



08:00am Warm Up
08:30am Start time

Eligibility

The championships are open to members of SLSGB and SLSA Wales, All competitors named on the entry form must be paid up members of SLSGB or SLSA Wales and a member of an affiliated club by the closing date of entries. Competitors whose membership is received by SLSGB after that date will not be eligible to compete in this Championship.

Individual Age Groups

- Senior Open:** will reach the age of 16 and over during this year
- Masters 30-39:** must be aged between 30 – 39 in the year of competition
- Masters 40-44:** must be aged between 40 – 44 in the year of competition
- Masters 45-49:** must be aged between 45 - 49 in the year of competition
- Masters 50-54:** must be aged between 50 - 54 in the year of competition
- Masters 55-59:** must be aged between 55 - 59 in the year of competition
- Masters 60-65:** must be aged between 60 - 65 in the year of competition
- Master 65+:** reach the age of 65 or above during this year

Team Age Groups

Senior: open to age 16 above. Separate male and female teams
Masters: **will reach the age of at least 30 years this year or over** No separate male or female team.

Closing Date and submission of entries

The closing date for entries is 6pm Monday 6th April 2020. All entries must be submitted electronically via email to all of the following addresses by this date: Any late entries made after this time will be subject to a **50% surcharge on fees**. No entries will be accepted any later the 48 hours prior to the start of the event.

mail@slsgb.org.uk

SLSGB Office

nbowden@slsgb.org.uk

SLSGB Events Manager

When submitting the email, the sender should request an automatic read receipt, so that he/she will know that the email has been received.

Electronic submission of entries is the only method which will be accepted.

Once the entries have been checked, the organisers will confirm by email.

Entry Fees

£8.50 per Individual events

£10.50 per pair event

£10.50 per Team event

Clubs are required to pay these fees by BACS or cheque made payable to SLSGB, with cheques being sent to office one week before the start of the event.

BACS payment – Sort Code – 30 9314

Account number – 00953302

Aggregate Trophies and Medals

Medals will be presented for 1st to 3rd place in all individual events and all team events. While every attempt will be made to present medals at the conclusion of each day's events, depending on the time available, medals may be distributed to Team Managers at the conclusion of the competition for local presentation back at club functions.

Point scoring:

Individual and Pair events:

1 st	20 pts	9 th	8 pts
2 nd	18 pts	10 th	7 pts
3 rd	16 pts	11 th	6 pts
4 th	14 pts	12 th	5 pts
5 th	13 pts	13 th	4 pts
6 th	12 pts	14 th	3 pts
7 th	11 pts	15 th	2 pts
8 th	10 pts	16 th	1 pt

Team Events

1 st	30 pts	9 th	12 pts
2 nd	27 pts	10 th	10.5 pts
3 rd	24 pts	11 th	9 pts
4 th	21 pts	12 th	7.5 pts
5 th	19.5 pts	13 th	6 pts
6 th	18 pts	14 th	4.5 pts
7 th	16.5 pts	15 th	3 pts
8 th	15 pts	16 th	2 pts

Rules for the event

For the purposes of this event the ILS Rule Book for events will be used which can be found on our website www.slsgb.org.uk

Heat Draws / Entry Times

All events will be decided on a heat-declared winner basis, heats will be seeded according to entry times. Heats for individual events will be drawn based on entry times as declared on the entry forms.

The fastest declared entry times will be drawn in the last heat. Where no entry time is declared the individual will be drawn in the first/early heats.

Clubs are reminded that they must only enter times that have been achieved by competitors. It is unfair to enter times that have not been achieved or that are unrealistic. All this does is place the competitor in a potentially embarrassing position as they may have to swim in a heat where they are clearly far slower than other competitors. This is also unfair on those who should rightly be seeded into the fastest heats on their ability.

The purpose of seeding competitors by entry time is to try to ensure that races are competitive and competitors swim in heats with others who can achieve similar times. Entering false or unrealistic times is deemed unfair practice and goes against the SLSGB's Fair Play Code.

Event Helpers and Time Keepers

Each competing club must supply 1 timekeeper (they must bring Stopwatches, pens/pencils, clipboards and wear a white top as a minimum please). Other events helpers also need to be provided to help to move equipment as determined by the referee, for the duration of the competition. Each competing club must also provide at least 1 suitable adult (able to spend a considerable amount of time in the water) for each 8 competitors entered, to help reset the manikin events.

If there are insufficient event helpers or timekeepers, the organisers may have no option but to cancel one or more events on the day.

Child Protection

We strongly advise that all team managers, officials and event helpers involved in the event, are named on the event helpers list and hold a current CRB check with SLSGB.

There will be a nominated official at the event to which any concerns should be raised.

People wishing to take photographic images must register their intention to do so with the nominated official. They will be given a highly visible badge to wear. Event organisers may seek to challenge or take appropriate action where concerns are raised by participants or others about persons taking photographic images.

By entering the competition you agree to the following. As our events are held in public places, by participating in these championships competitors may be photographed and these may be published.

Equipment to be provided by competing clubs – manikins

Each club must provide at least 2 ILS specification manikin for the competition. We need at least 8 manikins to run events where manikins are used, and 16 for the 200m Super lifesaver. Having more manikins available will mean that the turn-around time between events will be significantly shortened. Ensure your manikin is clearly marked with your club name.

SLSGB are not responsible for a loss or damage to manikins or tubes. Please make sure that they are properly identified.

08:00 Warm up/08:20 First Marshal call/08:30 Start of first event			
No	Event	Age	Sex
2	200m Obstacle	Open	F
3	200m Obstacle	Open	M
4	200m Obstacle	30-39	F
5	200m Obstacle	30-39	M
6	200m Obstacle	40-44	F
7	200m Obstacle	40-44	M
8	200m Obstacle	45-49	F
9	200m Obstacle	45-49	M
10	200m Obstacle	50-54	F
11	200m Obstacle	50-54	M
12	100m Obstacle	55-59	F
13	100m Obstacle	55-59	M
14	100m Obstacle	60-64	F
15	100m Obstacle	60-64	M
16	100m Obstacle	65+	F
17	100m Obstacle	65+	M
18	200m Obstacle Relay	Open	F
19	200m Obstacle Relay	Open	M
20	200m Obstacle Relay	Masters	O
21	Line Throw	Open	F
22	Line Throw	Open	M
23	Line Throw	Masters	O
24	50m Manikin Carry	Open	F
25	50m Manikin Carry	Open	M
26	50m Manikin Carry	30-39	F
27	50m Manikin Carry	30-39	M

No	Event	Age	Sex
55	100m Manikin Carry with Fins	60-64	F
56	100m Manikin Carry with Fins	60-64	M
57	100m Manikin Carry with Fins	65+	F
58	100m Manikin Carry with Fins	65+	M
59	200m Super Lifesaver	Open	F
60	200m Super Lifesaver	Open	M
61	100m Rescue Medley	30-39	F
62	100m Rescue Medley	30-39	M
63	100m Rescue Medley	40-44	F
64	100m Rescue Medley	40-44	M
65	100m Rescue Medley	45-49	F
66	100m Rescue Medley	45-49	M
67	100m Rescue Medley	50-54	F
68	100m Rescue Medley	50-54	M
69	100m Rescue Medley	55-59	F
70	100m Rescue Medley	55-59	M
71	100m Rescue Medley	60-64	F
72	100m Rescue Medley	60-64	M
73	100m Rescue Medley	65+	F
74	100m Rescue Medley	65+	M
75	100m Rescue Medley	Open	F
76	100m Rescue Medley	Open	M
77	100m Manikin Tow with Fins	30-39	F
78	100m Manikin Tow with Fins	30-39	M
79	100m Manikin Tow with Fins	40-44	F
80	100m Manikin Tow with Fins	40-44	M

No	Event	Age	Sex
28	50m Manikin Carry	40-44	F
29	50m Manikin Carry	40-44	M
30	50m Manikin Carry	45-49	F
31	50m Manikin Carry	45-49	M
32	50m Manikin Carry	50-54	F
33	50m Manikin Carry	50-54	M
34	50m Manikin Carry	55-59	F
35	50m Manikin Carry	55-59	M
36	50m Manikin Carry	60-64	F
37	50m Manikin Carry	60-64	M
38	50m Manikin Carry	65+	F
39	50m Manikin Carry	65+	M
40	4x25M Manikin Relay	Open	F
41	4x25M Manikin Relay	Open	M
42	4x25M Manikin Relay	Masters	O
43	100m Manikin Carry with Fins	Open	F
44	100m Manikin Carry with Fins	Open	M
45	100m Manikin Carry with Fins	30-39	F
46	100m Manikin Carry with Fins	30-39	M
47	100m Manikin Carry with Fins	40-44	F
48	100m Manikin Carry with Fins	40-44	M
49	100m Manikin Carry with Fins	45-49	F
50	100m Manikin Carry with Fins	45-49	M
51	100m Manikin Carry with Fins	50-54	F
52	100m Manikin Carry with Fins	50-54	M
53	100m Manikin Carry with Fins	55-59	F
54	100m Manikin Carry with Fins	55-59	M

No	Event	Age	Sex
81	100m Manikin Tow with Fins	45-49	F
82	100m Manikin Tow with Fins	45-49	M
83	100m Manikin Tow with Fins	50-54	F
84	100m Manikin Tow with Fins	50-54	M
85	100m Manikin Tow with Fins	55-59	F
86	100m Manikin Tow with Fins	55-59	M
87	100m Manikin Tow with Fins	60-64	F
88	100m Manikin Tow with Fins	60-64	M
89	100m Manikin Tow with Fins	65+	F
90	100m Manikin Tow with Fins	65+	M
91	100m Manikin Tow with Fins	Open	F
92	100m Manikin Tow with Fins	Open	M
93	Lifesaver Relay	Open	Mix
94	4x50M Medley Relay	Masters	O
95	4x50M Medley Relay	Open	F