

MASTERS and SENIOR AGE GROUP COUNTY CHAMPIONSHIPS

OPEN TO ALL HAMPSHIRE CLUB SWIMMERS

(Under ASA Laws and Technical Rules)

Sunday 20th May 2007
at Waterloo 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**

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	4 x 25m	Medley teams

**20 minute break
Free swimming**

15	Men	100m	Ind. Medley
16	Women	100m	Ind Medley
17	Men	50m	Butterfly
18	Women	50m	Butterfly
19	Men	100m	Backstroke
20	Women	100m	Backstroke
21	Men	50m	Breaststroke
22	Women	50m	Breaststroke
23	Men	100m	Freestyle
24	Women	100m	Freestyle
25	Men	*25m	Backstroke
26	Women	*25m	Backstroke
27	Men	*25m	Freestyle
28	Women	*25m	Freestyle
29	Mixed	4 x 25m	Freestyle teams

Estimated finish time 5.00pm

* Note that these events are for ASA Category 1 swimmers only. ASA Category 1 swimmers are those who pay the lower registration fee of £4.25 for 2007. ASA Category 2 swimmers pay the ASA competitors' fee of £17.50, which allows them to enter open events. Those who enter county Masters meets are not required to pay the Category 2 competition fee, so this is an opportunity for those club members who swim just for fitness to get experience of competition in a local event. Category 1 swimmers can enter **all** the above events, including all team races.

CLOSING DATE FOR ENTRIES: Monday 30th April 2007

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

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|-------------------------|---|
| 1 ELIGIBILITY | Open to swimmers who are registered ASA Category 1 (fitness swimmer) and Category 2 (competition) members of Hampshire ASA clubs only. |
| 2 EVENTS | ASA Category 1 swimmers can enter all events on the programme including all relays; ASA Category 2 swimmers can enter all events on the programme except 25m individual events. Relays can comprise a mix of Category 1 and Category 2 swimmers. Relay events are 4x25m mixed, (2 women and 2 men). |
| 3 AGE GROUPS | 18 to 24, 25 to 29, and so on in 5 year age bands to accommodate all entrants. Relays: 72+, 120+ & 200+ |
| 4 RELAY TEAMS | Different relay age groups in the same event may be seeded together in the same heat so swimmers should only enter one medley and one freestyle relay. |
| 5 AGES | Ages for Masters as at 31st December 2007 for individual and team events. Seniors must be 18 years of age or over on 20th May 2007 . |
| 6 REPRESENTATION | A competitor may compete for only one club in the competition. |
| 7 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. |
| 8 RESULTS. | Results will be decided on heat times, there will be no finals. |
| 9 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. |
| 10 ENTRY FEES | 25m individual events for Category 1 swimmers £2.00 each swim, all other individual events £3.00. All team events £4.00, but see condition 13. |
| 11 CLOSING DATE | Entries close Monday 30th April 2007.
The Hampshire ASA reserves the right to close the entries earlier if necessary. |
| 12 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 "Hampshire ASA". Enclose a stamped addressed envelope 160mm x 225mm (9in x 6in) for confirmation of entry and further meet information.

Entries should be sent to Geoff Stokes, 6 Mulroy Drive, Camberley, Surrey, GU15 1LX.
Email: geoff@masterswim.demon.co.uk |
| 13 LATE ENTRIES | Entries may be accepted after the closing date at the discretion of the organisers. Relay teams may be entered on the day by completing a form available at the desk at least 30 minutes before the start of each session for a fee of £5.00. |

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 are encouraged to provide an email address **and** a contact telephone number so that they can be advised of any late changes to the arrangements or queries with their entries.
4. The SER Inter County Masters is on Saturday 17th November 2007 at Maidenhead. Hampshire came second in the South East Region last year and third 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. Maidenhead is a 25m pool and all events are 50m.

MASTERS and SENIOR AGE GROUP COUNTY CHAMPIONSHIPS
 (Under ASA Laws and FINA Technical Rules of Masters Swimming)
Sunday 20th May 2007

INDIVIDUAL ENTRY FORM

FULL NAME (IN CAPITALS): D.O.B.:

ADDRESS:

.....POST CODE:TEL NO:

E-MAIL (Hampshire ASA use only):

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"/>
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Please tick your age-group [age as at 31st December 2007]

*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 20th May 2007**

ENTER A TIME IN THE RELEVANT BOXES (If you don't know your time just tick ✓ the time box – see condition 7)

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"/>								

** Restricted to ASA Category 1 swimmers.

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 that I must do all I reasonably can to take care of my own health and safety and those around me at the competition.

Signature of competitor: **Date:**

Number of entries		
	25m entries at £2.00 =	£
	All other entries at £3.00 =	£
	Total individual entry fees	£

Make cheques made payable to "Hampshire ASA".
 Remember to enclose a stamped addressed envelope 160mm x 225mm (9in x 6in) for confirmation of entry and further meet information.

CLOSING DATE: Monday 30th April 2007

Please tick (✓)

I will be available to swim for Hampshire in the inter county Masters on 17th November 2007 if selected. Thank you. See note 4 on page 2.

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

MASTERS and SENIOR AGE GROUP OPEN SHORT COURSE COMPETITION
 (Under ASA Laws and FINA Technical Rules of Masters Swimming)
Sunday 20th May 2007

TEAM ENTRY FORM

NAME OF CLUB (IN FULL):

TEAM ORGANISER (IN CAPITALS):

ADDRESS:

.....POST CODE: TEL NO:

E-MAIL (Hampshire ASA use only):

PLEASE TICK (✓) THE APPROPRIATE BOXES

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

Ages at 31st December 2007. Seniors must be 18 years old or over on 20th May 2007.

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 **£4.00** = £

Make cheques made payable to "Hampshire ASA".

Remember to enclose a stamped addressed envelope 160mm x 225mm (9in x 6in) for confirmation of entry and further meet information.

CLOSING DATE: Monday 30th April 2007

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