

MASTERS and SENIOR AGE GROUP COUNTY CHAMPIONSHIPS

OPEN TO ALL HAMPSHIRE CLUB SWIMMERS

(Under ASA Laws and Technical Rules of Masters Swimming)

Sunday 7th June 2009
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 – 12.30 p.m.
1.00 p.m. Start**

1	Mixed	200m	Freestyle
2	Women	50m	Backstroke
3	Men	50m	Backstroke
4	Women	100m	Butterfly
5	Men	100m	Butterfly
6	Women	50m	Freestyle
7	Men	50m	Freestyle
8	Women	100m	Breaststroke
9	Men	100m	Breaststroke
10	Women	25m	Butterfly
11	Men	25m	Butterfly
12	Women	25m	Breaststroke
13	Men	25m	Breaststroke
14	Mixed 72+	4 x 25m	Medley teams
15	Mixed 120+	4 x 25m	Medley teams
16	Mixed 200+	4 x 25m	Medley teams

**20 minute break
Free swimming**

17	Men	100m	Ind. Medley
18	Women	100m	Ind Medley
19	Men	50m	Butterfly
20	Women	50m	Butterfly
21	Men	100m	Backstroke
22	Women	100m	Backstroke
23	Men	50m	Breaststroke
24	Women	50m	Breaststroke
25	Men	100m	Freestyle
26	Women	100m	Freestyle
27	Men	25m	Backstroke
28	Women	25m	Backstroke
29	Men	25m	Freestyle
30	Women	25m	Freestyle
31	Mixed 72+	4 x 25m	Freestyle teams
32	Mixed 120+	4 x 25m	Freestyle teams
33	Mixed 200+	4 x 25m	Freestyle teams

Estimated finish time 5.30pm

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 11th May 2009

Enquiries: Mrs. Jenny Ball, 52, St. Johns Road, Newport, Isle of Wight, PO30 1LS. Tel: 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 swimmers) and Category 2 (competitive) 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 2009 for individual and team events. Seniors must be 18 years of age or over on 7th June 2009.
- 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 in the same heat so swimmers should only be entered in one medley 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 11th May 2009.
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.
- 12 **WITHDRAWALS** There will be no cards or signing in on the day, if you know beforehand that you will not be swimming, or wish to withdraw from an event, please advise by email to geoff@masterswim.demon.co.uk.
- 13 **LATE ENTRIES** Relay teams may be entered on the day by completing a form, which will be available at the Masters reception desk, at least 30 minutes before the start of each session for a fee of £7.00.
- 14 **TROPHIES** The Hampshire Masters Cup will be awarded to the club which accumulates the most points. All swimmers completing an event will get one point. 1st, 2nd & 3rd placing will also 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 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 on the entry form clearly in CAPITAL letters and make sure zero is distinguishable from letter "O", number "1" from letter "l" and underscores from hyphens.

4. If you do not receive an acknowledgement within 10 days of posting your entry please send an email to Geoff Stokes at geoff@masterswim.demon.co.uk.
4. The SER Inter County Masters is on Sunday 15th November 2009 at the Southbury Pool, Enfield, Middlesex. Hampshire came second in the South East Region last year and fifth 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. All events will be 50m.

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Sunday 7th June 2009

INDIVIDUAL ENTRY FORM

NAME (IN CAPITALS): D.O.B.:
 Print your name as you wish it to appear on the programme.

ADDRESS:

.....POST CODE:TEL NO:

E-MAIL (IN BLOCK CAPITALS):
 Please print your email address clearly in CAPITAL letters and make sure zero is distinguishable from letter "O", number "1" from letter "l" and underscores from hyphens. Your email address will be used for all communications so please make sure that it is clearly legible.

NAME OF CLUB (IN FULL): NATIONALITY:

Male	<input type="checkbox"/>	Female	<input type="checkbox"/>
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ASA Registration number	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<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 31st December 2009]

*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 7th June 2009**

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	<input type="checkbox"/>	25m	<input type="checkbox"/>	25m	<input type="checkbox"/>	25m	<input type="checkbox"/>	100m	<input type="checkbox"/>
50m	<input type="checkbox"/>	50m	<input type="checkbox"/>	50m	<input type="checkbox"/>	50m	<input type="checkbox"/>		
100m	<input type="checkbox"/>	100m	<input type="checkbox"/>	100m	<input type="checkbox"/>	100m	<input type="checkbox"/>		
200m	<input type="checkbox"/>								

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. I will do all I reasonably can to take care of my own safety, and I will do nothing to jeopardize the safety of others 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 11th May 2009

Please tick (✓)

I will be available to swim for Hampshire in the inter county Masters on 15th November 2009 if selected. 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 print your email address clearly in CAPITAL letters and make sure zero is distinguishable from letter "O", number "1" from letter "l" and underscores from hyphens. Your email address will be used for all communications so please make sure that it is clearly legible.

PLEASE PUT THE NUMBER OF TEAMS ENTERED IN THE APPROPRIATE BOXES

See Condition 4 on page 2.

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

Ages at 31st December 2009. Seniors must be 18 years old or over on 7th June 2009.

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".

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