**Cumbria ASA Open Water League 2025**

1. Objectives;

2025 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.

There were changes made to how Epic Event Management will run the swim series in 2024. These changes have necessitated some amendments to how the COWL will operate. The main changes were;

* There are now only three Epic swims: - Ullswater, Coniston and Windermere.
* Epic Events have amended their race distances and **minimum** age requirements for each distance. These being 750m = 11 years / 1500m = 14 years / 3km & 5Km = 17 years

Changes for the 2025 COWL season

* Further to the amendments for 2024, Cumbria County Executive have agreed to revert the County Championship distance for the 17+ age group, back to 1500m
* The Masters categories have now been recognised as a County Championship which means that Championship medals will be awarded for the top three swimmers for Male/Open & Female in each veteran age category of the Epic lake swims.
* The order of Epic lake swims has changed. Refer to section K of these entry conditions
* These changes flow through the COWL entry conditions within the relevant section.

1. 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 15 (Non Compliance) of their Terms and Conditions, their decision will be final and COWL organisers will not intervene to challenge that decision.

1. COWL Entry requirements
2. These entry conditions should be read in conjunction with Epic Events Terms and Conditions. <https://epicevents.co.uk/terms-and-conditions>
3. Entrants to COWL must be registered Swim England swimmer with a Cumbria Amateur Swimming Club.
4. Swimmers wishing to participate in the COWL, **MUST register by email** the following details to [markn\_ows@yahoo.com](mailto:markn_ows@yahoo.com) :
   1. The events entered,
   2. Date of birth & age category,
   3. Club and SE membership number.
   4. 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)
5. The information given above is for administration of the COWL purposes only and will not be used or shared for any other reason.
6. Failure to provide the correct information may result in entries to the COWL not being accepted.
7. To be eligible for the League swimmers must compete under their Cumbria Amateur Swimming Club.
8. 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 the start of the Ullswater swim (8am Sunday 28th June 2025).
9. 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)
10. Final League positions will be calculated by adding the points gained from the two highest scoring races completed by each swimmer.
11. 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.
12. The 2025 events are;
13. Epic: Coniston Saturday 7th June
14. Epic: Ullswater Sunday 28th June
15. Epic Windermere: Sunday 10th August
16. Age categories are based on competitor’s age on the date of their first Epic swim.
17. There are three age categories for the COWL plus the introduction of Masters Categories. These align with Epic Events minimum age restrictions for each distance.
    1. 11 to 13 (supported by parental consent)
    2. 14 to 16 (supported by parental consent)
    3. 17 and over (supported by parental consent for under 18 years)
    4. Masters categories for V40 / V50 / V60 / V70
18. There are only 2 Epic lake swim distances used for the COWL for 2025. These are age dependent.
    1. 11 years to 13 Years = 750m
    2. 14 years to 16 years = 1500m
    3. 17 years and over = 1500m
    4. All Masters age group = 1500m
19. Competitors will only be eligible for one age category per open water season.
20. Attendance at the Epic Swim pre-race brief is **mandatory** for all COWL competitors.
21. **By registering and competing in the COWL, 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 14. 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.**
22. Event Entry Conditions and Race registration;
23. All entries must be made via Epic Events on-line registration system (<https://epicevents.co.uk/>).
24. All entry money must be paid directly to Epic Events. Cumbria ASA will not accept or process any payment for these events.
25. All entrants and their parents / guardians must read and comply fully with Epic Events Terms and Conditions (see appendix 1). Please refer to condition 14 – Photography.

https://epicevents.co.uk/terms-and-conditions

1. Specific race guidance information packs can be accessed via the event home page.
2. All entrants MUST read and comply with the information issued by the organiser for each event entered.
3. 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:*

*1. It is the participant’s responsibility to ensure that they are medically fit to participate in any of the events advertised on this site. If you have any medical conditions which may affect participation you would first consult your GP and then inform the organisers of the situation.*

*2. 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. If events are cancelled due to bad weather or other unforeseen circumstances. The organisers will offer entrants a ‘credit note’ for use as payment or part payment for another Epic Event or transfer to the rescheduled event should this occur – please note withdrawals as mentioned in items 4 and 5 below are not available for cancelled events.*

*4. If a competitor withdraws more than 2 weeks prior to the event, the competitor may transfer the fee towards an alternative Epic Event that is open for entries & the alternative event fee is less than or equal to the original fee. If the fee is greater than the original fee the difference must be paid. Alternatively 75% of the original fee can be refunded. We are unable to offer 100% refunds due to administration & online transaction charges.*

*5. If a competitor withdraws 2 weeks or less, prior to an event, the entry fee may not be transferred to another event and no refunds will be given.*

*6. An event entry may only be transferred to another event on one single occasion.*

*7. It is the competitor’s responsibility to read all of the event information in full detail, the organisers will not take responsibility for error as a consequence of competitors not reading pre-race information.*

*8. If a competitor should lose their electronic timing chip during the event, they will be charged £10 for a replacement chip and this fee will be payable in the week following the event.*

*9. The organisers cannot take responsibility for the loss of personal possessions during the event. It is the participant’s responsibility to safeguard personal possessions.*

*10. It is the participant’s responsibility to ensure that they enter their details correctly when completing event entry registration process.*

*11. By completing the registration process you are confirming that all of the information provided is correct. The event registration MUST be completed by the participant as opposed to a third party to avoid false information.*

*12. Your entry must not be transferred without the organiser’s consent, you must not allow another person to participate in your name.*

*13. Your details and email address will be stored by Epic Event Management LTD and used to provide you with information regarding the event you have entered and other, similar events which we think may be of interest. Your contact details will not be passed to any other persons or external organisations.*

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

*15. Non Compliance – We reserve the right to remove an entrant from an event at any point before, during or after for the safety and wellbeing of yourself 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 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). ~~Ironicall~~y Epic Events also advised that ~~traditionally Derwent~~ 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 x 100 =* ***96.85***
  + *Swimmer 3 – time = 24.50 > points = 21.50/24.50 x 100 =* ***87.75***
* *2nd Race*
  + *Swimmer 2 – time = 21.70 > points =* ***100***
  + *Swimmer 1 – time = 22.10 > points = 21.70/22.10 x 100 =* ***98.19***
  + *Swimmer 3 – time = 23.50 > points = 21.70/23.50 x 100 =* ***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* |