

MASTERS OPEN LONG COURSE COMPETITION



(Under ASA Laws and ASA Technical Rules of Masters Swimming)

Saturday 21st & Sunday 22nd January 2017

K2 Crawley, Pease Pottage Hill, Crawley, West Sussex, RH11 9BQ

Pool: 50m x 8 lanes with electronic timing

Saturday 21st January

Session 1 - Warm up – 9:00 a.m. - Start 10:00 a.m.

1	Mixed	800m	Freestyle
2	Women	50m	Backstroke
3	Men	50m	Backstroke

*Session 2 – Warm Up 1:00 p.m. – Start 2:00p.m.

4	Women	4 x 50m	Freestyle Relays
5	Men	4 x 50m	Freestyle Relays
6	Women	100m	Breaststroke
7	Men	100m	Breaststroke
8	Mixed	200m	Freestyle
9	Women	50m	Butterfly
10	Men	50m	Butterfly
11	Mixed	200m	Individual Medley

Estimated finish 5:30 p.m.

Sunday 22nd January

Session 3 - Warm up – 9:00 a.m. - Start 10:00 a.m.

12	Mixed	400m	Freestyle
13	Men	100m	Backstroke
14	Women	100m	Backstroke
15	Men	50m	Breaststroke
16	Women	50m	Breaststroke
17	Men	50m	Freestyle
18	Women	50m	Freestyle
19	Mixed	200m	Butterfly
20	Men	4 x 50m	Medley Relays
21	Women	4 x 50m	Medley Relays

*Session 4 – Warm up 1:00 p.m. Start - 2:00p.m.

22	Men	100m	Freestyle
23	Women	100m	Freestyle
24	Mixed	200m	Breaststroke
25	Men	100m	Butterfly
26	Women	100m	Butterfly
27	Mixed	200m	Backstroke
28	Mixed	400m	Individual Medley

Estimated finish 5:00 p.m.

*Afternoon session start times may change when all the entries are in. Check the SER web site for revised times.

CONDITIONS

1 PROMOTER

The promoter is Geoff Stokes on behalf of the South East Region Masters Group.

2 WHO CAN ENTER?

This meet is open to all swimmers who are members of organisations affiliated to FINA. British swimmers must be registered as competitors with their governing body for the club they wish to represent. All non-British swimmers confirm by submitting their entry that they are a member of a FINA affiliated organisation.

ASA registered Masters should check their registration status at:

<http://www.swimmingresults.org/customerservices/membershipcheck/index.php>

A competitor may only compete for one club in the competition and must be a registered member of that club on the closing date for the individual entries. Swimmers not registered with a club can use the ASA Temporary Membership scheme, see:

<http://www.swimming.org/asa/clubs-and-members/categories-of-membership/>.

3 EVENTS AND SEEDING

In the mixed individual events men and women will swim together in the same heats. Events will be seeded in order of entry time, irrespective of age, from slowest to fastest. The fastest heat in each event will be spearheaded. Where an entry time is not submitted swimmers will be seeded in the slowest heats. Swimmers may compete only once in each relay team event.

4 AGE GROUPS

The age groups are for swimmers aged from 18 to 24 years, and from 25 years old in 5-year age bands. Relays: total team age 72+, 120+, 160+, 200+, 240+. Swimmers can compete in all relay age groups. Ages are as at [31st December 2017](#) for individual and team events. All competitors must be 18 years of age or older on the date of their first swim in the competition.

5 RESULTS

Results will be decided on heat times, there will be no finals.

6 AWARDS

Medals will be awarded to individuals and teams placed 1st, 2nd, and 3rd in each age group.

Entries close at 12 noon: individual entries Monday 9th January - relay entries Monday 16th January 2017

7 ENTRIES

Entries can be made on-line via the following link.

<http://bsbasa.org/WebEntry/MeetEntry.php?Meet=LC17>

Click the link below to see the **List of Entries** to date.

<http://bsbasa.org/WebEntry/EntryReport.php?M=LC17>

Entries open on Tuesday 22nd November 2016.

8 ENTRY FEES AND PAYMENT

A fee of £1.50 to cover administration and a programme will be added to the total cost of the individual entries.

Individual events

50m, 100m & 200m events - £5.00 each

400m events - £7 each

800m event - £9

Relay Team events - £12.00 each (an administration fee will not be added for relays)

Entry fees will not be refunded for withdrawals after the closing dates. All payments will be collected on-line with PayPal via a credit or debit card or through a PayPal account. It is not necessary to have a PayPal account to pay - your normal credit/debit card should be accepted.

9 CLOSING DATE FOR INDIVIDUAL ENTRIES

Entries close at 12 noon on [Monday 9th January 2017](#) or sooner if sessions are fully subscribed.

10 CLOSING DATE FOR RELAY ENTRIES

Relay entries will close at 12 noon on [Monday 16th January 2017](#) or sooner if sessions are fully subscribed.

11 REGISTRATION AND RE-ENTRY

All individual swimmers must register on the sheets provided at the pool half an hour before the start of each session. If you do not register, you may not be able to swim. Teams must be declared on the day using the forms which will be sent by email to team managers. Team members' names will be required together with the ASA Member ID of those not competing in individual events. Teams that are not declared may not be able to swim.

12 LIMIT OF LIABILITY

In the event of the meet being cancelled for whatever reason event entry fees will be refunded. The promoter accepts no responsibility for any consequential costs.

13 DISPUTES

Any matters not provided for in these conditions shall be decided by the Promoter.

PLEASE READ THE FOLLOWING NOTES CAREFULLY

- 1) Session durations will be limited in consideration of both officials and competitors so entries to all events in a session will be closed before the dates given above if, and when, the allocated session durations are reached. Please get entries in as early as possible to avoid disappointment.
- 2) A team claiming a national or international record must comply with all the requirements of the record concerned. In order to make it easier for clubs to enter teams the conditions of this competition are not as stringent as they are for national and international records.
- 3) If you think you will break a record, please advise the referee before your race so that adequate qualified timekeepers can be allocated to your lane. If you do break either an individual or a relay team record, please complete the application form available from the medal table as soon as possible after the swim and hand it to the promoter so that the appropriate signatures can be obtained. Claiming a record after the meet may not be possible if the paperwork is not completed at the time.
- 4) Please comply with the warm up arrangements and with any instructions given by the warm up marshals. DIVING is only permitted in the sprint lanes; YOU MAY BE ASKED TO LEAVE THE WATER IF YOU DIVE INTO ANY OTHER LANE DURING THE WARM UP.
- 5) **Finding the pool.** For directions to the venue search on Google for K2 Crawley. Parking is free.
- 6) **DON'T FORGET TO REGISTER ON THE SHEETS PROVIDED AT THE POOL BEFORE EACH SESSION TO INDICATE THE EVENTS YOU INTEND TO SWIM IN THAT SESSION**

I hope that you will enjoy the competition and would welcome constructive comments to enable us to improve it in future years.

Geoff Stokes (Promoter)
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