

FIRESPORT UK NATIONAL SWIMMING CHAMPIONSHIP RULES AND STRUCTURE, UNDER ASA LAWS AND FINA TECHNICAL RULES

1. INTRODUCTION

The 2023 FireSport UK National Swimming Championships will be held at the Royal Grammar School, Eskdale Terrace, Newcastle upon Tyne, NE2 4DX on Sunday 3rd September, hosted by Tyne and Wear FRS as part of their International Sports Tournament. The event will be swum short course with full electronic timing, and 6 Lanes. There is no separate pool available for cool down. The competition combines Senior (18-24yrs), Open (any age) and Masters (age group) events.

2. DETAILS OF THE DAY

09.30 – 10.00 Warm up

10.05 Official opening of the competition

10.15 Competition start

12.30 Lunch & Warm up (approximately). Medal presentation from the morning

13.15 Afternoon competition start

15.30 Competition closes (approximately). Medal presentation from the afternoon

Note for this year: Award and medal presentation will be held throughout the day on poolside.

3. EVENTS

The individual Open events will be swum as 400m freestyle, 100m freestyle, backstroke, breaststroke, butterfly and 200m individual medley. There is a male and female Open trophy awarded for the swimmer accumulating the most points over these events.

The individual Masters events will be swum as 50m freestyle, backstroke, breaststroke, butterfly and 100m individual medley. Masters Age Groups will be held as, 25-29yrs, 30-34yrs, 35-39yrs, 40-44yrs, 45-49yrs, 50-54yrs, 55-59yrs, 60-64yrs etc. Age will be taken as age on 31st December 2023. **Masters competitors must be 25 years old on 31st December 2023.** There is a male and female Masters trophy awarded for the swimmer accumulating the most points based on Age Adjusted Times and Fina Points over these events.

The Senior age (18-24yrs) will be swum as the masters events above however the results **will not count towards the masters trophies.** Age will be taken as age on 31st December 2023.

Open Relays will be swum as 4 x 50m in both freestyle and medley, consisting of Men's, Women's and Mixed (2 men & 2 women).

Masters Relays will be swum as 4 x 25m in both freestyle and medley, consisting of Men's, Women's and Mixed (2 men & 2 women).

Masters relays must include at least one swimmer aged 40 years or over and remaining swimmers must be 25 years or over as age on 31st December 2023.

Mixed service relays will be allowed as some services do not have enough competitors to form a relay team however the relay team if placed will be awarded the relevant medal but will not be awarded points toward any overall results & the time cannot count as a new competition record. If you are entering a mixed service relay, please enter first thing in the morning.

All results will be calculated as **Heat Declared Winner (HDW)**; taking the times from the heats and comparing with all those of the same age group, consequently no finals will be held.

Just for Fun: Relay/Canon for a team of ANY six swimmers. Each swimmer can only swim once. Team to enter under a relay name of their choice and can be put together on the day.

Martin Heron Memorial Shield

This will be awarded to the fastest 50m breaststroke swimmer based on Age Adjusted Time and Fina points for all the results of the Masters 50m breaststroke event. Martin Heron, a long-standing member of the LFB swim team sadly passed away in September 2015, due to bowel cancer. His best event was the 50m breaststroke. He competed in National Championships and won many medals and Masters trophies helping towards the ongoing success of LFB's swim team. Some of you will remember competing with him, in Hong Kong, at the World Firefighter Games. There are smaller awards for 2nd and 3rd place.

Disqualification

Any individual or relay team having been disqualified will not receive a medal or points as the competition is run under ASA laws and FINA Technical Rules for Masters Swimming. Reasons for disqualification will be available on the day and any queries can be taken up with the qualified officials.

Team trophy competition

To qualify to win either the Masters or Open team trophy, a Fire Service team must consist of at least four swimmers **and** enter a relay team event relevant to that trophy.

4. ENTRIES

Entries are now made online; enter with a **tick** against the appropriate event or an **entry time** in order that you will be seeded along with swimmers of comparable ability. Entries made with a tick (no entry time) will be placed in the slowest heats. No individual entries will be accepted on the day, but relay entries may be accepted before the warm-up of the first session, at the discretion of the operator/results coordinator.

Full entry lists will be made available following the closing date.

The closing date for all entries is a **week before the competition date**. Your entry cost will be generated online; cheques payable to **FSSAA Swimming Section** to; Samantha Howard, Cornwall FRS, Newquay Community Fire Station, Tregunnel Hill, Newquay, Cornwall, TR7 1QT or please pay online/via bacs using Sort Code 30-94-60, Account 00436800 stating your fire service as a reference.

Entry Fees

Open Events	£4.50 for each event or £20.00 for all six events
Masters Events	£4.50 for each event or £20.00 for all five events
Relay Events	£10.00 for each relay team Fun theme/Cannon relay – optional donation to charity on the day.

5. GENERAL

If you need to get in touch please contact samantha.howard@fire.cornwall.gov.uk.

More information is available at www.firesportuk.com/swimming

Join our Facebook group [FireSport UK National Fire Service Swimming Section](#)

Join our Whatsapp group contacting Samantha Howard on the email above

Teams are requested to arrange their own accommodation; contact sam.nicholson@twfire.gov.uk