

# MASTERS OPEN SHORT COURSE COMPETITION



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

**Saturday 28th September 2024**

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

**Pool: 25m x 8 lanes with electronic timing**

**Welcome** to the 18th Swim England 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 became effective from 1st September 2023. This meet is being held in line with the policy. For more details see later in 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 whipping 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, click [here](#).

We would welcome additional help for timekeeping, marshalling or for administrative tasks, 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 9:35 am start				*Warm up 1:00 pm for 1:45 pm start			
1	Mixed	400m	Freestyle	14	Mixed	400m	Ind. Medley
2	Mixed	200m	Ind. Medley	15	Mixed	200m	Freestyle
3	Female	50m	Breaststroke	16	Open/Male	50m	Butterfly
4	Open/Male	50m	Breaststroke	17	Female	50m	Butterfly
5	Female	100m	Backstroke	18	Mixed	200m	Backstroke
6	Open/Male	100m	Backstroke	19	Mixed	200m	Breaststroke
7	Mixed	200m	Butterfly	20	Open/Male	100m	Butterfly
8	Female	50m	Freestyle	21	Female	100m	Butterfly
9	Open/Male	50m	Freestyle	22	Open/Male	100m	Ind. Medley
10	Female	100m	Breaststroke	23	Female	100m	Ind. Medley
11	Open/Male	100m	Breaststroke	24	Open/Male	100m	Freestyle
12	Female	50m	Backstroke	25	Female	100m	Freestyle
13	Open/Male	50m	Backstroke				
Estimated finish 5:00 pm							

\*Warm-up arrangements and the session start times will be confirmed once entries have closed see Condition 10 below.

## CONDITIONS

### 1 PROMOTER

The promoter is Glen Isaacs on behalf of the Swim England South East Region Masters Group, hereinafter called the "Promoter".

### 2 WHO CAN ENTER?

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.

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 England South East Region clubs and those from Swim England London Surrey and Swim England London Kent from [1st July 2024](#) and for all others from [15th August 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 of age or older on [28th September 2024](#).

#### 4 EVENTS AND QUALIFYING TIMES

Events are: 50m, 100m, 200m backstroke, breaststroke, butterfly, freestyle, 100m, 200m & 400m individual medley and 400m 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 [1st January 2022](#) they have achieved the qualifying times specified on page 4 and 5 of this document for all the events they have entered. The times should be short course times or long 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) for an entry key to enable them to enter.

#### 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” (or for Welsh swimmers, category 2) proceed to fill in and submit the on-line entry form. If you are not registered as “Club Compete” or category 2 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 England South East swimmers and those from Swim England London Surrey and Swim England London Kent can be made from [1st July 2024](#). Swimmers from all other areas can enter from [14th August 2024](#).

#### 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**

Entry fees will not be refunded for withdrawals whatever the reason after the meet entries have been closed, which may be before the published closing date if the meet is full. All payments will be collected on-line using STRIPE via a credit or debit card. Fees must be paid at the time of entry.

#### 8 CLOSING DATE FOR ENTRIES

Entries close midday [Wednesday 18th September 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 entries are closed, this may be before the published closing date if the meet is full before then.

#### 10 INFORMATION FOR COMPETITORS AND THE LIST OF ACCEPTED SWIMMERS

This will be available during the week before the meet. Please do not chase the organisers for this, it will be posted [here](#) 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.

#### 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, 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 LIMITS 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.

### **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 currently registered as a competitive swimmer and my registration number is as provided in the on-line entry form,
- I have read and understand 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)

### Qualifying times Open/Male

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	