

BARNET COPTHALL SWIMMING CLUB

AFFILIATED TO ASA LONDON REGION.

MASTERS SPRINTS MEET

UNDER A.S.A. LAWS AND F.I.N.A. TECHNICAL RULES OF MASTERS SWIMMING

SUNDAY 5th SEPTEMBER 2010

Dear Colleague,

Please find attached Information and Entry Forms for this Meet, to be held at our 8 Lanes, 25m International Pool, at Barnet Copthall Centre, Champions Way, Hendon, London, NW4 1PX. The Meet consists of 50m & 100m each stroke and 100m Individual Medley for individual competitors & 4 x 50m Freestyle & Medley Relays for men, women & mixed Teams. The "**Twyman 25**" will be included again. A special 25m Freestyle mixed event open to all swimmers. There will be two sessions:-

SESSION TIMES 1) WARM-UP : 12.00noon START : 1.00pm
2) WARM-UP : 3.30pm START : 4.30pm

ENTRY FEES £3.50 per Individual Event £8 per Team Event

CLOSING DATE FOR ENTRIES IS **FRIDAY 13th AUGUST 2010.**

AGE GROUPS As set down on the Entry Form. N.B. AGES AS AT 31.12.10 except Group "X" swimmers who should have achieved their 18th Birthday on or before the day of competition.

The competition is also open to swimmers in the above Age Groups with disabilities/visual impairment who have been allocated an IPC/DSE classification. *We have applied for this event to be held as an IPC approved meet*

ASA REGISTRATION All competitors must be fully registered with their respective National Swimming Association or Federation. (e.g. ASA Registered Cat 2)

EVENTS All events will be swum on the HEAT DECLARED WINNER System, Results will be decided on the recorded heat times in each Age Group.

ENTRY CARDS **Individual Entry Cards for Session One** will be pre-heated so there will be no need to post them on arrival at the pool. To help reduce the number of empty lanes in Session Two you are required to Post your individual entry cards before the second warm up. **All Relay cards must be posted at the meet.** PLEASE ENSURE THAT YOU ARRIVE AT THE STARTING END OF THE POOL IN PLENTY OF TIME FOR YOUR RACE, OR YOU WILL MISS THE OPPORTUNITY TO SWIM.

AWARDS Awards will be made to the fastest three in each Age Group in each Event. Winners will have a choice of either a medal or a prize voucher in each case. Relay Teams will receive prize vouchers only Awards for IPC/DSE Registered swimmers will be considered by Age Group only and not by individual classification.

COLORADO ELECTRONIC TIMING AND HY-TEK MEET MANAGEMENT SYSTEMS

will be operating at the Meet and providing the Results Service.

THESE ARE APPROVED FOR RECORD PURPOSES.

ACCOMMODATION Details of local hotel accommodation are available on request

Should you require further information, or have any queries, please contact me at
BARNET COPTHALL CENTRE, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX
PHONE / FAX 01707 654573 or e-mail ian.jeanettebcsc@talktalk.net

Best Wishes Ian Woollard - Masters Meet Manager

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ORDER OF EVENTS

SESSION ONE

Warm Up - 12.00noon : Start - 1.00pm

| | | | |
|---------|-------|---------|-------------------|
| Event 1 | Women | 100m | INDIVIDUAL MEDLEY |
| 2 | Men | 100m | BUTTERFLY |
| 3 | Women | 50m | BUTTERFLY |
| 4 | Men | 50m | BREASTSTROKE |
| 5 | Women | 100m | BREASTSTROKE |
| 6 | Men | 100m | BACKSTROKE |
| 7 | Women | 50m | BACKSTROKE |
| 8 | Men | 50m | FREESTYLE |
| 9 | Women | 100m | FREESTYLE |
| 10 | Men | 4 x 50m | MEDLEY TEAMS |
| 11 | Women | 4 x 50m | MEDLEY TEAMS |
| 12 | Mixed | 4 x 50m | FREESTYLE TEAMS |

SESSION TWO

Warm Up - 3.30pm* : Start - 4.30pm* (*to be confirmed)

**Entry cards for Session Two must be posted at the programme table
NO LATER THAN 4.00pm* (*to be confirmed)**

| | | | |
|----------|--|---------|-------------------|
| Event 13 | “TWYMAN 25” 25m (mixed) FREESTYLE | | |
| 14 | Women | 4 x 50m | FREESTYLE TEAMS |
| 15 | Men | 4 x 50m | FREESTYLE TEAMS |
| 16 | Mixed | 4 x 50m | MEDLEY TEAMS |
| 17 | Men | 100m | INDIVIDUAL MEDLEY |
| 18 | Women | 100m | BUTTERFLY |
| 19 | Men | 50m | BUTTERFLY |
| 20 | Women | 50m | BREASTSTROKE |
| 21 | Men | 100m | BREASTSTROKE |
| 22 | Women | 100m | BACKSTROKE |
| 23 | Men | 50m | BACKSTROKE |
| 24 | Women | 50m | FREESTYLE |
| 25 | Men | 100m | FREESTYLE |

Should you require further information, or have any queries, please contact Ian Woollard at
BARNET COPTHALL CENTRE, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX
Or PHONE / FAX 01707 654573 or e-mail ian.jeanettebcsc@talktalk.net

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TEAM ENTRY FORM

PLEASE USE BLOCK CAPITALS

APPLICANT'S NAME.....TEL. No.....

ADDRESS

POST CODE.....CLUB NAME.....

Entry times are not required for team entries – Please indicate the number of teams to be entered in each event in the appropriate boxes below. **Please Note** we will try to group teams in the respective ages to make heats competitive. On some occasions different age groups may be racing in the same heat so try to avoid swimmers racing in more than one age group per event. **Should you require other FINA recognised age groups e.g. 320 – 359 or older, please clearly amend the form accordingly.**

Only teams within the FINA age limits may claim records.

ENTRY FEE = £8.00 PER TEAM, PER EVENT -

Relay Entries “on the day” will accepted at £12.00 per team per event

| MEDLEY RELAYS | | | |
|-------------------------|-----------------------|---------------------|-----------------------|
| Age group | Event 11 Women | Event 10 Men | Event 16 Mixed |
| 72+ years* | | | |
| 100 – 119 years | | | |
| 120 – 159 years | | | |
| 160 – 199 years | | | |
| 200 – 239 years | | | |
| 240 – 279 years | | | |
| 280 – 319 years | | | |
| | | | |
| FREESTYLE RELAYS | | | |
| Age group | Event 14 Women | Event 15 Men | Event 12 Mixed |
| 72+ years* | | | |
| 100 – 119 years | | | |
| 120 – 159 years | | | |
| 160 – 199 years | | | |
| 200 – 239 years | | | |
| 240 – 279 years | | | |
| 280 – 319 years | | | |
| | | | |

* “MASTERS” must be at least 25 years of age *IN THE YEAR OF COMPETITION* that is, at least 25 by 31.12.10 and may compete in the 72+ teams if desired. **ONLY “MASTERS”** may compete in other age groups in the competition. All competitors must be fully Registered Members of an Affiliated Club (e.g Cat 2)

I DECLARE that the details given above are correct and I agree to abide by the organiser's conditions. I also declare that the swimmers in the team(s) are fit, well and able to compete in the chosen events.

I enclose a cheque payable to Barnet Copthall SC, which includes the sum of £..... for these team entries @ £8.00/team, per event.

Signed.....

CLOSING DATE FOR ENTRIES - FRIDAY 13th AUGUST 2010

Include a C5 (or 9" x 6") S.A.E. for Entry Cards and send to:-

IAN WOOLLARD, BARNET COPTHALL CENTRE, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX

PHONE / FAX 01707 654573 or e-mail ian.jeanettebcsc@talktalk.net

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INDIVIDUAL ENTRY FORM

PLEASE USE BLOCK CAPITALS

FORENAME & SURNAME..... DATE OF BIRTH

ADDRESS

POST CODE.....e-mail.....

Male / Female ASA REG.....TEL No (Mobile).....

CLUB IPC/DSE Classification

PLEASE TICK APPROPRIATE AGE GROUP BOX (Age as at 31.12.10)

| AGE GROUP AGE | X | A | B | C | D | E | F | G | H | J | K | L | M | N+ |
|---------------|---|---|---|---|---|---|---|---|---|---|---|---|---|----|
| 18*-24 | | | | | | | | | | | | | | |
| ✓ | | | | | | | | | | | | | | |

NOTES: "MASTERS" Group 'A' must be at least 25 years of age IN THE YEAR OF COMPETITION that is, at least 25 by 31.12.10. *Group "X" swimmers must have achieved their 18th Birthday on or before the day of the competition.

Swimmers with disabilities/visual impairment must insert their IPC/DSE Classification.

All competitors must be A.S.A. Registered Members of an Affiliated Club.

PLEASE SUBMIT AN ENTRY TIME FOR EACH EVENT REQUIRED
EVEN IF ONLY AN ESTIMATE.

"NO TIME" entries will be programmed at the discretion of the organiser.

| IND. MEDLEY | BUTTERFLY | BACKSTROKE | BREASTSTR' | FREESTYLE |
|-------------|-------------|-------------|-------------|-------------|
| 100m - TIME | 50m - TIME | 50m - TIME | 50m - TIME | 50m - TIME |
| Ev.1/17 | Ev.3/19 | Ev.7/23 | Ev.20/4 | Ev.24/8 |
| "Twyman 25" | 100m - TIME | 100m - TIME | 100m - TIME | 100m - TIME |
| Ev. 13 | Ev.18/2 | Ev.22/6 | Ev.5/21 | Ev.9/25 |

SWIMMER'S DECLARATION

I declare that all the details given above are correct and I agree to abide by the Organiser's Conditions.

I also declare that I am fit, well and able to compete in the events.

I enclose a cheque/order payable to BARNET COPTHALL S.C. for £

forIndividual Entries @ £3.50 each.

SWIMMER'S SIGNATURE

CLOSING DATE FOR ENTRIES - FRIDAY 13th AUGUST 2010

Include a C5 (or 9" x 6") S.A.E. for return Entry Cards and send to:-

IAN WOOLLARD, BARNET COPTHALL CENTRE, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX

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