

MASTERS and SENIOR AGE GROUP OPEN LONG COURSE COMPETITION

(Under ASA Laws and ASA Technical Rules of Masters Swimming)

Saturday 29th & Sunday 30th January 2011
 K2 Crawley, Pease Pottage Hill, Crawley, West Sussex, RH11 9BQ
 Pool: 50m x 8 lanes with electronic timing

Saturday 29th January

Session 1 - Warm up – 9.00a.m. - Start 10:00a.m

| | | | |
|---|-------|--------|-------------------|
| 1 | Mixed | 200m | Individual Medley |
| 2 | Women | 100m | Freestyle |
| 3 | Men | 100m | Freestyle |
| 4 | Mixed | 200m | Backstroke |
| 5 | Women | 50m | Butterfly |
| 6 | Men | 50m | Butterfly |
| 7 | Women | 100m | Breaststroke |
| 8 | Men | 100m | Breaststroke |
| 9 | Mixed | 4x100m | Medley Relays |

* Session 2 – Warm Up 1.30 p.m. – Start 2.15 p.m.

| | | | |
|----|-------|--------|------------------|
| 10 | Mixed | 4x100m | Freestyle Relays |
| 11 | Women | 50m | Breaststroke |
| 12 | Men | 50m | Breaststroke |
| 13 | Mixed | 800m | Freestyle |

Estimated finish 6pm

Sunday 30th January

Session 3 - Warm up – 9.00a.m. - Start 9.45a.m.

| | | | |
|----|-------|--------|-------------------|
| 14 | Mixed | 400m | Individual Medley |
| 15 | Mixed | 200m | Freestyle |
| 16 | Men | 100m | Backstroke |
| 17 | Women | 100m | Backstroke |
| 18 | Men | 50m | Freestyle |
| 19 | Women | 50m | Freestyle |
| 20 | Mixed | 200m | Butterfly |
| 21 | Men | 4x100m | Medley Relays |
| 22 | Women | 4x100m | Medley Relays |

* Session 4 – Warm up 12.15 p.m. start 1.00 p.m.

| | | | |
|----|-------|--------|------------------|
| 23 | Men | 4x100m | Freestyle Relays |
| 24 | Women | 4x100m | Freestyle Relays |
| 25 | Mixed | 200m | Breaststroke |
| 26 | Men | 100m | Butterfly |
| 27 | Women | 100m | Butterfly |
| 28 | Men | 50m | Backstroke |
| 29 | Women | 50m | Backstroke |
| 30 | Mixed | 400m | Freestyle |

Estimated finish 6pm

*The afternoon session start times may change when the entries are all in. Check the SER web site for revised times once the final entry lists have been published.

CONDITIONS

1. PROMOTER

The promoter of this event is the South East Region Masters Group, hereinafter called "The Promoter".

2. ELIGIBILITY

Open to all swimmers who are members of organisations affiliated to FINA. GB swimmers must be registered as competitors with their governing body for the club they represent at the time of submitting their entry form. All non GB swimmers must be a member of a FINA affiliated organisation.

A competitor may only compete for one club in the competition and relay team members must have been a member of that club for one calendar month before the first day of the competition. See condition 5 for minimum ages.

3. EVENTS

Individual events: 50m, 100m, 200m backstroke, breaststroke, butterfly, freestyle, 200m, 400m individual medley, 400m & 800m freestyle.

Relay events: 4x100m male, female, and mixed (2 women and 2 men) freestyle and medley teams.

Seniors can compete in any relay age groups. Competitors may compete in one medley & one freestyle single sex relay and one medley & one freestyle mixed relay.

4. AGE GROUPS

Seniors, 18 to 24 years old; and Masters from 25 years old in 5 year age bands. Relays (see condition 5 for minimum ages): 72+ years, 120/119 years, 160/199 years, 200/239 years & 240+ years.

5. AGES

Ages for Masters as at 31st December 2011 for individual and team events. Seniors must be 18 years of age or over on the day of competing.

6. SEEDING

Events will be seeded in order of entry time, irrespective of age, from slowest to fastest. Swimmers with the slowest entry time will swim first. Swimmers without an entry time will be seeded in the slowest heats.

7. HEAT DECLARED WINNERS

Results will be decided on heat times, there will be no finals.

8. AWARDS

Medals will be awarded to individuals and teams placed 1st, 2nd, & 3rd in each age group.

9. ENTRIES

Entries must be on the official entry form and accompanied by the appropriate fee(s). Cheques should be made payable to "ASA South East Region". Entries will not be acknowledged. Entry lists will be posted on the SER web site. An email address and a contact telephone number should be given in case there is a query with an entry.

10. ENTRY FEES

Individual events: 800m event £8.00, 400m events £6.00, all other events £4.00. Relay events £10.00.

Entry fees will not be refunded in the event of withdrawal after the closing date.

11. CLOSING DATE FOR INDIVIDUAL ENTRIES

Individual entries close on Friday 31st December 2010. The Promoter reserves the right to close the entries earlier if necessary.

12. CLOSING DATE FOR RELAY ENTRIES

Relay entries will be accepted up to 15th January 2011.

13. RE-ENTRY

Competitors should register the events they intend to swim in each session 30 minutes before the start

Closing date Friday 31st December 2010

of the session. Registration sheets will be posted in the entrance hall next to the entrance to the changing rooms near the Masters Reception desk.

A relay declaration form should be completed for each relay team that will be competing and handed

in to the recorder at the diving board end of the pool, on or before the deadlines given on the entry form (page 4 of this pack).

14. **DISPUTES**

Any matters not provided for in these conditions shall be decided by the Promoter.

NOTES

READ THESE NOTES CAREFULLY - THEY ARE INTENDED TO HELP YOU TO COMPLETE YOUR ENTRY SUCCESSFULLY AND TO ENJOY THE MEET

1. Please provide a legible email address, **PRINT IT CLEARLY IN CAPITAL LETTERS**. Any queries about your entry will be advised by email. A contact telephone number must also be provided.
2. Overseas entrants can pay entry fees on arrival at the pool; they must be paid before swimming, and confirmation of all overseas entries will be sent by email, so be sure that an email address is given on the entry form.
3. The closing date for team entries is later than that for individual entries. As soon as the individual entries have been processed entry lists will be posted on the South East Region web site; a list of entries by club will be included. This is to enable clubs to decide which team events to enter.
4. A team claiming a national or international record must comply with all the requirements of the record concerned. Note that the conditions of this competition are less stringent than for national and international records.
5. If you break either an individual or relay record, advise the referee as soon as possible after the swim so that the appropriate details and signatures can be obtained. Claiming a record afterwards may not be possible if the paperwork has not been completed at the meet.
6. Please comply with the warm up arrangements and with any instructions given by the warm up marshals. **DIVING** is only permitted in the sprint lanes; **YOU MAY BE ASKED TO LEAVE THE WATER IF YOU DIVE INTO ANY OTHER LANE DURING THE WARM UP.**
7. The programme provides a wide selection of events in four sessions. Please choose your events carefully, taking into account their proximity and allowing yourself sufficient recovery time between swims.
8. A lot of work has been done to make this event a success. Please co-operate by following the entry procedure given in this entry pack. It takes much more effort to resolve problems than to avoid them. If you have any questions about this meet please contact Geoff Stokes, preferably by email; details below.

Enquiries:

Email: geoff@masterswim.demon.co.uk

Tel. 01276 27431, mobile 07850 446130

CONFIRMATION OF ENTRIES

Entry Lists and entries by club will be posted on the South East Region web site

www.southeastswimming.org/masters

Entries will not be acknowledged, please monitor the web site to check that your entry has been correctly processed and for session start time confirmation.

The closing date is in the middle of the Christmas holiday period. Please return your entries early to avoid postal delays and oversight during the holidays.

Closing date Friday 31st December 2010

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INDIVIDUAL ENTRY FORM

NAME (IN CAPITALS): D.O.B.:

ADDRESS:

.....POST CODE: TEL NO:

Mobile:

E-MAIL:

(EMAIL ADDRESS IN BLOCK CAPITALS - THIS WILL BE USED FOR ANY COMMUNICATIONS SO IT MUST BE LEGIBLE.)

NAME OF CLUB (IN FULL):..... NATIONALITY:

| | | | |
|------|--------------------------|--------|--------------------------|
| MALE | <input type="checkbox"/> | FEMALE | <input type="checkbox"/> |
|------|--------------------------|--------|--------------------------|

| | | | | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| ASA Member ID | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <i>Go to: http://www.swimmingresults.org/customerservices/membershipcheck/index.php for your number. Entries without a number will not be accepted.</i> | | | | | | | |

Please tick your age-group [Age as at 31/12/2011]

| | | | | | | | | | | | | | | |
|--------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| S | A | B | C | D | E | F | G | H | J | K | L | M | N | P |
| 18-24 ^a | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90+ |

^aSeniors must be 18 years of age or older on day of swim.

ENTER A TIME IN THE APPROPRIATE BOXES BELOW

| FREESTYLE | | BACKSTROKE | | BREASTSTROKE | | BUTTERFLY | | IND.MEDLEY | |
|-----------|------|------------|------|--------------|------|-----------|------|------------|------|
| Distance | Time | Distance | Time | Distance | Time | Distance | Time | Distance | Time |
| *50m | | *50m | | *50m | | *50m | | *200m | |
| *100m | | *100m | | *100m | | *100m | | §400m | |
| *200m | | *200m | | *200m | | *200m | | | |
| §400m | | | | | | | | | |
| ♦800m | | | | | | | | | |

*£4.00 per event

§£6.00 per event

♦£8.00

| | | |
|--------------------------|------------------------------------|---|
| <input type="checkbox"/> | 50m, 100m & 200m events at £4.00 = | £ |
| <input type="checkbox"/> | 400m events at £6.00 = | £ |
| <input type="checkbox"/> | 800m event at £8.00 = | £ |
| Total = | | £ |

Please make cheques payable to "ASA SOUTH EAST REGION". DO NOT USE REGISTERED POST OR ANY METHOD THAT REQUIRES A RECEIPT SIGNATURE.

I certify that the information on this entry form is correct and I agree to abide by the conditions specified on pages 1 & 2 and have read the notes on page 2. I accept that I must do all I reasonably can to take care of both my own health and safety and that of others at the competition.

Signature of competitor: **Date:**

Please read the Conditions on pages 1 & 2 and the Notes on page 2. Remember to check-in for your events 30 minutes before the start of each session.

Closing date for individual entries: Friday 31st December 2010

Send Entries to: Geoff Stokes, 6 Mulroy Drive, Camberley, Surrey, GU15 1LX

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TEAM ENTRY FORM

NAME OF CLUB (IN FULL):

NAME OF TEAM ORGANISER (IN CAPITALS):

ADDRESS:

.....POST CODE:TEL No

Mobile:

E-MAIL:.....

(EMAIL ADDRESS IN BLOCK CAPITALS - THIS WILL BE USED FOR ANY COMMUNICATIONS SO IT MUST BE LEGIBLE.)

WRITE THE NUMBER OF TEAMS YOU ARE ENTERING IN EACH AGE GROUP IN THE BOXES BELOW

| ALL 4 X 100m | WOMEN | | MEN | | MIXED | |
|--------------|-----------|--------|-----------|--------|-----------|--------|
| | FREESTYLE | MEDLEY | FREESTYLE | MEDLEY | FREESTYLE | MEDLEY |
| 72+ | | | | | | |
| 120/159 | | | | | | |
| 160/199 | | | | | | |
| 200/239 | | | | | | |
| 240+ | | | | | | |

All swimmers must be 18 years of age or older on the day they swim.

You must re-enter your teams before **11:00 a.m.** for Session 1, **1:00 p.m.** for Session 2, **11.00 a.m.** for Session 3 and **12.00 noon.** for Session 4. You must provide the swimmers names, ages and ASA Member ID** using the forms available at the Masters Reception table.

**The ASA Member ID is only required if the swimmer has not entered an individual event.

I certify that the information on this entry form is correct and I agree to abide by the conditions specified on pages 1 & 2 and have read the notes on page 2.

Signature of team organiser: Date:

Please read the Conditions on pages 1 & 2 and the Notes on page 2.

Enclosed: team entries at £10.00 = £.....

Please make cheques payable to "ASA SOUTH EAST REGION".

DO NOT USE REGISTERED POST OR ANY METHOD THAT REQUIRES A RECEIPT SIGNATURE.

Closing date for relay team entries: Saturday 15th January 2011

Send Entries to: Geoff Stokes, 6 Mulroy Drive, Camberley, Surrey, GU15 1LX