

# MASTERS OPEN LONG COURSE COMPETITION

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

**Saturday 20th & Sunday 21st January 2024**

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

**Pool: 50m x 8 lanes with electronic timing**

**Welcome** to the 17th Swim South East Masters Long 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 became effective from 1st September 2023. This meet is being held in line with the policy. For more details, see page 3 of this document.

## CLEAR POOLSIDE POLICY

Swimmers must use the seats in the gallery and should only be on the poolside when going to and from the pool for warming up and to the Marshalling area for their event. Swimmers, please don't bring bags to the poolside, just bring what you need for your swim.

## 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, contact Glen Isaacs.

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

## SCHEDULE OF EVENTS

### Saturday 20th January

#### Session 1 - Warm up – 8:30 a.m. - Start 9:35 a.m.

1	Mixed	400m	Freestyle
2	Open/Male	100m	Breaststroke
3	Female	100m	Breaststroke
4	Mixed	200m	Backstroke
5	Open/Male	50m	Butterfly
6	Female	50m	Butterfly

#### \*Session 2 – Warm up 1:00 p.m. – Start 2:05 p.m.

7	Mixed	200m	Freestyle
8	Mixed	200m	Individual Medley
9	Open/Male	100m	Backstroke
10	Female	100m	Backstroke
11	Open/Male	100m	Butterfly
12	Female	100m	Butterfly
13	Open/Male	50m	Breaststroke
14	Female	50m	Breaststroke

**Expected finish time 5:00pm**

### Sunday 21st January

#### Session 3 - Warm up – 8:30 a.m. - Start 9:35 a.m.

15	Mixed	400m	Individual Medley
16	Female	100m	Freestyle
17	Open/Male	100m	Freestyle
18	Mixed	200m	Breaststroke
19	Mixed	200m	Butterfly
20	Female	50m	Freestyle
21	Open/Male	50m	Freestyle

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

22	Female	50m	Backstroke
23	Open/Male	50m	Backstroke
24	Mixed	800m	Freestyle

**Expected finish time 5:00pm**

\*Warm-up arrangements and the session start times will be confirmed by email once entries have closed.

## MEET CONDITIONS

### 1 PROMOTER

The promoter is Glen Isaacs on behalf of the Swim South East Masters Group, herein after 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 swimmers must be registered with their governing body 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 swimmers confirm by submitting their entry that they are registered as competitive with a FINA affiliated organisation.

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

**Entries close at 12 noon on Monday 8th January 2024**

**3 AGE GROUPS**

Age groups are 18 to 24 years old, and from 25 years old in 5-year age bands up to 90 years and over. Ages are as at [31st December 2024](#). All competitors must be 18 years or older on the day on their first swim in the competition.

**4 EVENTS AND QUALIFYING TIMES**

Events are: 50m, 100m, 200m backstroke, breaststroke, butterfly & freestyle, 200m & 400m individual medley and 400m & 800m freestyle.

Qualifying times (QTs) are used to ensure a minimum standard for the competition, and to enable it to run to time. By submitting an entry swimmers confirm that since [January 2022](#) they have achieved the qualifying times specified on page 4 of this document for all the events they have entered. The times can be long course times or short course times converted and must be included in the British Swimming Masters Rankings.

Para Competitors with a swimming classification that is held on the British Swimming Classification Database at the time of entry shall not be required to qualify. Para competitors wishing to enter with times outside the normal QTs will need to contact [geoff@masterswim.uk](mailto:geoff@masterswim.uk) before entering.

**5 COMPETITION ENTRY PROCEDURE**

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

- **STEP 1** Using your family name or your Swim England Registration Number use the link [Check Registration](#) to check your registration status.
- **STEP 2** If you are registered as "Club Compete" proceed to fill in and submit the on-line entry form. 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](#)

**6 ENTRY OPENING DATES**

Entries from Swim South East swimmers and those from Surrey London and Kent London can be made from [1st November 2023](#). Swimmers from all other areas can enter from [4th December 2023](#)

**7 ENTRY FEES AND PAYMENT**

A **non-refundable** fee of £2.00 to cover administration will be added to the total cost of each individual entry.

**Individual events**

**50m, 100m £7.00 each**

**200m events - £9.00 each**

**400m events - £12.50 each**

**800m event - £15.00**

Entry fees will not be refunded for withdrawals whatever the reason after the meet entries close. 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. Entry fees must be paid at the time of entry.

**8 CLOSING DATE FOR ENTRIES**

Entries close at 12 noon on [Monday 8th January 2024](#) or earlier if events are fully subscribed.

**9 REGISTRATION, RE-ENTRY AND WITHDRAWAL**

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. If you need to withdraw from the competition, please do so by email to [geoff@masterswim.uk](mailto:geoff@masterswim.uk) before the closing date for entries.

**10 LIST OF ENTRANTS**

This will be sent to every entrant during the week before the meet. Please do not chase the organisers for this, it will be sent out when it is ready.

**11 HEAT SHEETS**

Heat sheets will be posted at the pool before the start of each session and be available on-line. 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.

**12 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.

**13 EVENTS AND SEEDING**

In the mixed events Open/Male and Female swimmers 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. Swimmers must submit an entry time in order to complete the on-line entry process.

**Entries close at 12 noon on Monday 8th January 2024**

**14 AWARDS**

Medals will be awarded to individuals placed 1st, 2nd, and 3rd in each age group. Points will be awarded as follows: 1st place 3 points, 2nd place 2 points, 3rd place 1 point. Clubs will be ranked according to their accumulated points.

**15 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. Races may be live streamed. All photography will conform to the "Swim England Photography and Photographing Swimmers Policy".

**16 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.

**17 OTHER**

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

## PLEASE READ THE FOLLOWING NOTES CAREFULLY

- 1) If you break a 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.
- 2) 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.
- 3) **Finding the pool.** For directions to the venue search on Google for K2 Crawley. Parking is free.
- 4) Enquiries to Glen Isaacs: email: [mastersmanager@southeastswimming.org](mailto:mastersmanager@southeastswimming.org) Tel. 0771 8916014.
- 5) COVID 19 - Whilst we will make every effort to provide a safe environment in line with prevailing guidelines, it is ultimately every individual's responsibility to protect both themselves and those around them from infection. Further details of any measures that we need to put in place, in line with the prevailing guidelines, will be provided prior to the meet. By entering, swimmers confirm that they will comply with any such Covid safety measures.

## Swim England Transgender and Non-Binary Competition Policy

Swim England has updated its Transgender and Non-Binary Competition Policy and this became effective on 1st September 2023. All Swim England affiliated bodies are required to implement this policy. Under the policy competitions, such as this meet, where the results will be submitted to Rankings 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/Male** – 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/Male category. The word "Mixed" used in the Schedule of Events above means that Female and Open/Male 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/>

## 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 registered as a competitive swimmer and my registration number is as provided in the on-line entry form,
- I have read and understood the Conditions listed in this document and accept them,
- I am a member of the club for which I have entered,
- my date of birth and my entry times declared are correct,
- my entry category complies with the Female or Open/Male category as described above.

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

Glen Isaacs (Promoter on behalf of Swim South East)  
[mastersmanager@southeastswimming.org](mailto:mastersmanager@southeastswimming.org)

Geoff Stokes (Entries Manager)  
[geoff@masterswim.uk](mailto:geoff@masterswim.uk)

**Entries close at 12 noon on Monday 8th January 2024**

## South East Region Masters Long Course Meet 2024 – Qualifying times

<b>Female</b>																
Age Group	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	35.74	1:20.12	2:56.43	6:03.82	12:34.50	43.50	1:34.20	3:18.23	48.35	1:40.21	3:41.53	40.25	1:35.09	3:36.66	3:11.77	7:04.98
25-29	36.12	1:22.15	2:57.35	6:06.73	12:37.49	44.70	1:35.98	3:19.91	49.24	1:41.39	3:44.53	41.14	1:36.79	3:40.77	3:14.39	7:10.26
30-34	36.42	1:23.18	2:58.36	6:08.77	12:43.80	45.55	1:37.50	3:21.69	49.98	1:42.65	3:48.57	41.73	1:38.46	3:45.29	3:16.62	7:15.50
35-39	36.86	1:24.22	3:00.23	6:12.23	12:55.36	46.23	1:38.84	3:24.37	51.03	1:44.16	3:54.43	42.17	1:40.44	3:49.16	3:19.96	7:23.37
40-44	37.52	1:25.61	3:03.42	6:18.42	13:13.72	47.00	1:40.51	3:28.72	52.22	1:45.90	4:02.34	42.70	1:42.87	3:54.60	3:24.39	7:35.12
45-49	38.50	1:27.67	3:08.43	6:28.63	13:40.44	48.10	1:42.82	3:35.47	53.76	1:49.92	4:12.51	43.58	1:47.47	4:02.88	3:31.69	7:51.99
50-54	39.90	1:30.74	3:15.74	6:44.16	14:17.07	49.79	1:46.10	3:45.39	56.55	1:55.68	4:27.05	45.07	1:53.84	4:15.27	3:42.43	8:17.59
55-59	43.83	1:37.76	3:30.83	7:21.46	15:41.42	53.86	1:55.00	4:08.51	1:02.88	2:08.20	4:54.28	49.94	2:02.92	4:35.75	4:13.80	9:14.41
60-64	48.37	1:47.71	3:53.59	8:06.68	17:18.81	59.00	2:06.27	4:38.42	1:10.26	2:25.02	5:24.42	55.93	2:15.09	5:02.88	4:49.20	10:23.23
65-69	53.61	1:59.65	4:20.11	9:01.09	19:10.78	1:05.48	2:20.42	5:13.74	1:18.07	2:43.84	5:57.70	1:03.28	2:31.00	5:37.95	5:29.21	11:42.16
70-74	59.65	2:13.91	4:50.87	10:06.00	21:18.90	1:13.52	2:37.94	5:55.21	1:26.26	3:03.81	6:34.33	1:12.27	2:51.31	6:22.23	6:14.41	13:12.45
75-79	1:06.57	2:30.82	5:26.35	11:22.70	23:44.73	1:23.39	2:59.35	6:43.59	1:34.79	3:24.90	7:14.54	1:23.13	3:16.69	7:16.98	7:05.39	14:55.33
80-84	1:14.48	2:50.70	6:07.04	12:52.48	26:29.81	1:35.33	3:25.16	7:39.63	1:43.64	3:47.10	7:58.54	1:36.13	3:47.78	8:23.49	8:02.73	16:52.06
85-89	1:23.47	3:13.88	6:53.42	14:36.64	29:35.72	1:49.58	3:55.88	8:44.07	1:52.75	4:10.39	8:46.56	1:51.52	4:25.25	9:43.02	9:07.02	19:03.87
90 & over	No Qualifying Times															

<b>Open/Male</b>																
Age Group	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
18-24	29.82	1:06.92	2:35.82	5:38.28	11:45.58	37.44	1:23.35	3:02.69	39.55	1:30.18	3:21.12	32.57	1:18.71	3:11.87	2:56.36	6:44.42
25-29	30.24	1:08.22	2:36.71	5:42.33	11:49.80	37.66	1:23.73	3:04.99	40.22	1:30.45	3:21.87	32.80	1:20.53	3:14.65	2:58.32	6:45.40
30-34	30.56	1:09.09	2:37.46	5:44.67	11:55.05	37.95	1:24.48	3:07.33	40.72	1:30.62	3:22.66	33.04	1:21.86	3:17.30	3:00.10	6:47.88
35-39	30.91	1:10.03	2:38.45	5:47.86	12:02.64	38.37	1:25.50	3:10.06	41.18	1:30.83	3:23.77	33.20	1:22.80	3:20.79	3:01.27	6:53.20
40-44	31.38	1:11.25	2:40.19	5:53.06	12:15.17	39.02	1:26.46	3:13.54	41.60	1:31.15	3:25.01	33.55	1:23.80	3:24.89	3:02.81	7:02.55
45-49	32.03	1:12.92	2:42.92	6:01.44	12:31.88	40.00	1:27.63	3:17.56	42.43	1:31.86	3:29.74	34.12	1:25.15	3:31.30	3:05.69	7:17.15
50-54	32.94	1:15.26	2:48.08	6:13.94	12:57.50	41.40	1:29.16	3:24.55	43.88	1:33.74	3:39.54	35.07	1:28.36	3:41.71	3:12.07	7:38.19
55-59	35.95	1:22.93	3:01.63	6:35.86	14:09.17	43.47	1:35.64	3:45.69	47.69	1:44.14	4:04.42	37.99	1:38.65	3:54.95	3:34.47	8:25.74
60-64	40.13	1:32.61	3:23.04	7:14.38	15:32.52	49.39	1:48.71	4:15.56	55.62	1:58.51	4:39.10	46.59	1:51.68	4:23.10	4:11.19	9:37.38
65-69	44.82	1:43.55	3:47.84	8:00.73	17:08.96	56.02	2:03.14	4:48.64	1:04.30	2:14.96	5:17.70	55.61	2:08.17	5:04.82	4:53.17	10:59.06
70-74	50.09	1:55.93	4:16.55	8:56.10	18:59.87	1:03.46	2:19.05	5:25.31	1:13.81	2:33.79	6:00.61	1:05.60	2:28.82	5:52.54	5:41.37	12:31.98
75-79	56.02	2:09.96	4:49.69	10:01.64	21:06.65	1:11.80	2:36.58	6:05.93	1:24.28	2:55.28	6:48.23	1:16.70	2:54.35	6:47.00	6:36.80	14:17.34
80-84	1:02.70	2:25.82	5:27.80	11:18.53	23:30.70	1:21.14	2:55.86	6:50.89	1:35.80	3:19.76	7:40.98	1:29.07	3:25.46	7:48.94	7:40.41	16:16.34
85-89	1:10.20	2:43.72	6:11.39	12:47.92	26:13.40	1:31.58	3:17.01	7:40.55	1:48.49	3:47.50	8:39.24	1:42.85	4:02.88	8:59.09	8:53.19	18:30.18
90 & over	No Qualifying Times															

**Entries close at 12 noon on Monday 8th January 2024**