

MASTERS and SENIOR AGE GROUP COUNTY CENTENARY CHAMPIONSHIPS OPEN TO ALL HAMPSHIRE CLUB SWIMMERS

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

Sunday 13th July 2008
at Waterlooville Leisure Centre
Waterberry Drive
Waterlooville
Hampshire
PO7 7UW

Pool: 25m x 8 lanes with electronic timing

Events: 25m, 50m & 100m all strokes
200m freestyle, 100m IM
4x25m teams

PROGRAMME

Warm up – 12.15 p.m.
1.00 p.m. Start

20 minute break
Free swimming

1	Mixed	200m	Freestyle	15	Men	100m	Ind. Medley
2	Women	50m	Backstroke	16	Women	100m	Ind Medley
3	Men	50m	Backstroke	17	Men	50m	Butterfly
4	Women	100m	Butterfly	18	Women	50m	Butterfly
5	Men	100m	Butterfly	19	Men	100m	Backstroke
6	Women	50m	Freestyle	20	Women	100m	Backstroke
7	Men	50m	Freestyle	21	Men	50m	Breaststroke
8	Women	100m	Breaststroke	22	Women	50m	Breaststroke
9	Men	100m	Breaststroke	23	Men	100m	Freestyle
10	Women	25m	Butterfly	24	Women	100m	Freestyle
11	Men	25m	Butterfly	25	Men	25m	Backstroke
12	Women	25m	Breaststroke	26	Women	25m	Backstroke
13	Men	25m	Breaststroke	27	Men	25m	Freestyle
14	Mixed	4 x 25m	Medley teams	28	Women	25m	Freestyle
				29	Mixed	4 x 25m	Freestyle teams

Estimated finish time 5.00pm

Entrants must have ASA Category 1 or Category 2 membership which should include all the swimmers in clubs registered with Hampshire ASA, so all adults & senior (18 yrs+) club swimmers can enter.

CLOSING DATE FOR ENTRIES: Monday 16th June 2008

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

Entries should be sent to Geoff Stokes, see entry form for address.

CONDITIONS

- 1 **ELIGIBILITY** Open to swimmers who are registered ASA Category 1 (fitness swimmer) and Category 2 (competition) members of Hampshire ASA clubs only.
- 2 **AGE GROUPS** Masters 25 to 29, and so on in 5 year age bands to accommodate all entrants. Seniors 18 to 24. Relay cumulative ages: 72+,120+ & 200+
- 3 **AGES** Ages for Masters as at 31st December 2008 for individual and team events. Seniors must be 18 years of age or over on 13th July 2008.
- 4 **RELAY TEAMS** Relay events are 4x25m mixed, (2 women and 2 men swimming in any order). Different relay age groups in the same event may be seeded together in the same heat so individual swimmers should only enter one medley relay and one freestyle relay.
- 5 **REPRESENTATION** A competitor may compete for only one club in the competition.
- 6 **SEEDING** Events will be seeded in order of entry time, irrespective of age, from slowest to fastest. Swimmers with the slowest entry time and those who do not have an entry time will swim first.
- 7 **RESULTS.** 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. Where medals are not collected they will be used in future competitions to help keep the entry fees as low as possible.
- 9 **ENTRY FEES** 25m individual events £3.00 each swim, all other individual events £4.00. All team events £5.00, but see condition 12.
- 10 **CLOSING DATE** Entries close Monday 15th June 2008.
The Hampshire ASA reserves the right to close the entries earlier if necessary.
- 11 **ENTRIES** Entries must be on the official form accompanied by the appropriate fee(s). Cheques should be made payable to "Hampshire ASA". **Acknowledgement will be by email.** Only send a stamped self addressed envelope 160mm x 225mm (9in x 6in) if you do not have an email address.

Entries should be sent to Geoff Stokes, 6 Mulroy Drive, Camberley, Surrey, GU15 1LX. Email: geoff@masterswim.demon.co.uk
- 12 **LATE ENTRIES** Relay teams may be entered on the day by completing a form available at the Masters reception desk at least 30 minutes before the start of each session for a fee of £7.00.
- 13 **TROPHIES** The Hampshire Masters Cup will be awarded to the club with the most points. All swimmers and teams completing an event will get one point and also 1st, 2nd & 3rd placing will get 3, 2 & 1 points respectively. Teams get double points. There are awards for the lady and the man gaining the most individual points.

NOTES

1. Swimmers may start in the water if they wish.
2. Please ensure that you select your events so that you will have sufficient recovery time between your swims.
3. Entrants should provide an email address **and** a contact telephone number. Email will be used for acknowledgement of entry and to advise of any late changes to the arrangements or queries with the entries. **Please print your email address clearly in CAPITAL letters and make sure zero is distinguishable from letter "O" number "1" from letter "I" and underscores from hyphens.** If you do not receive an acknowledgement within 10 days of posting your entry send an email to Geoff Stokes.
4. The SER Inter County Masters is on Sunday 16th November 2008 at Bexleyheath in Kent. Hampshire came third in the South East Region last year and seventh in the national competition. We would like to improve on that result this year. Please tick the box on the entry form to say that you would be prepared to swim for the county if selected. Thank you. Bexleyheath is a 25m pool and all events are 50m.

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INDIVIDUAL ENTRY FORM

FULL NAME (IN CAPITALS):		D.O.B.:	
ADDRESS:			
.....POST CODE:		TEL NO:	
E-MAIL (IN BLOCK CAPITALS):			
NAME OF CLUB (IN FULL):		NATIONALITY:	

Male		Female	
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ASA Registration number															
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Please tick your age-group [age as at 31st December 2008]

*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+
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***All seniors must be 18 years old or over on 13th July 2008**

ENTER A TIME IN THE RELEVANT BOXES (If you don't know your time just tick ✓ the time box – see condition 6)

FREESTYLE		BACKSTROKE		BREASTSTROKE		BUTTERFLY		IND.MEDLEY	
Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time
25m		25m		25m		25m		100m	
50m		50m		50m		50m			
100m		100m		100m		100m			
200m									

I certify that the information on this entry form is correct and I agree to abide by the conditions specified on page 2 of this entry pack. I accept responsibility for my own health and that I must do all I reasonably can to take care of my own safety and that of those around me at the competition.

Signature of competitor: Date:

Number of entries		
	25m entries at £3.00 =	£
	All other entries at £4.00 =	£
	Total individual entry fees	£

Make cheques made payable to "Hampshire ASA".

Only enclose a stamped addressed envelope 160mm x 225mm (9in x 6in) if you cannot provide an email address.

CLOSING DATE: Monday 15th June 2008

Please tick (✓)

I will be available to swim for Hampshire in the inter county Masters on 16th November 2008 if selected. Thank you. See note 4 on page 2.

Return entry forms and fees 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:

E-MAIL (IN BLOCK CAPITALS):

PLEASE TICK (✓) THE APPROPRIATE BOXES

	MIXED ALL SWIMMERS	
4 X 25m	FREESTYLE	MEDLEY
72+		
120+		
200+		

Ages at 31st December 2008. Seniors must be 18 years old or over on 13th July 2008.

I certify that the information on this entry form is correct and I agree to abide by the conditions specified on page 2 of this entry pack.

Signature of team organiser: Date:

Number of teams entered: at **£5.00** = £

Make cheques made payable to "Hampshire ASA".

Only enclose a stamped addressed envelope 160mm x 225mm (9in x 6in) if you cannot give a n email address.

CLOSING DATE: Monday 15th June 2008

Return entry forms and fees to: Geoff Stokes, 6 Mulroy Drive, Camberley, Surrey, GU15 1LX