

SWIM SOUTH EAST LONG COURSE MASTERS

18th/19th January 2025 at K2, Crawley

ESSENTIAL INFORMATION FOR COMPETITORS

Entry to the competition is closed. No further changes will be made to the entry list. If you withdrew after the entries closed then your name will still appear on the programme.

Programme and list of swimmers

The entry list to the competition is available on this web page. If you decide that you are unable to swim, please do not inform us as the published list will not be changed. If you don't register on the day, you will not be included in the heats.

Registration before each session

Registration sheets will be displayed on the glass wall by the entrance to the changing rooms before each session. SWIMMERS SHOULD HIGHLIGHT ALL THE EVENTS IN THE SESSION THAT THEY INTEND TO SWIM USING THE MARKER PENS PROVIDED. If you don't do this before each session your name will not appear in the heat lists, and you will only be able to swim if there is a spare lane in the early heats. **The registration sheets will be taken down 45 minutes before the start of each session.**

We are short of helpers for this meet and we would welcome offers of help for say, whipping, marshalling, issuing medals and other tasks, from partners, coaches or friends of competitors. Please contact [Glen Isaacs](#) with offers, even if for one session only.

Schedule of Events and Warm-up

Note there will be four 15-minute warm-up periods for Sessions 1, 2, & 3.

Note that some start times below have changed.

SATURDAY 18th^t JANUARY

Session 1	Starts at 10:05am - registration cut off 9:20
Warm-up	Female 50yrs and over 9:00 to 9:15
	Open/Male 50yrs and over 9:15 to 9:30
	Female under 50yrs 9:30 to 9:45
	Open/Male under 50yrs 9:45 to 10:00

Session 2	Starts at 2:05pm – registration cut off 1:20
Warm-up	Female 50yrs and over 1:00 to 1:15
	Open/male 50yrs and over 1:15 to 1:30
	Female under 50yrs 1:30 to 1:45
	Open/male under 50yrs 1:45 to 2:00

SUNDAY 19th JANUARY

Session 3	Starts 9:35am – registration cut off 8:50
Warm-up	Open/Male 50yrs and over 8:30 to 8:45
	Female 50yrs and over 8:45 to 9:00
	Open/Male under 50yrs 9:00 to 9:15
	Female under 50yrs 9:15 to 9:30

Session 4	Starts 1:20pm – registration cut off 12:35
Warm-up	Open/Male butterfly 12:15 to 12:30
	Female butterfly 12:30 to 12:45
	Mixed 800m freestyle 12:45 to 1:15

Changing Rooms and Lockers

There are plenty of lockers for the main pool, when these are full, please use those in the family area for the small pool. These are on the left as you approach the showers. All the lockers need a £1 coin.

Poolside Protocol

After the warm-up swimmers will only be allowed on the poolside when they are about to swim. After swimming they should go straight to the changing rooms to dry themselves and then return to the seating area in the balcony. A specific area on the poolside will be reserved for "S" class swimmers, blue badge holders and their carers. Swim coaches will be allowed on the poolside provided that they have a coaches' pass which can be obtained in advance from [Glen Isaacs](#).

Swimming bags will not be allowed on the poolside, please bring a plastic bag for any items that you will need when going to the start of your race.

Results

Results will be available on the internet, use the QR code or link below.

Live Streaming

We have arranged for the event to be streamed live, [live stream link](#).

Medals

Medals will be available for collection from the medal desk which is situated on the balcony at the diving board end of the pool. If you don't really want a medal then please don't collect it. By not collecting it you will make it available for use next time which will help to keep the cost of future entries down.

Car Parking

K2 has a large car park but in the event of it becoming full, overflow parking will be Tilgate Business Park for both Saturday and Sunday, and Thomas Bennett School car park on the Saturday only, this will close at 6.00pm so all cars should have left by this time. There are other events at the centre on both days so allow enough time to park in case you have to use an overflow park. Car parking is free.

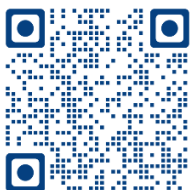
Refreshments

The café will be open from 8:00am on both days.

Glen Isaacs
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Geoff Stokes
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Start Lists <https://bsbasa.org/startlist>



Results <https://bsbasa.org/results>

