

## **British Gas Masters and Senior Age Groups Championships (50m)**

(Under British Swimming Conditions and Rules, British Swimming Disciplinary Code and FINA Technical Rules of Masters Swimming)

### **Changes to the event Activities, Entry Conditions and Fees**

At British Swimming we are constantly striving to improve the service we provide to the swimmer. In respect of Masters we firmly believe that whilst competitive swimming is central to the British Championships, we should be mindful of the Masters' motto of "Fitness Fun and Friendship", we are therefore incorporating other activities and events which will hopefully add value to the meet for you.

This year we will repeat the successful Club time-keepers course, where you can take the first step towards qualifying as an official. To try to provide some insight into the latest training methods we will run a seminar on a topic selected to help you get the most out of your training. On the social side of things the popular Pasta party from the ASA championships will be hosted at the pool on the Saturday evening.

It is our aim to encourage participation in the meet throughout the weekend and to that end we have made changes to the event conditions and the entry fees. To help achieve this we have eliminated the limit on the number of events you can swim in, and have changed the pricing structure for entries.

We have introduced a registration fee of £20.00 which covers entry to the event, a programme (previously £5.00) and a goodie bag.

Thereafter we have reduced the cost of individual entries to £4.75 (compared to £8.75 in 2008). Team entries are also reduced to £14.00 (£18.25 in 2008) and team members not swimming in an individual event will not be subject to the registration fee.

You will appreciate that there are fixed costs involved in running a meet of this nature and we have a budget to cover amongst other things, pool hire costs, equipment and medals, and officials expenses. The new pricing structure has been carefully considered and is being introduced because it is more consistent with the aim of encouraging participation.

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 introducing a re-entry system for the 400m events can catch you unawares.

We hope you will support the meet and the organised events and enjoy the opportunity of competing in the fantastic new pool at Cardiff.

## British Gas Masters and Senior Age Groups Championships (50m)

(Under British Swimming Conditions and Rules, British Swimming Disciplinary Code and FINA Technical Rules of Masters Swimming)

### HOW TO ENTER

Entries can be made online via the British Swimming website [www.britishswimming.org](http://www.britishswimming.org) or posted to the Events Department.

If posting entries, completed entry forms should be returned, with the relevant fee to the Events Department, 41 Granby Street, Loughborough, Leicestershire, LE11 3DU. Please ensure that sufficient time has been allowed for entries to reach the office by the deadline stipulated. We recommend that you send your entry via special delivery to ensure receipt.

Please see the box below for a guide on how to fill in your entry form for this event:

#### GUIDE TO FILLING OUT YOUR ENTRY FORM

##### Online Entry

1. Go to the British Swimming website at [www.britishswimming.org](http://www.britishswimming.org) and follow the links to the British Masters and Senior Age Group Championships Swimming Championships 2009 page.
2. Go to the online entry option and follow the instructions.
3. If your chosen payment option is debit or credit card please follow the [PayPal](#) payment instructions.
4. If you choose to pay by cheque, please ensure that the title of the event 'The British Masters & Senior Age Group Championships', swimmers name, ASA registration number, club are written on the back. Attach your cheque to a copy of your online entry and ensure that both reach the Events Department by the closing date (13<sup>th</sup> May 2009).
5. If you are submitting entries for multiple swimmers, please send one cheque to cover all entries and include all their names on the back of the cheque.

##### Postal Entry

1. Complete the entry form enclosed in this pack. Please ensure that every section is completed accurately.
2. Fill in the credit/debit card form with your card details or alternatively:
3. Enclose a cheque or Postal Order made payable to the British Swimming Ltd. If submitting entries for multiple swimmers, please send one cheque to cover all entries
4. On the back of your cheque, please ensure that the following information is written clearly:
  - **Swimmers name, club and the ASA registration number**
  - **Title of event 'The British Masters and Senior Age Group Championships'**
  - **If entering more than one swimmer, please ensure that this information is included for each swimmer.**

If you require confirmation for the receipt of your entry please enclose a stamped self-addressed postcard (this is not a confirmation of entry).

**All entries and the appropriate entry fee (both online and posted copies) must be received in the Events Department by 5.00pm on Wednesday 13<sup>th</sup> May 2009 (the closing date). Entries will not be processed until payment has been received and will be rejected if they do not arrive by the closing date. Entries sent without the correct fee, entries incorrectly completed and improved entry times will not be accepted.**

## British Gas Masters and Senior Age Groups Championships (50m)

(Under British Swimming Conditions and Rules, British Swimming Disciplinary Code and FINA Technical Rules of Masters Swimming)

**19<sup>th</sup> – 21<sup>st</sup> June 2009 Cardiff International Pool**

### INDIVIDUAL ENTRY FORM

Member No:	<input style="width: 100%;" type="text"/>	Male:	<input style="width: 100%;" type="checkbox"/>	Female:	<input style="width: 100%;" type="checkbox"/>
FIRST NAME:..... SURNAME:..... DATE OF BIRTH: ...../...../.....					
ADDRESS:.....					
..... POST CODE:.....					
DAYTIME TEL NO:..... EMAIL: .....					
NAME OF CLUB: ..... NATIONALITY: .....					
<small>(Please only enter the club that you wish to compete for at the championships)</small>					
Add in about confirmations					

These Championships are open to members of clubs affiliated to the ASA, Scottish Swimming, Swim Wales or any of the countries affiliated to FINA.

Please tick the appropriate age group below [age as at 31 December 2009]:

Age group	S	A	B	C	D	E	F	G	H	J	K	L	M	N	P	Q
	*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	90-94	95-99
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\* Minimum age: Both Male and Female swimmers in Group S must be aged 18 years on the day of their first swim in these Championships.

Please enter a time in the relevant boxes:

FREESTYLE		BACKSTROKE		BREASTSTROKE		BUTTERFLY		IND. MEDLEY	
Distance	Submitted Time	Distance	Submitted Time	Distance	Submitted Time	Distance	Submitted Time	Distance	Submitted Time
50m		50m		50m		50m		200m	
100m		100m		100m		100m		400m	
200m		200m		200m		200m		<b>CLOSING DATE FOR ENTRIES:</b>  <b>WEDNESDAY 13th MAY 2009</b>	
400m		<b>Registration Fee £20</b> <b>Entry fee £4.75 per individual event</b>  <b>Cheques payable to British Swimming Ltd</b> <b>or Credit/Debit Card Information – please fill in the attached</b>							
800m									
1500m									

**You MUST submit a time** in order to enter an individual event. If you do not give a time, you will not be accepted for the event and the entry fee will be forfeited. Please ensure the time entered is achievable. Converted times will be accepted.

Total to pay - £20 registration fee + \_\_\_\_\_ events at £4.75 = \_\_\_\_\_

Please return entry forms to the Events Office: 41 Granby Street, Loughborough, Leicestershire, LE11 3DU.

**CLOSING DATE FOR ENTRIES: WEDNESDAY 13<sup>th</sup> MAY 2009**

**Please ensure you sign the next page and return it with your form**

**IMPORTANT – Please ensure you read this document carefully before signing**

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 myself 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 any body 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.

Signature of Competitor: \_\_\_\_\_ Date: \_\_\_\_\_



**MASTERS INTER CLUB POINTS COMPETITION**

In 1988 Coupar SC from Scotland presented a trophy for a club aggregate points competition. This trophy was won on the first occasion by Motherwell Masters, and then disappeared from view. The trophy was reinstated in 2006, and is awarded to the club that gains the most points in the Masters events in the Championships (i.e. in the age groups 25 – 29 yrs and upwards and in the relays 100-199yrs upwards).

Points will be awarded on the basis of 3 for a 1<sup>st</sup> place, 2 for 2<sup>nd</sup>, 1 for a 3<sup>rd</sup>, plus 1 point for all swims completed without disqualification (including medal winning swims). Relays will count double.

The trophy will be awarded at the conclusion of the competition.

Please fill in the form below to pay by credit or debit card for entry to the British Gas Masters Championships and Senior Age Group Championships 2009

**Card Details**  
**Switch-Maestro/Mastercard/Visa (Please Delete as appropriate)**

Please print clearly

Card Number

Start Date   /      Expiry Date   /      Issue Number

Last 3 digits on signature strip

Total to pay - £20 registration fee + \_\_\_\_\_ events at £4.75 = \_\_\_\_\_

We also require the name and address of the CARD HOLDER

Name (as on card): .....

Address.....

.....

Post Code.....

Daytime contact number.....

Please note a process charge of 50p per transaction will automatically be added if paying by credit /debit card.

Payment can take anything up to 10 days to be processed.

## British Gas Masters and Senior Age Groups Championships (50m)

(Under British Swimming Conditions and Rules, British Swimming Disciplinary Code and FINA Technical Rules of Masters Swimming)

**19<sup>th</sup> – 21<sup>st</sup> June 2009 Cardiff International Pool**

### TEAM ENTRY FORM

NAME OF CLUB [IN FULL]: .....

NAME OF PERSON TO WHOM ANY QUERIES SHOULD BE DIRECTED: .....

DAYTIME TELEPHONE NO: ..... EMAIL: .....

- a) Clubs are limited to one team per age group per event.
- b) A competitor may only represent one club in the Championships.
- c) Total age of team as at 31st December 2009.
- d) Male & Female swimmers must be 18 years of age on the day of their first swim in the Championships.

**Please enter a time in the relevant box:**

MIXED RELAYS (2 Men/2 Women)							
72 years +	100-119 years	120-159 years	160-199 years	200-239 years	240-279 years	280-319 years	320-359 years
4 x 50m FREESTYLE	4 x 50m FREESTYLE	4 x 50m FREESTYLE	4 x 50m FREESTYLE	4 x 50m FREESTYLE	4 x 50m FREESTYLE	4 x 50m FREESTYLE	4 x 50m FREESTYLE
4 x 50m MEDLEY	4 x 50m MEDLEY	4 x 50m MEDLEY	4 x 50m MEDLEY	4 x 50m MEDLEY	4 x 50m MEDLEY	4 x 50m MEDLEY	4 x 50m MEDLEY

	MEN		WOMEN	
	4 x 50m FREESTYLE	4 x 50m MEDLEY	4 x 50m FREESTYLE	4 x 50m MEDLEY
72 years +				
100-119 years				
120-159 years				
160-199 years				
200-239 years				
240-279 years				
280-319 years				
320-359 years				

I declare that the above particulars are correct and agree to abide by the conditions laid down by British Swimming for these Championships.

Signed: ..... Date: .....

**Entry fee £14.00 per team per event**  
**Please make cheques payable to "British Swimming"**  
**CLOSING DATE: WEDNESDAY 13th MAY 2009**

**BRITISH SWIMMING**  
**MASTERS' CHAMPIONSHIPS AND SENIOR AGE GROUP SWIMMING CHAMPIONSHIPS**

**GBMS01**    **General Conditions**

- 01.01**    The British Swimming Managing Board ("the Board") reserves full powers over the British Masters' Swimming Championships.
- 01.02**    The Championships shall be held annually under FINA Swimming Rules and FINA Masters Rules unless otherwise provided in these conditions, the British Swimming Disciplinary Code and any additional conditions (printed in the respective Meet information). For conditions not covered by FINA Rules (for example: Health and Safety regulations and guidelines and Child Protection) the requirements of the ASA shall apply to events held in England or Wales and the requirements of SASA shall apply to events held in Scotland.
- 01.03**    Entries may only be accepted from:
- 01.03.01**    competitors registered as members of the Amateur Swimming Association (ASA) Scottish ASA (SASA) or Welsh ASA (WASA) or
- 01.03.02**    competitors from any country affiliated to FINA.
- 01.04**    For both individual and team events, a competitor must have been a registered member, or equivalent, of the club in whose name he is entered, at least 28 days prior to the first day of competition and for Masters events must be aged 25 years or over by 31<sup>st</sup> December in the year of competition.
- 01.05**    These Championships shall be held at a venue and for a period determined by the Board.
- 01.06**    All events are Heat Declared Winner within each Age Classification. In each event competitors will be seeded according to their entry time and will compete against those with similar times from the various groups taking part in the event.
- 01.06.1**    The 400, 800, and 1500 metres freestyle events may be swum with two swimmers per lane. Notwithstanding anything in the FINA Masters rules, male and female swimmers may be required to share a lane.
- 01.06.2**    In events where swimmers are required to share a lane they may be required to wear coloured swim hats provided by the promoter.

**GBMS02**    **Events**

- 02.01**    Individual Events for Masters and Senior Age Group are: Freestyle 50m, 100m, 200m, 400m, 800m and 1500m, Backstroke, Breaststroke and Butterfly 50m, 100m and 200m Individual Medley 200m and 400m.
- 02.02**    Masters Team Events (all team members to be aged a minimum of 25 years at 31 December in the year of the competition) are:  
Men, Women & Mixed (2 Men/2 Women) 4 x 50m Freestyle and 4 x 50m Medley in the following age-groups:-
- |     |                        |
|-----|------------------------|
| (1) | 100-119yrs (total age) |
| (2) | 120-159yrs (total age) |
| (3) | 160-199yrs (total age) |
| (4) | 200-239yrs (total age) |
| (5) | 240-279yrs (total age) |
| (6) | 280-319yrs (total age) |
| (7) | 320-359yrs (total age) |

There will also be Senior Age Group team events for teams 72 years and over (for all teams), with all team members aged at least 18 years on the day of their first event in the Championships.

Clubs may only enter one team per age group in each event.

- 02.03**    The total age of a Masters team shall be as at 31<sup>st</sup> December in year of competition. Each team member must be aged 25 or over as at that date.
- 02.04**    Masters Age Groups for both men and women are (Age as at 31<sup>st</sup> December in the year of competition)
- |          |                    |          |                    |          |                    |          |                    |          |                    |
|----------|--------------------|----------|--------------------|----------|--------------------|----------|--------------------|----------|--------------------|
| <b>A</b> | <b>25yrs-29yrs</b> | <b>B</b> | <b>30yrs-34yrs</b> | <b>C</b> | <b>35yrs-39yrs</b> | <b>D</b> | <b>40yrs-44yrs</b> | <b>E</b> | <b>45yrs-49yrs</b> |
| <b>F</b> | <b>50yrs-54yrs</b> | <b>G</b> | <b>55yrs-59yrs</b> | <b>H</b> | <b>60yrs-64yrs</b> | <b>J</b> | <b>65yrs-69yrs</b> | <b>K</b> | <b>70yrs-74yrs</b> |
| <b>L</b> | <b>75yrs-79yrs</b> | <b>M</b> | <b>80yrs-84yrs</b> | <b>N</b> | <b>85yrs-89yrs</b> | <b>P</b> | <b>90yrs-94yrs</b> | <b>Q</b> | <b>95yrs-99yrs</b> |

The Senior Age Group for both men and women is between 18 years on the day of their first swim in the Championships and 24 years as at 31<sup>st</sup> December in the year of the Championships

- 02.05**    The names of competitors in Team Events must be submitted to the Chief Recorder (using the official Team Declaration Forms) at least 60 minutes prior to the start of the session.
- 02.06**    All entries shall be received by the appointed Championships Administrator (The Administrator) by the relevant closing date accompanied by the appropriate registration and entry fee.

**GBMS03 Competitors with a permanent disability**

**03.01** 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, in the case of competitors from clubs in Great Britain, by the Medical officer of either British Swimming, the ASA, SASA or WASA. In the case of competitors in 01.03.02, the certificate shall have been issued by a Medical Officer appointed by the governing body of the country concerned.

**03.02** Functional Ability Cards may be presented in place of Medical Certificates.

**GBMS04 Trophies and Medals**

Medals shall be awarded to the first three placed individual competitors and teams in each age group in both the Masters Championships and the Senior Age Group Championships.

**GBMS05 Officials**

Technical Officials shall be selected from lists approved by the ASA, SASA and WASA.

**GBMS06 Other conditions**

**06.01 Starts**

Over the top starts may, where necessary or appropriate, be used during these Championships (except in the backstroke events).

**GBMS07 Safety**

All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

**GBMS08 Coupar Trophy**

The Coupar Trophy shall be awarded to the club, British or overseas, whose swimmers gain the most points as set out below in Masters events in the Championships (i.e. individual age group 25-29 and older, and relay age group 100-119 and older).

1st place	individual 3 points	team 6 points
2nd place	individual 2 points	team 4 points
3rd place	individual 1 point	team 2 points

plus for all swims completed without disqualification, including 1st, 2nd, and 3rd places

individual 1 point	team 2 points
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**Note**

- 1. Late or incomplete entries will not be accepted. Entries will not be accepted from British Club members who do not have a valid ASA, SASA, or WASA membership number.**
- 2. Please note the following:**
  - a. Relays teams in the 72-years-plus age group may include swimmers over the age of 24.**
  - b. In the 'mixed' events male and female swimmers may be required to share a lane.**
  - c. In events where two swimmers share a lane they may be required to wear hats provided by the organisers.**
  - d. The Coupar Trophy is open to all clubs, British and overseas.**

## PROGRAMME OF EVENTS

### Warm Up 12.00noon

#### Session 1 – Friday 19 June Afternoon

1. Mixed 1500m Freestyle  
(This event may be swum 2 per lane)

#### Session 2 – Friday 19 June Evening

2. Women's 200m Freestyle
3. Men's 200m Freestyle
4. Women's 100m Backstroke
5. Men's 100m Backstroke
6. Women's 50m Breaststroke
7. Men's 50m Breaststroke

### Warm up 8.00am

#### Session 3 – Saturday 20 June 9.00am

8. Men's 400m Freestyle
9. Women's 400m Freestyle
10. Men's 200m Backstroke
11. Women's 200m Backstroke
12. Men's 100m Butterfly
13. Women's 100m Butterfly
14. Mixed Freestyle Relays

#### Session 4 – Saturday 20 June Afternoon

15. Men's 200m Individual Medley
16. Women's 200m Individual Medley
17. Men's 50m Freestyle
18. Women's 50m Freestyle
19. Men's 200m Butterfly
20. Women's 200m Butterfly
21. Mixed Medley Relays

#### Session 5 – Saturday 20 June Evening

22. Mixed 800m Freestyle  
(This event may be swum 2 per lane)

### Warm up 8.00am

#### Session 6 – Sunday 21 June 9.00am

23. Men's 400m Individual Medley
24. Women's 400m Individual Medley
25. Men's 100m Freestyle
26. Women's 100m Freestyle
27. Men's 200m Breaststroke
28. Women's 200m Breaststroke
29. Men's Medley Relays
30. Women's Medley Relays

#### Session 7 - Sunday 21 June Afternoon

31. Men's 100m Breaststroke
32. Women's 100m Breaststroke
33. Men's 50m Butterfly
34. Women's 50m Butterfly
35. Men's 50m Backstroke
36. Women's 50m Backstroke
37. Men's Freestyle Relays
38. Women's Freestyle Relays

**All relays will be ranked by time within age groups**

**It is expected that all evening sessions will be concluded by 8.00pm**

## GENERAL INFORMATION

### The Venue

Cardiff International Pool, Olympian Drive, Grangetown, Cardiff, CF11 0JS,

### Pool Facilities

Situated in Cardiff Bay, Cardiff International Pool is an amazing new facility built to International Championship standards, with 10 lanes and seating for 900 spectators.

The changing facilities are a village lay out, with unisex single, double and group changing facilities. Lockers are situated in the changing area and take £1 coins.

Other facilities include free car parking and a Café Bar.

### Accommodation

Accommodation close to Cardiff International Pool can be booked through an online reservation service produced by the Cardiff Convention Bureau. To use this service please follow the details below or contact Cheryl Walker on 029 2087 1023. Rooms have been reserved by the accommodation agency and are available to competitors from the 17<sup>th</sup> to the 22<sup>nd</sup> June.

Delegates may create new or amend existing reservations via [www.ConferenceBookings.co.uk](http://www.ConferenceBookings.co.uk) and entering the following event code: CDFBRITISHMASTERS2009.

### Session Times

Times for all sessions will be notified to entrants after the closing date.

Friday 19 <sup>th</sup> June	approx 1.00 p.m. (to be confirmed) and evening session
Saturday 20 <sup>th</sup> June	9.00 a.m./afternoon
Sunday 21 <sup>st</sup> June	9.00 a.m./afternoon

### Training and Warm up

The pool will be available from 12 noon on Friday 19<sup>th</sup> June until 15 minutes before the start of the first session and then between sessions. Any further training opportunities will be notified to entrants with their acknowledgement of entry. The 4 lane 25m leisure pool will be available during the competition for warm up and swim down.

### Return of Entry Forms

Please send completed Entry Forms to the ASA Events Department at the address below:

41 Granby Street  
Loughborough  
Leicestershire  
LE11 3DU

Entries will only be accepted if they are received by **5.00pm on Wednesday 13<sup>th</sup> May 2009**. If posting your entry, please ensure that sufficient time has been allowed for entries to arrive within the deadline stipulated. We recommend that you send your entry via Special Delivery to ensure receipt.

It is regretted that entries sent without entry fees or those incorrectly completed WILL NOT be accepted.

Please note that paper confirmations will not be sent out. A list of processed entries will be available via the online entry front page on the British Swimming website. Competitors are requested to check their details carefully and inform Catherine Castell immediately if there are any errors.

Final competitor information, along with a draft programme will also be published on the British Swimming website on Monday 18<sup>th</sup> May. Again, please check the draft programme carefully and if there are any errors or changes need to be made, please contact Catherine Castell on 01509 632259 or [catherine.castell@swimming.org](mailto:catherine.castell@swimming.org). All amendments to the programme must be made by Wednesday 28<sup>th</sup> May.

### **Withdrawals**

Please also inform the ASA Events Office of any events from which you wish to withdraw. Once again, this information is requested by 5.00 p.m. on Wednesday 28<sup>th</sup> May.

### **Competitors Information**

Final competitor information will be displayed on the British Swimming website on Monday 18<sup>th</sup> May.

### **Formation of Heats**

In all events swimmers will be graded from slowest entry time to fastest with all age groups swimming together. In all events except the 800 and 1500 metres, heats will be graded from slowest entry time in lane 1 to fastest in lane 8, except for the final heat of each individual event, which will be spearheaded.

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

### **Re-Entry (Secondary Entry)**

These will be required for the 400, 800, and 1500 metres freestyle events and the 400 individual medley. Details will be given with the Competitors' information published on the website on the 18<sup>th</sup> May. Confirmation of entry must be completed one hour before the start of the session.

## Attention All Masters

### Alternative activities at the British Gas Masters and Senior Age Group Championships 2009

#### Free Entry

#### Masters Seminar - How to design a swim session

This seminar will cover the essential ingredients of a Masters training session and give advice on how to plan training for a Masters event. Whilst of interest to all Masters, this will be particularly useful for those who are responsible for their own training. It will be held on Saturday 20th June at the Cardiff Pool, at approximately 5 p.m. after the Saturday afternoon session and will last approximately 60-75 minutes. This seminar is open to all Masters swimmers, there will be no charge for attending.

**Book Your Free Place** – Email the Events Department [catherine.castell@swimming.org](mailto:catherine.castell@swimming.org)

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#### Club Timekeepers Course

Open to all Masters swimmers and associates; the course is approx 1 hour theory & 1 hour practical. It will take place at the Cardiff pool on Saturday 20th June at 11.00 a.m. with the practical during the afternoon session. Further information will be provided to applicants when the arrangements have been finalised.

Numbers will be limited so please complete the form below to book your space on this course and return before Wednesday 13<sup>th</sup> May to the following address:

Events Department  
41 Granby Street  
Loughborough  
LE11 3DU

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#### Timekeepers Course – the British Gas Masters & Senior Age Group Championships 2009

Name: \_\_\_\_\_

Club: \_\_\_\_\_

Email: \_\_\_\_\_

# MASTERS PASTA PARTY

Saturday 20<sup>th</sup> June 2009  
7.30pm

Café Bar, Cardiff International Pool

Tickets £10.00 each

Pre-booking tickets is recommended as numbers are limited.

Book your tickets via the online entry page on the British Swimming website or return this form to the Events Department by 10<sup>th</sup> June 2009.

The menu will include a number of pasta and rice dishes (including a vegetarian option) and will be served as a rolling buffet from 7.30pm so swimmers competing in the 800m Free are still able to attend.

A range of sweets will also be available and the bar is licensed to sell alcohol.

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## Pasta Party – British Gas Masters & Senior Age Group Championships 2009

Name: .....

Please send me.....ticket(s) for the British Masters Pasta Party.

I have enclosed a cheque for £.....made payable to 'British Swimming'.

Please send my tickets to the following address:

.....  
.....  
.....  
.....

Contact telephone number: .....

Please return to:  
Events Department  
41 Granby Street  
Loughborough  
Leicestershire  
LE11 3DU

Tel: 01509 632259 Fax: 01509 235489