

# LONG COURSE RELAY TEAM MASTERS COMPETITION



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

Saturday 25<sup>th</sup> March 2023

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

Pool: 50m x 8 lanes with electronic timing

Schedule of Events			
*Warm up 5:15 pm for 6:00pm start			
1	Men	4 x 200m	Freestyle
2	Women	4 x 200m	Freestyle
3	Men	4 x 100m	Medley
4	Women	4 x 100m	Medley
5	Men	4 x 100m	Freestyle
6	Women	4 x 100m	Freestyle
7	Men	4 x 50m	Medley
8	Women	4 x 50m	Medley
9	Men	4 x 50m	Freestyle
10	Women	4 x 50m	Freestyle
11	Mixed	4 x 200m	Freestyle
12	Mixed	4 x 100m	Medley
13	Mixed	4 x 100m	Freestyle
14	Mixed	4 x 50m	Medley
15	Mixed	4 x 50m	Freestyle

## INTRODUCTION

Welcome to the second Masters relay only competition to be run by Swim South East (SSE). This event gives club Masters a rare opportunity to set new British records over the less popular distances and as such all the recognised relay age groups and distances are included. It will also provide competitive experience for Masters teams who may be preparing for the national competition, or who just want the experience of swimming in a relay race and can treat it as a fun event.

With this in mind, the SSE Masters Group meet promoter would welcome any feedback that would contribute to the success of future events. This year the event will be run immediately after the long course 1500m at Crawley.

Coaches and team managers attending will require a **PASS**; to apply [click here](#). Participating clubs are requested to provide an official to assist at the event. Details and offers to [Glen Isaacs](#) please. Volunteers will be needed to help with the running of the meet. Offers, to Glen would be most welcome.

The **WARM-UP** will be divided into three 15-minute sessions. Clubs will be allocated warm-up times once all entries have been received. The warm up will be controlled by marshals. Swimmers should obey the marshals' instructions at all times.

## CONDITIONS

### 1 PROMOTER

The promoter of this event is [Glen Isaacs](#) on behalf of the South East Region Masters Group, hereinafter called "The Promoter".

### 2 ELIGIBILITY

Open to teams from clubs that are registered with Swim England, Scottish Swimming or Swim Wales. Club entries must only include swimmers that are registered as competitors with their governing body for the club they represent.

Swim England registered Masters must be Club Compete category. Team managers are responsible for checking that all their swimmers are registered correctly. Registration status should be checked [here](#).

Swimmers can only represent one club in this competition

### 3 AGE GROUPS

FINA Masters age groups as follows.

72+ and 100 to 119yrs, 120 to 159yrs, 160 to 199yrs, 200 to 239yrs, 240 to 279yrs, 280 to 319yrs, 320 to 359, and above as necessary. 72+ teams must have at least one swimmer in the age group 18-24 years.

Swimmers ages are as at [31st December 2023](#). All swimmers must be 18 years old or over on [25th March 2023](#).

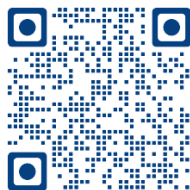
### 4 SEEDING

Heats will be arranged as far as is possible so that teams in the same age group swim in adjacent lanes. Entry times are not required.

**5 RESULTS**

Results will be decided on heat times, there will be no finals. Results will be posted on-line after the end of each event. Use the QR code below to see the results or the link

<https://bsbasa.org/results>

**6 AWARDS**

Points will be awarded for 1st, 2nd & 3rd in each event and age group and a trophy will be awarded to the club with the most points. This is to encourage clubs to enter as many teams as they can. To have medals for winners in each relay age group would be so costly as to make the competition too expensive.

The points score will be updated throughout the meet and can be seen using the QR code below or the link

<https://bsbasa.org/awards>



A Role of Honour will be created on the Swim South East website showing the overall winner year by year.

**7 ENTRIES**

Click the link below for the **Entry Forms**.

[ENTER HERE](#)

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

[ENTRY LIST](#)

The meet will be open to entries from **12<sup>th</sup> February 2023**.

**8 ENTRY FEES**

The fee is **£16.00** for each relay team entered. There will be a non-refundable administration fee of **£2.00** per club regardless of the number of teams entered.

**9 CLOSING DATE FOR RELAY TEAM ENTRIES**

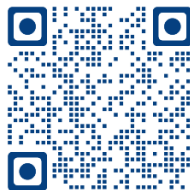
Entries close midday **Monday 20th March 2023** or sooner if meet is full before then. Entries will be accepted in order of submission and events closed as they become full.

**10 HEAT SHEETS**

Heat sheets will be sent to the team manager of each club by email on or before **Friday 24th March 2023**. Team managers should bring these with them to the event. There will not be a printed programme.

Heat sheets will also be available during **Friday 24th March** using the QR code below or the link

<https://bsbasa.org/startlist>

**11 TEAM DECLARATION SHEETS**

Team Nomination forms (in Excel) will be sent by email to each team manager. The objective is to reduce the work of team managers in creating the Team declaration Forms (TDFs). The Nomination Form should be completed with the names of the swimmers and their dates of birth for all the teams entered. The completed form should be emailed to Rob Moore before midnight on **Tuesday 21<sup>st</sup> March 2023**. Team Declaration Forms (TDFs), one for each relay team entered, populated with the names of the swimmers, will

then be emailed to each team manager on or before [Thursday 23rd March](#). These should be printed and brought to the competition with any team member changes marked on them. A team member should then hand the TDF to the lane timekeeper immediately before the start of the race.

Teams can change the age group of their teams on the day. Such changes must be notified at the computer desk on or before 5.15 pm on [25<sup>th</sup> March 2023](#). The changes will be validated and shown as such on the TDF. Team age group changes will not be accepted on non-validated TDFs.

## 12 **WITHDRAWALS**

It will be assumed that all teams entered will swim unless they withdraw before 12 noon on [Thursday 23<sup>rd</sup> March 2023](#) by email to [WITHDRAWAL](#). Entry fees are not refundable after the meet has closed.

## 13 **LIMITS OF LIABILITY**

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

## 14 **DISPUTES**

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

## **NOTES**

- 1 Please comply with the instructions of the warm-up marshals regarding warm up arrangements. There will be no diving during the warm-up.
- 2 For directions to the venue search on Google for K2 Crawley. Parking is free.
- 3 Enquiries to Glen Isaacs: [Email](#), Tel. 0771 8916014.
- 4 The person submitting the team entries will be assumed to be the **Team Manager** unless the promoter is advised otherwise.

## **TEAM MANAGER DECLARATION**

By submitting the on-line entry, I, as team manager, confirm that all members of my club team will conform to the conditions as described in this document, and are registered with the national governing body as competitive swimmers.