



**9<sup>th</sup>. "HEIGHTS" ISLE OF WIGHT MASTERS  
OPEN MEET**

( to be held under ASA Law and Technical Rules)

**The Heights Leisure Centre, Sandown, Isle of Wight 25m. Pool.  
FEBRUARY 16<sup>th</sup>. and 17<sup>th</sup>. 2007**

**SESSIONS : 1. Friday Feb.16<sup>th</sup>. Warm up 1.45pm. Start 2.30pm.  
2. Friday Feb.16<sup>th</sup>. Warm up 6.15pm. Start 7.00pm.  
3. Saturday Feb.17<sup>th</sup>. Warm up 8.45am. Start 9.30am.  
4. Saturday Feb.17<sup>th</sup>. Warm up 1.30pm Start 2.00pm.  
5. Saturday Feb.17<sup>th</sup>. Warm up 4.15pm Start 5.00pm.**

- **8m x 12m teaching pool available for warm up/swim down**
- **Full catering facilities available at all sessions**
- **Adequate parking**

**AGE GROUPS : Masters to 95+ years. Seniors 19-24 years**

**EVENTS : 50 and 100m all strokes. 4 x 25m Individual Medley.  
200,\*400,\*800m freestyle. (\*mixed events, one  
swimmer per lane)**

**4 x 50m mixed freestyle and medley relays – 120, 160,  
200, 240 years. Other age groups if requested. Only  
Masters 25+ in relays.**

**AWARDS : Medals awarded to the first three in each age group.**

**TROPHIES : Top Male and Female Master and Senior swimmers.  
The "Heights" Trophy awarded to top mainland team.**

**ENTRY FEES: First individual event £4.00 to include programme,  
all other events, to maximum of 9 per competitor, £3.00  
Relays £4.00 per team. ( £5.00 on day)**

**ACCOMMODATION : Hotel/travel details overleaf.**

**CLOSING DATE : Monday 22<sup>th</sup> January 2007**

**NOTE : There will be no re-entry cards. Swimmers are asked to notify  
the organisers if they wish to withdraw from an event not  
later than 30 mins. before the scheduled start of that session.**

**Entries, with 9" x 6" stamped, addressed envelope please to :**

**Mrs. Jenny Ball, 52, St. Johns Road, Newport, Isle of Wight PO30 1LS  
Tel : 01983 525457 Email : jenballswim21874@aol.com**