

# MASTERS OPEN LONG COURSE COMPETITION

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

**Saturday 22nd & Sunday 23rd January 2022**

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

Pool: 50m x 8 lanes with electronic timing

## SCHEDULE OF EVENTS

### Saturday 22nd January

#### Session 1 - Start 9:45 a.m.

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

#### Session 2 – Start 2:00 p.m.

4	Men	4x50m	Freestyle relay
5	Women	4x50m	Freestyle relay
6	Men	100m	Breaststroke
7	Women	100m	Breaststroke
8	Mixed	200m	Freestyle
9	Men	50m	Butterfly
10	Women	50m	Butterfly
11	Mixed	200m	Ind Medley

Estimated finish 5:00 p.m.

[Click here for Conditions and entry.](#)

### Sunday 23rd January

#### Session 3 - Start 10:00 a.m.

12	Mixed	400m	Freestyle
13	Women	100m	Backstroke
14	Men	100m	Backstroke
15	Women	50m	Breaststroke
16	Men	50m	Breaststroke
17	Women	50m	Freestyle
18	Men	50m	Freestyle
19	Mixed	200m	Butterfly
20	Women	4x50m	Medley relay
21	Men	4x50m	Medley relay

#### Session 4 – Start 2:00 p.m.

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

Estimated finish 5:00 p.m.

## WARM-UP SCHEDULE

### Session 1

#### First warm-up

- Warm-up for **Event 1**, 800m swimmers only - Mixed 9:00 a.m. to 9:35 a.m.

#### Second warm-up

- Mixed 15 minutes warm-up at the end of the 800m for **Events 2 & 3** only

### Session 2

- Men 1:00 to 1:20 p.m.
- Women 1:20 to 1:40 p.m.
- Mixed 1:40 to start of session

### Session 3

- Women 9:00 to 9:20 a.m.
- Men 9:20 to 9:40 a.m.
- Mixed 9:40 to start of session

### Session 4

- Women 1:00 to 1:20 p.m.
- Men 1:20 to 1:40 p.m.
- Mixed 1:40 p.m. to start of session