

BUCS LONG COURSE SWIMMING CHAMPIONSHIPS 2025-26

EVENT GUIDE

DATES

13 February – 15 February 2026

VENUE

Ponds Forge International Sports Centre
Sheaf Street
Sheffield
S1 2BP

TIMETABLE

Both the event schedule and programme of events are now published on the website, which you can access [here](#).

ACCEPTED/DRAFT ENTRIES

Please check the draft entry lists IMMEDIATELY to ensure that everything is as expected for you/your team, these can be accessed [here](#).

Please inform us of any queries IMMEDIATELY, DO NOT LEAVE UNTIL THE EVENT as changes cannot be made at that point. Athletic Unions should email changes to joseph.gallimore@bucs.org.uk

Note that changes to times/addition of SE No etc. will incur a **£10 admin charge**.

REJECTED ENTRIES

Please refer to the BUCS Long Course Swimming webpage for the lists of 'Rejected Entries' to check if any entries have been rejected – this can be found [here](#).

Note that any swimmers entering times outside of consideration entry times in that event will have been rejected at point of entry. This is the same for any entries by Para Swimmers in Non-Para Events that are outside of the general consideration times.

WITHDRAWALS

Please note – Withdrawals for all events are now online - <https://forms.sportsys.co.uk/bucs-long-course-championships-2026/>

Once a swimmer is entered via BUCS Play and is accepted as per the draft entries, it is assumed they are swimming unless a team representative officially withdraws them. Competitors failing to withdraw from an event by the given deadlines will be liable to a fine.

You should withdraw any swimmers who have entered but are now known to not be participating in the entire event or in any of the events they have entered.

Withdrawal Deadlines

Day by day withdrawal deadlines are as follow:

Heats/HDW - Day 1 Friday 13 February – 11:00 Thursday 12 February 2026

Heats/HDW - Day 2 Saturday 14 February – 11:00 Friday 13 February 2026

Heats/HDW - Day 3 Sunday 15 February – 11:00 Saturday 14 February 2026

All Finals – within 30mins of the published heat results for each event.

Note: If there is an empty lane due to the no-show of a finalist who has not withdrawn then the non-showing finalists will be fined. If a reserve fails to report and has not withdrawn and is required to swim (resulting in an empty lane) then the reserve swimmer will be fined.

Pre-Event Withdrawals (up to 11:00 Thursday 12 February)

- Any swimmers you know are not attending and need to be totally withdrawn
- Any swimmers who have decided not to swim in events they have entered on any day

Withdrawals must be made online using the link above.

At Event Withdrawals – (Post 11:00 Thursday 12 February)

Withdrawals should be made online and if it is late, please notify the BUCS Helpdesk.

FINES

Offence	Payment at Event	Late Payment
Amendment to Entry Information	£10	£10
No Show – Heat	£15	£20
No Show – Final	£20	£25
Late Withdrawal – Heat	£10	£15
Late Withdrawal – Final	£15	£20
Inappropriate Behaviour	£30	£40
Failure to Finish within Consideration Time or Qualifying Time*	£10*	£15*

*This may be increased to an Inappropriate Behaviour Fine at the discretion of the Meet Director and BUCS staff depending on the severity of the offence and whether proof of achieving the qualifying time in the previous 12 months can be supplied.

COMPETITION FORMAT

Heats

Heat Sessions will be split into two sessions:

A - The fastest heats

B - The remaining heats

50m/100m/200m events and relays

Heat Session A - fastest three heats

Heat Session B - remaining heats

400m Freestyle & Individual Medley

Finals Session - fastest heat

Heat Session A - next fastest three heats

Heat Session B - any remaining heats

800m & 1500m

Finals Session - fastest heat

Heat Session A - 2nd fastest heat

Heat Session B - 3rd fastest heat

It is swimmers responsibility to check the start lists to ensure they report to swim at the correct time. Swimmers who miss their swim will not be able to re-swim their race at another time.

ONLINE RELAY DECLARATIONS *NOTE THE CHANGE FOR LONG COURSE 2026*

Those students listed as your relay team(s) on BUCS Play at the point of entry are not your declared team, but if you wish to use any other swimmer at the Championships, they MUST have been listed on your entries made on BUCS Play.

All relay declarations will now be made ONLINE. This is to reduce the amount paper used at the event as well as to assist and speed up the processing of relay teams.

Relay declarations can be made here the week of the event - <https://forms.sportsys.co.uk/bucs-long-course-championships-2026-team-declaration/>

Teams failing to correctly submit a form will not be permitted to participate and teams failing to submit a form detailing the correct order of swimmers will be disqualified from the event.

Heat Relay Declaration

Must be submitted at least ONE HOUR prior to the start of the morning session on the day that event will be swum.

These team declarations (including order) will be automatically carried forward to finals if a team progresses unless a Final Relay Declaration is submitted to override this.

Final Relay Declaration

To change your team for the final a Final Relay Declaration must be submitted within 30 MINUTES OF THE CONCLUSION OF HEAT SESSION B.

Note: The relay finals do not have to be made up of swimmers who swam in the relay heats. However, please note that no movement is permitted between 1st, 2nd and 3rd relay teams etc. – each set of swimmers must remain in their respective relay team for heats and finals, i.e., if you swim in the 1st team for the heats you cannot swim in the 2nd team for the finals and vice versa. If you are unsure, please ask at the BUCS Desk for guidance.

REGISTRATION AND TECHNICAL BRIEFING (COMPULSARY)

With all processes now online for the event, we do not have team packs, so please ensure a coach or captain from your club completes the following form - [BUCS Long Course Registration 2026](#)

A representative from each institution must attend the Technical Briefing at 07:45 on Friday 13 February 2026 in the Diving Officials Room.

TEAM SEATING

This event is operating a clear deck policy and asks all teams to sit upstairs on either side of the pool please. Coaches and Team Managers may work poolside as required.

Team-mates may support in the finals session on poolside but should ensure adequate space is left for marshalling and officials.

WARM UPS

Warm ups are split as per the schedule.

Ponds Forge has strict warm up restrictions. To comply with these, we have a strict warm up schedule which must be complied with.

Diving Pit - The diving pit will be available for training, warm up and swim down as per the schedule from first thing each morning until post finals.

Para Warm Up Lane – Lane 6, the lane closest to the diving boards in the diving pit is assigned to para swimmers throughout the event.

No fins or paddles are permitted in the warmups. They may be permitted in the diving pit at quieter times at the discretion of the lifeguards whose instructions MUST be followed.

REPORTING FOR FINALS

Finalists must report to the Finals Competitor Steward on the poolside who will be located half way down the pool on the side opposite to the Omega Suite and Diving Officials Room where they will be checked in and directed. Failure to report to this steward may result in a reserve being permitted to swim.

Please advise the Competitor Steward if you are in multiple finals and may be delayed reporting or will report direct to the march on.

All finalists (including reserves) are expected to either report for their finals or withdraw (within 30 minutes of the heat results being published) from the event if they do not wish to participate.

Final fines: If there is an empty lane due to the no-show of a finalist who has not withdrawn then the non-showing finalists will be fined. If a reserve fails to report and has not withdrawn and is required to swim (resulting in an empty lane) then the reserve swimmer will be fined (applied up to 2nd reserve only).

AWARDS & CEREMONIES

BUCS medals will be awarded to the first 3 individuals/teams in each event from A finals only.
Trophies will be awarded to:

Top Overall Institution (calculated using Swimming Event Points)
Top Open/Male and Women's Teams (calculated using Swimming Events Points)
Top Open/Male and Female Performances (calculated using FINA Points)
Top Open/Male and Female Para-Swimming Performances (calculated using British Para-Swimming Points).

Medal Ceremonies will take place en-bloc in event order IMMEDIATELY after each final's session. All medal and award winners are expected to report immediately to the ceremonies area after the conclusion of the finals and be wearing clothing/team kit when receiving awards (minimum of shorts and t-shirts).

Universities are expected to send a representative if the medallist is unavailable. Ceremonies will proceed with a min of 2 swimmers but where only 1 swimmer attends this will be at the discretion of the swimmer.

Para Swimming & S15 Ceremonies (where events meet the criteria) will take place immediately after the conclusion of the Finals Sessions on Friday and Saturday and the Heat Session B on Sunday.

The list of events/eligible classifications can be found in the event conditions. Eligible entrants in these events can (subject to competitor numbers) earn BUCS Points, BUCS Medals and Swimming Event Points, as part of multi-classification extracted results using British Para-Swimming Points

PARA-SWIMMING ENTRANTS

If you have any specific requirements for competing, E.g., Strobe Lights, use of 'tappers' etc. please advise [Joseph Gallimore](#).

Any para-swimmers requiring the use of tapping devices, blackened goggles or starting devices MUST have these signed off before competition on Friday 13 February 2026, for them to be used during the Championships.

BUCS will require proof of classification status from the individual. Swimmers MUST bring evidence with them to the Championships and present it to the Lead Referee if requested. Swimmers can download and print the required information from here:

[Swim England/Swim Wales Membership Check](#)

[Scottish Swimming \(SASA\) Membership Check](#)

[World Para Swimming Rules and Regulations](#)

This event is World Para Swimming approved. However, in line with World Para Swimming Rules and Regulations (Regulation 10.17) any World Record swims will not be recognised.

PARA SWIMMER RESULTS

Swimmers in each recognised event listed above shall have their results ranked based on a multi-classification basis using British Para-swimming Points. The following rules shall apply:

1. There needs to be 2 or more eligible swimmers that participate in a specific event to constitute a race and for BUCS Points, BUCS Medals or Swimming Event Points to be awarded. The 2 or more swimmers participating do NOT need to be of the same classification.
2. To be eligible you need to have a confirmed classification for para-swimmers and be in recognised event (as listed above)
3. To win BUCS Points, a BUCS Medal or Swimming Event Points for your institution you must have beaten a swimmer who also has an eligible classification for that recognised event. For example, if only an S4 and an S7 enter the 50m Backstroke, no points or medals can be awarded. If an S4, an S8 an S9 and an S11 enter the 400m Freestyle, points and medals will be awarded for 1st and 2nd place only as the S4 is ineligible for that discipline.
4. In each event, only the fastest para-swimmer from each institution can score Swimming Event Points. Additionally, only up to the fastest 2 para-swimmers from the same institution in each event can win a BUCS Medal or BUCS Points. E.g., if 3 para-swimmers from the same institution finished 1st, 2nd and 3rd, only the top 2 would receive BUCS Medals and Points. Points and medals will be awarded regardless of whether a non-disabled athlete from the same institution is awarded in the equivalent event.
5. All results will be taken from heat swims, including those where a multi-classification mixed final is being trialled. This is to adhere to the licensing requirements and BUCS regulations.

BUCS POINTS

BUCS points will be awarded to the top 4 swimmers/teams for eligible events, however, please note that only the top 2 swimmers from each institution, or 1 team per institution for relay events, will be eligible for BUCS points. Therefore, if there are not enough eligible swimmers/teams in the top 4 to earn the points, then the remaining points will be awarded to the next best eligible swimmers/teams based on the rest of the A Final results, B Final results and/or the heat results as required.

In the case of HDW events (400m Individual Medley, 400m Freestyle, 800m Freestyle, 1500m Freestyle), institutions can have more than 2 swimmers entered but would not be able to achieve more than 2 sets of BUCS Points, and only 1 set of Swimming Event Points.

For BUCS Points awarded to para-athletes please see [Appendix 1](#).

TRAVEL, DELAYS AND EMERGENCIES

It has been noted that in previous years teams have experienced difficulties in travelling to Sheffield due to heavy pre-weekend traffic on the roads. Please ensure that your team leaves plenty of time to travel to the venue.

Please note that Sheffield have introduced a Clean Air Zone in the city centre and therefore charges may apply when driving to and around Sheffield over the course of the weekend.

If you are delayed, please contact us to arrange any relay declarations and/or withdrawals by phoning 07913419397.

MEDIA ACCREDITATION

Anyone wishing to take photos or video at this event must complete the [National Media Accreditation Form](#) prior to the event.

BUCS reserves the right to prohibit photography equipment being used at a BUCS event. BUCS reserves the right to request that the individual ceases to take photographs, deletes any images and, if considered necessary, leaves the venue.

If you wish to take photos or videos at this event, please contact the BUCS Event Lead.

SPECTATORS

Spectators are permitted to attend the BUCS Long Course Swimming Championships 2025-26 however capacity is limited. This is a free to attend event, and tickets are not required. A livestream will be available for all days of competition. This can be accessed via the BUCS YouTube and BUCS Facebook pages or via our event page.

RULES AND REGULATIONS

The Championships are held under the [BUCS Swimming Regulations](#), which stipulate that all Swimming Championships are held under [BUCS General Regulations](#), [Swim England Laws](#), [World Aquatics Rules of Swimming](#) and [World Para Swimming Rules and Regulations](#).

RESULTS

Live results will be available [here](#) over the weekend. Full results will be published after the event.

ACCOMMODATION

It is the responsibility of all the competing teams to organise their own accommodation requirements.

PARKING

All event attendees are advised to use the official event car park- Castlegate Q Park (closest to Ponds) or Sheffield Station

1- Attendees should pre book this via the following website- <https://www.q-park.co.uk/en-gb/cities/sheffield/>

2-Customer selects one of the 2 list car parks (Castlegate or Sheffield Station).

3- Enter the discount code for 50% off - **PFQPSHF50** & enter vehicle reg plate which will enable the barriers to open on the event day

They can enter and exit as many times as they like during the prebooked period without the need for any tickets.

People who don't pre-book can also scan their Q Park voucher at Ponds Reception for a discount .

If you are bringing a larger vehicle, then you may be interested in a couple of the following car parks that have no height restrictions; Sidney Street (S1 4RG) and Matilda Street (S1 4QW), both of which are about a 10-15 minute walk to Ponds Forge.

All the above is subject to availability.

FOOD & DRINK

There is an on-site café at Ponds Forge which is open at 08:30-19:00 which serves hot and cold food, drinks and snacks. There are also a wide range of local shops and café's available within a 10 minute walk of the venue.

SAFEGUARDING AT BUCS EVENTS

BUCS' mission is to provide exceptional student sporting experiences that inspire, develop and unite.

Critical to our success is our commitment to always providing safe, friendly and enjoyable environments for all participants. Whether competing, coaching, officiating, volunteering, working or spectating at these events, the welfare of all is critical to our mission.

To find out more or report a concern, please click [here](#).

SUSTAINABILITY

The sustainability of our event matters to us and these are the positive steps we are taking to manage our environmental impact:

- All staff and volunteers are encouraged to travel to the event via public transport
- We have used local suppliers where possible
- Event programmes are all online, minimising paper use
- We will print on demand merchandise (if applicable)
- We are beginning to track our carbon footprint across BUCS events to identify areas of improvement.

How can you help at this event? Here's some ideas:

- Be self-sufficient by bringing your own refillable bottles and coffee cups to reduce waste
- Ensure you are disposing of waste correctly – Check around the venue for specific recycling and food waste bins
- Travel smarter – as a team on a minibus, cycle or use public transport
- Go paperless - use your phone for all event information

EVENT PARTNERS

BUCS are delighted to announce **Milk Every Moment** and **Subway** as the supporting partners of Nationals 2026, and Ashaway as the Sports Programme Partner for Badminton.

Milk Every Moment is a campaign showcasing milk, the timeless classic in your fridge; it's more than just a beverage, it's a nutritional powerhouse. Loaded with essential nutrients, it's a top-notch source of high-quality protein and has all you need to build and repair muscles after a workout. Whether you're gearing up for your race or looking to recover post event, take a look at the [website for more information](#) and [useful recipes](#). You will find Milk Every Moment ambassadors located across the venues during the event, where they'll be offering the opportunity to win some exclusive giveaways.

Subway joins Nationals 2026 as a supporting partner through its wider BUCS collaboration, encouraging students to get active as part of its 'Fresh Moves' initiative. During the event, Subway will be present across venues with fun activations, games, and more opportunities to win exclusive giveaways.

Our Nationals 2026 partners are excited to be supporting you as you take on a thrilling weekend of sport. You can also find further information about our partners on the official event [webpage](#).