



**Trafford Metro  
Masters Open Meet 2026  
(Including Senior Age Group Male/Open & Female 18-24 Age Group)**

**Saturday 9th May 2026**

**Sale Leisure Centre, Broad Road, Sale. M33 2AL  
Session 1 Warm up 2:00pm for 2:45 start  
Session 2 Warm up T.B.C.**

**Closing Dates: Individual events 1st May. Relay events 5<sup>th</sup> May**

**HOW TO ENTER**

Entries **MUST** be made using the online entry system which will be available on the Trafford Metro Website ([www.tmbcsc.co.uk/about-1-3](http://www.tmbcsc.co.uk/about-1-3)) and via this link:

<https://bsbasa.org/meet/tmbcscma26>

Para Swimmers must indicate their disability classification or provide a valid Certificate of Swimming Disability issued by Swim England at the time of entry.

**PAYMENT OF ENTRIES**

Payment of entries via the electronic system will be made via Stripe

**ENTRY FEE:**

£8 per individual event. Relays £16 per team.

**Medical Declaration**

Please read the following information carefully:

- a. 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 knowledge of any medical condition that would make it inadvisable for me to participate in this Masters Meet. Accordingly, I declare that I am physically fit and well to participate in the Meet.

- b. I undertake at all times during the Meet to use my best endeavours to train 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.
- c. I acknowledge that Trafford Metropolitan Borough Swimming Club, or anybody associated with the organisation of the Meet, cannot be held responsible for any loss or damage to my personal belongings and that I must take all reasonable steps against any such loss or damage.
- d. I hereby agree to abide by the rules and regulations of the Meet as set out in the Event Conditions.

Submission of an entry will confirm that you have read and understood the above provisions and agree to abide by them.

### **Withdrawals**

The withdrawal process relies up swimmer's co-operation and courtesy to fellow competitors. Swimmers who fail to arrive for their heat create empty lanes which, if they had been used by others, could reduce the length of sessions.

To ensure that the meet runs efficiently it is essential that those not intending to compete notify the Promoter, Tracy Dale ([competitionsecretarytmbisc@gmail.com](mailto:competitionsecretarytmbisc@gmail.com)) up to and including Friday 8<sup>th</sup> May 2026. On the day withdrawals need to be made in person or by a swimmer's representative to the timing suite 90 minutes prior to the commencement of the session (both individuals and relays).

### **Event Programme**

#### **Session 1**

Ev 101 400 IM  
 Ev 102 Mixed 4x50 Freestyle Relay  
 Ev 103 50 Breaststroke  
 Ev 104 100 Freestyle  
 Ev 105 200 Backstroke  
 Ev 106 4x50 Male/Open Medley Relay  
 Ev 107 4x50 Female Medley Relay  
 Ev 108 50 Butterfly  
 Ev 109 100 IM  
 Ev 110 200 Breaststroke  
 Ev 111 100 Butterfly  
 Ev 112 25 Freestyle  
 Ev 113 25 Breaststroke  
 Ev 114 'Couples Race'\*\*

#### **Session 2**

Ev 201 400 Freestyle  
 Ev 202 Mixed 4x50 Medley Relay  
 Ev 203 50 Backstroke  
 Ev 204 100 Breaststroke  
 Ev 205 200 Butterfly  
 Ev 206 50 Freestyle  
 Ev 207 100 Backstroke  
 Ev 208 200 IM  
 Ev 209 4x50 Male/Open Freestyle relay  
 Ev 210 4x50 Female Freestyle relay  
 Ev 211 200 Freestyle  
 Ev 212 25 Butterfly  
 Ev 213 25 Backstroke  
 Ev 214 The Egg & Spoon Race\*

### **WARM UP**

The competition pool will be available for warm up ahead of session. Warm up is scheduled to start at 2:00pm and finish in the competition pool at 2:40pm. There

will be an additional 25y pool available for warm up and cool down throughout the event from 3:00pm onwards.

## **SWIMWEAR**

Swimmers are reminded that to qualify for a British, European or World Masters record their swimwear must be compliant with World Aquatics (FINA) requirements.

## **Questions/Queries**

Contact Promoter by email: [masterstrafford@gmail.com](mailto:masterstrafford@gmail.com)

## **DRAFT PROGRAMME**

The draft programme will be posted on the Trafford Metro website (<https://www.tmbc.co.uk/about-1-3>) as soon as possible after the closing date for the competition. This will confirm session start time. Please advise of any inaccuracies or withdrawals by 5pm 8<sup>th</sup> May by email to [competitionsecretarytmbc@gmail.com](mailto:competitionsecretarytmbc@gmail.com) or by telephone to Tracy Dale 07874 607221

For all other queries email: [masterstrafford@gmail.com](mailto:masterstrafford@gmail.com)

## **CONDITIONS**

### **1. General Conditions**

- a. The Trafford Metro Masters Swimming Committee reserves full powers over all Trafford Masters Meets. Management and Promoters responsibilities shall be delegated to their nominated representative(s) at the event.
- b. The Event shall be held under Swim England Rules and the relevant World Aquatics/Swim England/World Para Swimming rules
- c. For individual and team events, competitors must be registered with Swim England as Club Compete swimmers, Scottish Swimming or Swim Wales equivalent. Overseas competitors may be accepted upon provision of their home country registration equivalent to the Swim England Club Compete.
- d. The age of competitors shall be determined as at midnight on 31 December in the year of competition.
- e. A competitor can only compete for one club in the Meet and must be a registered member of that club on the day they enter.

### **2. Events**

- a. The individual events shall be (for both men/open and women). Races will be swum with male/open and female together seeded on time. For clarification any swimmer that is eligible to swim as a female cannot compete as a male/open swimmer.

25m, 50m, 100m and 200m, Butterfly, Backstroke,  
Breaststroke & Freestyle.

400m Freestyle.

100m, 200m & 400m Individual Medley.

Egg & Spoon Race\* 50m Freestyle – Swimmers must balance the egg on a spoon throughout the whole 50m. Only one 'fallen' egg per 25m is permitted and the egg may only be touched when placing upon the spoon at the start or after a fall. A second egg fall per 25m will result in disqualification.

Couples Race\*\* 50m Freestyle – 2 swimmers to compete (any 2-person pairing) Swimmers start in the water and MUST hold hands throughout the race including at the turn and finish (only 1 swimmer required to touch the wall at the turn and finish).

- b. All events are Heat Declared Winner within each individual age classification. In each event competitors will be seeded according to their entry time and will compete against those with similar times from the various age groups taking part in the event.

- c. The age groups for individual events shall be for men/open and women:

18-24 years      40-44 years      60-64 years      80+ years

25-29 years      45-49 years      65-69 years

30-34 years      50-54 years      70-74 years

35-39 years      55-59 years      75-79 years

In five-year bands as high as necessary

### 3. Team Events

- a. The team events shall be:

Men's/Open and Women's 4 x 50m Freestyle and Medley Team Relays

Mixed 4x50m Freestyle and Medley Team Relays

- b. All team events will be Heat Declared Winner within each team age group classification.

- c. The age group for Masters team events shall be:

100-119 years      200-239 years      320+ years

120-159 years      240-279 years

160-199 years      280-319 years

In 40-year increments as high as necessary

- d. The combined ages of the team members at midnight on 31 December in the year of competition must fall within the age band given above with the

proviso that all team members must be 25 years of age or older on the 31 December in the year of competition.

- e. There shall also be team events for teams with the combined ages at midnight on 31 December in the year of competition of 72 years and above will all team members to be aged 18 years or over on the day of the championships.
- f. The mixed team shall consist of two competitors of each gender (2 males/open & 2 females) swimming in any order.

#### **4. Entries & Withdrawals**

- a. All entries shall be received by the Meet Administrator by the closing date, accompanied by payment.
- b. The Promoter reserves the right to close entries before the published closing date should the event reach maximum capacity.
- c. Competitors and teams whose entries have been accepted are expected to swim unless they have formally withdrawn in accordance with the withdrawal policy.

**Awards:** Medals will be awarded to the top 3 swimmers in all individual events in each age category. Medals will be awarded for the winning teams only in relays. A top visiting team trophy will be awarded to the team with the most aggregate points for individual and relay swims. Points are awarded as follows: 1st = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3 pts, 5th = 2 pts, 6th = 1pt. There will be prizes awarded to the best female and best male/open swimmer. Additionally, there will be a host of surprise spot prizes awarded during the day.

**WARNING – THERE IS NO DIVING ALLOWED AT THE SHALLOW END OF THE POOL.**

**NB: Anything not covered in these conditions will be at the discretion of the Promoter.**