

SHORT COURSE MASTERS COMPETITION



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

Saturday 30th September 2023

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

Pool: 25m x 8 lanes with electronic timing

Welcome to the 17th Swim South East Masters Short Course Competition. Please read this document carefully, it contains important information for those wishing to enter this event.

SWIM ENGLAND TRANSGENDER AND NON-BINARY COMPETITION POLICY

Swim England has updated its Transgender and Non-Binary Competition Policy and this becomes effective from 1st September 2023. This meet is being held in line with the policy. For more details, please see the final page of this document.

CLEAR POOLSIDE

The poolside should be clear of all swimmers during the meet except when they are going to and from the pool to swim. Otherwise, they should use the seating in the balcony.

COACHES' PASSES

Coaches with a Coach's pass will be allowed on the poolside during the competition provided that they have given advance notice and are in possession of a pass issued by the promoter. To apply for a pass, click [here](#).

We would welcome additional help for say, timekeeping or marshalling, from partners or friends of competitors. Offers to [Glen Isaacs](#), please, Tel. 0771 8916014.

SCHEDULE OF EVENTS

Session 1				*Session 2			
*Warm up 8:30 am for 9:30 am start				*Warm up 1:00 pm for 1:45 pm start			
1	Mixed	400m	Ind. Medley	14	Mixed	400m	Freestyle
2	Mixed	200m	Freestyle	15	Mixed	200m	Ind. Medley
3	Open	100m	Backstroke	16	Female	100m	Butterfly
4	Female	100m	Backstroke	17	Open	100m	Butterfly
5	Open	100m	Breaststroke	18	Mixed	200m	Backstroke
6	Female	100m	Breaststroke	19	Open	50m	Freestyle
7	Open	100m	Freestyle	20	Female	50m	Freestyle
8	Female	100m	Freestyle	21	Mixed	200m	Breaststroke
9	Open	50m	Backstroke	22	Open	100m	Ind. Medley
10	Female	50m	Backstroke	23	Female	100m	Ind. Medley
11	Open	50m	Breaststroke	24	Open	50m	Butterfly
12	Female	50m	Breaststroke	25	Female	50m	Butterfly
13	Mixed	200m	Butterfly				
Approximately 60 min break				Estimated finish 5:00 pm			

*Warm-up arrangements and the start time of Session 2 will be confirmed by email once entries have closed.

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 WHO CAN ENTER?

This meet is open to all swimmers who are members of organisations affiliated to FINA. At the time of submitting their entry British swimmers must be registered as competitors for the club they wish to represent. For Swim England that is "Club Compete" and for members of Swim Wales it is Category 2.

All non-British swimmers confirm by submitting their entry that they are registered as competitive members of a member of a FINA affiliated organisation.

A competitor may only compete for one club in the competition. Temporary members will not be accepted.

The meet will be open to members of the Swim South East Region clubs and those from London Surrey and London Kent from **1st July 2023** and for all others from **15th August 2023**.

3 EVENTS AND SEEDING

In the mixed events both open and female categories will swim together in the same heats, but there will be separate awards for each category. Events will be seeded in order of entry time, irrespective of age, from slowest to fastest. Swimmers with the slowest time will swim first. The fastest heat in each event will be spearheaded.

4 AGE GROUPS

Age groups are 18 to 24 years old and from 25 years old in 5-year age bands up to 90 and over. Swimmers' ages are as at 31st December 2023. All competitors must be 18 years of age or older on **30th September 2023**.

5 EVENTS AND QUALIFYING TIMES

Events are: 50m, 100m, 200m backstroke, breaststroke, butterfly, freestyle, 100m, 200m & 400m individual medley and 400m freestyle.

Qualifying times (QTs), see below, establish a minimum standard for the competition and enable it to run to time. By submitting an entry swimmers confirm that they have achieved the qualifying times for the events they have entered since **1st October 2020**.

Para Competitors with a swimming classification which is held on the British Swimming Classification Database at the time of entry shall be exempt from qualifying times. Para competitors wishing to enter with times outside the normal QTs will need to contact geoff@masterswim.uk before entering.

6 COMPETITION ENTRY PROCEDURE

Members of English or Welsh clubs should follow the procedure below.

- 6.1 Using your family name or your Swim England Registration Number use the link [Check Registration](#) to check your registration status.
- 6.2 If you are registered as a "Club Compete" swimmer proceed to fill in and submit the on-line entry form.
- 6.3 If you are not registered as "Club Compete" then contact your club membership officer and get your status upgraded. **DO NOT SUBMIT AN ENTRY.**

Members of all other clubs should check their registration status with their national organisation. If you submit an entry and you are not a registered competitive member of your national governing body your entry will be cancelled and **YOUR ENTRY FEE FORFEITED.**

Entries can be made on-line via this link,

[ENTER HERE](#)

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

[ENTRY LIST](#)

7 ENTRY FEES

The entry fees are: 50m & 100m **£7.00**, 200m **£9.00**, 400m **£12.50**. A non-refundable administration charge of £2.00 will be added for each individual entry regardless of how many events are entered. Entry fees are not refundable after the meet has closed. All payments will be collected on-line using PayPal via a credit or debit card or through a PayPal account. It is not necessary to have a PayPal account to pay, credit/debit cards will be accepted. Payment should be made at the time an entry is submitted.

8 CLOSING DATE FOR ENTRIES

Entries close midday **Wednesday 20th September 2023** or sooner if the meet is full before then.

9 RESULTS

Results will be decided on heat times, there will be no finals. They will be available on-line and updated after each event has been completed.

10 AWARDS

Medals will be awarded to individuals placed 1st, 2nd & 3rd in each age group. Points will be awarded to swimmers achieving first, second and third places, 3, 2, & 1 respectively.

11 REGISTRATION AND RE-ENTRY

All swimmers must register for the events they intend to swim on the sheets provided at the pool **45 minutes** before the start of each session. If you do not register, you will not be able to swim.

12 HEAT SHEETS

Heat sheets will be posted at the pool before the start of each session. There will not be a programme available on the day, swimmers are advised to bring a copy of the events schedule with them to the meet.

13 WITHDRAWALS

Swimmers wishing to withdraw from the competition should do so by email to geoff@masterswim.uk. Entries withdrawn before the meet closes, see Condition 8 above, will have their event entry fees refunded. Entry fees will not be refunded once the entries have closed, no matter was the reason.

14 PHOTOGRAPHY

By submitting an entry, entrants are accepting that their photograph and video images may be taken and used to promote the sport by Swim England South East Region, and/or made available for download and purchase. All photography will conform to the "Swim England Photography and Photographing Swimmers Policy".

15 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.

16 OTHER

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

NOTES

- 1 Warm-up and swim down pools will be available throughout the competition. No diving will be allowed except in the designated sprint lanes in the competition pool warm-up before each session.
- 2 For directions to the venue search on Google for K2 Crawley. Parking is free.
- 3 Enquiries to Glen Isaacs: Email: mastersmanager@southeastswimming.org Tel. 0771 8916014.

Swim England Transgender and Non-Binary Competition Policy

Swim England has updated its Transgender and Non-Binary Competition Policy and this becomes effective on 1st September 2023. All Swim England affiliated bodies are required to implement this policy. Under the policy competitions where the results will be submitted to Rankings (as is the case for this meet) must be held with the following categories:

Female – Swimmers with a birth sex of female and categorised as female in the Swim England on-line membership system.

or

Open – Swimmers with a birth sex of male, Trans or non-binary swimmers and any swimmers not eligible for the female category.

For the avoidance of doubt, swimmers eligible for the new Female category may not enter the Open category. The word “Mixed” used in the Schedule of Events above means that Female and Open category swimmers will swim together in the event.

Further details on the policy and the definitions can be found at <https://www.swimming.org/swimengland/transgender-competition-policy-update/>

Currently, our meet management software is not capable of using the new categories, nor is the entry system, the timing and scoreboard software, the start lists and results smartphone apps, or any of the software tools used to run the meet. It is not clear when all such applications will have the new categories enabled. It is inevitable, and this is recognised by Swim England, that there will be a period of transition and that the terms male (and other legacy terms) will continue to appear on scoreboards, webpages and documents. However, where this happens, the terms “Ladies” and “Women” should be taken as referring to the new Female category and all other terms as the new Open category.

PERSONAL DECLARATION

By submitting my on-line entry, I certify that I am physically fit to participate in this event. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events and any other associated activities.

I also confirm that by entering that

- I am a Club Compete registered swimmer and my Swim England Registration number is as provided in the on-line entry process,
- I have read and understood the Promoter's Conditions and accept them,
- I am a member of the Club for which I have entered,
- my date of birth declared and my entry times are correct,
- my entry category complies with the Female or Open category as described above.

Qualifying times Open

Age	18/24	25/29	30/34	35/39	40/44	45/49	50/54	55/59	60/64	65/69	70/74	75/79	80/84	85/89	90+
50 free	00:34.0	00:34.0	00:34.2	00:35.1	00:36.0	00:37.0	00:38.0	00:39.1	00:40.5	00:42.3	00:44.6	00:47.8	00:52.5	00:59.8	No QTs
100 free	01:15.0	01:15.0	01:16.5	01:18.2	01:20.0	01:22.0	01:24.3	01:27.2	01:30.9	01:35.6	01:41.6	01:49.3	01:59.8	02:16.0	
200free	02:47.4	02:47.4	02:50.4	02:53.0	02:55.8	02:59.4	03:04.5	03:11.5	03:20.8	03:33.0	03:48.4	04:07.9	04:33.1	05:07.6	
400 free	05:57.4	05:57.4	05:57.8	05:58.7	06:04.5	06:15.5	06:30.2	06:47.0	07:05.4	07:27.1	07:56.7	08:41.8	09:50.8	11:23.6	
50 breast	00:41.3	00:41.3	00:42.2	00:43.4	00:44.5	00:45.3	00:46.4	00:48.0	00:50.5	00:53.9	00:58.1	01:02.6	01:07.5	01:14.8	
100 breast	01:32.3	01:32.3	01:33.9	01:35.8	01:37.7	01:39.8	01:42.7	01:47.0	01:53.2	02:01.5	02:11.8	02:23.9	02:38.1	02:58.1	
200 breast	03:22.2	03:22.2	03:23.3	03:25.0	03:28.8	03:35.4	03:44.7	03:56.4	04:10.3	04:26.3	04:45.3	05:09.4	05:43.3	06:37.1	
50 fly	00:36.2	00:36.2	00:36.9	00:37.9	00:38.9	00:39.8	00:41.0	00:42.5	00:44.5	00:47.1	00:50.3	00:54.7	01:02.0	01:19.8	
100 fly	01:19.2	01:19.2	01:20.6	01:22.7	01:24.4	01:26.0	01:28.1	01:31.5	01:36.9	01:44.9	01:56.5	02:13.1	02:38.9	03:30.1	
200 fly	02:58.8	02:58.8	03:04.7	03:10.7	03:14.3	03:17.2	03:22.8	03:33.9	03:52.0	04:16.8	04:45.0	05:12.3	05:45.3	07:21.9	
50 back	00:37.2	00:37.2	00:37.7	00:38.3	00:39.2	00:40.3	00:41.8	00:43.6	00:45.8	00:48.5	00:51.9	00:56.2	01:02.3	01:11.4	
100 back	01:21.6	01:21.6	01:22.9	01:24.6	01:26.8	01:29.7	01:33.4	01:37.9	01:43.5	01:50.0	01:57.7	02:07.0	02:18.8	02:36.6	
200 back	02:57.0	02:57.0	03:00.3	03:04.2	03:09.0	03:15.3	03:23.1	03:32.8	03:44.5	03:58.7	04:16.0	04:37.3	05:04.7	05:41.7	
100 IM	01:23.9	01:23.9	01:26.4	01:28.6	01:30.3	01:31.8	01:34.1	01:37.9	01:43.6	01:51.2	02:00.2	02:10.4	02:23.4	02:49.8	
200 IM	03:00.9	03:00.9	03:07.1	03:14.0	03:18.7	03:21.8	03:25.9	03:33.5	03:46.4	04:05.3	04:29.5	04:57.4	05:32.1	06:39.3	
400m IM	06:34.3	06:34.3	06:42.3	06:48.2	06:53.2	07:01.0	07:15.7	07:40.2	08:16.0	09:02.0	09:54.3	10:48.9	11:55.5	14:15.1	

Qualifying times Female

Age	18/24	25/29	30/34	35/39	40/44	45/49	50/54	55/59	60/64	65/69	70/74	75/79	80/84	85/89	90+
50 free	00:38.5	00:38.5	00:38.7	00:39.0	00:39.7	00:40.7	00:42.1	00:43.8	00:45.8	00:48.2	00:51.2	00:55.3	01:01.4	01:11.4	No QTs
100 free	01:24.8	01:24.8	01:25.7	01:26.9	01:28.6	01:30.8	01:33.8	01:37.5	01:42.1	01:48.1	01:56.1	02:07.2	02:23.4	02:48.7	
200free	03:08.0	03:08.0	03:09.4	03:10.0	03:12.3	03:17.3	03:24.7	03:34.2	03:45.4	03:58.4	04:14.2	04:35.6	05:07.6	06:00.2	
400 free	06:30.9	06:30.9	06:34.9	06:38.7	06:43.6	06:51.3	07:03.6	07:22.3	07:48.3	08:22.5	09:05.1	09:56.4	10:59.0	12:25.1	
50 breast	00:48.8	00:48.8	00:49.4	00:49.8	00:50.7	00:52.5	00:55.1	00:58.5	01:02.0	01:05.5	01:08.6	01:12.0	01:17.9	01:32.2	
100 breast	01:44.5	01:44.5	01:45.5	01:47.0	01:49.8	01:54.3	02:00.4	02:07.6	02:15.3	02:22.9	02:30.3	02:39.4	02:54.9	03:31.9	
200 breast	03:43.5	03:43.5	03:45.9	03:50.9	03:58.5	04:08.7	04:21.1	04:34.8	04:49.3	05:04.7	05:22.2	05:45.4	06:22.6	07:34.6	
50 fly	00:40.1	00:40.1	00:40.9	00:41.8	00:42.5	00:43.2	00:44.4	00:46.3	00:49.2	00:53.3	00:58.3	01:04.8	01:15.4	01:46.1	
100 fly	01:31.5	01:31.5	01:34.9	01:37.8	01:39.5	01:41.0	01:43.9	01:49.5	01:58.9	02:12.1	02:28.1	02:46.1	03:11.7	04:27.1	
200 fly	03:18.4	03:18.4	03:28.4	03:37.1	03:40.1	03:41.1	03:46.0	03:59.5	04:24.4	05:00.2	05:40.3	06:15.8	07:04.0	10:58.6	
50 back	00:42.3	00:42.3	00:43.2	00:44.4	00:45.5	00:46.7	00:48.0	00:49.8	00:52.5	00:56.4	01:01.9	01:09.2	01:18.7	01:31.0	
100 back	01:30.5	01:30.5	01:31.7	01:33.9	01:36.4	01:39.1	01:42.3	01:46.7	01:52.7	02:01.2	02:12.9	02:28.8	02:50.2	03:18.9	
200 back	03:18.4	03:18.4	03:20.2	03:22.7	03:26.9	03:33.1	03:41.9	03:53.7	04:08.9	04:28.2	04:52.6	05:23.9	06:04.9	07:01.6	
100 IM	01:34.1	01:34.1	01:35.0	01:36.4	01:38.4	01:41.0	01:44.7	01:49.7	01:56.1	02:04.1	02:13.9	02:26.3	02:44.3	03:17.0	
200 IM	03:21.0	03:21.0	03:25.9	03:31.4	03:35.5	03:39.9	03:47.1	03:59.1	04:16.8	04:38.8	05:02.4	05:26.4	06:02.7	07:59.7	
400m IM	07:08.5	07:08.5	07:18.8	07:29.1	07:36.8	07:45.8	08:01.7	08:28.8	09:08.2	09:56.7	10:46.8	11:36.9	12:59.4	18:02.1	