

# MASTERS and SENIOR AGE GROUP OPEN SHORT COURSE COMPETITION

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

**Saturday 3rd October 2009**

**Spectrum Leisure Complex, Parkway, Guildford, Surrey, GU1 1UP**

**Pool: 25m x 8 lanes with electronic timing**

## Session 1

**Warm up – 10.00 a.m. - Start 10.45 a.m.**

1	Mixed	200m	Freestyle
2	Women	100m	Backstroke
3	Men	100m	Backstroke
4	Women	50m	Freestyle
5	Men	50m	Freestyle
6	Mixed	200m	Breaststroke
7	Women	100m	Butterfly
8	Men	100m	Butterfly
9	Women	50m	Backstroke
10	Men	50m	Backstroke
11	Mixed	200m	Ind. Medley

## 4 x 50m Relays

12	Mixed	4 x 50m	Medley relays
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## Session 2

**Warm up – 2:30 p.m. - Start 3.15 p.m.**

13	Mixed	200m	Backstroke
14	Men	100m	Freestyle
15	Women	100m	Freestyle
16	Men	50m	Breaststroke
17	Women	50m	Breaststroke
18	Mixed	200m	Butterfly
19	Men	100m	Ind. Medley
20	Women	100m	Ind. Medley
21	Men	50m	Butterfly
22	Women	50m	Butterfly
23	Men	100m	Breaststroke
24	Women	100m	Breaststroke

## 4 x 50m Relays

25	Mixed	4 x 50m	Freestyle Relays
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## 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. GB swimmers must be registered as competitors with their governing body for the club they represent. All non GB swimmers should send proof that they are a member of a FINA affiliated organisation.

A competitor may only compete for one club in the competition and must have been a member of that club for one calendar month before the first day of the competition.

### 3. EVENTS

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

### 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 as at 31st December 2009 for individual and team events. Seniors must be 18 years of age on 3rd October 2009.

### 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. Entries may be rejected where an entry time is not submitted on the entry form.

### 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 must be on the official form or a photocopy of it, accompanied by the appropriate fee(s). Cheques should be made payable to "ASA South East Region". Entries will be confirmed by start lists posted on the SER web site. Please give an email address and a contact telephone number in case there are any queries about your entry.

### 10. ENTRY FEES (non refundable)

Individual events £4.00 (four pounds sterling) and Team events £6.00 (six pounds sterling).

### 11. CLOSING CRITERIA FOR INDIVIDUAL ENTRIES

Only entries from the first 300 applicants will be accepted. Entries close Saturday 5th September 2009, or sooner if the entry limit is reached.

### 12. CLOSING DATE FOR RELAY ENTRIES

Relay entries will be accepted up to Saturday 26th September 2009 and must be accompanied by the official form and an entry fee of £6. Relay entries will NOT be accepted on the day.

**Closing date for individual entries: Saturday 5th September 2009**

**13. WITHDRAWALS**

Re-entry cards will not be used. If you do not intend to swim in an event you have entered please send an email to Geoff Stokes (see Note 11 below).

**14. CONFIRMATION OF ENTRIES**

This will be by start lists posted on the South East Region web site as entries are processed. A final

start list will be posted soon after the entry closing date.

**15. 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**

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|---|---|
| <p>1. Please provide an email address, <b>PRINT IT CLEARLY IN CAPITAL LETTERS</b>. A contact telephone number should also be provided. These will only be used if there are any questions about your entry.</p> <p>2. Overseas entrants – you can pay your 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.</p> <p>3. The closing date for team entries is later than that for individual entries. Entries will not be accepted on the day of the meet. Final start lists will be put on the SER web site as soon after the individual entry closing date as possible to assist team managers in selecting their teams.</p> <p>4. Teams must be declared on the day using the forms which will be available at the Masters Reception desk at the top of the stairs leading to the changing rooms. Team members' names will be required (together with the ASA Member ID of those not competing in individual events).</p> <p>5. 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.</p> <p>6. If you break either an individual or a relay record, please advise the referee as soon as possible after the swim so that the appropriate details and</p> | <p>signatures can be obtained. Claiming a record after the meet may not be possible if the paperwork is not completed at the meet.</p> <p>7. Please comply with the warm up arrangements and with any instructions given by the warm up marshals. <b>DIVING</b> is only permitted in the sprint lanes; <b>YOU MAY BE ASKED TO LEAVE THE WATER IF YOU DIVE INTO ANY OTHER LANE DURING THE WARM UP.</b></p> <p>8. This meet provides a comprehensive programme of events in two sessions. Please choose your events carefully, taking into account their proximity and allowing yourself sufficient recovery time between swims.</p> <p>9. 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 Geoff Stokes, preferably by email; details below.</p> <p>10. <b>Start Lists - Confirmation of acceptance of entries will not be sent. Start lists showing the accepted entries will be posted on the South East Region web site on a weekly basis and a final Start list of individuals entered will appear as soon after the closing date as possible.</b></p> <p>11. <b>Enquiries:</b><br/>Email: <a href="mailto:geoff@masterswim.demon.co.uk">geoff@masterswim.demon.co.uk</a><br/>Tel. 01276 27431, mobile 07850 446130</p> |
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**PROMOTERS NOTE**

The 2009 conditions have been changed because of the increasing popularity of this meet (334 entries in 2008). The number of individual entries is limited to 300 on a first come first served basis, so please get your entries in early to avoid disappointment. In previous years receipt of entries has been confirmed by email. This will not be done this year as it involves considerable effort, often exacerbated by illegible email addresses on the entry forms. Instead, start lists showing all entries accepted will be posted on the SER web site after each batch of entries has been processed.

Any updates to the meet arrangements will also be published on the SER web site,

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

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

**Closing date for individual entries: Saturday 5th September 2009**

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**Saturday 3rd October 2009**

Spectrum Leisure Complex, Parkway, Guildford, Surrey, GU1 1UP

**INDIVIDUAL ENTRY FORM**

MALE		FEMALE	
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Please print all information in **BLOCK CAPITALS**

ASA Member ID							
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NAME: .....D.O.B.: .....

ADDRESS: .....

POST CODE: ..... TEL NO *home*: ..... *mobile*: .....

PRINT YOUR E-MAIL ADDRESS CLEARLY IN CAPITALS (It will be used to resolve any problems with your entry and must be legible.)

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

NATIONALITY: .....

Please tick your age-group [Age as at 31/12/2009]

Senior	A	B	C	D	E	F	G	H	J	K	L	M	N	P
*18-24	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+

\*All swimmers must be 18 years of age or older on day of their swim

**ENTER A TIME IN THE RELEVANT BOXES**

FREESTYLE		BACKSTROKE		BREASTSTROKE		BUTTERFLY		IND.MEDLEY	
Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time
50m		50m		50m		50m		100m	
100m		100m		100m		100m		200m	
200m		200m		200m		200m			

Please read the conditions and notes on pages 1 & 2.

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 confirm I have read the notes on page 2 of this entry pack. I accept that I am responsible for my own health and I confirm that there is no medical reason I know of to prevent me competing. I must do all I reasonably can to take care of my own health and safety and that of those around me at the competition.

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

Event(s) at £4 =	£
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Please make cheques payable to "ASA South East Region". Do not send an SAE, confirmation of entry will not be sent to you – see note 10.

**DO NOT SEND YOUR ENTRY BY RECORDED DELIVERY OR ANY METHOD THAT REQUIRES A SIGNATURE ON RECEIPT.**

**Closing date for individual entries: Saturday 5th September 2009**  
**Only the first 300 individual applicants will be accepted, so enter early.**

Send completed entry forms and cheques to: Geoff Stokes at 6 Mulroy Drive, Camberley, Surrey, GU15 1LX

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**TEAM ENTRY FORM**

**Please print all information in BLOCK CAPITALS**

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

NAME OF TEAM ORGANISER: .....

ADDRESS: .....

.....

POST CODE: ..... TEL NO *home*: ..... *mobile*: .....

PRINT YOUR E-MAIL ADDRESS CLEARLY IN CAPITALS (It will be used to resolve any problems with the entry and must be legible.)

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**PUT THE NUMBER OF TEAMS ENTERED IN THE APPROPRIATE BOXES**

ALL 4 X 50m Mixed relays	FREESTYLE	MEDLEY
*72+		
120+		
160+		
200+		
240+		

\*See condition 5 for minimum ages.

*Please read the conditions and notes on pages 1 & 2.*

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 confirm I have read the notes on page 2 of this entry pack.

**Signature of organiser:** ..... **Date:** .....

	Relay event(s) at £6 =	£
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Please make cheques payable to "ASA South East Region". Do not send an SAE, confirmation will not be sent to you – see Note 10.

**DO NOT SEND BY RECORDED DELIVERY OR ANY METHOD THAT REQUIRES A SIGNATURE ON RECEIPT.**

**Closing date for team entries: Saturday 26th September 2009**

**Relay entries will not be accepted on the day of the meet.**