all disabled people feel like they belong in sports and activities. Big or small, your efforts go a long way to help us reach our goals.

### Take on a challenge

Raise funds through physical challenges like walking, wheeling, running, cycling, or swimming. There are many challenges out there, from walking your local hill to conquering Machu Pichu. [We work with Charity Challenge](#) to make even the most ambitious challenges straightforward.



We also have charity places at the biggest single-day fundraising event in the world, the **TCS London Marathon**, and the **Adidas Manchester Marathon**, known as the one of the flattest and friendliest marathons in the UK. If you want to run for us, [please email our team](#).

**Text-to-give.** The quickest way to support us is by texting **ACTIVITY** to **70480** to donate £5. Texts will cost the donation amount plus one standard network rate message.

**Raise money when you shop online** at over 7,000 brands like eBay, John Lewis, ASOS, Booking.com and M&S with easyfundraising.

### All you need to do is:

1. Join easyfundraising for free – [sign up at easyfundraising.org.uk](https://www.easyfundraising.org.uk)
2. Every time you shop online, go to the [easyfundraising website](#) first to find the website you want and then start shopping.
3. After you've checked out, the brand will donate to us at no extra cost to you.

### Fundraise your own way

Host a knitting class, do a bake sale, or dance for 24-hours – you can be as creative as you want! [Check out our fundraising guide for more ideas](#). When you know what you want to do, set up your [JustGiving page](#) and share it with your friends and family.

### Get in touch

If you've got an idea, or want to find out more, please [complete a registration form](#). If you have any questions or need help, please [email our team](#) or call Jamie on 07866 921745.

## Activity Alliance Learning Hub

Increase your commitment to inclusion in sport by signing up to our collection of training courses now all available in one easy to access online hub. We want sport and physical activity to be a meaningful experience, no matter where or how disabled people choose to take part. Our training and resources can help you embed better practice, whatever sector you work in.

Courses on the Learning Hub include our CIMSPA accredited Inclusive Activity Programme. There are also modules on delivering an excellent service for disabled customers and inclusive communications.

Our accessible courses will empower you with practical tools and creative ideas to make you more confident in your role.

[Visit the Learning Hub and start your learning journey today.](#)

## Education hub

On the inclusive education hub, you will find lots of support for teachers and school staff to improve your inclusive physical education and school sport delivery. Created in partnership by Activity Alliance, Youth Sport Trust and the Department for Education, funded by Inclusion 2024. The partners' ambition is to support more teachers responsible for PE and school sport to engage more disabled students. The impact will mean more young people have accessible, positive, and meaningful experiences that will last a lifetime.

[Visit the Education Hub](#)

## Inclusion 2028

Inclusion 2028 is a Department for Education-funded grant designed to improve the choices and chances of children and young people with Special Educational Needs and Disabilities (SEND) through a series of targeted interventions in physical education (PE), school sport, and physical activity.

Led by the Youth Sport Trust, a national network of [Lead Inclusion Schools](#) and a consortium of expert organisations including Activity Alliance, nasen, ParalympicsGB and Swim England: this grant fuels a range of inclusive initiatives across England – ensuring that every pupil, regardless of ability, has the opportunity to thrive.



## Swimming stories: A life-changing journey for Rose

For young para swimmer **Rose**, stepping onto poolside at an Activity Alliance swimming championship for the first time marked the beginning of a transformative journey - one that has reshaped her confidence, aspirations and sense of belonging in sport.

Rose's introduction to para swimming began through her regional programme and local club. As her talent developed, she soon discovered she qualified for the British Junior Championships. Arriving at the event, she remembers feeling a mixture of excitement and nerves, but the atmosphere quickly put her at ease. "It was very exciting and fun," she recalls. "Everyone was super friendly. It's such an inclusive meet."

For Rose, one of the most meaningful aspects was being able to race against swimmers her own age - something she rarely experienced in mainstream competitions. The event also welcomed international athletes, including competitors from Spain, which broadened her sense of the global para sport community. This early experience set the tone for what Activity Alliance events would come to mean: opportunity, inclusion and ambition.

Although often described as an individual sport, Rose discovered that swimming feels very different within the para swimmer community. "Even though I'm the one in the pool, everyone around me helps," she explains. The support systems surrounding disabled swimmers are clear on poolside.

Teammates encouraging each other, helpers assisting athletes with mobility or visual impairments, and chaperones guiding young people through long competition days. For Rose, this collective spirit made every race feel like a shared achievement.

**“Even though I’m the one in the pool, everyone around me helps,”**

The professionalism of the events team also made a strong impression. Staff were easy to identify, well prepared and always ready to assist. “You can tell they put real effort into the meet,” Rose says. A surprise appearance from Perry the Bull, the Birmingham 2022 Commonwealth Games mascot in Coventry, added to the excitement and left Rose feeling inspired.

The positivity of para sport culture resonated deeply with her. “It’s all about what you can do,” she says. Competing against talented para swimmers her own age allowed her to recognise how far she had progressed through training and commitment. Winning medals and comparing rankings with friends helped boost motivation and belief in her potential.

Over five years, Rose has built an impressive competitive record. She has raced at major meets collecting medals at home nation and BPSM competitions. Her progress has earned her places on both the British Para Talent Squad and the National Age Group Development Programme. More recently, support from SportsAid has provided access to sports science and crucial financial assistance, helping her pursue her goals with confidence and stability.

From a parent’s perspective, the impact of Activity Alliance events has been equally profound. Rose’s first involvement was a moment of realisation for her Mum. She finally saw how the junior para swimming community operated, and how supportive an environment it could be. On poolside, athletes, parents and volunteers naturally made space for wheelchair users, guided visually impaired swimmers and supported one another with genuine understanding. The parasport environment felt safe, kind and empowering. This community spirit fuelled Rose’s motivation and helped her imagine new possibilities for herself in the sport.

Today, Rose encourages other young disabled people to give para swimming a try.

“Definitely have a go,” she says. “It may seem complicated and daunting at first, but everyone is there to help - and once you get used to it, it’s really fun.”

Rose’s journey shows the power of inclusive sport. Opening doors, building confidence and helping young people see themselves as athletes with potential, ambition and pride.

# A big thank you

There are lots of people and organisations who make this event the great success that it continues to be year after year. This year we'd like to thank:

Swim England – the National Governing Body for swimming in England.

CV Life – our host venue operator.

City of Coventry Swimming Club – our host club

United by 2022 - volunteer recruiters

We'd also like to thank our, volunteers, officials and staff. Your time, energy, and dedication make this event possible, and we couldn't do it without you!



# National Junior Para-Swimming 2026

## Conditions

### Activity Alliance Swimming Rules

Activity Alliance have adopted World Para Swimming (WPS) rules and regulations with some additions. These can be downloaded from the [World Para Swimming Website](#).

### Event details

**Location:** The Alan Higgs Centre, Allard Way, Coventry, CV3 1HW

**Date:** Saturday 13 – Sunday 14 June 2026

<b>Sessions:</b>	Saturday:	Session One	12:00pm
		Session Two	4:00pm
	Sunday:	Session Three	9:00am
		Session Four	11:30am

**Format:** Short course – 8 lane, 25m pool. There will be a separate 8 lane, 20m pool for warming up.

### Age groups

Three age groups will operate:

- Group A – Aged 10-13 on the 31 December 2026
- Group B – Aged 14-16 on the 31 December 2026
- Group C – Aged 17-18 on the 31 December 2026

### Eligibility

- All GB competitors must be registered as members of a swimming club affiliated to Swim England, Scottish Swimming or Swim Wales at the time of entry and **must hold a category 2 membership or equivalent.**
- All competitors must be at least 10 years of age on the 31 December 2026.
- Open/Male and Female races will be swum separately.
- International Swimmers are welcome to enter but must have a recognised Classification that is on the World Para Swimming or Affiliated Nation Classification Database at the time of entry.

### Functional (S1-S10, SB1-SB9, SM1-SM10)

- All competitors must have the following authorised classification at the time of entry:
- British Swimming which is held on the British Swimming Classification Database
- World Para Swimming which is held on the WPS Classification Database
- Home National Classification which is Affiliated to WPS.

### Visual (S11-S13, SB11-SB13, SM11-SM13)

- All competitors must have the following authorised classification at the time of entry:
- British Swimming which is held on the British Swimming Classification Database.
- World Para Swimming which is held on the WPS Classification Database.
- Home National Classification which is Affiliated to WPS.

## Intellectual (S14, SB14, SM14) or (S64, SB64, SM64)

- All competitors must have the following authorised classification at the time of entry:
- Authorised SportExcel UK or VIRTUS Registration (II1) which is held on the British Swimming Classification.
- Authorised VIRTUS Registration (II1) which is held on the World Para Swimming or Affiliated Nations Classification Database.
- Authorised SportExcel UK S64 classification.

## Deaf (S15, SB15, SM15)

- All competitors must have an authorised UK Deaf Sport or GB Deaf Swim Certificate or CISS/ICSD classification, which is held on the UK Deaf Sport or ICSD classification database at the time of entry.

## Rules

- The event will be held under Activity Alliance Swimming Rules. Activity Alliance have adopted WPS Swimming rules and regulations with some additions.
- The Competition shall be held under World Para Swimming Judicial Rules and Regulations (except for Protest fees) together with any changes and/or additional conditions. Where World Para Swimming Rules do not provide (e.g. Health and Safety Regulations or Safeguarding Guidelines) the requirements of Swim England shall apply to events held in England.

## Protests

- WPS Rule 10.13 governs the management of Technical Protests. Whilst for this event the WPS procedure contained within will be followed, the fees referred to in rules 10.13.2.4 and 10.13.6.2 shall in both cases be amended by the protest fee and appeal fee each being nil.
- In the event of an Appeal against a Technical Protest decision made by the Referee, the Tournament Director will act as Chairperson of the Technical Jury of Appeal and will appoint two other officials to serve on the Jury.

## Withdrawals

- Withdrawals for the first day's competition must be made by 5pm on the day before competition starts.
- Withdrawals for subsequent sessions must be made by the end of the last session before the proceeding session of competition.
- All Withdrawals should be notified to the Recorders.

## Medals

- **Medals will be Heat Declared Winners (HDW) awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place based on the highest points scored.**
- Group A will be awarded medals in their age group by British Para-Swimming points (S1-S14).
- Group B will be awarded medals in their age group by British Para-Swimming points (S1-S14).
- Group C will be awarded medals in their age group by British Para-Swimming points (S1-S14).
- The minus 1 rule will apply for all medal categories (S1-S14).
- Where only 1 swimmer is entered for an event, they must beat their entry time to win a medal (S1-S15).
- Where there are more than one S15 swimmer in an age category, medals will be awarded by the placing of the S15 swimmers.

## Relays

- These will not be swum as part of the event in 2026.

## Anti-doping Rules

If you are a member of Swim England, Scottish Swimming, Swim Wales or your equivalent national association, then the anti-doping rules apply to any athlete participating at any level and you can be tested. Unless you are part of a GB squad or have been informed that you are part of a 'National TUE Pool' then you do not need to declare any medication in advance.

If you are unsure about your responsibilities, then email [antidoping@swimming.org](mailto:antidoping@swimming.org) or speak to your home nation who follow the Aquatics GB rules.

## Activity Alliance are committed to clean sport.

- It is the responsibility of each athlete to comply with the Anti-Doping Rules of Aquatics GB while at this event. The Anti-Doping Rules of British Swimming can be viewed on the [Aquatics GB website](#).
- As a condition of entry, competitors agree if selected for testing to submit to Doping Control under the jurisdiction of Aquatics GB.
- Results management for any Anti-Doping Rule Violation will remain the responsibility of the applicable National Federation.
- Athletes on the World Class Pathway are responsible for ensuring that they have a valid Therapeutic Use Exemption (TUE) to use any substance that is considered prohibited under the current World Anti-Doping Code Prohibited List.
- Other Aquatics GB or home nation association athletes will need to apply for a retroactive TUE following doping control to use any substance that is considered prohibited under the current World Anti-Doping Code Prohibited List.
- International athletes attending will be required to conform to their own Governing Body procedures.

## Competitors Code of Conduct

We have a responsibility to promote high standards of behaviour in the sport. Competitors and staff will, at all times, be expected to adhere to the following minimum standard of behaviour and conduct. Respect the spirit of fair play.

- Take responsibility for my own behaviour.
- Respect the rights and dignity of others and never be involved in discrimination of any kind.
- Never use inappropriate language or gestures.
- Always behave in a considerate way towards fellow participants, officials, classifiers, event organisers and venue/hotel staff.
- Protect others from verbal or physical abuse and threatening and intimidating behaviour.
- Never take part under the influence of alcohol or drugs.
- Not possess any prohibited substances or performance enhancing drugs as set out within the national policies adopted by UK Sport and Aquatics GB.

The Event Manager reserves the right to withdraw competitors from the event if they do not keep to the contract. We do hope this will not be necessary.

## Photography and filming

This event will be photographed and videoed. Static images may be displayed on the [Activity Alliance website](#), at the venue and used to promote this and future events. If you have any concerns please refer to Activity Alliance Safeguarding Photography and Imaging Policy and the Activity Alliance Event Welfare Plan.

Activity Alliance will have official photographers and may record the event. General images of swimmers will form part of the information we hold and use. Activity Alliance may also use these recordings and images for the purposes of education and training, and event promotion. If Parents/Guardians/Swimmers

have any concerns about being photographed/filmed at our events please contact the events team by email [events@Activityalliance.org.uk](mailto:events@Activityalliance.org.uk) or call 07725273158 prior to the event.

Parents/guardians please avoid taking photos and filming children not in your care, and make every effort to edit and remove children not in your care before sharing your photos/footage with others.

If you have any concerns about suspicious activity regarding photography/filming at the event, you should report this to the Safeguarding Officer, or a member of the organising team at the registration desk.

## Activity Alliance Safeguarding Procedures

At Activity Alliance we are committed to promoting the safety and welfare of all disabled people involved in sport and ensuring we promote the welfare of all children and young people and their rights to be protected from harm. Please ensure that you have read and understood Activity Alliance's Safeguarding policies and procedures. [Safeguarding resources are available to read on Activity Alliance's website](#). They will also be promoted prior to, and at the event.

## Event timetable

All events are Open/Male and Female.

### Saturday 13 June 2026

#### Session 1

Mixed warm up 11am

**Start 12:00pm**

S1-S15 – 100m Free

SM1-SM15 – 150m Individual Medley

SM1-SM15 – 200m Individual Medley

**Finish 2:30pm**

#### Session 2

Mixed warm up 4pm

**Start 4:00pm**

SB1-SB15 – 50m Breast

S1-S15 – 400m Free

SB1-SB15 – 100m Breast

S1-S15 – 50m Free

**Finish 6:45pm**

### Sunday 14 June 2026

#### Session 3

Mixed warm up 8:00am

**Start 9:00am**

S1-S15 – 50m Butterfly

S1-S15 – 200m Free

S1-S15 – 100m Butterfly

**Finish 10:30am**

## Session 4

Warm up 11:30am

**Start 12:30pm**

S1-S15 – 50m Backstroke

SM1-SM15 – 100m Individual Medley

S1-S15 – 100m Backstroke

**Finish 2:30pm**