



British Gas ASA National Masters  
and Senior Age Group  
Championships (25m) 2011

Sheffield  
28th – 30th October

# British Gas ASA National Masters and Senior Age Group Championships (25m) 2011

## 28<sup>th</sup> – 30<sup>th</sup> October

Ponds Forge International Sports Centre,  
Sheaf Street, Sheffield, S1 2BG



Photo by event-photos.co.uk

# ENTRY PACK





## British Gas ASA National Masters and Senior Age Group Championships (25m) 2011

Sheffield  
28th – 30th October

### INTRODUCTION

This document contains the information needed to enter the 2011 British Gas ASA National Masters & Senior Age Group Championships. Please read this carefully.

The entry process will be online only; there will be NO PAPER ENTRY FORMS AND NO POSTAL COMMUNICATIONS TO ENTRANTS. Experience has shown that online entries are virtually error free and enable entrants to immediately see the events and times they have entered.

Anyone experiencing problems with their online entry can contact the Event Administrator on 0191 2701560 or [mastersentry2011@hotmail.co.uk](mailto:mastersentry2011@hotmail.co.uk).

There will be a £20 registration fee to cover entry to the event and the cost of individual entries has been maintained at £4.75 per event. Team entries are £10.00 and team members not swimming in an individual event will not be subject to the registration fee. Please note that all payments will be taken by card and cheques **will not** be accepted.

The successful Timekeepers Course, where you can gain the timekeeper qualification, will be repeated again this year and the popular Pasta Party will again be held for competitors and friends on the Saturday evening. This year we are looking to organise a 'health and fitness' room, which will include massages for swimmers and the opportunity to have health and fitness assessments.

Finally, please read the event conditions carefully as we are constantly trying to make improvements to the running of the event and therefore changes such as the introduction of the re-entry system for the 400m events can catch you unawares. The withdrawal conditions are to be confirmed, so please look out for these in the Competitor Confirmation Pack.

We hope you will support the meet and the organised events and enjoy competing in Sheffield.

**CLOSING DEADLINE**  
**12 NOON WEDNESDAY 28<sup>th</sup> SEPTEMBER**



## British Gas ASA National Masters and Senior Age Group Championships (25m) 2011

Sheffield  
28th – 30th October

### SCHEDULE OF EVENTS

#### **Session 1: Friday 28<sup>th</sup> October - Afternoon**

Mixed 1500m Freestyle

#### **Session 2: Friday 28<sup>th</sup> October – Evening**

Women's 100m Backstroke  
Men's 100m Backstroke  
Women's 200m Individual Medley  
Men's 200m Individual Medley  
Women's 100m Breaststroke  
Men's 100m Breaststroke  
Women's 50m Butterfly  
Men's 50m Butterfly  
Women's 4 x 100m Freestyle Relay  
Men's 4 x 100m Freestyle Relay

#### **Session 3: Saturday 29<sup>th</sup> October - Morning**

Mixed 4 x 100m Medley Relay  
Women's 100m Freestyle  
Men's 100m Freestyle  
Women's 400m Individual Medley  
Men's 400m Individual Medley  
Women's 50m Backstroke  
Men's 50m Backstroke  
Women's 4 x 200m Freestyle Relay  
Men's 4 x 200m Freestyle Relay

#### **Session 4: Saturday 29<sup>th</sup> October - Afternoon**

Mixed 800m Freestyle  
Mixed 4 x 50m Medley Relay  
Women's 100m Butterfly  
Men's 100m Butterfly  
Women's 200m Breaststroke  
Men's 200m Breaststroke  
Mixed 4 x 100m Freestyle Relay

#### **Session 5: Saturday 29<sup>th</sup> October – Evening**

Women's 4 x 50m Medley Relay  
Men's 4 x 50m Medley Relay  
Women's 200m Freestyle  
Men's 200m Freestyle  
Women's 100m Individual Medley  
Men's 100m Individual Medley

#### **Session 6: Sunday 30<sup>th</sup> October – Morning**

Mixed 4 x 50m Freestyle Relay  
Women's 400m Freestyle  
Men's 400m Freestyle  
Women's 200m Butterfly  
Men's 200m Butterfly  
Women's 50m Freestyle  
Men's 50m Freestyle  
Women's 4 x 100m Medley Relay  
Men's 4 x 100m Medley Relay

#### **Session 7: Sunday 30<sup>th</sup> October - Afternoon**

Mixed 4 x 200m Freestyle Relay  
Women's 50m Breaststroke  
Men's 50m Breaststroke  
Women's 4 x 50m Freestyle Relay  
Men's 4 x 50m Freestyle Relay  
Women's 200m Backstroke  
Men's 200m Backstroke



# British Gas ASA National Masters and Senior Age Group Championships (25m) 2011

Sheffield  
28th – 30th October

## EVENT CONDITIONS

ASA Masters rules apply to all age groups, Masters and Seniors.

### General Conditions

- 1 The ASA Technical Masters Committee is the promoter and reserves full powers over the ASA Masters and Senior Age Group Swimming Championships.
- 2 The Championships are open only to members of the ASA, Scottish ASA, and Swim Wales.
- 3 All competitors must have been born either in the United Kingdom, the Channel Islands or Isle of Man, or have been resident there from 1 January in the year of competition.
- 4 The Championships shall be competed for annually under the Laws, Rules, and Regulations of the ASA, the FINA Masters Swimming Rules, and any additional conditions which shall be printed in the meet Entry Pack and promoter's rules. They shall be open to eligible competitors as defined therein.
- 5 All competitors in the Masters Championships must be aged 25 years or over at midnight on 31 December in the year of competition.
- 6 Competitors in the Senior Age Group Championships must be aged 18 years or over on the day of their first swim in the Championships and under 25 years at midnight on 31 December in the year of competition.
- 7 Competitors may compete in up to nine individual events and once in each of the team events listed in paragraph 10.1 below.

### Ages

- 8.1 The age groups for individual Masters events shall be for men and women:

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
40-44 years	60-64 years	80-85 years

And in five year bands as high as necessary.

- 8.2 There shall also be Senior Age Groups 18-24 for both men and women (see 6 above).

- 8.3 The age groups for Masters team events shall be

100-119 years	120-159 years	160-199 years	200-239 years
240-279 years	280-319 years	and in 40-year increments as high as necessary	

- 8.4 The combined age of the team members at midnight on 31 December in the year of competition must fall within the age band given in 8.3 with the proviso that all team members must be 25 years of age or older by midnight on the 31 December in the year of competition.

- 8.5 There shall also be team events for teams 72 years and over with all team members aged 18 years and over on the day of their first swim.

### 9. Individual Events

- 9.1 The individual events shall be (for both men and women):  
50m, 100m, 200m, 400m, 800m, and 1500m Freestyle;  
50m, 100m, and 200m Backstroke, Breaststroke, and Butterfly;  
100m 200m, and 400m Individual Medley

### 10. Team Events

- 10.1 The team events shall be:  
Men's and Women's 4 x 50 m Freestyle and Medley Team Relays;  
Men's and Women's 4 x 100 m Freestyle and Medley Team Relays;  
Men's and Women's 4 x 200 m Freestyle Team Relays;  
Mixed 4 x 50 m Freestyle and Medley Team Relays:  
Mixed 4 x 100 m Freestyle and Medley Team Relays;  
and Mixed 4 x 200 m Freestyle Team Relays.
- 10.2 The mixed teams shall consist of two competitors of each sex swimming in any order.
- 10.3 All events are Heat Declared Winner in Age Classification.
- 10.4 Clubs are limited to a maximum of two teams in any one age group in each team event.
- 10.5 The names of swimmers in relay teams and the order of swimming must be reported to the recorders using the official Team Declaration Form(s) at least 60 minutes before the start of the session. Changes in team members and/or the order of swimming will be allowed but must be notified 30 minutes before the start of the session in which the team is swimming.
- 10.6 A swimmer entered in the name of one club in the individual events may not compete in the name of another club in the team events.



## British Gas ASA National Masters and Senior Age Group Championships (25m) 2011

Sheffield  
28th – 30th October

### 11 Registration

- 11.1. For an individual event a swimmer must have been an ASA registered member, or equivalent, of the club in whose name the swimmer is entered, at least 28 days prior to the first day of competition.
- 11.2. The individuals forming teams must have been ASA registered members, or equivalent, of the club they represent at least 28 days prior to the first day of competition.

### 12 Entries

- 12.1 All entries must be received by the ASA Events Officer by the published closing date accompanied by the appropriate entry fee. This date will normally be a minimum of 28 days before the first day of the competition.
- 12.2 Competitors and teams whose entries have been accepted will be expected to swim unless they have formally withdrawn in accordance with condition 14.

### 13 Re-entry/secondary entry

- 13.1 A secondary entry procedure may apply to some events as specified in the meet Entry Pack and promoter's rules.

### 14 Withdrawals

- 14.1 This information will be disseminated in the Competitor Confirmation Pack to be published prior to the event.

### 15 Competitors with a disability

- 15.1 A competitor who has a permanent disability shall not be disqualified in a case where his disability prevents him from complying with the rules of a particular stroke, provided that the disability has been notified to the referee by the competitor or his representative before the race takes place. Notification shall be by a medical certificate issued by the Medical Officer of the ASA, SASA or Swim Wales.
- 15.2 A competitor in possession of a current Functional Ability Card ('FAC') issued by the ASA, SASA, or Swim Wales showing the exemptions afforded to the competitor shall not be disqualified provided that FAC has been notified to the referee by the swimmer or his representative before the race takes place.

### 16 Awards

- 16.1 Medals shall be awarded to the first three placed swimmers and teams in each event in each age group.

### 17 Safety

- 17.1 All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.
- 18. Any matter not provided for in these conditions shall be decided by the ASA Masters Committee.

#### **IMPORTANT - Please read the following carefully before entering.**

- 1. 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 any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events.
- 2. I am aware of and appreciate the inherent risks involved in such training and competition including the possibilities of injury and accident. I undertake always to conduct myself in a responsible and professional manner.
- 3. I undertake at all times to use my best endeavours to train and compete in a safe and proper manner and not to do anything which would expose me or fellow swimmers to unnecessary risk of injury.
- 4. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.
- 5. I acknowledge that British Swimming, the ASA, or anybody affiliated thereto, cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.
- 6. I hereby agree to abide by and be governed by the rules of the ASA and all other laws and regulations applicable including the ASA Safety Laws.

I have read and understand the above provisions and agree to abide by them.

Please note that the submission of your online entry will confirm your acceptance of the above.



## British Gas ASA National Masters and Senior Age Group Championships (25m) 2011

Sheffield  
28th – 30th October

### GUIDE TO COMPLETING YOUR ONLINE ENTRY

1. **[Click here](#) to access the online entry page.**  
Alternatively, you can search for the event on the calendar page of [www.swimming.org](http://www.swimming.org) and follow the link to the online entry.
2. Enter your ASA registration number, click the 'Fetch Times' button and follow the given instructions.
3. If you are registered with more than one club, please ensure that you select the club that you wish to compete for at this event from the drop-down box provided.
4. Payment is by debit or credit card; please follow the PayPal payment instructions.

### NOTES FOR COMPETITORS

#### Competitor Confirmations

Please note that paper confirmations of entry **will not** be sent out. A list of processed entries will be available via the online entry page on the Swimming website. Competitors are requested to check their details carefully and inform the Entries Administrator on 0191 2701560 or [mastersentry2011@hotmail.co.uk](mailto:mastersentry2011@hotmail.co.uk) immediately if there are any errors.

Final event information, along with a draft programme will be published on the website on Monday 3<sup>rd</sup> October. Please check the draft programme carefully and if there are any errors or changes that need to be made, contact the Entries Administrator on the telephone number or email address highlighted above. All amendments to the programme must be made by Monday 10<sup>th</sup> October.

#### Withdrawals

To reduce the number of empty lanes at the event, please inform the Entries Administrator of any events from which you wish to withdraw. Details of how to withdraw will be included in the Competitor Confirmation Pack which will be published on the website on the 3<sup>rd</sup> October.

#### Re-Entry (Secondary Entry)

Re-entry will be required for the 400, 800, and 1500 metres freestyle events and the 400 metres individual medley. Details will be given within the competitors' information published on the website on the 3<sup>rd</sup> October. Confirmation of entry must be completed at least one hour before the start of the session.

#### Relay Team Declaration

Teams in relay events are required to be declared to the recorders on the official forms at least one hour before the start of the session in which they are swimming. The names and ages of the swimmers in the teams, the order in which they are swimming and the ASA/British Swimming registration number of any swimmers not in individual events are required. This is intended to allow the recorders to provide full results for each relay, including swimmers names and split times. Changes in team members and/or the order of swimming will be allowed but must be notified 30 minutes before the start of the session in which the team is swimming.



## British Gas ASA National Masters and Senior Age Group Championships (25m) 2011

Sheffield  
28th – 30th October

### Formation of Heats

Relay and 50 metre events:

Competitors and relay teams in each age group will be seeded in the same heats and thus race against each other. Where smaller age groups are combined in the same heat, competitors and relay teams in the same age group will be seeded in adjacent lanes.

100, 200 and 400 metre events:

Swimmers will be graded from slowest entry time to fastest with all age groups swimming together, except for the final heat, which will be spearheaded.

800 and 1500 metre events:

The 800 and 1500 metres will be swum as a 'mixed' event, with men and women being seeded together by time. Dependant on entries, male and female swimmers may be seeded to swim in the same lane.

### **WANTED: WARM UP MARSHALS**

#### **20% discount voucher for the Speedo shop during the event for every 3 sessions marshalled!\***

It has become successful practice for warm-ups at the British and ASA Masters Championships to be supervised by the swimmers themselves. Since we have adopted this practice the warm-up sessions have become much safer and more pleasant, an outcome we wish to continue.

We are again communicating with all competitors with a view to getting enough volunteers for this important task. We need six marshals for each warm up session.

If you would like to help could you please highlight your availability during your online entry or by clicking [here](#)

With thanks for your help.

\*The 20% discount applies to the shop and event merchandise stand – applicable on everything except sale stock.



## British Gas ASA National Masters and Senior Age Group Championships (25m) 2011

Sheffield  
28th – 30th October

### SPECIAL EVENTS

#### Special events at the British Gas ASA National Masters and Senior Age Group Championships 2011

#### TIMEKEEPERS COURSE

Free and open to all Masters Swimmers and associates; the course is approximately 1 hour theory & 1 hour practical and will start at 10am on Saturday 29<sup>th</sup> October in the Skyline Suite.

Numbers will be limited so please register your interest by Friday 14<sup>th</sup> October via the online entry page or by clicking [here](#)

There is no charge for attending. Successful candidates will obtain the ASA Timekeeper qualification.

#### MASTERS PASTA PARTY

Ponds Forge International Sports Centre: Skyline Suite  
Saturday 29<sup>th</sup> October 2011  
7.30pm

Tickets £10.00 each

*Pre-booking is recommended as numbers are limited. Book your place during your online entry.*

The menu will include a number of pasta dishes (including a vegetarian option) and will be served as a rolling buffet from 7.30pm so swimmers competing in the evening session will be able to attend.

A range of sweets will also be available and the bar is licensed to sell alcohol. Each guest will receive a voucher entitling them to one free drink.

Tickets will not be sent out; names will be checked on the door.