

# MASTERS and SENIOR AGE GROUP OPEN LONG COURSE COMPETITION

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

**Saturday 24th and Sunday 25th March 2007**  
**K2 Crawley, Pease Pottage Hill, Crawley, West Sussex, RH11 9BQ**  
**Pool: 50m x 8 lanes with electronic timing**

## Saturday 24th March

### SESSION 1 - Warm up – 9.00a.m. - Start 9.45a.m

1	Mixed	800m	Freestyle
Late relay team entry cut off			
2	Mixed	200m	Breaststroke
3	Men	50m	Backstroke
4	Women	50m	Backstroke
5	Mixed	4x50m	Medley relays

### SESSION 2\*

6	Mixed	200m	Backstroke
Late relay team entry cut off			
7	Women	100m	Freestyle
8	Men	100m	Freestyle
9	Mixed	200m	Ind. Medley
10	Women	50m	Breaststroke
11	Men	50m	Breaststroke
12	Women	100m	Butterfly
13	Men	100m	Butterfly
14	Mixed	4x50m	Freestyle relays

## Sunday 25th March

### SESSION 3 - Warm up – 9.00a.m. - Start 9.45a.m.

15	Mixed	400m	Freestyle
Late relay team entry cut off			
16	Men	50m	Freestyle
17	Women	50m	Freestyle
18	Men	100m	Breaststroke
19	Women	100m	Breaststroke
20	Mixed	200m	Butterfly
21	Men & Women	4x50m	Medley relays

### SESSION 4\*

22	Mixed	400m	Ind. medley
Late relay team entry cut off			
23	Men	100m	Backstroke
24	Women	100m	Backstroke
25	Mixed	200m	Freestyle
26	Men	50m	Butterfly
27	Women	50m	Butterfly
28	Men & Women	4x50m	Freestyle relays

\* Warm up and start times of the afternoon sessions will be advised with your entry confirmation.

## CONDITIONS

### 1. ELIGIBILITY

Open to swimmers who are members of organisations affiliated to FINA. UK swimmers must be registered for the club they represent.

*Registrations will be checked.* Overseas entrants should send proof of registration with their entries. See condition 4 for minimum ages of all competitors. A competitor may compete for only one club in the competition.

### 2. EVENTS

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

Relay events: 4x50m 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.

### 3. AGE GROUPS

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

Relays (see condition 4 for minimum ages): 72+ years, 120+ years, 160+ years, 200+ years & 240+ years

### 4. AGES

Ages for Masters as at 31<sup>st</sup> December 2007 for individual and team events. Seniors must be 18 years of age on the day they compete.

Names and ages of relay team members must be submitted on a team declaration sheet in the order in which they will swim

### 5. 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. Entries may be rejected where an entry time is not submitted on the entry form. Relays will be swum as one event, i.e. mixed age groups in the same heat.

### 6. HDW

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

### 7. AWARDS

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

### 8. ENTRIES

Entries must be on the official form, or a photocopy of it, and accompanied by the appropriate fee(s). Cheques should be made payable to "ASA South East Region". Enclose a stamped addressed envelope 160mm x 225mm (9in x 6in) for confirmation of entries and additional meet information.

(Continued on page 2)

**CLOSING DATE FOR ENTRIES: Saturday 24th February 2007**

- 9. ENTRY FEES**  
Individual events 800m event £8.00, 400m events £6.00, all other events £4.00 (pounds sterling).  
Team events £8.00 (pounds sterling). Team entries on the day £9.00 (pounds sterling).
- 10. CLOSING DATE**  
Entries close Saturday 24th February 2007.  
The ASA SE Region reserves the right to close the entries earlier if necessary.
- 11. RELAY ENTRIES ON THE DAY**  
Relay entries will be accepted as follows: session one before event 2, session two before event 7, session 3 before event 16 & session 4 before event 23.
- 13. WITHDRAWALS**  
Competitors should notify the person nominated for receiving entries prior to the start of the competition if they intend to withdraw from an event. All withdrawals on the day should be received at least 45 minutes before the start of the session concerned.
- 14. DISPUTES**  
Any matters not provided for in these conditions shall be decided by the South East Region Masters Committee, or its nominated representative.

## NOTES

### PLEASE READ THESE NOTES CAREFULLY - THEY ARE INCLUDED TO HELP YOU ENJOY THE MEET

1. Please provide an email address so that any changes to the arrangements can be notified to you and any queries with your entry details can be quickly resolved. A contact telephone number should also be provided, this is essential if you do not have an email address.
2. Overseas entrants can pay their entry fees on arrival at the pool; they must be paid before you swim. Confirmation of your entry will be sent by email, so ensure that you have supplied an email address.
3. On the day relay entries should be made as soon as possible; and in all cases by the completion of the first event in the session.
4. 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.
5. If you break either an individual or relay record, please advise the referee as soon as possible after the swim so that the appropriate details and signatures can be obtained. Claiming a record after the meet may not be possible without this paperwork.
6. Note that seniors can compete in all the relay teams provided that the minimum age requirement for the relay is met, but see note 4 above.
7. Swimmers are asked to notify the appropriate person if they wish to withdraw from a race, see condition 13. To simplify the administration of the meet on the day and to avoid competitors having to register their attendance by a deadline, there will be no competitor entry cards for this event. To avoid empty lanes and to make the meet run as smoothly as possible it is essential that notice of your withdrawal is received in good time.
8. 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.**
9. We have tried to cover a comprehensive programme of events in only four sessions. Please choose your events carefully, taking into account their proximity and allowing yourself sufficient recovery time between swims.
10. If more entries than can be accommodated in the time allocated for an event are received then the event entries will be closed earlier than the formal entry closing date, and entrants to that event will be informed. After the closing date session times will be estimated and the start times of the afternoon sessions will be advised to you with your entry confirmation.
11. We have worked hard to make this event a success and for it to run smoothly and to time. Please co-operate by following the entry procedure given in this entry pack, and take particular care in calculating your entry fees. It takes much more effort to resolve problems than to avoid them. If you have any questions about this meet please contact me, preferably by email; details below.

#### Enquiries:

Geoff Stokes, 6 Mulroy Drive Camberley, Surrey,  
GU15 1LX, tel. 01276 27431, mobile 07850  
446130  
Email: geoff@masterswim.demon.co.uk

Please send your entries to the address on the entry form, not to me.

**CLOSING DATE FOR ENTRIES: Saturday 24th February 2007**

**AMATEUR SWIMMING ASSOCIATION SOUTH EAST REGION**

**MASTERS and SENIOR AGE GROUP OPEN LONG COURSE COMPETITION**  
 (Under ASA Laws and FINA Technical Rules of Masters Swimming)  
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**INDIVIDUAL ENTRY FORM**

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

ADDRESS: .....

..... POST CODE: ..... TEL NO home: .....

mobile: .....

E-MAIL (ASA South East Region use only): .....

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

MALE	<input type="checkbox"/>	FEMALE	<input type="checkbox"/>
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REG NO	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Please tick your age-group [Age as at 31/12/2007]

A	B	C	D	E	F	G	H	J	K	L	M	N	P
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+

Seniors (must be 18 years of age on day of swim)	<input type="checkbox"/>
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**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	<input type="text"/>	events at £4.00	£
**£6.00 per event	<input type="text"/>	events at £6.00	£
***£8.00 per event	<input type="text"/>	events at £8.00	£
	<input type="text"/>	individual events	£ Total

Please make cheques payable to "ASA South East Region" and enclose a SAE for confirmation of entry and start times.

**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 my own health and safety and those around me at the competition.**

**Signature of competitor:** ..... **Date:** .....

*Please read the Conditions on page 1 and the Notes on page 2.*

**Closing date: Saturday 24th February 2007**

Send Entries and Cheques to: TERRY WRIGHT, 29 Bevan Gate, Binfield Road, Bracknell, Berkshire, RG42 2BG  
 Tel: 07776 180747, e-mail: terryswims@y200fly.com

## AMATEUR SWIMMING ASSOCIATION SOUTH EAST REGION

### MASTERS and SENIOR AGE GROUP OPEN LONG COURSE COMPETITION

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### TEAM ENTRY FORM

NAME OF CLUB (IN FULL): .....
TEAM ORGANISER (IN CAPITALS): .....
ADDRESS: .....
.....POST CODE: .....TEL NO <i>home</i> : .....
<i>mobile</i> : .....
E-MAIL (ASA South East Region entry use only): .....

#### ENTER A TIME IN THE APPROPRIATE BOXES

ALL 4 X 50m	WOMEN		MEN		MIXED	
	FREESTYLE	MEDLEY	FREESTYLE	MEDLEY	FREESTYLE	MEDLEY
*72+						
120+						
160+						
200+						
240+						

\*See condition 4 for minimum ages.

**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 organiser:** ..... **Date:** .....

*Please read the Conditions on page 1 and the Notes on page 2.*

**Enclosed:** ..... team entries at £8.00 = £.....

Please make cheques payable to "ASA South East Region" and enclose a SAE for confirmation of entry and start times.

**Closing date: Saturday 24th February 2007**

*Send Entries and Cheques to:* TERRY WRIGHT, 29 Bevan Gate, Binfield Road, Bracknell, Berkshire, RG42 2BG  
Tel: 07776 180747, e-mail: terryswims@y200fly.com