

LONG COURSE RELAY TEAM MASTERS COMPETITION



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

Saturday 28th March 2026

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

Pool: 50m x 8 lanes with electronic timing

Schedule of Events			
For Event Times and Warm-up see below			
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 8th Masters relay only competition to be run by Swim England South East (SESE) and the fourth running of the LC format. 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.

OFFICIALS AND HELPERS

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

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 be 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 [Rob Moore](#) 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

The 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 2026, and all swimmers must be 18 years old or over on 28th March 2026.

All other teams must comprise only swimmers who are 25 or over on 31 December 2026, and the combined ages on [31st December 2026 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

No medals will be awarded.

There will be two club awards.

The top club trophy will be awarded to the club achieving most placing points. Placing points will be awarded for 1st (3pts), 2nd (2 pts) & 3rd (1 pt) in each event and age group. This is to encourage clubs to enter as many teams as they can.

The club best performance trophy will be awarded to the club achieving the most performance points from that club's top three swims. Performance points measure a performance against the current British record for that event and age group (for more details see the document on the [Meet Information Page](#)). This is to encourage smaller clubs who may not be able to compete for the top club trophy but can nevertheless form a small number of high performing teams.

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 [31st January 2026](#).

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

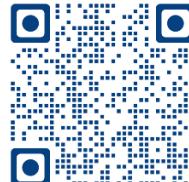
Entries close midday [Wednesday 18th March 2026](#) or sooner if meet is full before then. Entries will be accepted in order of submission and events closed as they become full.

10 HEAT SHEETS

Heat sheets will be sent to the team manager of each club by email on or before [Friday 27th March 2026](#). 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 27th March 2026](#) 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 24th March 2026](#). 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 26th March 2026](#). 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 28th March 2026 by email to [Rob Moore](#). 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 26th March and it will be assumed that all teams entered will swim unless they withdraw before 12 noon on [Thursday 26th March 2026](#) by email to [Rob Moore](#). 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 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 USE OF MOBILE PHONES/DEVICES

Under Swim England's safeguarding policy, the use of mobile phones and devices capable of taking photos is strictly prohibited under any circumstances in the changing rooms (including simply making a call). To quote, **Swim England has a zero tolerance policy towards the use of mobile phones and other digital devices in the changing rooms during Swim England regulated activities.**

The safeguarding policy is principally aimed at protecting under-18s. Although under-18s are not permitted to enter this meet, we do not have exclusive access to the changing rooms, and there are frequently under-18s in the changing rooms who are taking part in aquatic activities in other parts of the K2 pool complex. As such, we require all swimmers entering the meet and all other persons attending to comply with Swim England policy. IN PRACTICE, PHONES AND OTHER DEVICES SHOULD NEVER BE VISIBLE IN THE CHANGING ROOMS. THEY SHOULD BE STOWED IN POCKETS OR BAGS.

15 OTHER MATTERS

The Promoter reserves the right to swim combined heats of

- any or all of events 1, 2 & 3
- events 4 & 5
- events 7 & 8

(depending on the level of entries). This is to make best use of the pool time available. Whilst swimmers are not prohibited from entering event 3 in addition to event 1 or 2, 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 except when sprint lanes have been announced.
- 2 For directions to the venue search on Google for K2 Crawley. Parking is free.
- 3 Enquiries to [Rob Moore](#)
- 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.