

**LONDON REGION MASTERS
LONG COURSE COMPETITION 2025**

COMPETITOR INFORMATION

**17 May 2025
LONDON AQUATICS CENTRE, E20**

LONDON REGION MASTERS LONG COURSE COMPETITION

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

Saturday 17 May 2025

London Aquatics Centre, London, E20

Pool: 50m x 10 lanes with electronic timing

Welcome to the 2025 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 2025. 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

Promotor: Masters.Chairman@LondonSwimming.org

Meet Manager and Lead Referee: Alan.Thurlow@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 EVENT ENTRANCE.

This is the entrance opposite the stadium, above the main entrance.

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

Swimmers and spectators will not be able to gain entrance via the main entrance.

Doors will open at 0730 for swimmers and 0745 for spectators.

Please do not arrive any earlier than these times as you will not be able to gain entry.

EVENT APPARREL

Fine Designs will have a stall at the event selling event hoodies and t-shirts.

You can browse and prebook for collection here:

<http://www.finedesignsuk.com>

Navigate to the shop and select London Region Masters event to view designs and customisation options.

You will be able to pre-order for collection, buy at the event or order after the event.

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 2025 Competition Page:

<https://www.swimming.org/london/se-london-region-masters-competition-2025/>

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

ENTRANCE AND PASSES

All those attending should use the event entrance of the London Aquatics Centre.

The event entrance is on the upper level of LAC opposite to the stadium, above the main entrance. When arriving from Stratford Station or Westfield, the event entrance is on the right, opposite the stadium. (Before heading down the external stairs or lift to the lower ground main entrance, turn left and follow the building to the event entrance.)

We will have a table set up inside the event entrance to process competitors and spectators. Swimmers and spectators will not be able to gain entrance via the main entrance.

London Region do not have use exclusive use of the whole facility so wrist bands (different colours depending upon swimmer or spectator) 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).

Officials should wear their Aquatics GB licence and volunteers should collect their photo ID pass at the event entrance.

Spectators

Reminder that spectators **must** prebook entry.

Please book spectator tickets via the London Region Masters 2025 Competition Page:

<https://www.swimming.org/london/se-london-region-masters-competition-2025/>

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.

The spectator gallery is located on the west side of the pool (closest to the entrance, stadium and river).

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 2025 Competition Page:

<https://www.swimming.org/london/se-london-region-masters-competition-2025/>

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. Also see information in the Entry Pack.

Withdrawals

The withdrawal process is outlined on the London Region Masters 2025 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.

Warm Up and Swim Down

Warm up will take place in the competition pool prior to each session, as per the schedule.

Warm up/ swim down will be available in two lanes of the training pool: 0930-1230.

Warm up/ swim down facilities will be available in the diving pool: 1300-1730.

Please ensure you follow all instructions (on the electronic display, written and from staff and marshals) relating to warm up and swim down. Failure to do so may result in removal from the competition.

See the meet conditions in the Entry Pack for further information.

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.

Clear Poolside Policy

Swimmers must use the seats in the east side 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.

Marshalling

There will be no marshalling of swimmers for events. Swimmers must ensure they monitor events and marshal themselves to the blocks at the correct time. Swimmers should not be poolside more than two heats before their swim.

Please listen to the announcer and watch the displays to monitor events.

Records

Swimmers are reminded that records are not monitored and it is the swimmer's responsibility to note if a record has potentially been broken. If you break a record, please complete the application form available from the medal table at the event 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. Record claims must be submitted within a month of the event.

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.

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 17 May 2025

Session 1 - Warm up – 08:00 – Start 09:00

1	Mixed	800m	Freestyle
2	Open/Male	100m	Fly
3	Female	100m	Fly
4	Open/Male	50m	Breaststroke
5	Female	50m	Breaststroke
6	Mixed	200m	Individual Medley
7	Open/Male	50m	Backstroke
8	Female	50m	Backstroke
9	Mixed	200m	Freestyle
10	Open/Male	100m	Breaststroke
11	Female	100m	Breaststroke
12	Mixed	200m	Backstroke
13	Mixed	4x50m	Freestyle Relay
14	Open/Male	4x50m	Medley Relay
15	Female	4x50m	Medley Relay

Session 2 - Warm up – 13:00 – Start 14:00

16	Mixed	400m	Individual Medley
17	Mixed	200m	Breaststroke
18	Female	100m	Freestyle
19	Open/Male	100m	Freestyle
20	Female	50m	Fly
21	Open/Male	50m	Fly
22	Female	100m	Backstroke
23	Open/Male	100m	Backstroke
24	Mixed	200m	Fly
25	Mixed	400m	Freestyle
26	Female	50m	Freestyle
27	Open/Male	50m	Freestyle
28	Mixed	4x50m	Medley Relay
29	Female	4x50m	Medley Relay
30	Open/Male	4x50m	Medley Relay

Lunch 12:30

Expected finish time: 17:15

Please note this schedule is subject to change.

COMING UP!!!

MASTERS LONG COURSE TRAINING AT LAC

London Region Masters swimmers can join our Sunday, long course, coached, training sessions at LAC through the summer and autumn 2025.

The sessions will be select Sundays, 1730-1900.

Find out more and book here:

<https://www.swimming.org/london/masters-swimming-development/>

LONDON REGION MASTERS OPEN WATER SWIMMING CHAMPIONSHIPS

The Swim England London Region Masters Open Water Swimming Championship event will soon be open for entry.

Location: Docklands Sailing and Watersports Centre, E14

Date: Saturday 06 July 2025

Distances: 1k, 2k, 3k and 5k.

See link for more information (including conditions and how to enter):

<https://www.swimming.org/london/open-water-competitions/>

Or click the QR code below:

