

**LONDON REGION MASTERS
LONG COURSE COMPETITION 2024**

COMPETITOR INFORMATION

**22-23 JUNE 2024
LONDON AQUATICS CENTRE, E20**

LONDON REGION MASTERS LONG COURSE COMPETITION

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

Saturday 22nd and Sunday 23rd June 2024

London Aquatics Centre, London, E20

Pool: 50m x 10 lanes with electronic timing

Welcome to the 2024 Swim England London Region Masters Long Course Competition. Please read this document carefully, it contains important information for those competing in this event.

INTRODUCTION

This document contains the required information needed for the London Region Masters Long Course Competition 2024. Please ensure you read this document carefully.

Please read this document with the Entry Pack which details the meet conditions.

CONTACTS

London Region Masters Events Team

Email: Masters.Chairman@LondonSwimming.org

VENUE

Venue: London Aquatics Centre, Queen Elizabeth Olympic Park, Stratford, London E20 2AQ

London Aquatics Centre website including travel and transport information:

<https://www.londonaquaticscentre.org/>

Public transport is the best and easiest way to get to and from the centre.

PLEASE USE THE MAIN ENTRANCE.

We will have a table set up inside the main entrance to process competitors and spectators.

PHOTOGRAPHY

Reminder that 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 London Region, 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".

MOBILE PHONES IN CHANGING ROOMS

In line with Swim England and WavePower, any use by any person of a mobile phone or device is prohibited from the point of entry to a changing room until after exiting the changing room. In practice this means that any mobile phone or device must be in a bag or pocket, it must not be visible. There are no exemptions to this rule.

ENTRIES

The accepted entries list and key times report are available via the London Region Masters 2024 Competition Page:

<https://www.swimming.org/london/se-london-region-masters-championships-2024/>

Please review this and check your entries. Alert the meet manager to any issues immediately.

ENTRANCE AND PASSES

All those attending should use the main entrance of the London Aquatics Centre. London Region will have a table set up in the main entrance to facilitate entry.

London Region do not have exclusive use of the whole facility so wrist bands (different colours depending upon swimmer, official, spectator etc.) will be issued to all those attending to facilitate entrance, access within the facility and readmittance to the facility.

These must be worn AT ALL TIMES (swimmers must keep their band with them at all times).

Spectators

Reminder that spectators **must** prebook entry.

Please book spectator tickets via the London Region Masters 2024 Competition Page:

<https://www.swimming.org/london/se-london-region-masters-championships-2024/>

Entry is £5 per day for adults (16+). Entry for under 16 is free but children must be accompanied by an adult at all times.

If a swimmer requires assistance, a spectator ticket is not required. Please ensure we are informed assistance is required ahead of the event.

Coaches Passes

Coaches (who are not swimming) **must** prebook entry.

Entry is not available on the day or at the door.

Coaches with a *Coaches Pass* will be allowed entry and poolside during the warm up provided that they have given advance notice and are in possession of a pass issued by the promoter.

Please book *Coaches Pass* via London Region Masters 2024 Competition Page:

<https://www.swimming.org/london/se-london-region-masters-championships-2024/>

Coaches Passes are £5 per coach for the weekend.

Please note, if you are a swimmer entered in the competition and a coach you do not require a *Coaches Pass*.

COMPETITOR INFORMATION

Please view the Event Schedule below and online.

Withdrawals

The withdrawal process is outlined on the London Region Masters 2024 Competition Page. Please visit the withdrawal desk on the day if you wish to withdraw from an event on the day (please note the process, this must be done in advance of the event session).

Please note: entry fee refunds will NOT be made for withdrawals, unless on medical grounds with supporting doctor's note to be presented.

Warm Up and Swim Down

Warm up will take place in the competition pool prior to each session.

Swim down will be available the afternoon of each day (1400-1600) in the diving pool.

Heat Sheets

Heat sheets will be posted at the pool before the start of each session and be available on-line via **Meet Mobile**. There will not be a programme available on the day, swimmers are advised to bring a copy of the events Schedule with them to the meet.

Swimwear

Swimmers are reminded that to qualify for a British, European or World Masters record, their swimwear must be compliant with the World Aquatics requirements.

Jewellery

For safety and security reasons, the wearing of jewellery is not permitted while in the water during warm up/ down and/ or competition. This includes watches, necklaces, chains, bangles, wrist bands, ear-rings (except studs), and rings (except wedding bands). London Swimming will not be responsible for any jewellery brought to events and will not be liable if such jewellery is lost or damaged.

Clear Poolside Policy

Swimmers must use the seats in the gallery and should only be on the poolside when going to and from the pool for warming up and to the marshalling area for their event.

Swimmers requiring assistance or reasonable adjustment to this policy should make themselves known to event marshals. There will be a small amount of seating poolside for those who have indicated they require it.

Swimmers, please do not bring bags to the poolside, just bring what you need for your swim.

Safety

All competitors must ensure that they observe all safety announcements and conduct themselves with safety in mind at all times. Competitors must follow the instructions of the warm up/ swim down marshals, failure to do so may exclude them from the competition.

SCHEDULE OF EVENTS

Saturday 22nd June

Session 1 - Warm up – 09:00 - Start 10:00

1	Mixed	800m	Freestyle
2	Open/Male	100m	Breaststroke
3	Female	100m	Breaststroke
4	Mixed	200m	Backstroke

*Session 2 – Warm up – 13:00, Start 14:00

5	Mixed	200m	Individual Medley
6	Open/Male	100m	Backstroke
7	Female	100m	Backstroke
8	Open/Male	100m	Butterfly
9	Female	100m	Butterfly
10	Open/Male	50m	Breaststroke
11	Female	50m	Breaststroke
12	Mixed	200m	Freestyle
13	Mixed	4x50m	Medley Relay
14	Open/Male	4x50m	Medley Relay
15	Female	4x50m	Medley Relay

Expected finish time 16:00

Sunday 23rd June

Session 3 - Warm up – 09:00 - Start 10:00

16	Mixed	400m	Individual Medley
17	Mixed	200m	Breaststroke
18	Mixed	200m	Butterfly
19	Female	100m	Freestyle
20	Open/Male	100m	Freestyle

*Session 4 – Warm up – 12:30, Start 13:30

21	Mixed	400m	Freestyle
22	Female	50m	Backstroke
23	Open/Male	50m	Backstroke
24	Female	50m	Butterfly
25	Open/Male	50m	Butterfly
26	Female	50m	Freestyle
27	Open/Male	50m	Freestyle
28	Mixed	4x50m	Freestyle Relay
29	Female	4x50m	Freestyle Relay
30	Open/Male	4x50m	Freestyle Relay

Expected finish time 15:30

*Warm-up arrangements and the session start times will be confirmed by email once entries have closed.