

LONG COURSE RELAY TEAM MASTERS COMPETITION



(Under Swim England Laws and Technical Rules of Masters Swimming)

Saturday 22nd March 2025

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

Pool: 50m x 8 lanes with electronic timing

Schedule of Events			
See below re warm up and session times			
1	Open/Male	4 x 200m	Freestyle
2	Female	4 x 200m	Freestyle
3	Mixed	4 x 200m	Freestyle
4	Open/Male	4 x 100m	Medley
5	Female	4 x 100m	Medley
6	Mixed	4 x 100m	Medley
7	Open/Male	4 x 100m	Freestyle
8	Female	4 x 100m	Freestyle
9	Mixed	4 x 100m	Freestyle
10	Open/Male	4 x 50m	Medley
11	Female	4 x 50m	Medley
12	Mixed	4 x 50m	Medley
13	Open/Male	4 x 50m	Freestyle
14	Female	4 x 50m	Freestyle
15	Mixed	4 x 50m	Freestyle

INTRODUCTION

This is the fifth Masters relay only competition to be run by Swim England South East (SESE). 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 SESE 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 K2, Crawley.

SWIM ENGLAND TRANSGENDER AND NON-BINARY COMPETITION POLICY

This meet is being held in line with the current Swim England Transgender and Non-Binary Competition Policy which became effective in September 2023. Further details on the policy and the definitions can be found at <https://www.swimming.org/swimengland/transgender-competition-policy-update/> Mixed teams must comprise 2 Female and 2 Open/Male swimmers.

COACHES PASSES

Coaches will be able to attend provided they have given advance notice and are in possession of a pass issued by the promoter. To apply for a pass [click here](#). Coaches already holding a pass from the SESE Masters 1500m event earlier in the day may continue to use that pass.

OFFICIALS AND HELPERS

Participating clubs are requested to provide an official to assist at the event. Details to [Glen Isaacs](#), please. Volunteers will be needed to help with the running of the meet. Offers, to Glen would be most welcome. Tel. 07718 916 014.

EVENT TIMINGS AND WARM UP

As the relay meet follows the 1500m meet taking place in the afternoon, the precise timings for the start of the warm up and racing will depend on the level of entries received for the 1500m meet. It is expected that the warm up will start between 5:15 and 6:00pm and that racing will start between 6:00 and 6:30pm. The final times will be confirmed prior to the meet. 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.

MEET INFORMATION

Information about the meet can found at the [Meet Information Page](#). This will be updated periodically and important competitor information will be available here a few days before the meet. So please do check this page.

CONDITIONS

1 PROMOTER

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

2 ELIGIBILITY

Open to teams from clubs that are registered with Swim England, Scottish Swimming or Swim Wales. Swimmers must be Swim England "Club Compete" members, Scottish Swimming "Athlete" members, or Swim Wales "Club – Competitive" members as appropriate.

Team managers are responsible for checking that all their swimmers are registered correctly. Registration status should be checked here

[Swim England](#)

[Scottish Swimming](#)

[Swim Wales](#)

Swimmers can only represent one club in this competition. Swimmers may not compete in more than one team in each event.

3 AGE GROUPS

World Aquatics Masters age groups as follows. 72yrs+, 100 to 119yrs, 120 to 159yrs, 160 to 199yrs, 200 to 239yrs, 240 to 279yrs, 280 to 319yrs, 320 to 359yrs, and above as necessary. 72yrs+ teams must have at least one swimmer that is under 25 years of age on 31 December 2025, and all swimmers must be 18 years old or over on 22nd March 2025. All other teams must comprise only swimmers who are 25 or over on 31 December 2025, and the combined ages on [31st December 2025 must fall within the age band that the team has entered.](#)

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 HEAT DECLARED WINNERS

Results will be decided on heat times, there will be no finals

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>



7 ENTRIES

Click the link below to access the **on-line entry system**.

[ENTER HERE](#)

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

[ENTRY LIST](#)

The meet will be open to entries on [9th February 2025](#).

8 ENTRY FEES

The fee is **£16.00** for each relay team entered. There will be a non-refundable administration fee of £3.00 per club regardless of the number of teams entered. Payment of entry fees should be made at the time an entry is submitted.

9 CLOSING DATE FOR RELAY TEAM ENTRIES

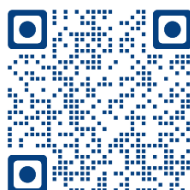
Entries close midday [Monday 17th March 2025](#) or sooner if meet is full before then. Entries will be accepted in order of submission and events closed as they become full.

10 HEAT SHEETS

Heat sheets will be sent to the team manager of each club by email on or before [Friday 21st March 2025](#). 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 21st March 2025](#) 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 18th March 2025](#). 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 20th March 2025](#). 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 before 22 March 2025 by email to [AG CHANGE](#). They can also change age groups on the day. On the day changes must be notified at the computer desk before the start of the warm up.. 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

Heats will be seeded on Thursday 20th March and it will be assumed that all teams entered will swim unless they withdraw before 12 noon on [Thursday 20th March 2025](#) by email to [WITHDRAWAL](#). Withdrawing will ensure there are no empty lanes, however entry fees will not be refunded 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.

15 OTHER MATTERS

The Promoter reserves the right to swim combined heats of any or all of events 1, 2 & 3 (depending on the level of entries) to make best use of the pool time available. Whilst swimmers are not prohibited from entering the mixed event in addition to their own category, they do so at their own risk and the Promoter will not change the way heats are combined to facilitate this.

If it is not possible to configure the pool for a long course competition, the competition shall run as a short course competition.

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. I also confirm that members entered as Female were born as Female and appear as such on the Swim England Membership Database.