

OFFICIAL PROGRAMME



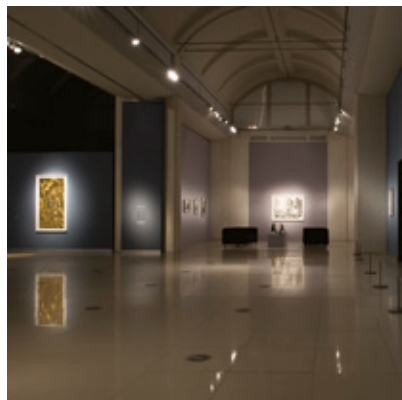
Swim England
Masters

A swimmer wearing a green swim cap and black goggles is captured in a dynamic pose, splashing water. The swimmer's mouth is open, and their arms are extended forward. The background shows a swimming pool with red lane markers.

Masters National Championships 2019

25 – 27 October | Ponds Forge, Sheffield

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Welcome



Ian Mackenzie
Swim England President

It is a privilege to welcome everyone to Ponds Forge International Sports Centre in Sheffield for the Swim England Masters National Championships (25M) 2019.

I'm sure that it will be a very enjoyable event, with good competition for everyone. I look forward to meeting you, and watching very competitive swimming, with new records set and personal best times achieved.

This event also provides an opportunity for swimmers to renew or make new friendships, which is all part of being on poolside, and for first-time competitors to appreciate why swimmers come back to participate in an event which, for many, is the highlight of the swimming year.

I take this opportunity to thank all the volunteers who give so much of their time to ensure athletes have the best experience. Thanks also to the Swim England staff involved in making this event happen, and to the Sheffield City Council and Ponds Forge staff for their assistance in ensuring a successful and enjoyable event.

My best wishes to you all for a successful and enjoyable weekend.



Councillor Tony Downing
Lord Mayor of Sheffield

On behalf of the city of Sheffield I would like to extend a warm welcome to everyone participating and attending the Swim England Masters National Championships (25M) 2019, hosted here at Ponds Forge International Sports Centre. It may be you have competed in Sheffield previously and, if so, welcome back. To those of you who are competing here for the first time I hope you enjoy everything Sheffield has to offer. To both returners and first time competitors I wish all of you every success. I appreciate all those competing have trained diligently with the support of family and friends, and no doubt made many sacrifices to be here.

As with all large events there is a great deal of groundwork, often behind the scenes, that goes into making the occasion a realisation. Therefore I would like to thank the many dedicated individuals from Swim England, Sheffield City Council and Ponds Forge International Sports Centre, volunteers, officials and helpers who have invested their time in ensuring this event is a success. Everyone involved is pleased that Swim England has decided to award this prestigious event to the city once again.

Whilst you are in the city I hope you will have the opportunity to visit some of our many visitor attractions and maybe you will also be able to take time out to enjoy the wonderful countryside that surrounds Sheffield. We are a welcoming city and I am certain you will experience the warmth from the people no matter how you chose to spend your time here.

On the cover: Swim England Masters National Championships (25M) 2017 © SWpix 2019





Acknowledgements

On behalf of Swim England

Swim England President: Ian Mackenzie

Swim England Board Chairperson: Mike Farrar

Swim England Chief Executive: Jane Nickerson

Masters Swimming Officer: Sharon Lock

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Events Manager: Thysia Pater-Dye

Lead Events Officer: Sophie Byrne

Events Officer: Alastair Richards

Media Officers: Ian Whadcoat and Dan Richardson

Web: Kate Tomlyn and Chris Cottrell

Designer: Callum Stringer

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Technology Team: Simon Sinclair, Judith Buck and David Rush

Chief Recorder: Bernie Buck

Recording Team: Bob Outtram, David Rush, Elsie Rush, Lance Davis, Martyn Hudson

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Field of Play Team: Naomi Harvey, James Fairhurst and Sara Meggitt

Announcers: Alan March Sport

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* Names correct at time of publication

Swim England would like to thank all staff and volunteers involved in the organisation and delivery of the Swim England Masters National Championships 2019. Our thanks extends to the warm up marshals and runners, without their help this event would not be possible.



JUST SWIM CHALLENGE **30**

Test yourself against the clock!
How far will you swim?

Enter now or find out more at
swimming.org/members/just-swim-challenge-30

Event information

Event Notice Board

Important event information will be posted on the Event Notice Boards located in the foyer, next to the diving pit and on the entrance to the pool hall.

Printed programmes will not be available at this event. Start lists will be available on the Event Notice Boards and online, and a link will be distributed to all competitors ahead of the event.

Warm up periods

The warm ups will be in three periods of 20 mins each. The exception being the 1500m, where all age groups will warm up together (session 1).

The warm up period in session 2, 3, 4, 5, 6, 7 & 8 will be as follows:

- The first period for those aged 50 years and over
- The second period for those aged 36 years to 49 years
- The third period for those 35 years and under

These arrangements have been made to make the best use of warm up facilities, given the number of swimmers in each session. However, some warm ups will remain very crowded. If you are not swimming in the early part of a session, you are encouraged to use the diving pit for your warm up after the start of the session. The diving pit will be available throughout the meet, with six lanes. There will be signs indicating the direction of swimming in each lane, please adhere to these and no diving.

The Meet Director may change warm up timings at his discretion. Please listen for any such announcements.

Re-Entry, Team Declarations and Withdrawal

Withdrawal forms and Team Declaration forms can be emailed to berniebuck22@gmail.com in advance of the competition, **until 7.45am on Friday 25 October**.

From **Friday 25 October**, please contact the Resolution Desk, by following these procedures:

Resolution Desk

The Resolution Desk will manage all queries including but not limited to Withdrawals, Re-Entry and Team Declarations.

All swimmers are directed to the Resolution Desk as access to the Timing Suite is limited. The Resolution Desk can be found just inside the entrance to the Timing Suite from poolside and will be staffed from **7.45am** on each day of competition.

Alternatively, you can call the Resolution Desk from **7.15am** on each day of competition on **07563 750 846**. Please note that text messages and voicemails will not be accepted. You must speak to someone.

Re-Entry

Competitors entering the 400m Individual Medley and 400m, 800m and 1500m Freestyle events **only** are required to confirm their intention to swim by re-entering at the Front Desk (located in the foyer) or Resolution Desk (in person or by telephone).

Competitors in **1500m only** can also call the Resolution Desk between **8pm and 10pm** on **Thursday 24 October** to re-enter.

Competitors in other events are not required to re-enter.

There is no marshalling area for this event, it is your responsibility to report to your designated lane in good time before the start of your heat, so that you are ready for the start. Please note that should you miss your heat for whatever reason, you will not be able to swim in a later heat.

Relay Team Declaration

The Team Declaration form can be found [HERE](#). Please be reminded that all swimmers in relay teams must have registered using the online entry form. Swimmers not registered will not be allowed to swim.

Withdrawals

The Withdrawal form can be found [HERE](#). Please note that refunds cannot be made. The withdrawal process relies upon swimmers' co-operation to keep the number of empty lanes to a minimum. If you do not intend to swim, please withdraw from your event as early as possible to avoid creating an empty lane.

Deadline for all re-entry, team declarations and withdrawals:

SESSION	SESSION START TIMES	400, 800, 1500 FREE AND 400 IM RE-ENTRY, TEAM DECLARATION AND WITHDRAWAL CUT OFF TIMES
SESSION 1 Fri 25 October AM	Start Time: 9am	7:45 am – Friday 25 October
SESSION 2 Fri 25 October PM	Start Time: 1:15pm	11:45 am – Friday 25 October
SESSION 3 Fri 25 October EVE	Start Time: 5:20pm	3:50 pm – Friday 25 October
SESSION 4 Sat 26 October AM	Start Time: 9am	7:45 am – Saturday 26 October
SESSION 5 Sat 26 October PM	Start Time: 1:15pm	11:45 am – Saturday 26 October
SESSION 6 Sat 26 October EVE	Start Time: 5:15pm	3:45 pm – Saturday 26 October
SESSION 7 Sun 27 October AM	Start Time: 9am	7:45 am – Sunday 27 October
SESSION 8 Sun 27 October PM	Start Time: 1:05pm	11:30am – Sunday 27 October

PHOTOGRAPHY



DE Photo have been appointed
OFFICIAL PHOTOGRAPHERS
for this event



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Event schedule

***PLEASE NOTE:** EVENT SCHEDULE IS SUBJECT TO LAST MINUTE CHANGES AND THE TIMINGS STATED BELOW ARE ESTIMATES

Friday 25 October	Saturday 26 October	Sunday 27 October
Warm up – 7:45am	Warm up – 7:45am	Warm up – 7:45am
Session 1 – 9am	Session 4 – 9am	Session 7 – 9am
101 Mixed 1500m Freestyle	401 Men 4 x 100m Medley relay 402 Women 4 x 100m Medley relay 403 Men 100m Freestyle 404 Women 100m Freestyle 405 Men 50m Butterfly 406 Women 50m Butterfly 407 Men 200m Breaststroke 408 Women 200m Breaststroke 409 Men 4 x 200m Freestyle relay 410 Women 4 x 200m Freestyle relay	701 Mixed 4 x 200m Freestyle relay 702 Men 100m IM 703 Women 100m IM 704 Men 100m Backstroke 705 Women 100m Backstroke 706 Men 200m Butterfly 707 Women 200m Butterfly 708 Men 4 x 100m Freestyle relay 709 Women 4 x 100m Freestyle relay
Warm up – 12pm	Warm up – 12:20pm	Warm up – 11:50am
Session 2 – 1:15pm	Session 5 – 1:35pm	Session 8 – 1:05pm
201 Mixed 4x100m Free Relay 202 Men 50m Backstroke 203 Women 50m Backstroke 204 Men 100m Breaststroke 205 Women 100m Breaststroke 206 Men 400m IM 207 Women 400m IM	501 Mixed 4 x 100m Medley relay 502 Men 50m Freestyle 503 Women 50m Freestyle 504 Men 200m IM 505 Women 200m IM 506 Men 4 x 50m Freestyle relay 507 Women 4 x 50m Freestyle relay	801 Mixed 4 x 50m Freestyle relay 802 Men 50m Breaststroke 803 Women 50m Breaststroke 804 Mixed 800m Freestyle
Warm up – 3:35pm	Warm up – 4:20pm	
Session 3 – 4:50pm	Session 6 – 5:35pm	
301 Mixed 4x50m Medley relay 302 Men 200m Freestyle 303 Women 200m Freestyle 304 Men 100m Butterfly 305 Women 100m Butterfly 306 Men 200m Backstroke 307 Women 200m backstroke	601 Men 4 x 50m Medley relay 602 Women 4 x 50m Medley relay 603 Men 400m Freestyle 604 Women 400m Freestyle	

Gwangju glory for British masters swimmers

British swimmers proved dominant at the FINA World Masters Swimming Championships in August, returning home with an incredible medal haul.

119 Brits travelled to South Korea for the week-long competition and they claimed a total of 125 medals, including 44 golds.

More than 30 of the swimmers won multiple medals and a series of clean sweeps of the podium was testament to the depth of British masters swimming.

Sharon Lock, National Masters and Open Water Officer for Swim England, said: "It was so encouraging to see so many masters swimmers representing Great Britain on the world stage.

"The medal tally was a credit to the efforts of the British team, but every swimmer who competed should be proud of their performance.

"We look forward to seeing a similarly strong turnout for the next edition of the World Championships in Japan in two years' time."



British medallists at 2019 FINA World Masters Swimming Championships

Jayne Stephenson (Gloucester Masters)

SILVER Women's 65-69 800m Freestyle
GOLD Women's 65-69 100m Freestyle
GOLD Women's 65-69 200m Freestyle
BRONZE Women's 65-69 50m Freestyle
SILVER Women's 65-69 200m Individual Medley

Nicola Latty (Holywell SC)

GOLD Women's 45-49 800m Freestyle
GOLD Women's 45-49 400m Individual Medley
GOLD Women's 45-49 200m Butterfly
GOLD Women's 45-49 400m Freestyle
SILVER Women's 45-49 200m Backstroke

Ceri Edwards (Portsmouth Northsea)

GOLD Women's 40-44 800m Freestyle
GOLD Women's 40-44 200m Freestyle
GOLD Women's 40-44 400m Freestyle
BRONZE Women's 40-44 100m Backstroke

Hayley Davis (Otter)

SILVER Women's 35-39 800m Freestyle
SILVER Women's 35-39 200m Backstroke
GOLD Women's 35-39 400m Individual Medley
GOLD Women's 35-39 200m Individual Medley
SILVER Women's 35-39 200m Butterfly

Geoff Stokes (Spencer Swim Team)

SILVER Men's 80-84 200m Freestyle
BRONZE Men's 80-84 800m Freestyle
BRONZE Men's 80-84 100m Freestyle
BRONZE Men's 80-84 400m Freestyle

Pip Bennett (Otter)

BRONZE Men's 35-39 800m Freestyle

Craig Thomas (Bridgend Swim Club)

BRONZE Men's 25-29 800m Freestyle

Thomas Hollingsworth (Beau Sejour Barracuda SC)

GOLD Men's 30-34 200m Backstroke
SILVER Men's 30-34 100m Backstroke
BRONZE Men's 30-34 50m Backstroke



Helen Kula-Przezowski (Caradon SC)

SILVER Women's 60-64 200m Backstroke
BRONZE Women's 60-64 400m Individual Medley
GOLD Women's 60-64 200m Freestyle
SILVER Women's 60-64 200m Individual Medley
GOLD Women's 60-64 100m Backstroke

Lynda Coggins (Guildford City Swimming Club)

GOLD Women's 55-59 100m Breaststroke
SILVER Women's 55-59 200m Breaststroke
SILVER Women's 55-59 100m Backstroke
SILVER Women's 55-59 200m Backstroke
SILVER Women's 55-59 50m Backstroke

Steve Braine (Mid Sussex Marlins)

BRONZE Men's 65-69 100m Freestyle
SILVER Men's 65-69 50m Butterfly
BRONZE Men's 65-69 100m Butterfly

Luke Pool (Preston SC)

SILVER Men's 25-29 100m Freestyle
Jean Howard-Jones (Spencer Swim Team)
SILVER Women's 75-79 100m Freestyle
BRONZE Women's 75-79 50m Freestyle

Kathleen Tunnicliffe (Spencer Swim Team)

BRONZE Women's 65-69 100m Freestyle
BRONZE Women's 65-69 100m Backstroke

Michelle Ware (Guildford City Swimming Club)

GOLD Women's 45-49 100m Freestyle
GOLD Women's 45-49 50m Butterfly
GOLD Women's 45-49 50m Freestyle
GOLD Women's 45-49 50m Backstroke
BRONZE Women's 45-49 100m Butterfly

Sabina Heywood (Royal Air Force Swim Team)

BRONZE Women's 25-29 100m Freestyle

David Bryant (Guildford City Swimming Club)

SILVER Men's 55-59 200m Breaststroke
SILVER Men's 55-59 50m Breaststroke
BRONZE Men's 55-59 100m Breaststroke
BRONZE Men's 55-59 400m Individual Medley

Mike Hodgson (Guildford City Swimming Club)

GOLD Men's 50-54 50m Butterfly
SILVER Men's 50-54 50m Breaststroke
SILVER Men's 50-54 100m Breaststroke
SILVER Men's 50-54 50m Freestyle
SILVER Men's 50-54 50m Backstroke

Chris Jones (City of Cardiff)

BRONZE Men's 35-39 100m Breaststroke
GOLD Men's 35-39 200m Breaststroke

Diane Maureen Ford (Spencer Swim Team)

GOLD Women's 75-79 100m Breaststroke
GOLD Women's 75-79 200m Breaststroke
GOLD Women's 75-79 50m Breaststroke

Christina Victor (Guildford City Swimming Club)

GOLD Women's 65-69 50m Butterfly
SILVER Women's 65-69 100m Butterfly
BRONZE Women's 65-69 100m Breaststroke

Esther Iseppi (Spencer Swim Team)

GOLD Women's 60-64 100m Breaststroke
SILVER Women's 60-64 400m Individual Medley
SILVER Women's 60-64 100m Butterfly
GOLD Women's 60-64 200m Breaststroke

Amanda Heath (Spencer Swim Team)

BRONZE Women's 60-64 100m Breaststroke
SILVER Women's 60-64 200m Breaststroke

Hannah Ueckermann (Witham Dolphins)

GOLD Women's 55-59 200m Breaststroke
GOLD Women's 55-59 50m Breaststroke
SILVER Women's 55-59 100m Breaststroke
BRONZE Women's 55-59 400m Freestyle

Helen Gorman (City of Cardiff)

GOLD Women's 45-49 100m Breaststroke
GOLD Women's 45-49 200m Individual Medley
GOLD Women's 45-49 200m Breaststroke
GOLD Women's 45-49 50m Breaststroke

Karen Key (Northampton Swimming Club)

SILVER Women's 45-49 100m Breaststroke
SILVER Women's 45-49 200m Breaststroke
SILVER Women's 45-49 50m Breaststroke
BRONZE Women's 45-49 200m Individual Medley

Lucy Ryan (Team Anglia Swimming Club)

BRONZE Women's 45-49 100m Breaststroke
BRONZE Women's 45-49 200m Breaststroke
BRONZE Women's 45-49 50m Breaststroke

Kitty Craig (Sudbury and District SC)

BRONZE Women's 35-39 100m Breaststroke

David Cumming (Eastbourne SC)

SILVER Men's 80-84 400m Individual Medley
SILVER Men's 80-84 200m Individual Medley
GOLD Men's 80-84 100m Butterfly
GOLD Men's 80-84 200m Butterfly

Stuart McLellan (Sudbury and District SC)

SILVER Men's 70-74 400m Individual Medley

Robert Doran (Guildford City Swimming Club)

SILVER Men's 30-34 200m Freestyle

Graeme Milne (Truro City SC)

GOLD Men's 65-69 50m Butterfly
SILVER Men's 65-69 100m Butterfly

John Wood (Bristol Henleaze SC)

BRONZE Men's 30-34 50m Butterfly
BRONZE Men's 30-34 100m Butterfly

Greg Kahn (Spencer Swim Team)

BRONZE Men's 45-49 100m Butterfly

Ivan Nechunaev (Spencer Swim Team)

SILVER Men's 25-29 100m Butterfly

Sally Diane Mills (Mid Sussex Marlins)

BRONZE Women's 60-64 100m Butterfly

Verity Dobbie (Newcastle Swim Team)

BRONZE Women's 60-64 200m Breaststroke
SILVER Women's 60-64 50m Breaststroke

Grace Isaac (Spencer Swim Team)

BRONZE Women's 85-89 100m Backstroke
BRONZE Women's 85-89 50m Backstroke

Steve Folsom (Teddington SC)

BRONZE Men's 65-69 200m Butterfly

Samuel Dallimore (City of Oxford SC)

BRONZE Men's 25-29 50m Backstroke

Spencer Swim Team

GOLD Women's 280-319 4x50m Freestyle (Kathleen Tunnicliffe, Jean Howard-Jones, Diane Maureen Ford, Esther Iseppi)
GOLD Men's 280-319 4x50m Freestyle (Guy Emerson, Tony Cherrington, Nigel John Salsbury, Geoff Stokes)
GOLD Women's 280-319 4x50m Medley (Kathleen Tunnicliffe, Diane Maureen, Amanda Heath, Jean Howard-Jones)
GOLD Men's 280-319 4x50m Medley (Nigel John Salsbury, Cristian Rentsch, Tony Cherrington, Geoff Stokes)
GOLD Mixed 320-359 4x50m Freestyle (Tony Cherrington, Grace Isaac, Jean Howard-Jones, Geoff Stokes)

GOLD Mixed 320-359 4x50m Medley (Grace Isaac, Diane Maureen Ford, Tony Cherrington, Geoff Stokes)

SILVER Mixed 240-279 4x50m Freestyle (Kathleen Tunnicliffe, Cristian Rentsch, Esther Iseppi, Guy Emerson)

SILVER Men's 120-159 4x50m Freestyle (Jason Lawson, Jack Marriott, Greg Kahn, Ivan Nechunaev)

BRONZE Men's 120-159 4x50m Medley (Greg Kahn, Jason Lawson, Jack Marriott, Ivan Nechunaev)

BRONZE Mixed 240-279 4x50m Medley (Guy Emerson, Cristian Rentsch, Amanda Heath, Kathleen Tunnicliffe)

Royal Air Force

BRONZE Women's 100-119 4x50m Freestyle (Nicola Mackay, Sabina Heywood, Lindsay Ellis, Sophie Trotter)

BRONZE Women's 100-119 4x50m Medley (Lindsay Ellis, Sophie Trotter, Nicola Mackay, Sabina Heywood)

Guildford City

GOLD Mixed 200-239 4x50m Freestyle (Mike Hodgson, Lynda Coggins, Michelle Ware, David Bryant)

GOLD Mixed 200-239 4x50m Medley (Michelle Ware, David Bryant, Mike Hodgson, Lynda Coggins)

SILVER Men's 160-199 4x50m Medley (Richard Hope, Mike Hodgson, Robert Doran, Jerry O'Riordan)





BRITISH MASTERS CHAMPIONSHIPS 2020

HOSTED BY SWIM ENGLAND
24 – 26 APRIL 2020
PONDS FORGE, SHEFFIELD

Conditions

1 General conditions

- 1.1 The Championships Promoter is the Swim England Masters Working Group ("the Group") which will appoint an Executive Director for the Championships. The Group reserves full powers over the National Masters Championships (25m) ("the Championships. Anything not covered by these Conditions will be decided by the Executive Director.
- 1.2 The Championships shall be held annually under FINA Swimming Rules and FINA Masters Rules unless otherwise provided for in these Event Conditions, the ASA Judicial Regulations and any additional conditions printed in the Entry Pack or the Competitor Information Pack. These Rules apply to all those taking part in the Championships. For conditions not covered by FINA Rules (for example, Health and Safety regulations and other guidelines) the requirements of Swim England shall apply.
- 1.3 For individual and team events, competitors must be registered with Swim England as Category 2 swimmers, Scottish Swimming or Swim Wales equivalent. Temporary Swim England members are not eligible to enter these Championships.
- 1.4 The age of competitors shall be determined as at midnight on 31 December in the year of competition. All competitors must be 18 years or over on the first day of the Championships.
- 1.5 A competitor can only compete for one club in the Championships and must be a registered member of that club on the day that they enter.

2 Individual Events

- 2.1 The individual events shall be (for both men and women):
50m, 100m, 200m, 400m, 800m and 1500m Freestyle
50m, 100m and 200m Backstroke, Breaststroke, and Butterfly
100m 200m and 400m Individual Medley
- 2.2 All events are Heat Declared Winner within each individual age classification. In each event, with the exception of the 50m events, competitors will be seeded according to their entry time and will compete against those with similar times from the various age groups taking part in the event. The last heat in each event will be spear head seeded. For 50m events competitors will be seeded in age groups as far as possible.
- 2.3 The age groups for individual events shall be for men and women:

18-24 years	40-44 years	60-64 years
25-29 years	45-49 years	65-69 years
30-34 years	50-54 years	70-74 years
35-39 years	55-59 years	75-79 years

And in five year bands as high as necessary.
- 2.4 Competitors may only compete in up to eight individual events.

3 Team Events

- 3.1 The team events shall be:
Men's and Women's 4 x 50 m Freestyle and Medley Team Relays
Men's and Women's 4 x 100 m Freestyle and Medley Team Relays
Men's and Women's 4 x 200 m Freestyle Team Relays
Mixed 4 x 50 m Freestyle and Medley Team Relays
Mixed 4 x 100 m Freestyle and Medley Team Relays
Mixed 4 x 200m Freestyle Relays
- 3.2 All team events will be Heat Declared Winner within each team age group classification.

- 3.3 The age groups for Masters team events shall be:
100-119 years 200-239 years
120-159 years 240-279 years
160-199 years 280-319 years
And in 40-year increments as high as necessary.
- 3.4 The combined ages of the team members at midnight on 31 December in the year of competition must fall within the age band given above with the proviso that all team members must be 25 years of age or older on the 31 December in the year of competition.
- 3.5 There shall also be team events for teams with the combined ages at midnight on 31 December in the year of competition of 72 years and above with all team members being aged 18 years or over on the first day of the Championships.
- 3.6 Clubs are limited to a maximum of two teams in any one age group in each event and individual competitors can only swim in one team in each event.
- 3.7 All competitors, including those who are only swimming in relay teams, must be entered on the meet database in the name of the club they wish to represent by the closing date for individual entries.
- 3.8 The mixed teams shall consist of two competitors of each sex swimming in any order.

4 Entries

- 4.1 All entries shall be received by the appointed Championships Administrator by the closing date published in the Entry Pack and accompanied by the appropriate registration and entry fee.
- 4.2 The Promoter reserves the right to close entries progressively before the published closing date should individual events reach maximum capacity.
- 4.3 To enter competitors must have achieved a Qualifying Time for the event which is recorded in the British Rankings database for the qualifying period as set out in the Entry Pack. Times may be either short course or long course, and will not be converted.
- 4.4 Competitors and teams whose entries have been accepted are expected to swim. If they wish to withdraw they must comply with the withdrawal procedure published in the Competitor Information Pack.

5 Entry Times

- 5.1 Entries will only be accepted from competitors who have achieved the Qualifying Times for the events they wish to enter.
- 5.2 Para Competitors with swimming classification which is held on the British Swimming Classification Database at the time of entry shall be exempt from qualifying times.

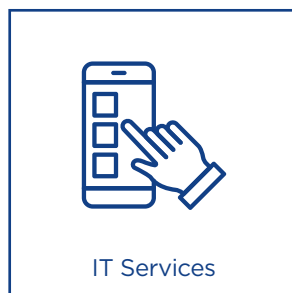
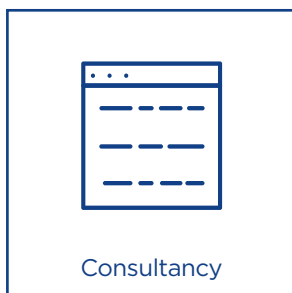
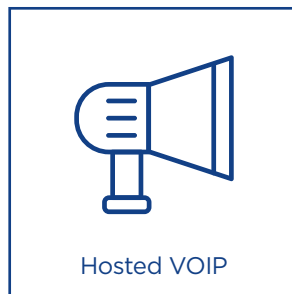
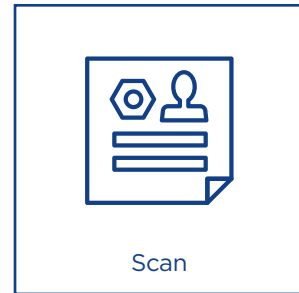
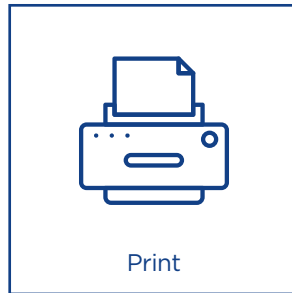
6 Re-entry

- 6.1 Competitors entered in 400m Individual Medley and 400m, 800m and 1500m Freestyle events are required to confirm their intention to swim in these events by re-entering before the start of the sessions in the events which will be swum.
- 6.2 Competitors in Session 8 on Sunday afternoon must re-enter all the events they wish to swim before the start of that session.
- 6.3 The deadlines for re-entry will be published in the Competitor Information Pack.

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● ENDO COMPRESSION CAGE™

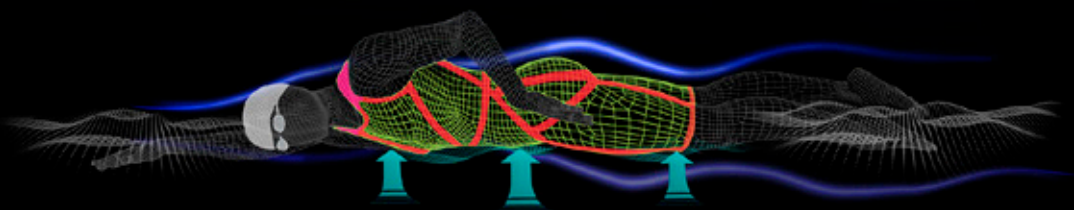
Taping and inner fabric form a compressive, flexible cage of support for the abdominals, obliques and quadriceps that creates a *snapback effect* and increases distance per stroke.

● SEAMLESS EXO SHELL™

This hydrodynamic design utilizes a seamless construction to streamline body position while decreasing overall drag.

● ENDLESS STRAPS™

Ultra sleek, bonded straps engineered to ensure a state-of-the-art combination of comfort and stability.



KATIE LEDECKY | 5X OLYMPIC GOLD MEDALIST | 14X WORLD CHAMPION | 14X WORLD RECORD BREAKER
SIMONE MANUEL | 4X OLYMPIC MEDALIST, 9X WORLD CHAMPIONSHIP MEDALIST, WORLD RECORD HOLDER