



Cumbria ASA Open Water League 2026

1) Objectives;

2026 will see the return of the Cumbria Open Water League (COWL). The competition will be run by combining individual results achieved in the Epic Swim series (Courtesy of Epic Event Management LTD). The purpose of the League is to promote participation in open water swimming events amongst members of Cumbria Amateur Swimming clubs in a competitive environment.

The overall aim is to encourage Cumbrian club swimmers to progress onto Regional and National competitions in Open water swimming.

Epic Event Management have 3 venues for the 2026 season;

- These are - Coniston, Ullswater and Windermere.
- The race distances and **minimum** age requirements for each distance are 750m = 11 years / 1500m = 14 years / 3km & 5Km = 17 years

2) Code of Conduct

The COWL is run with permission of the event organisers; Epic Event Management Ltd. Although Epic Event Management Ltd have full responsibility for the event; swimmers and parents are reminded that everyone associated with Cumbria Amateur swimming are governed by Swim England Code of Ethics and individual Club Code of Conducts. Any breaches of these codes or behaviour that brings Cumbria Swimming into disrepute may face disciplinary action. Where Epic Event Management Ltd enact on Clause 17 (Non Compliance) of their Terms and Conditions, their decision will be final and COWL organisers will not intervene to challenge that decision.

3) COWL Entry requirements

- a) These entry conditions should be read in conjunction with Epic Events Terms and Conditions. <https://epicevents.co.uk/terms-and-conditions>
- b) Entrants to COWL must be a registered Swim England swimmer with a Cumbria Amateur Swimming Club (**Swim England Club Compete Membership**).
- c) Swimmers wishing to participate in the COWL, **MUST register by email** the following details to lindsey@cumbriaowl.com :
 - I. The events entered,
 - II. Date of birth & age category,
 - III. Club and SE membership number.
 - IV. Confirmation that both the **Entry Conditions** and **COWL Risk Assessment** have been read and understood by both parent and competitor (if competitor is under 18)
- d) The information given above is for administration of the COWL purposes only and will not be used or shared for any other reason.
- e) Failure to provide the correct information may result in entries to the COWL not being accepted.
- f) To be eligible for the League swimmers must compete under their Cumbria Amateur Swimming Club.
- g) Entrants must swim a minimum of **two** Epic Swims to be considered eligible for the League and entries to the COWL must be received **before midday on Friday 26th June 2026** (the day prior to the Ullswater swim).
- h) Points will be awarded to each competitor based on their time in relation to the first League swimmer's time in each age / distance category as published by Epic Events Management Ltd. (see appendix 2 for further explanation)
- i) Final League positions will be calculated by adding the points gained from the two highest scoring races completed by each swimmer.
- j) Where all three Epic events have been swum by a competitor, the points from their two highest scoring races will be combined to give the final League position.
- k) The 2026 events are;
 - I. Epic: Coniston Sunday 7th June
 - II. Epic: Ullswater Saturday 27th June
 - III. Epic Windermere: Sunday 9th August

- l) Age categories are based on competitor's **age on the date of their first Epic swim**.
- m) There are three age categories for the COWL plus the Masters Categories. These align with Epic Events minimum age restrictions for each distance.
 - I. 11 to 13 (supported by parental consent)
 - II. 14 to 16 (supported by parental consent)
 - III. 17 and over (supported by parental consent for under 18 years)
 - IV. Masters categories for V40 / V50 / V60 / V70
- n) There are only 2 Epic lake swim distances used for the COWL for 2026. These are age dependent.
 - I. 11 years to 13 Years = 750m
 - II. 14 years to 16 years = 1500m
 - III. 17 years and over = 1500m
 - IV. All Masters age group = 1500m
- o) Competitors will only be eligible for one age category per open water season.
- p) Attendance at the Epic Swim pre-race brief is **mandatory** for all COWL competitors.
- q) **By registering and competing in the COWL, competitors, parents and guardians of swimmers are giving consent for photographs taken during the event, including presentations, to be shared on the Cumbria ASA Facebook page and Website. This condition links to Epic Events terms & conditions 16. If anyone does not wish for photos to be shared by Cumbria ASA then please notify the Cumbria Open Water Secretary at the time of registering the swimmer.**

4) Event Entry Conditions and Race registration;

- a) All entries must be made via Epic Events on-line registration system (<https://epicevents.co.uk/>).
- b) All entry money must be paid directly to Epic Events. Cumbria ASA will not accept or process any payment for these events.
- c) All entrants and their parents / guardians must read and comply fully with Epic Events Terms and Conditions (see appendix 1). Please refer to condition 16 – Video and Photography.

- d) Specific race guidance information packs can be accessed via the event home page.
- e) All entrants MUST read and comply with the information issued by the organiser (Epic Events Management Ltd) for each event entered.
- f) All decisions pertaining to the event i.e. delayed start, event cancellation, change of course, are at the discretion of the event organisers (Epic Events).

APPENDIX 1

Epic Events Terms & Conditions 2026:

The mandatory tickbox on the entry system stating “I agree to abide by the Terms and Conditions of entry to this event.....” confirms that all entrants have agreed to the following conditions of entry:

1. **Medical** – it is the participant’s responsibility to ensure that they are medically fit to participate in any of the events advertised on this website. If entrants have any medical conditions which may affect participation they should first consult a medical professional and inform Epic Events of any concerns.

2. **Equipment** – it is the participant’s responsibility to ensure that they have the correct equipment required for the event and also to ensure that it is in suitable working order. The organisers will not take responsibility for injury caused by faulty personal equipment.

3. **Cooling off period** – a full refund of the entry fee minus a £5 admin charge is available for a period of 48hrs from the point of entry n.b. the refund will not include any booking or insurance fees charged by third party suppliers that provide these services.

4. **Refunds** – after the cooling off period has expired there are no further refund options.

5. **Booking Refund Protection** provided by [XCover](#) is available to purchase at the point of entry. If purchased, the insurance will provide entrants with a refund on any unused booking if they are unable to attend the booked event due to any of the circumstances covered, [CLICK HERE](#) for further information.

6. **Deferrals/Transfers** – after the cooling off period if an entrant wishes to **Defer** an entry, a credit voucher will be provided for use towards an entry to another Epic Event taking place in the current or the following calendar year. The voucher “value” will be equal to the entry fee paid (n.b. not including booking or insurance fees). Entrants also have the option to **Transfer** an entry to another person.

7. **Deferrals/Transfers Cut Off** – Deferrals/Transfers are available up to 14 days prior to the scheduled event date. After this time Epic Events are fully committed to the costs for each entry and hence no refunds, deferrals or transfers are possible.

8. **How to Cancel/Refund/Transfer** – all requests for refunds, deferrals or transfers must be made in writing by email only (not via social media or by telephone, etc). Please send all requests via email to info@epicevents.co.uk

9. **Event Cancellation** – if Epic Events are unable to hold the planned event or any contingencies on the chosen date due to circumstances beyond our control we will attempt to rearrange the event at the earliest possible date. If this is possible your entry will be valid for the rearranged date but if

circumstances beyond our control do not allow for this then Epic Events has no responsibility for any costs incurred. We hope that you would still be able to travel and enjoy the area in which the event was planned.

10. **Age Limit** – all participants must comply with the age limit stated for the specific event.

11. **Event Guidance Notes** – it is the entrant's responsibility to read all of the event information in full detail, the organisers will not take responsibility for error as a consequence of entrants not reading pre-race information.

12. **Timing Chip** – if an entrant should lose their electronic timing chip issued to them, a charge of £20 for a replacement chip will be incurred. This fee will be payable in the week following the event.

13. **Liability** – Epic Events will not be liable for the following;

- a) Any loss or theft of possessions on or around the event site, the routes and the car park
- b) Any loss of fundraising money due to non-completion of the event for whatever reason
- c) Injury or sickness due to the participant's negligence
- d) Failure to complete the full event distance for any reason
- e) Failure to complete the event distance due to exceeding the agreed time limit. Details of each time limit will be published with the Event Information, where applicable.

14. **Contact Details** – it is the entrant's responsibility to ensure that contact details are correct when completing the event entry process and to keep these details up to date – n.b. important event information will be communicated using these details and Epic Events cannot be held responsible for missed communication due to incorrect contact details.

15. **Personal Data** – entrant's personal details including contact number and email address will be stored by Epic Event Management LTD and used to provide entrants with information regarding the entered event and other similar events which may be of interest. Personal details will not be passed to any other persons or external organisations without prior permission.

16. **Video & Photography** – Epic Events maintain the right to use images and photographs taken by their contracted suppliers at any of their events without informing event participants. These images may be used for promotional purposes as undertaken by Epic Events or their sponsors.

17. **Non Compliance** – Epic Events reserve the right to remove an entrant from an event at any point before, during or after for the safety and wellbeing of the entrant and/or the staff, volunteers and the event's integrity. This includes, but is not limited to:

- a) Taking another participant's place without approval.
- b) Causing offence to any staff member or event participant.
- c) Appearing to be ill or under the influence of drugs or alcohol.
- d) Any other behaviour or actions deemed inappropriate.

These terms and conditions are governed by English Law and the English Courts shall have exclusive jurisdiction in relation to them.

Appendix 2

COWL championship scoring system

- 2019 results showed a marked difference in times between the Derwent swim and the others (in some cases up to 2 minutes quicker). Whilst the event organisers use GPS equipment to mark out and measure the course, there can always be a margin of error (weather can also make a difference to the movement of the buoys on the day). Epic Events also advised that one of the swims was a slower time because of the pontoon exit point they need to use. Introducing a points system based around the time of the winner should in theory remove any advantage a swimmer may gain through doing a slightly shorter course.
- The highest placed (fastest) Cumbria OW League swimmer (irrespective of their overall position within the Epic results) will be awarded 100 points. Each League swimmer thereafter will be awarded a pro rata percentage based on their time against the fastest League swimmer's time.
- 1st Race
 - Swimmer 1 – time = 21.50 > points = **100**
 - Swimmer 2 – time = 22.20 > points = $21.50/22.20 \times 100 = \mathbf{96.85}$
 - Swimmer 3 – time = 24.50 > points = $21.50/24.50 \times 100 = \mathbf{87.75}$
- 2nd Race
 - Swimmer 2 – time = 21.70 > points = **100**
 - Swimmer 1 – time = 22.10 > points = $21.70/22.10 \times 100 = \mathbf{98.19}$
 - Swimmer 3 – time = 23.50 > points = $21.70/23.50 \times 100 = \mathbf{92.34}$

League positions after two races

Swimmer	Race 1	Race 2	Total (after 2)
Swimmer 1	100	98.19	198.19
Swimmer 2	96.85	100	196.85
Swimmer 3	87.75	92.34	180.09