

# MASTERS and SENIOR AGE GROUP OPEN SHORT COURSE COMPETITION



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

**Saturday 24th September 2011**

Aldershot Garrison Sports Centre, Rawlinson Road (off Princes Avenue), Aldershot, Hampshire.

Pool: 25m x 8 lanes with electronic timing plus 25m x 8 lanes warm up/swim down pool

Session 1				Session 2			
Warm up 1:00 pm for 13:45 pm Start				Estimated start 6:00 pm			
1	Mixed	200m	Freestyle	14	Mixed	4 x 200m	Free Team
2	Women	50m	Breaststroke	15	Mixed	200m	Ind. Med.
3	Men	50m	Breaststroke	16	Women	100m	Backstroke
4	Mixed	200m	Backstroke	17	Men	100m	Backstroke
5	Women	50m	Butterfly	18	Women	100m	Butterfly
6	Men	50m	Butterfly	19	Men	100m	Butterfly
7	Mixed	200m	Breaststroke	20	Women	100m	Breaststroke
8	Women	50m	Freestyle	21	Men	100m	Breaststroke
9	Men	50m	Freestyle	22	Women	100m	Freestyle
10	Mixed	200m	Butterfly	23	Men	100m	Freestyle
11	Women	50m	Backstroke	24	Women	100m	Ind. Medley
12	Men	50m	Backstroke	25	Men	100m	Ind. Medley
13	Mixed	4 x 50m	Free Team	26	Mixed	4 x 50m	Med. Team
60 min break				Estimated finish 9 pm			

## 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. British swimmers must be registered as competitors with their governing body for the club they represent. All non British swimmers should send proof that they are a member of a FINA affiliated organisation.

ASA registered Masters should check their registration status at

<http://www.swimmingresults.org/customerservices/membershipcheck/index.php>

A competitor may only compete for one club in the competition and must be a registered member of that club on the first day of the competition.

### 3 EVENTS

Individual events: 50m, 100m, 200m backstroke, breaststroke, butterfly, freestyle, 100m & 200m individual medley. Relay events: mixed 4x50m medley and freestyle, and mixed 4x200m freestyle teams comprising 2 women and 2 men swimming in any order. Seniors can compete in all relay age groups. Swimmers may compete only once in each relay team event.

### 4 AGE GROUPS

Seniors, 18 to 24 years old; and Masters from 25 years old in 5 year age bands. Relays: total team age 72+, 120+, 160+, 200+, 240+ - see condition 5 for minimum ages.

### 5 AGES

Ages for Masters are as at 31st December 2011 for individual and team events. Seniors must be 18 years of age on 24th September 2011

### 6 SEEDING

Events will be seeded in time classification of entry time, irrespective of age, from slowest to fastest. Swimmers with the slowest entry time will swim first. Where an entry time is not submitted swimmers 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 will be on-line only via the link given on the SER web site.

**[www.southeastswimming.org/masters](http://www.southeastswimming.org/masters)**

They will be confirmed by Entry Lists posted on this web site. A final Entry List will be posted soon after the entry closing date. Any communication arising from an entry will normally be by email only, but a contact telephone number should also be given in case it is necessary to discuss an entry.

**10 ENTRY FEES**

Individual events £4.25 and Team events £9.50. Entry fees are not refundable after the closing dates. All payments will be collected on-line via PayPal via a credit or debit card or through a PayPal account. It is not necessary to have a PayPal account to pay; your normal credit/debit card will be accepted.

**11 CLOSING DATE FOR INDIVIDUAL ENTRIES**

Entries close on midnight [Monday 5th September 2011](#) or sooner if the meet is fully subscribed before then.

**12 CLOSING DATE FOR RELAY ENTRIES**

Relay entries will be accepted up to midnight on Monday [12th September 2011](#). [Relay entries are also through the on-line entry facility only](#). Relay entries will NOT be accepted on the day.

**13 REGISTRATION AND RE-ENTRY**

Re-entry cards will not be used. All individual swimmers must register on the sheets provided at the pool half an hour before the start of each session. If you do not register, you will not be able to swim. Teams must be declared on the day using the forms which will be available at the Masters Reception desk. Team members' names will be required (together with the ASA Member ID of those not competing in individual events). Teams that are not declared will not be able to swim.

**14 CONFIRMATION OF ENTRIES**

This will be by Entry Lists posted on the South East Region web site weekly as entries are processed.

**15 LIMIT OF LIABILITY**

In the event of the meet being cancelled for whatever reason all entry fees will be refunded. The promoter accepts no responsibility for any consequential costs.

**16 DISPUTES**

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

## NOTES

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

1. A team claiming a national or international record must comply with all the requirements of the record concerned. In order to make it easier for clubs to enter teams the conditions of this competition are not as stringent as they are for national and international records.

2. If you think you will break a record, please advise the referee before your race so that adequate qualified timekeepers can be allocated to your lane. If do you break either an individual or a relay team record, please tell the referee as soon as possible after the swim so that the appropriate forms and signatures can be obtained. Claiming a record after the meet may not be possible if the paperwork is not completed at the time.

3. 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.**

4. **Finding the pool.** For directions to the venue search on Google for "Aldershot Garrison Sports Centre". (Warning, do not use the post code to locate the centre, letters go somewhere else.) Parking is free.

Visit [www.travelinesoutheast.org.uk/](http://www.travelinesoutheast.org.uk/) for details of public transport; this will involve a 15 minute walk from the nearest bus stop, although a taxi from the local South West train stations, Aldershot or Farnborough North Camp, would be an alternative.

There are no catering facilities at the centre, only vending machines.

5. **DON'T FORGET TO REGISTER ON THE SHEETS PROVIDED AT THE POOL BEFORE EACH SESSION TO INDICATE THE EVENTS YOU INTEND TO SWIM IN THAT SESSION.**

6 Enquiries: Email: [geoff@masterswim.demon.co.uk](mailto:geoff@masterswim.demon.co.uk), Tel. 01276 27431, mobile 07850 446130

We hope that you will enjoy the competition and we would welcome any constructive comments to enable us to improve it in future years.