

# MASTERS OPEN LONG COURSE COMPETITION

(Held under Swim England Regulations and Technical Rules)

**Saturday 18th & Sunday 19th January 2025**

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

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

**Welcome** to the 18th Swim England South East Masters Long Course Competition. Please read this document carefully, it contains important information for those wishing to enter this event.

## 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 **do not 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 18th January

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

|   |           |      |                   |
|---|-----------|------|-------------------|
| 1 | Mixed     | 400m | Individual Medley |
| 2 | Female    | 100m | Freestyle         |
| 3 | Open/Male | 100m | Freestyle         |
| 4 | Mixed     | 200m | Breaststroke      |
| 5 | Female    | 100m | Butterfly         |
| 6 | Open/Male | 100m | Butterfly         |
| 7 | Female    | 50m  | Backstroke        |
| 8 | Open/Male | 50m  | Backstroke        |

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

|    |           |      |                   |
|----|-----------|------|-------------------|
| 9  | Mixed     | 400m | Freestyle         |
| 10 | Mixed     | 200m | Individual Medley |
| 11 | Female    | 100m | Backstroke        |
| 12 | Open/Male | 100m | Backstroke        |
| 13 | Female    | 50m  | Breaststroke      |
| 14 | Open/Male | 50m  | Breaststroke      |

**Expected finish time 5:00pm**

### Sunday 19th January

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

|    |           |      |              |
|----|-----------|------|--------------|
| 15 | Mixed     | 200m | Freestyle    |
| 16 | Mixed     | 200m | Backstroke   |
| 17 | Open/Male | 100m | Breaststroke |
| 18 | Female    | 100m | Breaststroke |
| 19 | Mixed     | 200m | Butterfly    |
| 20 | Open/Male | 50m  | Freestyle    |
| 21 | Female    | 50m  | Freestyle    |

#### \*Session 4 – Warm up 1:00 p.m. – Start 1:45 p.m.

|    |           |      |           |
|----|-----------|------|-----------|
| 22 | Open/Male | 50m  | Butterfly |
| 23 | Female    | 50m  | Butterfly |
| 24 | Mixed     | 800m | Freestyle |

**Expected finish time 5:00pm**

\*Warm-up arrangements and the session start times will be confirmed 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. GENDER POLICY

In line with the Swim England Transgender and Non-Binary Competition Policy the meet will 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 Female category may not enter the Open/Male category.

Further details on the policy and the definitions can be found at

<https://www.swimming.org/swimengland/transgender-competition-policy-update/>

**Entries close at 12 noon on Monday 6th January 2025**

**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 2025](#). All competitors must be 18 years or older on 18th January 2025.

**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 [1st January 2023](#) 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 have achieved the qualifying times. Para competitors wishing to enter with times outside the QTs will need to contact [geoff@masterswim.uk](mailto:geoff@masterswim.uk) before entering.

**5 ENTRY PROCEDURE**

All swimmers must be current

- Swim England "Club Compete" members, or
- Scottish Swimming "Athlete" members, or
- Swim Wales "Club – Competitive" members

at the time of entering.

Swimmers not registered with the above bodies may not enter.

You should check your membership record at:

- Swim England - <https://www.swimmingresults.org/membershipcheck>
- Scottish Swimming - <https://www.scottishswimming.com/membership/membership-check>
- Swim Wales - <https://www.swimwales.org/membership-checker>

**IF YOUR MEMBERSHIP RECORD DOES NOT CONFIRM THAT YOU MEET THE ELIGIBILITY REQUIREMENTS ABOVE – DO NOT SUBMIT AN ENTRY.**

We will be checking compliance with the above and any entries that do not comply will be rejected. Scottish Swimming and Swim Wales members should add a note to their entry indicating that they are members of those organizations to assist us to carry out the checks.

Swimmers who have chosen to hide their membership data cannot be checked and so will be rejected. Such swimmers should email [geoff@masterswim.uk](mailto:geoff@masterswim.uk) before entering to discuss alternative checking arrangements.

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

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 Surrey London and Kent London can be made from [1st November 2024](#). Swimmers from all other areas can enter from [2nd December 2024](#)

**7 ENTRY FEES AND PAYMENT**

A **non-refundable** fee of £3.00 to cover administration will be added to the total cost of each individual entry.

**Fees are as follows**

**50m £7.50 each**

**100m £8.00 each**

**200m events - £9.50 each**

**400m events - £13.00 each**

**800m event - £15.50**

Entry fees will not be refunded for withdrawals whatever the reason after the event has closed to entries (including closing early – see Condition 8 below). All payments will be collected on-line with Stripe via a credit or debit card. Entry fees must be paid at the time of entry.

**8 CLOSING DATE FOR ENTRIES**

Entries close at 12 noon on [Monday 6th January 2025](#) 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.

**Entries close at 12 noon on Monday 6th January 2025**

**10 LIST OF ENTRANTS BY EVENT**

This will be posted [here](#) during the week before the meet. Please do not chase the organisers for this, it will be posted 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 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) Health Measures - It is possible that we may need to adopt specific measures to comply with any government or leisure centre health restrictions or guidance. These will be notified to entrants before the meet. By entering you are recognising and accepting that such measures may be imposed later.

## 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,
- if I have entered the "Female" category my birth sex was female.

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 6th January 2025**

## South East Region Masters Long Course Meet 2025 – Qualifying times – All times are long course

| <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 6th January 2025**