



SWIM WALES
NOFIO CYMRU

Swim Wales Masters Long Course Championships

Saturday 4th March – Sunday 5th March 2023

Wales National Pool Swansea

Meet Pack

#SWMLCC23

General Information

Event summary

The Swim Wales Masters Long Course Championships 2023 will be held at Wales National Pool, Swansea from Saturday 4th to Sunday 5th March. This long course meet is open to Swim Wales, Swim England, Swim Scotland registered members, those competitors registered with a country affiliated to FINA and non-members purchasing temporary membership before the meet.

Entry Information & Webpage

This event is held under FINA laws & Swim Wales conditions (please see general conditions).

<https://www.swimwales.org/shop/events/swim-wales-masters-long-course-championships-2023/>

Entries Open

Friday 13th January 2023 @10:00.

Entries Close

Friday 10th February 2023 @17:00.

Event Conditions

1. General Conditions

- 1.1. The event promoter is Swim Wales, who will appoint a Technical Director for the competition. Anything not covered by these conditions will be decided by the Technical Director.
- 1.2. This event is held under FINA laws & Swim Wales conditions.
- 1.3. For individual and team events, competitors must be registered in one of the following categories:
 - 1.3.1. Club Competitive membership or equivalent with Swim Wales, Swim England or Scottish Swimming, or
 - 1.3.2. Competitive Individual membership or equivalent with Swim Wales, Swim England or Scottish Swimming, or
 - 1.3.3. Competitive membership of a club which belongs to a swimming federation affiliated to FINA (must be evidenced by contacting swimwales-events@swimming.org), or
 - 1.3.4. Temporary Membership or equivalent with Swim Wales, Swim England or Scottish Swimming. Note: temporary members are not eligible to claim masters records.
- 1.4. The age of competitors shall be determined at midnight on 31st December 2023 in the year of competition.
- 1.5. All competitors must be 18 years or over on the first day of the Championships.
- 1.6. A competitor can only compete for one club in the competition and must be a registered member of that club on the day that they enter.

- 1.7. Swim Wales event management reserves the right to cancel and/or make amendments to the event/programme. In the event of cancellation, only entry fees will be refunded.
- 1.8. Competitors are encouraged to book flexible/refundable travel and accommodation arrangements.

2. Entries

- 2.1. Competition entry will open on Friday 13th January at 10:00. The online entry link will be available on the event webpage on the Swim Wales website.
- 2.2. Competition entry will close as soon as the available spaces are full or on Friday 10th February at 17:00.
- 2.3. Temporary members, Overseas and Para competitors' entries are submitted via a manual entry application process. The manual entry form can be accessed on the event webpage and need to be completed and emailed to swimwales-events@swimming.org
- 2.4. Entries are allocated on a first come first served basis until full (all events are capped).
- 2.5. If your chosen event is full, please contact the team to be added to the reserve list. Withdrawn entries (see withdrawal and refunds section for further information on withdrawals) and empty lanes will be filled until Wednesday 1st March: swimwales-events@swimming.org
- 2.6. Once submitted, entries cannot be amended, updated or altered.
- 2.7. No time entries are not accepted. Competitors must enter all events with a published time (on British rankings) or, where competitors do not have a published time, an appropriate/estimated time must be inputted into the entry system.
- 2.8. **Refunds will be processed for medical withdrawals only.** To complete a medical withdrawal application, please email swimwales-events@swimming.org
- 2.9. Refunds will not be considered for any incurred expenses e.g. hotels travel etc.
- 2.10. Competitors are encouraged to book flexible/refundable travel and accommodation arrangements.
- 2.11. Entries are not confirmed until the confirmed entry list is published, competitors are asked to check their entries and inform the team of any errors before 17:00 Wednesday 1st March 2023.
- 2.12. Swim Wales event management reserve the right to cancel and/or make amendments to the event/programme. In the event of cancellation, only entry fees will be refunded.
- 2.13. Swim Wales reserve the right to scratch entries in order to ensure smooth delivery of the event.
- 2.14. By entering this event, you consent to report to Doping Control if requested at any time during this event. You also agree to abide by the British Swimming & UKAD Anti-Doping Rules. For further information, See [Anti-Doping | British Swimming](#)

3. Entry Costs

- 3.1. **50m, 100m, 200m individual events entry cost: £10**
- 3.2. **400m, 800m, 1500m individual events entry cost: £12.50**
- 3.3. **Relay events entry cost: £20**
- 3.4. For online entries, payment will be taken at the point of entry via PayPal. Failure to complete the payment at this point will result in the entry being invalid.
- 3.5. For manual entries, please refer to the manual entry form for payment instructions.

4. Individual Events

- 4.1. The individual events shall be (for both men and women)
 - 4.1.1. 50m, 100m, 200m, 400m, 800m and 1500m Freestyle
 - 4.1.2. 50m, 100m, and 200m Backstroke, Breaststroke, and Butterfly
 - 4.1.3. 200m, and 400m Individual Medley.
- 4.2. All events are Heat Declared Winner (HDW) within each individual age classification.
- 4.3. All events will be seeded according to entry time, split male and female (except for mixed events).
- 4.4. The age groups for individual Masters events shall be for men and women:

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
And in further five year bands as high as necessary.

NOTE:

Masters Group A must be at least 25 years of age in the year of competition i.e. by 31st December 2023.

Group S competitors must have achieved their 18th birthday on or before the 1st day of the competition.

5. Relay Events

- 5.1. All relay events are entered via the online entry system.
- 5.2. The relay events shall be:
 - Men's and Women's 4x50m Freestyle and 4x50m Medley Team Relays.
 - Mixed 4x50m (2 men/2 women) Freestyle and Medley Team Relays.
- 5.3. All relay events will be HDW within each age group.
- 5.4. The age groups for Masters relay events shall be:
 - (1) 72+
 - (2) 100 - 119yrs (total age)

- (3) 120 - 159yrs (total age)
- (4) 160 - 199yrs (total age)
- (5) 200 - 239yrs (total age)
- (6) 240 - 279yrs (total age)
- (7) 280 - 319yrs (total age)
- (8) 320 - 359yrs (total age)

- 5.5. A competitor may only represent one club in the event.
- 5.6. Total age of team as of 31st December 2023.
- 5.7. A relay team including any swimmer aged 18 to 24 can only compete in the 72+ age group irrespective of the aggregate age of the competitors.
- 5.8. Masters relay teams (2) to (8) shall by definition (MSW2) contain only Masters competitors aged 25yrs or over on 31st December in the year of the swim.
- 5.9. The names of competitors must be submitted to the Control room (timing suite) located poolside before the start of warm-up for the start of the relevant session. If details are not provided before the start of the session, relay teams will be disqualified from the event.

6. Withdrawals & Refunds

- 6.1. Withdrawals must be received by 17:00 on Wednesday 1st March to ensure they are removed from seeding.
- 6.2. After this date lanes shall be swum empty.
- 6.3. **Refunds will only be processed for medical withdrawals.** Refunds will not be considered for any incurred expenses e.g. hotels, travel etc.
- 6.4. Medical withdrawals must be submitted prior to the day a competitor is due to compete and must be evidenced by a supported medical note.
- 6.5. To submit a medical withdrawal please email swimwales-events@swimming.org.

7. Temporary Membership Entry

- 7.1. Non-members (residents of any country) can enter this competition on a day membership. To enter as a day temporary member you will need to:
- 7.2. Create an account or login to the Swim Wales Just Go membership portal and purchase a temporary membership within the system. Link: <https://swimwales.justgo.com/Account.mvc/SignIn>
- 7.3. Once this has been processed you will be able to enter via the competition of a manual entry form.
- 7.4. Temporary membership cost is £15.
- 7.5. Temporary members are not eligible to claim Masters Records

8. Medals

Medals shall be awarded to the first three placed individual competitors and teams in each age category.

9. Masters Records

If you believe you have achieved a British, European or a World Masters record, please complete the relevant forms during the event.

Programme of Events

<u>Saturday 4th March</u>	<u>Sunday 5th March</u>
<i>Session 1</i>	<i>Session 4</i>
1. M - 400 Freestyle	23. M - 400m Ind. Medley
2. F - 400 Freestyle	24. F - 400m Ind. Medley
3. M - 50m Breaststroke	25. M - 200m Freestyle
4. F - 50m Breaststroke	26. F - 200m Freestyle
5. M - 200m Ind. Medley	27. M - 100m Backstroke
6. F - 200m Ind. Medley	28. F - 100m Backstroke
7. Mixed 200m Medley Relay	29. M - 200m Freestyle Relay
	30. F - 200m Freestyle Relay
<i>Session 2</i>	<i>Session 5</i>
8. M - 200m Backstroke	31. Mixed 200m Freestyle Relay
9. F - 200m Backstroke	32. M - 100m Butterfly
10. M - 50m Butterfly	33. F - 100m Butterfly
11. F - 50m Butterfly	34. M - 200m Breaststroke
12. M - 100m Breaststroke	35. F - 200m Breaststroke
13. F - 100m Breaststroke	36. M - 50m Freestyle
14. M - 200m Medley Relay	37. F - 50m Freestyle
15. F - 200m Medley Relay	
<i>Session 3</i>	<i>Session 6</i>
16. M - 200m Butterfly	38. Mixed 800m Freestyle
17. F - 200m Butterfly	
18. M - 100m Freestyle	
19. F - 100m Freestyle	
20. M - 50m Backstroke	
21. F - 50m Backstroke	
22. Mixed 1500m Freestyle	

General Information

Swim Wales Film and Photography Guidance:

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.

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 a competitor 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.

Officials and Volunteers:

Swim Wales invites and welcomes officials and volunteers to support this meet and all are asked, initially, to send an email confirming your interest, membership number and qualification level to support the Swim Wales Masters Long Course Championships to swimwales-events@swimming.org.

We continue to use our new method of submitting applications and registering your availability via the Swim Meet system. Please keep check of the event webpage for future information.

All of our volunteers and officials are provided with event kit, refreshments, meals and expenses claims. The Swim Wales volunteer expenses policy and expenses form will be available on the event webpage (see event webpage link above).

Car Park:

The car park has 250 spaces, with additional spaces in an overflow located at the bottom of the slope. However please be aware, despite our best efforts – the car park is busy and fills quickly. To avoid disappointment, please arrive early. **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

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.

Café:

The Blas 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 1200 seats for spectators, coaches and competitors. A limited number of seats have been reserved at the top of each section for access users (disabled, wheelchairs etc.) please refrain from using these seats unless required, you may be asked to move.

We ask competitors to remain on the bottom 7 rows of chairs to avoid making the stairs and upper balcony wet and slippery. We ask parents remain on the higher seating (7 rows and above).

Changing village:

The changing village is for competitors only, parents 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 WNPS lifeguards.
- 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 WNPS staff/lifeguards 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 #SWMLCC23 @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 Social 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 our competitions and events. Disrespectful and poor attitude resulting in unacceptable behaviour will not be tolerated. All those on site including competitors, coaches, spectators, officials and volunteers are expected to behave in an appropriate manner. Competitors and coaches must show respectful behavior towards officials, volunteers, staff and anyone involved in the delivery of the event. Swim Wales holds the right to ask those behaving inappropriately to leave the event if deemed necessary. Refunds will not be issued for dismissal from an event. The right to remove competitors and/or clubs from the meet is held by the event manager and other members of the senior team. We ask that all those involved adhere to the above and remain vigilant throughout the event. Please report any inappropriate behaviour to the event management 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.