

MASTERS and SENIOR AGE GROUP OPEN LONG COURSE COMPETITION



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

Saturday 31st January & Sunday 1st February 2015

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

Pool: 50m x 8 lanes with electronic timing

Saturday 31st January

Session 1 - Warm up – 9:00a.m. - Start 10:00a.m

1	Mixed	200m	Freestyle
2	Women	100m	Backstroke
3	Men	100m	Backstroke
4	Women	100m	Breaststroke
5	Men	100m	Breaststroke
6	Women	50m	Butterfly
7	Men	50m	Butterfly
8	Women	4 x 50m	Freestyle Relays
9	Men	4 x 50m	Freestyle Relays

Estimated finish 12:30pm

Session 2 – Warm Up 12:30 p.m. – Start 1:30p.m.

10	Mixed	4 x 100m	Freestyle Relays
11	Mixed	200m	Individual Medley
12	Women	50m	Freestyle
13	Men	50m	Freestyle
14	Women	50m	Backstroke
15	Men	50m	Backstroke
16	Mixed	200m	Butterfly
17	Mixed	400m	Freestyle

Estimated finish 5:15pm

Sunday 1st February

Session 3 - Warm up – 9:00a.m. - Start 10:00a.m.

18	Mixed	400m	Individual Medley
19	Men	100m	Butterfly
20	Women	100m	Butterfly
21	Mixed	200m	Backstroke
22	Men	100m	Freestyle
23	Women	100m	Freestyle
24	Mixed	200m	Breaststroke
25	Men	4 x 50m	Medley Relays
26	Women	4 x 50m	Medley Relays

Estimated finish 1:00pm

Session 4 – Warm up 1:00 p.m. Start - 2:00p.m.

27	Mixed	4 x 100m	Medley Relays
28	Men	50m	Breaststroke
29	Women	50m	Breaststroke
30	Mixed	800m	Freestyle

Estimated finish 5:15pm

Afternoon session start times may change when all the entries are in. Check the SER web site for revised times.

CONDITIONS

1 PROMOTER

The promoter is Geoff Stokes on behalf of the South East Region Masters Group.

2 WHO CAN ENTER?

This meet is open to all swimmers who are members of organisations affiliated to FINA. British swimmers must be registered as competitors with their governing body for the club they wish to represent. All non British swimmers confirm by submitting their entry that they are a member of a FINA affiliated organisation.

ASA registered Masters should check their registration status at

<http://www.swimmingresults.org/customerservices/membershipcheck/index.php>

A competitor may only compete for one club in the competition and must be a registered member of that club on the closing date for the individual entries. Swimmers not registered with a club can use the ASA Temporary Membership scheme, see

<http://www.swimming.org/asa/clubs-and-members/categories-of-membership/>.

3 EVENTS AND SEEDING

In the mixed individual events men and women will swim together in the same heats. Events will be seeded in order of entry time, irrespective of age, from slowest to fastest. The fastest heat in each event will be spearheaded. Where an entry time is not submitted swimmers will be seeded in the slowest heats. Swimmers may compete only once in each relay team event.

4 AGE GROUPS

The Senior age group is for those aged from 18 to 24 years, and Masters from 25 years old in 5 year age bands.

Relays: total team age 72+, 120+, 160+, 200+, 240+. Seniors can compete in all relay age groups. Ages for Masters are as at 31st December 2015 for individual and team events. Seniors must be 18 years of age or older on the date of their first swim in the competition.

5 RESULTS

Results will be decided on heat times, there will be no finals.

Closing dates: individual entries Wednesday 14th January - relay entries Wednesday 21st January 2015

6 AWARDS

Medals will be awarded to individuals and relay teams placed 1st, 2nd, & 3rd in each age group in each event.

7 ENTRIES

Entries can be made on-line via the following link.

<http://bsbasa.org/WebEntry/MeetEntry.php?Meet=LC15>

[Please note that technical difficulties have arisen in checking registrations with the ASA membership data base. This can result in a delay of about 15 seconds or more when your registration number is checked. If a warning that the ASA site is down appears; read the text that follows and check the box as appropriate. This will present a table in which you should enter your name, date of birth and sex (your age will be calculated). Continue by entering the events you select and once you have checked carefully that all is correct click the "Submit with errors" button even though there may be red crosses remaining on your entry form.]

Click the link below to see the **List of Entries** to date.

<http://bsbasa.org/WebEntry/EntryReport.php?M=LC15>

8 ENTRY FEES AND PAYMENT

A fee of £1.50 to cover administration and a programme will be added to the total cost of the individual entries.

Individual events

50m, 100m & 200m events - £4.75 each

400m events - £6 each

800m event - £8

Relay Team events - £12.00 each, an administration fee will not be added for relays.

Entry fees will not be refunded for withdrawals after the closing dates. All payments will be collected on-line with PayPal via a credit or debit card or through a PayPal account. It is not necessary to have a PayPal account to pay; your normal credit/debit card should be accepted.

9 CLOSING DATE FOR INDIVIDUAL ENTRIES

Entries close on midnight Wednesday 14th January 2015 or sooner if sessions are fully subscribed.

10 CLOSING DATE FOR RELAY ENTRIES

Relay entries will close on midnight Wednesday 21st January 2015 or sooner if sessions are fully subscribed.

11 REGISTRATION AND RE-ENTRY

All individual swimmers must register on the sheets provided at the pool half an hour before the start of each session. If you do not register, you may not be able to swim. Teams must be declared on the day using the forms which will be sent by email to team managers. Team members' names will be required together with the ASA Member ID of those not competing in individual events. Teams that are not declared may not be able to swim.

12 LIMIT OF LIABILITY

In the event of the meet being cancelled for whatever reason event entry fees will be refunded. The promoter accepts no responsibility for any consequential costs.

13 DISPUTES

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

PLEASE READ THE FOLLOWING NOTES CAREFULLY

- 1) Session durations will be limited in consideration of both officials and competitors so entries to all events in a session will be closed before the dates given above if and when the allocated session durations are reached. Please get entries in as early as possible to avoid disappointment.
- 2) A team claiming a national or international record must comply with all the requirements of the record concerned. In order to make it easier for clubs to enter teams the conditions of this competition are not as stringent as they are for national and international records.
- 3) If you think you will break a record, please advise the referee before your race so that adequate qualified timekeepers can be allocated to your lane. If you do break either an individual or a relay team record, please complete the application form available from the medal table as soon as possible after the swim and hand it to the promoter so that the appropriate signatures can be obtained. Claiming a record after the meet may not be possible if the paperwork is not completed at the time.
- 4) 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.**
- 5) **Finding the pool.** For directions to the venue search on Google for K2 Crawley. Parking is free.
- 6) **DON'T FORGET TO REGISTER ON THE SHEETS PROVIDED AT THE POOL BEFORE EACH SESSION TO INDICATE THE EVENTS YOU INTEND TO SWIM IN THAT SESSION**
- 7) Enquiries: Email: geoff@masterswim.demon.co.uk, Tel. 01276 27431, mobile 07850 446130

I hope that you will enjoy the competition and would welcome constructive comments to enable us to improve it in future years.

Geoff Stokes (Promoter)
geoff@masterswim.demon.co.uk

Closing dates: individual entries Wednesday 14th January - relay entries Wednesday 21st January 2015