

SWIM SOUTH EAST LONG COURSE MASTERS

17th/18th January 2026 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 programme of entries in the competition is available [here](#). 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, timekeeping, marshalling, posting results, and other tasks, from partners, coaches or friends of competitors. Please contact [Geoff Stokes](#) 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 2, 3 & 4

Note that some of the times below are different to those in the entry Instructions.

SATURDAY 17th JANUARY

Session 1	Starts at 9:20am - registration cut off 8:35am	
Warm-up	800m Mixed	
	Female	8:30 to 8:50
	Open/Male	8:55 to 9:15
Session 1A	Starts at 12:35pm – registration cut off 11:50am	
Warm-up	50m backstroke	
	Female	12:00 to 12:15
	Open/Male	12:15 to 12:30
Session 2	Starts at 2:05pm – registration cut off 1:20pm	
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 18th JANUARY

Session 3	Starts at 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 at 1:50pm – registration cut off 1:05pm	
Warm-up	Open/Male 50yrs and over	12:45 to 1:00
	Female 50yrs and over	1:00 to 1:45
	Open/male 50yrs and over	1:45 to 1:30
	Female under 50yrs	1:30 to 1:45

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.

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, the link to this facility will be posted [here](#).

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 may be 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.

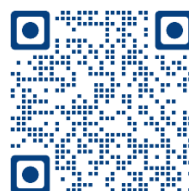
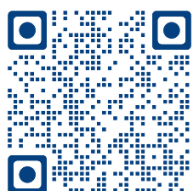
Refreshments

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

Geoff Stokes
SER Masters Meet Promoter
masters.entries@southeastswimming.org

Start Lists <https://bsbasa.org/startlist>

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



BWSC Long Course (50m) Masters National Qualifier Aldershot Garrison Sports Centre – 25 April 2026

- 50m, 100m, 200m all strokes, 400 free plus 200 & 400 IM
- Afternoon and evening sessions
- Entries open **9 March** and close 10 April (or earlier if full)

Full details & on-line entry at go.bwscswim.org.uk/masters