

# CARLISLE AQUATICS

**Present**  
**Their Masters**  
**Swim Meet**  
**2019**

**This year in memory of**  
**Graham Pearson**  
**Open Masters Short Course**  
**1<sup>st</sup> & 2<sup>nd</sup> February 2019**

**The Pools · James Street · Carlisle CA2 5AZ**

***Fitness, Fun and Friendship through Swimming***

# Information

## 1.0 Competition Dates

Friday 1st and Saturday 2nd February 2019

## 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  
100m Mixed Up Medley Final

## 4.0 Age Groups

- 4.1 Full masters age groups as at 31 December 2019
- |     |                                    |
|-----|------------------------------------|
| 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 2019. 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.
- 5.3 All events are swum on a mixed basis.
- 5.4 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

- 5.5 The 100m Individual Medley will be **FREE** to enter. The top 6 men and top 6 women, in this event, will qualify for the "Graham Pearson" Mixed Up Medley final.
- 5.6 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.

- 5.7 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 Mixed Up Medley Final 100m**

- 7.1 The fastest 6 men and 6 women in the 100 IM will be invited to take part in the “Mixed up Medley” Final.
- 7.2 The names of the fastest six swimmers, and two reserves, from the heats will be announced as soon as possible after the completion of the 100 IM heats. Qualifying swimmers not intending to compete in the “Mixed up Medley” competition must advise the desk immediately after the announcements so that substitutions can be made.
- 7.3 Before the start of the final the swimmers will be invited to draw a card to identify the lane that they will swim in.
- 7.4 No 2 lanes will swim the strokes in the same order.
- 7.5 No lane will start with backstroke.
- 7.6 No lane will end with backstroke
- 7.7 Every 25m must be swum and completed following the ASA Technical rules for that stroke.
- 7.8 There will be a cash prize for this event the prizes will be: 1<sup>st</sup> £25, 2<sup>nd</sup> £20, 3<sup>rd</sup> £15, 4<sup>th</sup> £10, 5<sup>th</sup> £5 & 6<sup>th</sup> £5

## **8.0 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 18th January 2019

For any further information please email [masters@carlisleaquatics.co.uk](mailto:masters@carlisleaquatics.co.uk)

## 9.0 Order of Events

<b>Friday 1<sup>st</sup> February 2019</b>			
<b>Warm Up</b>	7.00pm		
<b>Session One</b>	7.30pm		
		Event 101	800m Freestyle
		Event 102	400m Individual Medley
<b>Saturday 2<sup>nd</sup> February 2019</b>			
<b>Warm Up</b>	10.00am		
<b>Session Two</b>	11.00am		
		Event 201	200m Backstroke
		Event 202	100m Individual Medley
		Event 203	50m Freestyle
		Event 204	100m Breaststroke
		Event 205	50m Backstroke
		Event 206	100m Freestyle
		Event 207	200m Butterfly
		Event 208	The "Graham Pearson" Mixed up Medley Final
<b>Warm Up</b>	Between sessions	Event 301	200m Breaststroke
<b>Session Three</b>	Start TBC (Est. 2pm)	Event 302	100m Backstroke
		Event 303	50m Butterfly
		Event 304	200m Individual Medley
		Event 305	100m Butterfly
		Event 306	50m Breaststroke
		Event 307	200m Freestyle

## 10.0 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](http://swimresults.co.uk)

## 11.0 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.

## 12.0 Awards

- 12.1 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.

### Best in Age Group Awards

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

- 12.2 All awards will be announced on the Carlisle Aquatics Website ([carlisleaquatics.co.uk](http://carlisleaquatics.co.uk)).
- 12.3 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.

## 13.0 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.

## 14.0 Food

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

## 15.0 Accommodation

For accommodation please go to Discover Carlisle's website (<http://www.discovercarlisle.co.uk/lifestyle/accommodation>) for a full listing and online booking.

## 16.0 Competitors Safety Code

- 16.1 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:*

- 16.2 *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.*
- 16.3 *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.*
- 16.4 *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.*
- 16.5 *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.*
- 16.6 *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.*
- 16.7 *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.*

## 17.0 Directions

### Address of Venue:

The Pools, James Street, Carlisle, Cumbria, CA2 5AZ

#### 17.1 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.

#### 17.2 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.

#### 17.3 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.

#### 17.4 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.