

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

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

Saturday 30th &amp; Sunday 31st January 2010

K2 Crawley, Pease Pottage Hill, Crawley, West Sussex, RH11 9BQ

Pool: 50m x 8 lanes with electronic timing

**Saturday 30th January****Session 1 - Warm up – 9.00a.m. - Start 10:00a.m**

1	Mixed	400m	Individual Medley
2	Men	100m	Backstroke
3	Women	100m	Backstroke
4	Mixed	200m	Freestyle
5	Men	100m	Breaststroke
6	Women	100m	Breaststroke
7	Men	50m	Butterfly
8	Women	50m	Butterfly
9	Men	4x50m	Freestyle Relays
10	Women	4x50m	Freestyle Relays

**\* Session 2 – Warm Up 1.30 p.m. – Start 2.15 p.m.**

11	Mixed	400m	Freestyle
12	Mixed	200m	Breaststroke
13	Men	50m	Backstroke
14	Women	50m	Backstroke
15	Mixed	200m	Butterfly
16	Men	4x50m	Medley Relays
17	Women	4x50m	Medley Relays

**Sunday 31st January****Session 3 - Warm up – 9.00a.m. - Start 9.45a.m.**

18	Mixed	200m	Individual Medley
19	Women	100m	Freestyle
20	Men	100m	Freestyle
21	Women	50m	Breaststroke
22	Men	50m	Breaststroke
23	Women	100m	Butterfly
24	Men	100m	Butterfly
25	Mixed	4x50m	Freestyle Relays

**\* Session 4 – Warm up 12.15 p.m. start 1.00 p.m.**

26	Mixed	4x50m	Medley Relays
27	Women	50m	Freestyle
28	Men	50m	Freestyle
29	Mixed	200m	Backstroke
30	Mixed	800m	Freestyle

\*The afternoon session start times may change when the entries are all in. Check the SER web site for revised times once the start lists have been published.

**CONDITIONS**

- PROMOTER**  
The promoter of this event is the South East Region Masters Group, hereinafter called "The Promoter".
- 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. See condition 5 for minimum ages.
- 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.
- AGE GROUPS**  
Seniors, 18 to 24 years old; and Masters from 25 years old in 5 year age bands. Relays (see condition 5 for minimum ages): 72+ years, 120+ years, 160+ years, 200+ years & 240+ years.
- AGES**  
Ages for Masters as at 31st December 2010 for individual and team events. Seniors must be 18 years of age or over on the day of competing.
- SEEDING**  
Events will be seeded in order of entry time, irrespective of age, from slowest to fastest. Swimmers with the slowest entry time will swim first. Swimmers without an entry time will be seeded in the slowest heats.
- HEAT DECLARED WINNERS**  
Results will be decided on heat times, there will be no finals.
- AWARDS**  
Medals will be awarded to individuals and teams placed 1st, 2nd, & 3rd in each age group.
- ENTRIES**  
Entries must be on the official entry form and accompanied by the appropriate fee(s). Cheques should be made payable to "ASA South East Region". Start lists will be posted on the SER web site. An email address and a contact telephone number should be given in case there is a query with an entry.
- ENTRY FEES**  
Individual events: 800m event £8.00, 400m events £6.00, all other events £4.00.  
Relay events £10.00. Relays entered on the day if accepted £12.00.  
Entry fees will not be refunded in the event of withdrawal.
- CLOSING DATE FOR INDIVIDUAL ENTRIES**  
Individual entries close on Thursday 31st December 2009. The Promoter reserves the right to close the entries earlier if necessary.
- CLOSING DATE FOR RELAY ENTRIES**  
Relay entries by post will be accepted up to 16th January 2010 and must be on the official form

**Closing date for individual entries: Thursday December 31st 2009**

together with the correct entry fee. Additional relay entries may be accepted at the discretion of the promoter on the day of the meet; for Session 1 they must be submitted by 11:30a.m. and for all other sessions 30 minutes before the start of the session.

### 13. RE-ENTRY

Competitors should report to the Masters Reception Desk in the entrance hall 30 minutes before the start of each session, to confirm their intention to swim in the events they have entered.

### 14. WITHDRAWALS

If you know before the meet that you will not be swimming in an event you have entered please send an email to Geoff Stokes on or before 29th January 2010.

### 15. DISPUTES

Any matters not provided for in these conditions shall be decided by the Promoter.

## NOTES

### READ THESE NOTES CAREFULLY - THEY ARE INTENDED TO HELP YOU TO COMPLETE YOUR ENTRY SUCCESSFULLY AND TO ENJOY THE MEET

1. Please provide a legible email address, **PRINT IT CLEARLY IN CAPITAL LETTERS**. Any queries about your entry will be advised by email. A contact telephone number must also be provided.
2. Overseas entrants can pay entry fees on arrival at the pool; they must be paid before swimming, and confirmation of all overseas entries will be sent by email, so be sure that an email address is given on the entry form.
3. The closing date for team entries is later than that for individual entries. As soon as the individual entries have been processed start lists will be posted on the South East Region web site; a list of entries by club will be included. This is to enable clubs to decide which team events to enter.
4. A team claiming a national or international record must comply with all the requirements of the record concerned. The conditions of this competition are less stringent than for national and international records.
5. If you break either an individual or relay record, advise the referee as soon as possible after the swim so that the appropriate details and signatures can be obtained. Claiming a record afterwards may not be possible if the paperwork has not been completed at the meet.
6. 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.**
7. The programme provides a comprehensive selection of events in four sessions. Please choose your events carefully, taking into account their proximity and allowing yourself sufficient recovery time between swims.
8. A lot of work has been done to make this event a success. 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.

#### Enquiries:

Email: [geoff@masterswim.demon.co.uk](mailto:geoff@masterswim.demon.co.uk)

Tel. 01276 27431, mobile 07850 446130

Start Lists and entries by club will be posted on the South East Region web site

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

Entries will not be acknowledged, please monitor the web site to check that your entry has been correctly processed and for session start time confirmation.

**The closing date is in the middle of the Christmas holiday period. Please return your entries early to avoid postal delays and oversight caused by the holidays.**

**Closing date for individual entries: Thursday December 31st 2009**

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

Saturday 30th and Sunday 31st January 2010

K2 Crawley, Pease Pottage Hill, Crawley, West Sussex, RH11 9BQ

## INDIVIDUAL ENTRY FORM

NAME (IN CAPITALS): ..... D.O.B.: .....  
*As you would like it to appear in the programme*

ADDRESS: .....

..... POST CODE: ..... Tel No: .....

Mobile: .....

E-MAIL: .....  
 (EMAIL ADDRESS IN BLOCK CAPITALS - THIS WILL BE USED FOR ANY COMMUNICATIONS SO IT MUST BE LEGIBLE.)

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

MALE	<input type="checkbox"/>	FEMALE	<input type="checkbox"/>
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ASA Member ID	<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 31/12/2010]

S	A	B	C	D	E	F	G	H	J	K	L	M	N	P
18-24 <sup>¶</sup>	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+

<sup>¶</sup>Seniors must be 18 years of age or older on day of swim.

### 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

§£6.00 per event

♦£8.00

50m, 100m & 200m events at £4.00 = £

400m events at £6.00 = £

800m event at £8.00 = £

Total = £

Please make cheques payable to "ASA SOUTH EAST REGION". DO NOT USE REGISTERED POST OR ANY METHOD THAT REQUIRES A RECEIPT SIGNATURE.

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 both my own health and safety and that of others at the competition.

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

Please read the Conditions on pages 1 & 2 and the Notes on page 2. Remember to check-in for your events 30 minutes before the start of each session.

**Closing date for individual entries: Thursday 31st December 2009**

Send Entries to: Geoff Stokes, 6 Mulroy Drive, Camberley, Surrey, GU15 1LX

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## TEAM ENTRY FORM

NAME OF CLUB (IN FULL): .....
TEAM ORGANISER (IN CAPITALS): .....
ADDRESS: .....
.....POST CODE: .....Tel No .....
Mobile: .....
E-MAIL:.....
(EMAIL ADDRESS IN BLOCK CAPITALS - THIS WILL BE USED FOR ANY COMMUNICATIONS SO IT MUST BE LEGIBLE.)

WRITE THE NUMBER OF TEAMS YOU ARE ENTERING IN EACH AGE GROUP IN THE BOXES BELOW

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

*All swimmers must be 18 years of age or older on the day they swim.*

**You must re-enter your teams before 11:30 a.m. for Session 1 and for all other sessions 30 minutes before the start of the sessions in which they are swimming. You must provide the swimmers names, ages and ASA Member ID\*\* using the forms available at the Masters Reception table.**

**\*\*The ASA Member ID is only required if the swimmer has not entered an individual event.**

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

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

**Enclosed:** ..... **team entries at £10.00 = £**.....

Please make cheques payable to "ASA SOUTH EAST REGION".

**DO NOT USE REGISTERED POST OR ANY METHOD THAT REQUIRES A RECEIPT SIGNATURE.**

**Closing date for relay team entries: Saturday 16th January 2010**

*Send Entries to: Geoff Stokes, 6 Mulroy Drive, Camberley, Surrey, GU15 1LX*