



East Invicta Amateur Swimming Association

Affiliated to ASA South East Region - Kent County A.S.A.
and R.L.S.S. (Kent Branch)

Visit the Web Site at: www.eastinvicta.co.uk

MASTERS' SWIMMING COMPETITION /CHAMPIONSHIPS

COMPETITION RULES AND MEET INFORMATION

1. General Information

- a) The meet will be held under SWIM ENGLAND Laws and Technical Rules. Age Groups: -

YM – 18-24

A – 25/29

B – 30/34

C – 35/39

D – 40/44

E – 45/49

F – 50/54

G – 55/59

H – 60/64

J – 65/69

K – 70/74

L – 75/79

M – 80/84

N – 85/89

O – 90+ yrs

- b) Events for all age groups are:

i) Individual Events – Open/Men and Ladies

50m Butterfly

50m Backstroke

50m Breaststroke

50m Freestyle

100m Freestyle

100m Individual Medley

ii) Team Events will be mixed sex relays comprising 2 x male/open swimmers and 2 Female swimmers who may swim in any order.

120 years 4 x 50m Freestyle and Medley Relay

160 years 4 x 50m Freestyle and Medley Relay

200 years 4 x 50m Freestyle and Medley Relay

240 years 4 x 50m Freestyle and Medley Relay

Team races are limited to two teams per club for each age group,
Competitors in the YM category may not take part in relays.

- c) Entry is open to members of clubs that are affiliated to the East Invicta Swimming Association as set out in Section B of the Association constitution and Bye Laws. **Swimmers from other clubs may not enter.**
- d) The female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition policy. By entering the Female category, a swimmer confirms their birth sex is female.
- e) Competitors in Group A must be 25 years or over on the date of the Championships otherwise ages are taken as at 31st December in the year of the Championships.
- f) For team events Clubs should complete the appropriate form for each team listing names, dates of birth.
- g) The pool is 25 metres long with 8 lanes, anti-wave lane ropes and electronic timing with continuous digital scoreboard display. Results will be available via the East Invicta website at the end of the meet.
- h) "Over the top" starts will be used at the discretion of the referee.
- i) Coaches must withdraw any swimmers not present or who no longer wish to take part at the relevant desk **no later than the beginning of warm up for each session** and for events in that session only.
- j) All events will be HDW and swum as combined age groups and seeded slowest to fastest irrespective of age. The last heat will be spearheaded.
- k) Coaches' passes will not be issued. Clubs are expected to provide sufficient poolside staff to manage their swimmers on poolside. They must wear club branded kit, so they are clearly identifiable.

