



**Open Masters Short
Course Meet 2025**

18th and 19th January 2025

The Sands Centre · Carlisle CA1 1JQ

Fitness, Fun and Friendship through Swimming

Information

1.0 Competition Dates

Saturday 18th January and Sunday 19th January 2025

2.0 Competition Venue

The Sands Centre

Carlisle Cumbria CA1 1JQ

Telephone 01228 633766

There is a small pool available for warm-up/cool-down in between events.

Please note no food is to be eaten poolside. There is an area in the main atrium where food can be consumed, but there is no cafe.

3.0 Events

- 3.1 For all Groups
 - 50m, 100m, 200m, 800 and 1500 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 2025
 - A-L See entry form
 - X 18 - 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 category, be 25 years or over on 31 December 2025. 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 ADJUSTMENT
- 5.5 Poolside entries may be available at the discretion of the officials at a cost of £10 per event depending on lane availability. This is on the basis of time only and no medals or points will be awarded and no records can be claimed based on these times.
- 5.6 Confirmation of entries will be sent out after the 6th January
- 5.7 Entries for the 1500m and 800m Freestyle events will be limited due to time restraints. Anybody entering who does not make the cut will held in reserve in case of withdrawals, and if not included will be refunded.
- 5.8 Withdrawals for the 1500m and 800m Freestyle events must be made before the 10th January 2025.

6.0 Entry Fees

£10 for 800m and 1500 Freestyle
£10 for 400 Individual Medley
£7 per event for 50m, 100m and 200m

Those entering 7 or more events on the Sunday will pay a maximum of £49.00

7.0 Entry Forms

Individual Forms are incorporated into this Information Booklet. Please return via email caqmastersgala@gmail.com

Closing date for entries: Monday 6th January 2025

For Group entries, a Zip file containing an entry file for use in the Sports Systems Entry Manager and instructions on how to use it, can be downloaded [here](#).

For any further information please email caqmastersgala@gmail.com

8.0 Results

The Results will be displayed poolside. They will also be uploaded shortly after the events on swimresults.co.uk

9.0 Awards

9.1 Event Age Group Points

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

9.2 The Best Visiting Team Trophy will be awarded based on the total of all points gained by individual swimmers for each team. It will not include poolside entries.

10.0 Presentation of Awards

We will not be having a presentation night this year.

11.0 Order of Events

Saturday 18th January 2025			
Warm Up	1.30pm		
Session One	2.00pm		
		Event 101	200 Individual Medley
		Event 102	800m Freestyle
		Event 103	400m Individual Medley
		Event 104	1500m Freestyle
Sunday 19th January 2025			
Warm Up	8.45am		
Session Three	9.30am		
		Event 201	200m Backstroke
		Event 202	100m Individual Medley
		Event 203	50m Butterfly
		Event 204	100m Breaststroke
		Event 205	50m Backstroke
		Event 206	100m Freestyle
		Event 207	200m Butterfly
Warm Up	Between sessions		
Session Two	Start TBC (Est. 2pm)	Event 301	200m Breaststroke
		Event 302	100m Butterfly
		Event 303	50m Freestyle
		Event 305	100m Backstroke
		Event 306	50m Breaststroke
		Event 307	200m Freestyle

12.0 Accommodation

For accommodation, please go to Discover Carlisle's website

(<https://www.discovercarlisle.co.uk/Stay-Over>) for a full listing and online booking.