



SWIM WALES
NOFIO CYMRU

**Swim Wales Masters Long Course
Championships 2024**

Meet Pack

Saturday 2nd – Sunday 3rd March 2024

Wales National Pool Swansea

#SWMLCC24

Meet & Entry Summary

Swim Wales is delighted to announce the return of our Long Course Masters Championships (competitors aged 18+ only) to be held at Wales National Pool Swansea Saturday 2nd to Sunday 3rd March 2024. This meet is open to Swim Wales, Swim England, Scottish Swimming registered members and competitors registered with a country affiliated to World Aquatics. This event is inclusive of para competitors who must also be registered members.

Event Webpage & Venue Information:

<https://www.swimwales.org/shop/events/swim-wales-masters-long-course-championships/>

Venue: Wales National Pool Swansea, Sketty Lane, Sketty, Swansea, SA2 8QG. Please use the following web link for all information relating to the venue including car parking, on-site facilities and general venue information:

<https://www.swanseabaysportspark.wales/swim-at-wales-national-pool-swansea/>

1. Entry Conditions

Entries open at 10am on Monday 29th January

Entries close at midnight on Friday 16th February

- 1.1 Entries will be accepted from registered club and individual competitive members from Swim Wales and other home nations (Scottish Swimming/Swim England) and competitors registered with a country affiliated to World Aquatics.
- 1.2 Competitors can only compete for one club for the duration of the competition.
- 1.3 Individual and relay entries are submitted via the online entry system. Payment for entries will be taken at the point of entry online via PayPal or via using debit/credit card.
- 1.4 It is the competitors responsibility to check the confirmed published entry list and inform event management (swimwales-events@swimming.org) of discrepancies or errors. This must be raised within 48 hours of the confirmed entry list being published.
- 1.5 Competitors registered with a country affiliated to World Aquatics can compete in this event. Overseas entries cannot be guaranteed but to request and submit an entry please contact the team: swimwales-events@swimming.org.
- 1.6 Entries will be first come first serve (all events are capped).
- 1.7 ***If your chosen event is full, please contact the team to be added to the reserve list. Withdrawn entries and empty lanes will be filled until Wednesday 28th February, swimwales-events@swimming.org.***
- 1.8 In the event of over subscription scratches will be made at the discretion of event management and will be based on the time the events were entered (i.e. aligned to the first come first serve). Refunds for scratches and spectator tickets will be processed.

- 1.9 **Entries are not confirmed until published by Swim Wales, we therefore advise attendees to book flexible/refundable travel and/or accommodation arrangements. Swim Wales are not responsible for accommodation/travel and other related costs incurred as a result of event cancellation/venue changes.**
1.9.1 Refunds will only be given for entry fees.
- 1.10 Age of competitors will be taken as of end of year, with the minimum age being 18 years old, age as of first day of the event. I.e. a competitor must have achieved their 18th birthday on or before the Saturday 2nd March 2024.
- 1.11 **Entry Fees:**
50m, 100, 200, and 400m events - £12
800m and 1500m events - £15
- 1.12 The most current time available on the rankings database will be automatically generated for entry but this can be amended when completing your entry. For events where there is no time available on the rankings database, you **must** input a time.
- 1.13 **NT (no time) entries will not be accepted.**
- 1.14 Times will be taken at the point of your initial entry and will not be updated, amended or refunded (unless medical) after entry is submitted.
- 1.15 **Para competitors and overseas entries are submitted via a manual entry application process.** The manual entry form can be accessed on the event webpage and needs to be completed and emailed to swimwales-events@swimming.org.
- 1.16 By entering this event, you agree to be bound by the British Swimming Anti-doping Rules from the commencement of the event. You also agree to abide by the British Swimming & UKAD Anti-Doping Rules. For further information, See [Anti-Doping | British Swimming](#)

PARTICIPATION OF RUSSIAN AND BELARUSSIAN SPORTSPEOPLE

In circumstances where swimmers have a registered World Aquatics sport nationality as Russia or Belarus, athletes will be permitted to participate provided that that, Swim Wales as the meet organiser, has written confirmation from the athlete that:

- They are not doing so as a representative of the Russian or Belarussian state; i.e. they are competing as a neutral, or under an alternative passport/dual nationality; and
- They are not in receipt of funding aligned to the Russian or Belarussian state, including sponsorship from companies operated or controlled by persons with strong links to the Russian state; and
- They have not, and do not intend to, express support for the invasion of Ukraine, the Russian or Belarussian regimes, or their leadership in any way as part of their participation in the event.

Meet Conditions

2. Core Meet Conditions

- 2.1 This event will be swum under the World Aquatics rules.
- 2.2 **Age groups** for the **individual events** are:
- S** 18yrs –24yrs **A** 25yrs - 29yrs **B** 30yrs - 34yrs **C** 35yrs – 39yrs
D 40yrs-44yrs **E** 45yrs - 49yrs **F** 50yrs - 54yrs **G** 55yrs - 59yrs
H 60yrs - 64yrs **J** 65yrs - 69yrs **K** 70yrs - 74yrs **L** 75yrs - 79yrs
M 80yrs - 84yrs **N** 85yrs - 89yrs **P** 90yrs - 94yrs **Q** 95yrs - 99yrs
- 2.3 Masters Group A must be at least 25 years of age in the year of competition i.e. by 31st December 2024.
- 2.4 Group S swimmers must have achieved their 18th birthday on or before the 1st day of the competition.
- 2.5 **Age groups** for the **relay events** are:
- 4 x 50m Freestyle and 4 x 50m Medley Relays in the following age groups:
- 72+
 - 100 - 119yrs (total age)
 - 120 - 159yrs (total age)
 - 160 - 199yrs (total age)
 - 200 - 239yrs (total age)
 - 240 - 279yrs (total age)
 - 280 - 319yrs (total age)
 - 320 - 359yrs (total age)
- 2.6 There are relay events for Male, Female & Mixed (2 Females/2 Males).
- 2.7 A competitor may only represent one club in the event.
- 2.8 Total age of team as at end of year.
- 2.9 **A relay team including any swimmer aged between 18 and 24 can only compete in the 72+ age group irrespective of the aggregate age of the swimmers.**
- 2.10 Masters relay teams shall by definition (MSW2) contain only Masters swimmers aged 25yrs or over on 31st December in the year of the swim.
- 2.11 **The names of competitors must be submitted to the timing suite (glass box on poolside) prior to the start of warm up of the session that the relay(s) takes place** (these forms can be accessed on the above dedicated event webpage).
- 2.12 **All events** will be heat declared winner in each age group. All events will be seeded according to entry time, split male and female (except for mixed events).

Time trials/exhibition swims will not be permitted at this event. Should a competitor fail to report for their race, the lanes will remain empty as no on-the-day entries can be accepted.

3. Medals

- 3.1 Medals will be awarded to first, second and third place in all individual and relays events in the above, defined age groups.

4. Withdrawals & Refunds

- 4.1 To ensure we fill as many lane spaces as possible and provide the best opportunity to those on reserve entry lists, please inform us of **any withdrawals**, prior to the heats being seeded, **by midnight on Tuesday 27th February**. To do this, please contact swimwales-events@swimming.org stating your/the competitor's membership number, club, full name and event(s) to be withdrawn.
- 4.2 Any competitor who has been withdrawn will not be re-entered into the event(s).
- 4.3 Refunds will not be processed for withdrawals on non-medical grounds.
- 4.4 Specifically, for medical withdrawals, refunds for entry fees only will be processed on the receipt of a completed medical withdrawal application accompanied with a valid doctor's note (signed by an appropriate consultant/doctor on headed paper). Additionally, to qualify for a refund, medical withdrawals must be received the day before the event is due to take place.
- 4.5 Email swimwales-events@swimming.org to receive a medical withdrawal form and apply for a refund.

5. Spectator Tickets

- 5.1 Access to purchase spectator tickets will be available from **10:00 on Monday 19th February** via the event webpage.
- 5.2 A ticket costs £5 for the weekend.
- 5.3 Children (under 18 years) are FREE.
- 5.4 We encourage pre-ordered ticket sales but tickets can also be purchased (CARD ONLY) on the day of the event.

6. Records

- 5.1 Both individual and relay masters records (be that Welsh, British, European or World records) can be achieved at this event subject to ratification.
- 5.2 Both individual and relay masters record application forms will be available on the event day to complete and the forms detail submission instructions and deadlines.

Swim Wales Masters Long Course Championships 2024 – Event Schedule

<u>Day 1 - Saturday 2nd March</u>	<u>Day 2 - Sunday 3rd March</u>
Session 1	Session 4
101. M - 400 Freestyle	401. M – 100m Backstroke
102. F - 400 Freestyle	401. F – 100m Backstroke
103. M - 50m Breaststroke	403. M – 200m Freestyle
104. F – 50m Breaststroke	404. F – 200m Freestyle
105. M – 200m Ind. Medley	405. M – 400m Ind. Medley
106. F – 200m Ind. Medley	406. F – 400m Ind. Medley
5 minutes break	5 minutes break
107. Mixed 200m Medley Relay	407. M – 200m Freestyle Relay
	408. F – 200m Freestyle Relay
Session 2	Session 5
201. M – 200m Backstroke	501. Mixed 200m Freestyle Relay
201. F – 200m Backstroke	502. M – 100m Butterfly
203. M – 50m Butterfly	503. F – 100m Butterfly
204. F – 50m Butterfly	504. M – 200m Breaststroke
205. M – 100m Breaststroke	505. F – 200m Breaststroke
206. F – 100m Breaststroke	506. M – 50m Freestyle
5 minutes break	507. F – 50m Freestyle
207. M - 200m Medley Relay	
208. F – 200m Medley Relay	
Session 3	Session 6
301. M – 200m Butterfly	601. Mixed 800m Freestyle
302. F – 200m Butterfly	
303. M – 100m Freestyle	
304. F – 100m Freestyle	
305. M – 50m Backstroke	
306. F – 50m Backstroke	
307. Mixed 1500m Freestyle	

N.B - The warm-up and session times will be confirmed and published shortly after entries close. The event management reserve the right to amend the above schedule of events.

Swim Wales Film and Photography Policy

Please be advised that photographs may be taken at this event by a professional photographer.

Swim Wales are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or identity of an individual which may present a risk of harm to the individual concerned. The use of such equipment is difficult to control but we can all be vigilant. Swim Wales may use photographs taken at this event as promotional material and used across public forums including their website and social media accounts, and possibly the local press and television.

The use of professional camera equipment and flash photography is prohibited at the Event.

If you have any concerns or safeguarding queries, please bring them to the immediate attention of the event management team situated at the front of house desk on the day of the event. Should you wish to refuse photographic permission please contact the event management team on site. Post event, if at any time an individual wishes an image of themselves to be removed from the public platform, 7 days' notice must be given to Swim Wales after which the data will be removed. The full Swim Wales film and photography guidance can be found at the front of house desk or accessed by emailing swimwales-events@swimming.org.

General Information

Officials and Volunteers:

Swim Wales invites and welcomes officials and volunteers to support this meet.

We will continue to adopt the new method of submitting applications and registering your availability via our Swim Meet system. The link is available on the event webpage (see website address on page 2 above).

Clubs who have entered more than 10 competitors into the event are expected to provide a minimum of 2 officials.

All of our volunteers and officials are provided with event kit, refreshments, meals and expenses can be claimed aligned to the Swim Wales Volunteers Expenses Policy. This policy and the Swim Wales Volunteers Expenses claim form will be emailed to you upon your officiating/volunteering role being confirmed. If you would like a copy of the policy to read through, please email swimwales-events@swimming.org.

Car Park:

The car park is large with plenty of spaces. However please be aware, despite our best efforts – the car park is busy and fills quickly. To avoid disappointment, please arrive early. The car park will be managed by security staff, please treat them with respect. Disrespectful or inappropriate behaviour towards staff will not be tolerated and you may be asked to leave the competition.

A new ANPR camera system will be in place for the duration of the competition, therefore, please ensure you have paid and displayed at the ticket machines to avoid a parking penalty fine.

Where possible please arrange to car share or drop offs to help ease congestion. Alternatively there are 3 nearby pay and display car parks we recommend:

- Foreshore Car Park: 4 Mumbles Rd, Sketty, Swansea SA3 5AU – 0.6 miles 12 minute walk
- Recreation Ground Car Park: Mumbles Rd, Brynmill, Swansea SA2 0AU – 0.9 mile 19 minute walk
- Blackpill Area Car Park: 266 Derwen Fawr Rd, Sketty, Swansea SA3 5AT – 0.8 mile 15 minute walk

Merchandise:

The Swim Wales shop selling bespoke Water Dragon Merchandise will be available onsite in the venue reception area. Payments can only be taken by card.

Café:

The site Café will be open each day (times will be published onsite) with a selection of hot and cold food. There is seating available in the reception area.

Seating:

The pool has plenty of seating for competitors/coaches on either side of the pool. A limited number of may be reserved (signposted) at the top of each section of the main spectator seating area for access users (disabled, wheelchairs etc.) so please refrain from using these seats unless required, you may be asked to move.

Changing village:

The changing village is for competitors only, non-competitors are not permitted in the changing area and will be asked to leave. Competitors are politely asked not to change poolside and use the facilities available. Cameras and phones are strictly prohibited in the changing area.

Health and Safety:

We hope you enjoy the competition, here are some tips to ensure you have a fun and safe experience.

- Event days are long and can be tiring, please drink plenty of water, eat sensibly and rest when possible to ensure you are fit and ready for the sessions.
- If you feel unwell at any stage please seek medical support from the facility staff.
- When using the pool stairs please ensure you hold the rail, the steps can become wet and slippery during the competition.
- If you see something that could cause an accident, please alert the facility staff or an event team member immediately so that it can be dealt with.
- The lift is for individuals who have difficulties using stairs; please ensure the lift is used appropriately and safely. Children are not permitted to use the lift unaccompanied.

Social Media:

Swim Wales would like to share your experience with us on social media, tweet and tag us in your photos and results using #SWMLCC24 @SwimWales
Photos may be used in Swim Wales communications including newsletters, website and social media.

By attending Swim Wales Meets, individuals are agreeing to adhere to the Swim Wales Media policy. This ensures that the use of social media whilst attending the meet is appropriate and safe. Inappropriate behaviour will be dealt with accordingly.

Behaviour and Attitude:

Swim Wales has a zero tolerance policy on negative behaviour at meets. Disrespectful and poor attitude resulting in unacceptable behaviour will not be tolerated. All those on site including competitors, spectators and coaches are expected to behave in an appropriate manner, respectful of officials, volunteers, staff and others. Swim Wales holds the right to ask those behaving inappropriately to leave the event and/or meet if deemed necessary. Refund will not be issued for dismissal from an event. The right to remove competitors and/or clubs from the meet is held by the meet manager and senior team of officials. We ask all to adhere to the above and remain vigilant throughout the meet. Please report any inappropriate behaviour to a member of staff on site.

Jewellery:

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

Equality:

Swim Wales promotes inclusion and diversity, and welcomes participation from everyone. If you have any particular requirements in respect of participating, officiating or volunteering then please mention this, in confidence if required, to our Events and Volunteers Manager. Swim Wales is an equal opportunities employer and aims to provide a discrimination-free working environment. We are committed to an action plan and policy in line with the Equality Act 2010, which ensures that no job applicant or employee receives less favourable treatment because of a protected characteristic. The full equality policy can be viewed by emailing swimwales-events@swimming.org.