



15th BRACKNELL MASTERS OPEN MEET - 6 March 2010

(Under ASA Laws & ASA Technical Rules of Racing)



Information for competitors and promoter's conditions

1. The venue is Bracknell Leisure Centre, Bagshot Road, Bracknell. Bracknell Leisure Centre offers a 25 metre competition pool, with 6 lanes and electronic timing, plus an adjacent second 25 metre pool which can be used for continuous warm up throughout the meet. There is a large free car park at the centre and a cafeteria serving hot and cold food all day.
2. The meet will be run in accordance with ASA Laws and the ASA Technical Rules of Racing. The **One Start Rule** will apply to this meet.
3. Events will be swum in two sessions, as follows (NB session times are provisional and will be confirmed once entries have closed)

First session: Warm up 12.00 pm. Events start 12.45 pm. Registration by 12.00 pm
Second session: Warm up 5.00 pm. Events start 5:45 pm. Registration by 5.00 pm

Age groups are: Seniors= 18/24; 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 plus.
4. All ages are at 31st December 2010. Seniors must be 18 or over on 6 March 2010. Heats will be arranged based on the submitted times on the entry form, from slowest to fastest. Swimmers should enter an estimate of the time they expect to be able to swim. Over the top starts may be used, except for backstroke. All 200m events will be swum in mixed heats.
5. All events will be decided on a **Heat Declared Winner** system. Medals will be presented to first, second and third places in each individual event, and to the first placed relay team. In addition, silver and bronze medals will be awarded for relays provided there are at least 4 & 5 entries respectively.
6. Teams for the Mixed 8 x 25m F'style Relay must comprise four male and four female swimmers with a total age of at least 240 years. Seniors and Masters may swim in all relay teams.
7. A trophy will be awarded to the visiting team with the highest combined team score. Team points will be awarded for the top six places, six points for first place, five for second place, and so on with one point for sixth place.
8. Trophies will be awarded to the top female and top male swimmer of the meet (masters only). The winners will be decided using a points based method with age adjusted points calculated using the same method as the British Swimming Master Decathlon Competition. The awards will be made based on the points for the best five swims (of any distance and stroke combination).
9. Entries must be submitted on the entry forms (or photocopies). One form per competitor or team. All swimmers must be current ASA Category 2 members, or must take out ASA Temporary Category 2 Membership (contact the promoter for further details).
10. This year we hope to offer the facility to enter online and pay via PayPal or credit/debit card, as an alternative. Please visit www.bwsc.org.uk for the latest on this and the web entry link. **There is an additional flat rate fee for online entry of 50p.** This covers (in part) the amount PayPal charge us for processing payment. Online entrants will of course save the costs of an envelope and stamp!
11. Depending on the volume of entries we may need to reject entries for the 200m events to keep to the time available, whilst still accepting entries to the other events. Entries to 200m events will be accepted on a first come first served basis.
12. No cards will be issued except for relays (see 13 below). Confirmation of accepted entries will be posted on the BWSC website www.bwsc.org.uk as soon as possible after the closing date (this should be no later than 21 February 2010). If you do not have access to the internet and would like to receive confirmation of accepted entries, please enclose a stamped addressed envelope with your entry form. Competitors should check the confirmation of accepted entries carefully. Most errors can be corrected prior to the meet. It is most unlikely that errors will be corrected on the day.

13. **The meet will be run on a “registration basis” for individual events.** That is, individual competitors will need to sign in for each event that they have entered to signify that they are present and intend to swim in that event. Registration will close 45 mins prior to the start of the session concerned. Swimmers who have not registered prior to this time may be able to swim in any empty lanes in the first heat, but otherwise will not be able to swim. Full details of the registration process will be included in the confirmation of accepted entries (either on the BWSC website or where an SAE is provided, by post).
14. Relay team declaration cards should be collected from Rob Moore on the day of the meet. The names of the swimmers in each team must be “declared” on the cards and then posted in the box provided in the entrance foyer no later than 45 minutes prior to the start of the relevant session. Teams who do not complete and return relay declaration cards in time will not be eligible to swim.
15. In the case of relay teams, by signing the relay team entry form and relay team declaration card the team manager will be taken as confirming that all relay team members are registered and eligible, that he/she accepts the promoter’s conditions on behalf of all team members, that all team members comply with the age conditions, and that all the information given is correct.
16. All entries must be received by the closing date, **Saturday 6 February 2010**. In the case of online entries, these must be submitted on the website and the online payment process completed by the closing date. Entries received after this date may be accepted at the discretion of the promoter. The promoter reserves the right to close entries early in order to ensure that the Meet runs to time. Entries will be accepted on a first come, first served basis. Events may be cancelled at the discretion of the promoter should the meet start to run late. Any entry fees paid for declined entries or cancelled events will be refunded in full. No other refunds will be given. The promoter for this meet is Bracknell & Wokingham Swimming Club. Contact details for further information are:
- Claire Moore
22 Heatherdene Avenue
Crowthorne
RG45 6AA Tel 01344 752106 bwscmasters@btinternet.com
17. Any matters concerning the meet not covered in these rules will be dealt with according to the laws of the sport and at the discretion of the Promoter. The Promoter reserves the right to change the Meet rules at their discretion. All participants must observe the safety precautions in operation at Bracknell Leisure Centre. Neither the promoter nor Bracknell & Wokingham Swimming Club will be responsible for loss or damage occurring during the meet.
18. Results will be available on the Bracknell & Wokingham SC website (www.bwsc.org.uk) as soon as possible after the meet

Programme of events

Session 1	Saturday 6 March 2010	Session 2	Saturday 6 March 2010
Warm-up	12:00pm	Warm-up	5:00pm
Start	12:45pm	Start	5:45pm
Registration by	12:00pm	Registration by	5:00pm
Event 1	Ladies 100m IM	Event 19	Ladies/Mens 200m Butterfly
Event 2	Mens 100m IM	Event 20	Ladies/Mens 200m Breaststroke
Event 3	Ladies/Mens 200m F’style	Event 21	Ladies 50m Butterfly
Event 4	Ladies 50m Backstroke	Event 22	Mens 50m Butterfly
Event 5	Mens 50m Backstroke	Event 23	Ladies 100m F’style
Event 6	Ladies 100m Breaststroke	Event 24	Mens 100m F’style
Event 7	Mens 100m Breaststroke	Event 25	Ladies 50m Breaststroke
Event 8	Ladies 50m F’style	Event 26	Mens 50m Breaststroke
Event 9	Mens 50m F’style	Event 27	Ladies 100m Backstroke
Event 10	Ladies 100m Butterfly	Event 28	Mens 100m Backstroke
Event 11	Mens 100m Butterfly	Event 29	Ladies/Mens 200m IM
Event 12	Ladies/Mens 200m Backstroke	Event 30	Ladies 4 x 25m Medley Relay 120 yrs
Event 13	Ladies 4 x 25m F’style Relay 120 yrs	Event 31	Mens 4 x 25m Medley Relay 120 yrs
Event 14	Mens 4 x 25m F’style Relay 120 yrs	Event 32	Ladies 4 x 25m Medley Relay 160 yrs
Event 15	Ladies 4 x 25m F’style Relay 160 yrs	Event 33	Mens 4 x 25m Medley Relay 160 yrs
Event 16	Mens 4 x 25m F’style Relay 160 yrs	Event 34	Ladies 4 x 25m Medley Relay 200 yrs
Event 17	Ladies 4 x 25m F’style Relay 200 yrs	Event 35	Mens 4 x 25m Medley Relay 200 yrs
Event 18	Mens 4 x 25m F’style Relay 200 yrs	Event 36	Mixed 8 x 25m F’style Relay 240 yrs