

WEST SUFFOLK SWIMMING CLUB

(Affiliated to Swim England East Region & Suffolk)

29th Masters & Senior Age Group (16-24)

Valentines Open Meet

(Held Under Swim England Laws & Regulations and Swim England Masters Technical Rules of Racing)

Sunday 22nd February 2026

Abbeycroft Leisure Centre, Bury St Edmunds

29th Masters & Senior Age Group

Valentines Open Meet

Sponsored by Sudbury & District SC

**Incorporating the
Swim England Suffolk Masters
& Senior Age Group Championships**

Sunday 22nd February 2026



ENTRY PACK

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Dear Swimmer

Please find enclosed details about the Programme of Events and Entry Form for the 29th Masters & Senior Age Group Valentines Open Meet incorporating the Swim England Suffolk Masters & Senior Age Group Championships for 2026, to be held at the Abbeycroft Leisure Centre, Bury St Edmunds, Suffolk.

All Suffolk swimmers if eligible will be automatically entered in the Swim England Suffolk Masters & Senior Age Group Championships with medals on offer for the first three in each age group category and each event.

Please note that the Seniors Age Group at this meet is 16 – 24 years.

This meet is an absolute must for Masters new to the sport and for those looking to improve their times. Several British records have been broken in the last few years and we hope for more in 2026!

Just a reminder the 1500m event is limited to a total of 3 heats, we have kept it's place in the programme to facilitate less traffic around the start area of the pool due to Abbeycroft lessons taking place in the baby pool between 10 and 12 noon.

We know you will enjoy a great day with us and we look forward to receiving your entry.

Caroline and Debs

Email: meets@westsuffolkswimming.co.uk

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Conditions

- 1** All entrants must be Club Compete (category 2) members of a Swim England, SASA or WASA affiliated club or competitors from a country affiliated to World Aquatics.
- 2** Age as at 31st December in the year of competition.
- 3** Entries will be accepted on a 'first come – first served' basis, based on day of receipt.
- 4** Results will be split into the following age groups 16-24, 25-29 and then 5 year age groups as necessary with the final group being 70yrs+.
- 5** All events will be Heat Declared Winners. 'Over the top' starts will be used wherever possible.
- 6** Awards will be made to the fastest 3 swimmers in each age group and each event as follows: Commemorative medals for non Suffolk swimmers, Suffolk County medals for eligible Suffolk swimmers. There will be awards for non-Suffolk clubs and swimmers for the Top Visiting Club, Top Male and Top Female based on 6 points for 1st place down to 1 point for 6th place. There will also be David Robinson Masters Memorial awards for Top Suffolk Club, Top Suffolk Male and Top Suffolk Female based on 6 points for 1st place down to 1 point for 6th. Masters awards defined as 25+ age groups. In the event of a tie, the Promoters decision will be final.
- 7** To be eligible for Suffolk County Medals, swimmers must have a Suffolk club as their Ranked Club and must not represent another County or compete in another County's Championships in the same calendar year.
- 8** Events may be swum with men & women seeded together, depending on the number of entries received, but there will be separate results produced for all combined events.
- 9** Heats for each event will cover all age groups and competitors. Events will be seeded slowest to fastest, based on entry time submitted. Each heat will be spearheaded. The Promoter reserves the right to modify the seeding arrangements should conditions demand.
- 10** Warm up protocol: Each warm up session will be divided into equal length sessions. There is to be strictly no diving during warm up, with the exception of designated sprint lanes. Odd lanes will swim clockwise and even lanes will swim anti-clockwise. Swimmers must leave the water by the side of the pool and not over the timing pads.
- 11** Results will be posted on the club website and will be supplied to Aquatics GB for inclusion into the Masters rankings database.
- 12** The pool is a 25m 6 lane pool with anti-turbulence lane ropes and full electronic timing. The depth of water at the starting end is 1.4m and at the turn end is 0.9m. The height of the starting blocks above the surface of the water is 650mm. A secondary strobe for the starting system is not available.
- 13** Entries and payment to be made online via the following link:
<http://www.galaorganiser.co.uk/entry/meentry.php?Meet=WSUTWM26>
- 14** Accepted entries will be posted on the club's website soon after the closing date.
- 15** We will be using a secondary signing in system on the day and will assume that any entries left blank are due to the competitor either not being at the meet or has chosen not to swim that particular event and they will be withdrawn before the finalised start sheets are produced.
- 16** Entry fees will be **£5.50** per event.
- 17** **CLOSING DATE FOR ENTRIES IS SATURDAY 14th FEBRUARY 2026 or when the meet is full, all entries and payment must be received by the closing date.**

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- 18** Contact meets@westsuffolkswimming.co.uk if further information is required.
- 19** In accordance with Swim England Child Safeguarding Policies and Procedures any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child/swimmer as much as reasonably possible and to avoid including other children/swimmers in those images, particularly if those images are being shared with family and friends through social media platforms. Participants and spectators are requested to follow the Swim England guidelines for photography and use of photographs on social media. The Swim England Child Safeguarding Policy & Procedures, Wavepower 2024 v2 provides guidance on the use of social networking and guidance on photography. <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/> Both sets of guidance apply if social media platforms are being used to share images or recordings either after the meet or during live streaming of the event. No photography is permitted in changing rooms. Any person found to be contravening this condition will be required to leave the competition and venue without refund
- 20** The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.
- 21** All participants must observe the safety precautions in operation at Abbeycroft Leisure Centre. Neither the Promoter nor West Suffolk S.C will be responsible for any loss or damage occurring during this meet.
- 22** Any matter not covered by these conditions will be determined by the Promoters – West Suffolk S.C and the Referee, subject to Swim England Laws, Regulations and Technical Rules of Racing. The Promoters decision is final.
- 23** 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 that their birth sex is female.
- By entering the meet you are hereby declaring that:**
- 24** That the particulars supplied are correct and that you are an eligible competitor in accordance with the laws of Swim England and will abide by the conditions laid down the Association and WSSC for this competition and be governed by the rules of Swim England and all other laws and regulations applicable including Swim England Safety Laws.
- 25** You are aware of the need to seek appropriate medical advice if you have any concerns as to the state of your health. You have not been informed by any medical practitioner and you do not have any knowledge of any medical condition which would make it inadvisable for you to participate in Masters swimming events or any other associated activities. Accordingly, you hereby certify that you are physically fit and well to participate in any such training and events.
- 26** You are aware of and appreciate the inherent risks involved in such training and competition including the possibilities of injury and accident. You undertake always to conduct yourself in a responsible and professional manner.
- 27** You undertake at all times to use your best endeavours to train and compete in a safe and proper manner and do not do anything which would expose yourself or fellow swimmers to unnecessary risk of injury.
- 28** You further undertake at all times to take all reasonable safety measures for the protection of yourself and fellow swimmers and to inform the Referee of any concerns you may have as regards safety.
- 29** You acknowledge that Aquatics GB, Swim England, or any other body affiliated thereto, cannot be held responsible for any loss or damage to personal belongings and that you must take all reasonable steps against such loss or damage.
- 30** You have read or have had read to you the above provisions and declarations and agree to abide by them.

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Programme of Events

Session 1 WARM UP - 8.00am START – 8.45am

- Event 1 Female 50m Backstroke
- Event 2 Male/Open 50m Backstroke
- Event 3 Female 100m Butterfly
- Event 4 Male/Open 100m Butterfly
- Event 5 Mixed 200m Breaststroke
- Event 6 Female 50m Freestyle
- Event 7 Male/Open 50m Freestyle
- Event 8 Female 100m Individual Medley
- Event 9 Male/Open 100m Individual Medley
- Event 10 Mixed 200m Butterfly
- Event 11 Mixed 1500m Freestyle

Session 2 WARM UP – TBA START – TBA

- Event 12 Mixed 200m Freestyle
- Event 13 Female 100m Breaststroke
- Event 14 Male/Open 100m Breaststroke
- Event 15 Female 100m Backstroke
- Event 16 Male/Open 100m Backstroke
- Event 17 Mixed 200m Individual Medley
- Event 18 Female 50m Butterfly
- Event 19 Male/Open 50m Butterfly
- Event 20 Female 100m Freestyle
- Event 21 Male/Open 100m Freestyle
- Event 22 Mixed 200m Backstroke
- Event 23 Female 50m Breaststroke
- Event 24 Male/Open 50m Breaststroke