



**MASTERS
SWIM MEET
2018**

Open Masters Short Course

12th and 13th January 2018

The Pools · James Street · Carlisle CA2 5AZ

Fitness, Fun and Friendship through Swimming

Information

1.0 Competition Dates

Friday 12th and Saturday 13th January 2018

2.0 Competition Venue

The Pools James Street
Carlisle Cumbria CA2 5AZ

Telephone 01228 625777

3.0 Events

- 3.1 For all Groups 50m, 100m, 200m and 800m Freestyle
50m, 100m and 200m Backstroke
50m, 100m and 200m Breaststroke
50m, 100m and 200m Butterfly
100m, 200m and 400m Individual Medley

4.0 Age Groups

- 4.1 Full masters age groups as at 31 December 2018

A-L See entry form

Y 16-17 years

X 18 years on day of swim - 24 years

5.0 Entries

- 5.1 All Masters Competitors must be a registered member of a swimming club (FINA rules) and, with the exception of X and Y categories, be 25 years or over on 31 December 2018. Entries are open and all Masters are welcome.
- 5.2 All events will be Heat Declared Winners in Age Classification. In each event swimmers will be seeded according to their entry time and will compete against those with similar times from the various groups.
- NB. 800m 400m and 200m events are swum on a mixed basis.
- 5.3 Dependent on the number of entries received, the organisers reserve the right to: introduce over the top starts, adjust the start time of the sessions.
- SWIMMERS WILL BE NOTIFIED OF ANY SUCH ADJUSTMENTS
- 5.4 Poolside entries may be available at a cost of £5.00 per event depending on lane availability. This is on the basis of time/records only and no medals or points will be awarded.
- Information will be available at the registration/information desk.
- 5.5 Swimmers who do not possess an e-mail address and who require confirmation of the receipt of their entry form must enclose a stamped addressed envelope.

6.0 Entry Fees

£7 for 800m Freestyle

£7 for 400 Individual Medley

£5 per event for 50m, 100m and 200m

Those entering more than 6 events on the Saturday will pay a maximum of £30.00

7.0 Entry Forms

Individual Forms are incorporated into this Information Booklet. Please return to the address below with payment.

Cheques should be made payable to Carlisle Aquatics.

Carlisle Aquatics Masters Swim Meet

77 Currock Road

Carlisle

Cumbria

CA2 4BH

Closing date for entries: Monday 8th January 2018

For any further information please email michael.scales@tiscali.co.uk.

8.0 Order of Events

Friday 12 th January 2018			
Warm Up	7.00pm		
Session One	7.30pm		
		Event 101	800m Freestyle
			Mixed
		Event 102	400m Individual Medley
			Mixed
Saturday 13 th January 2018			
Warm Up	9.00am		
Session Two	10.00am		
		Event 201	200m Backstroke
			Mixed
		Event 202	50m Freestyle
			Male
		Event 203	50m Freestyle
			Female
		Event 204	100m Breaststroke
			Male
		Event 205	100m Breaststroke
			Female
		Event 206	200m Butterfly
			Mixed
		Event 207	100m Individual Medley
			Male
		Event 208	100m Individual Medley
			Female
Warm Up	Between sessions		
Session Three	Start TBC		
		Event 301	200m Breaststroke
			Mixed
		Event 302	100m Freestyle
			Male
		Event 303	100m Freestyle
			Female
		Event 304	50m Backstroke
			Male
		Event 305	50m Backstroke
			Female
		Event 306	200m Individual Medley
			Mixed
		Event 307	50m Butterfly
			Male
		Event 308	50m Butterfly
			Female
Warm Up	Between sessions		
Session Four	Start TBC		
		Event 401	200m Freestyle
			Mixed
		Event 402	100m Backstroke
			Male
		Event 403	100m Backstroke
			Female
		Event 404	50m Breaststroke
			Male
		Event 405	50m Breaststroke
			Female
		Event 406	100m Butterfly
			Male
		Event 407	100m Butterfly
			Female

9.0 Results

The Results will be displayed on the wall between the changing rooms at the side of the pool. They will also be uploaded shortly after the events on swimresults.co.uk

10.0 Records

The following payments will be made to those pre-registered Swimmers who achieve a new record:

National	£5.00
GB	£10.00
European	£15.00
World	£25.00

NB. All payments will be made retrospectively and forwarded directly to the claimant following ratification of the Record. Records are available from poolside entrants.

11.0 Awards

11.1 Event Age Group Place Awards will be awarded down to 3rd place and will be available for uplift at the end of the pool, opposite the score board.

11.2 Best in Age Group Awards

1st	8 Points
2nd	6 Points
3rd	4 Points
4th	3 Points
5th	2 Points
6th	1 Points

11.3 All awards will be announced on the Carlisle Aquatics Website (carlisleaquatics.co.uk).

11.4 The Best Visiting Team Trophy will be a total of all points gained by individual swimmers for each team. It will not include poolside entries.

12.0 Presentation of Awards

We will not be having a presentation night this year. Instead we are planning to organise a meal at a local restaurant for people who would like it. If you are interested in attending please indicate on your entry form.

13.0 Food

Snacks and soft drinks are on sale throughout the competition from vending machines on the balcony/lobby.

14.0 Accommodation

For accommodation please go to Discover Carlisle's website

(<http://www.discovercarlisle.co.uk/lifestyle/accommodation>) for a full listing and online booking.

15.0 Competitors Safety Code

15.1 Please read the "Competitors Safety Code" before signing the related Entry Form. The signing and submitting of the Entry form confirms that the Competitor has read, understood and agrees to abide by the Code

Declaration:

15.2 I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events or any other associated activities. Accordingly, I hereby certify that I am physically fit and well to participate in the Carlisle Aquatics Masters Swim Meet.

15.3 I am aware of and appreciate the inherent risks involved in such a competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.

15.4 I undertake at all times to use my best endeavours' and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk of injury.

15.5 I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.

15.6 I acknowledge that the organisers of the Carlisle Aquatics Masters Swim Meet cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.

15.7 In submitting a signed Entry form I understand and accept that I have agreed to abide and be governed by the rules of Amateur Swimming Association and all other related laws and regulations under which the Meet is organised.

16.0 Directions

The Pools
James Street
Carlisle
Cumbria
CA2 5AZ

16.1 From the North - A7 and M6 Junction 44

At Junction 44 take the A7 towards Carlisle city centre along Kingstown Road and then Scotland Road. After crossing over Eden Bridge you will approach a large roundabout (Hardwicke Circus). Stay in centre lane of three lanes.

Take the third exit onto Georgian Way and stay in the right hand lane.

At the lights continue straight ahead onto Spencer Street and stay in the right hand lane.

Continue through the next set of traffic lights but turn right at the second set onto Warwick Road and take up position in the left hand lane.

As you approach the traffic lights at the top of Warwick Road, the left hand lane splits into two with both going to the left onto The Crescent. Take the right hand part of this split going round The Crescent.

As you approach the next set of traffic lights you should have the train station in front of you and the Citadel to your right. Turn right through the Citadel onto English Street and take up position in the left hand lane. At the next set of traffic lights turn left onto Victoria Viaduct and stay in the left hand lane.

After going over the railway bridge you will approach another set of traffic lights where you turn left onto James Street. The Pools are now on your left.

Stay in the left hand lane and go past The Pools, Staples and Matalan to a small roundabout and take the first turn off to the left.

Continue along this road, which takes you to the car park at the back of The Pools.

16.2 From the East - A69 and M6 Junction 43

At Junction 43 take the A69 towards Carlisle city centre along Warwick Road.

As you approach the traffic lights at the top of Warwick Road, the left hand lane splits into two with both going to the left onto The Crescent. Take the right hand part of this split going round The Crescent.

As you approach the next set of traffic lights you should have the train station in front of you and the Citadel to your right. Turn right through the Citadel onto English Street and take up position in the left hand lane. At the next set of traffic lights turn left onto Victoria Viaduct and stay in the left hand lane.

After going over the railway bridge you will approach another set of traffic lights where you turn left onto James Street. The Pools are now on your left.

Stay in the left hand lane and go past The Pools, Staples and Matalan to a small roundabout and take the first turn off to the left.

Continue along this road, which takes you to the car park at the back of The Pools.

16.3 From the South - A6 and M6 Junction 42

At Junction 42 take the A6 towards Carlisle city centre along London Road and then Botchergate.

As you approach the traffic lights at the top of Warwick Road, the left hand lane splits into two with both going to the left onto The Crescent. Take the right hand part of this split going round The Crescent.

As you approach the next set of traffic lights you should have the train station in front of you and the Citadel to your right. Turn right through the Citadel onto English Street and take up position in the left hand lane. At the next set of traffic lights turn left onto Victoria Viaduct and stay in the left hand lane.

After going over the railway bridge you will approach another set of traffic lights where you turn left onto James Street. The Pools are now on your left.

Stay in the left hand lane and go past The Pools, Staples and Matalan to a small roundabout and take the first turn off to the left.

Continue along this road, which takes you to the car park at the back of The Pools.

16.4 By Train. Take lift from on Platform 4 or between Platforms 1 and 3 to the subway. Follow the subway to the car park, walk through the car park exit where you will see the pool in front of you.