

MASTERS OPEN LONG COURSE COMPETITION

(Under ASA Laws and ASA Technical Rules of Masters Swimming)

Sunday 24th March 2019

London Aquatics Centre, Queen Elizabeth Olympic Park, London, E20 2ZQ

Pool: 50m x 10 lanes with electronic timing

Warm Up				Warm Up			
08:00 to 08:20 W				13:00 to 13:20 M			
08:20 to 08:40 M				13:20 to 13:40 W			
08:40 to 08:55 Mixed				13:40 to 13:55 Mixed			
Session 1				Session 2			
Start 09:00				Start 14:00			
101	Mixed	200m	Breaststroke	201	Mixed	200m	Backstroke
102	Women	4 x 50m	Freestyle Relay	202	Men	4 x 50m	Medley Relay
103	Men	4 x 50m	Freestyle Relay	203	Women	4 X 50m	Medley Relay
104	Women	100m	Backstroke	204	Mixed	200m	Butterfly
105	Men	100m	Backstroke	205	Men	100m	Breaststroke
106	Women	100m	Butterfly	206	Women	100m	Breaststroke
107	Men	100m	Butterfly	207	Men	100m	Freestyle
108	Women	50m	Freestyle	208	Women	100m	Freestyle
109	Men	50m	Freestyle	209	Men	50m	Backstroke
110	Women	50m	Breaststroke	210	Women	50m	Backstroke
111	Men	50m	Breaststroke	211	Men	50m	Butterfly
112	Mixed	200m	Freestyle	212	Women	50m	Butterfly
113	Women	4 x 100m	Medley Relay	213	Mixed	200m	Individual Medley
114	Men	4 x 100m	Medley Relay	214	Men	4 x 100m	Freestyle Relay
				215	Women	4 x 100m	Freestyle Relay

*Afternoon session start times may change when all the entries are in. Changes will be advised by email.

CONDITIONS

1 PROMOTER

The promoter is Richard Jones on behalf of London Swimming Masters.

2 WHO CAN ENTER?

This meet is open to all swimmers who are members of organisations affiliated to FINA. British swimmers must be registered as competitors with their governing body for the club they wish to represent at the time of entry. All non-British swimmers confirm by submitting their entry that they are a member of a FINA affiliated organisation.

Swim England registered Masters should check their registration status at:

<http://www.swimmingresults.org/customerservices/membershipcheck/index.php>

A competitor may only compete for one club in the competition and must be a registered member of that club on the closing date for the individual entries. Swimmers not registered with a club can use the Swim England Temporary Membership scheme when they complete the on-line entry form. For information about the scheme see:

<http://www.swimming.org/members/swim-england-temporary-membership/>

3 EVENTS AND SEEDING

In the mixed individual events men and women 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. Where an entry time is not submitted swimmers will be seeded in the slowest heats. Swimmers may compete only once in each relay team event.

4 AGE GROUPS

The age groups are for swimmers aged from 18 to 24 years, and from 25 years old in 5-year age bands. Relays: total team age 72+, 120+, 160+, 200+, 240+. Ages are as at **31st December 2019** for individual and team events. All competitors must be 18 years of age or older on the date of their first swim in the competition.

5 RESULTS

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

6 AWARDS

Medals will be awarded to individuals and teams placed 1st, 2nd, and 3rd in each age group.

Entries close at midday; Individual entries on 15th March 2019, Relay entries on 19th March 2019

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7 ENTRIES

Entries should be made on-line via the following link.

<https://bsbasa.org/meet/LondonLM19>

The link below shows the **List of Entries** to date.

<https://bsbasa.org/entries/LondonLM19>

8 ENTRY FEES AND PAYMENT

A fee of £1.50 to cover administration will be added to the total cost of the individual entries.

Individual events

50m, 100m & 200m events - £10.00 each

Relay Team events - £15.00 each (an administration fee will not be added for relays)

Entry fees will not be refunded for withdrawals after the closing dates. All payments will be collected on-line with PayPal via a credit or debit card or through a PayPal account. It is not necessary to have a PayPal account to pay -your normal credit/debit card should be accepted. Entries not paid by the respective closing dates will be rejected.

9 CLOSING DATE FOR INDIVIDUAL ENTRIES

Entries close at 12 noon on [Friday 15th March 2019](#) or sooner if sessions are fully subscribed.

10 CLOSING DATE FOR RELAY ENTRIES

Relay entries will close at 12 noon on [Tuesday 19th March 2019](#) or sooner if sessions are fully subscribed.

11 REGISTRATION AND RE-ENTRY

All individual swimmers must register on the sheets provided at the pool half an hour before the scheduled start of the first event in each session. If you do not register, you may not be able to swim. Teams must be declared on the day using the forms which will be sent by email to team managers. Team members' names will be required together with the Swim England Member ID of those not competing in individual events. Teams that are not declared may not be allowed to swim.

12 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.

13 DISPUTES

Any matters not provided for in these conditions shall be decided by the Promoter.

PLEASE READ THE FOLLOWING NOTES CAREFULLY

- 1) Session durations will be limited in consideration of both officials and competitors so entries to all events in a session will be closed before the dates given above if, and when, the allocated session durations are reached. Please get entries in as early as possible to avoid disappointment.
- 2) A team claiming a national or international record must comply with all the requirements of the record concerned. In order to make it easier for clubs to enter teams the conditions of this competition are not as stringent as they are for national and international records.
- 3) If you do break either an individual or a relay team 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.
- 4) 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.
- 5) **Finding the pool.** For directions to the venue search on Google for The London Aquatic Centre.
- 6) **DON'T FORGET TO REGISTER ON THE SHEETS PROVIDED AT THE POOL BEFORE EACH SESSION TO INDICATE THE EVENTS YOU INTEND TO SWIM IN THAT SESSION**

I hope that you will enjoy the competition and would welcome constructive comments to enable us to improve it in future years.

Richard Jones (Promoter on behalf of London Swimming) masters.chairman@londonswimming.org

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