

Swim England T-30 Challenge 2018

Entry Pack



The Swim England T30 Challenge 2018

HOW TO ENTER

Entries

Individual Entries

This event is open to all swimmers.

There is no requirement to be registered with Swim England.

Individual swimmers may also combine to form teams.

Team Entries

Teams will be made up of four swimmers.

All swimmers in the team need to be entered as individual swimmers in the individual events.

Team members can be made up of registered and non-registered members.

There are men's, women's and mixed (i.e. two women, plus two men) teams. Swimmers may compete only once in each category, but may swim in different age groups, in different events. In other words, a swimmer may be in one single sex team and one mixed team.

Age Groups

Swimmers and Teams will be categorised by conventional Masters and Senior Age Groups (see Event Condition 11, page 4).

Swimmers' age is as of 31 December 2018.

Where and When

Swims can be achieved in any pool that is 25 metres/yards or longer and at any time during the year of the competition up until the closing date.

Entry Fees

Individual Entries	Team Entries
£8.00	£13.00 (per team)

Closing Deadline

The deadline for both individual and team entries is **midnight, Friday 14 December 2018**.

Submitting an Entry

An individual and/or team entry and confirmation of the total distance swam in 30 minutes can be submitted at any time during the competition year and up until the closing deadline.

Swimmers may submit their entry when they feel they have achieved their best result and distance swam.

All entries and distance swam must be submitted online via the event website or the below links:

[Submit individual entry](#)

[Submit team entry](#)

SWIMMING THE CHALLENGE

Logging Swims

Verification

All swims must be verified by a separate, responsible person, who can track and record your laps as you swim. An example of a responsible recorder may be a swimming club representative or member of sports centre staff.

Lap Count Sheet

Use the [Lap Count Sheet](#) to help you and a person logging your swims to keep track of the laps as you challenge yourself to swim the furthest in 30 minutes.

Swim Tracker

Use the [Swim Tracker](#) to help you to track all your swims throughout the year.

My Best Swim Log

Use [My Best Swim](#) log and fill it in to keep a record of your personal best swim of 2018.

The Lap Count Sheet, Swim Tracker and My Best Swim log are available to download and print from the [T30 Challenge website](#).

Calculating the Distance

Metric Pools

The metric distance swum in 30 minutes should be rounded down to the nearest completed 5 metres.

Yard Pools

The distance swum in yards, in 30 minutes, will be automatically converted to metres when entered on the online entry form. The result in metres should then be rounded down to the nearest completed 5 metres.

RESULTS AND AWARDS

Ratification

All swims must be verified by a responsible person.

Results

Full results will be published on the T-30 Challenge website soon after the entries closing date.

Certificates

All entrants will receive an electronic certificate of achievement.

Medals

Medals will be awarded to the top three Male and Female Swimmers in each age group.

Team events will also be awarded Medals to the overall top three Male, Female and Mixed Teams in each age group as stated in the event conditions.

CONTACT

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