

**Berkshire & South Buckinghamshire ASA
18th Open Masters**

At
Magnet Leisure Centre, Maidenhead
20 October 2007



Information for Competitors

Cards

Your entry cards are enclosed. Please check them carefully. It is easy to make corrections before the day by emailing Rob Moore (rjm7737@btinternet.com) or if you have no email access calling 01344 752106. It is very unlikely that we will be able to make corrections on the day.

If, in exceptional circumstances, you are delayed on your journey, or have other questions on the day only, please call 07711 109939.

Directions

Magnet Leisure Centre is situated on the north side of the A4, just north of Maidenhead town centre. The postcode is SL6 8AW.

Directions from junction 8/9 of the M4.

- At the roundabout at junction 8/9, take the A308M.
- After approximately 0.7 miles, take the first exit at the roundabout which is the A308 toward Maidenhead town centre. There are speed cameras on this road.
- After approximately 1 mile go straight across at the roundabout and continue to follow the A308.
- Continue under the railway bridge and follow the A308 as it turns left then right
- After approximately 0.5 miles, turn right at the roundabout and join the A4 travelling towards Slough.
- Go straight across at the next roundabout, continuing to follow the A4
- Immediately after the roundabout, take the slip road to the left which leads you directly into the Magnet Leisure Centre Car Park. The car park is a pay and display car park and is often busy so you may have to "cruise" to find a space. Parking for up to 4 hours costs £3.00 and over 4 hours costs £6.60
- If you are unable to find a space the nearest alternative parking is at Hines Meadow, which is accessed and signposted from the next roundabout on the A4 driving towards Slough. Please note that this is divided into a short and long stay section. Parking for up to 5 hours costs £3.00 and over 5 hours costs £3.50

Other information

The Magnet has a 25m, 8 lane pool with A.O.E

There will be 2 sessions. 12.30 warm up for a 13.15 start and 5.00 warm up for a 5.45 start.

All results will be heat declared winners, no finals will be swum.

The results will be posted on the web site www.bsbasa.org, and sent to the ASA

Age Groups: Seniors 18/24 A-25/29 B-30/34 C-35/39 D-40/44 E-45/49 F-50/54
G-55/59 H-60/64 J-65/69 K-70/74 L-75/79 M-80/+

Seniors must be 18 yrs on the date of the competition. Other ages are at the 31st December 2007 (please note this differs from the rule on the entry form). A competitor may only compete for one club at the meet.

All relays are 4 x 50m. Mixed relays consist of 2 ladies and 2 men. Masters only to swim in relay teams. Relay entries will be accepted on the day, PRIOR TO THE START OF THE WARM UP. The entry fee for entries on the day is £8

Medals will be awarded for the first three in each age group and for the winner of each age group relay team. A trophy will be awarded to the club with the most points.

Cards must be posted by the commencement of warm up for each session.

Order of events

Session 1 – Warm up 12:30 for 1:15 start

Event No.	Event Name		Event No.	Event Name	
1	Mixed 200m backstroke		11	Men 100yrs freestyle team	
2	Men 100m breaststroke		12	Women 100yrs freestyle team	
3	Women 100m breaststroke		13	Men 120yrs medley team	
4	Men 50m fly		14	Women 120yrs medley team	
5	Women 50m fly		15	Men 160yrs freestyle team	
6	Mixed 200m freestyle		16	Women 160yrs freestyle team	
7	Men 100m backstroke		17	Men 200yrs medley team	
8	Women 100m backstroke		18	Women 200yrs medley team	
9	Men 50m breaststroke		19	Mixed 160yrs freestyle team	
10	Women 50m breaststroke		20	Mixed 200yrs medley team	

Estimated session finish time 3:30 – 3:45

Session 2 – Warm up 5:00 for 5:45 start

Event No	Event name		Event No	Event name	
21	Men 100m freestyle		31	Men 100yrs medley team	
22	Women 100m freestyle		32	Women 100yrs medley team	
23	Men 50m backstroke		33	Men 120yrs freestyle team	
24	Women 50m backstroke		34	Women 120yrs freestyle team	
25	Mixed 200m breaststroke		35	Men 160yrs medley team	
26	Men 100m fly		36	Women 160yrs medley team	
27	Women 100m fly		37	Men 200yrs freestyle team	
28	Mixed 4 x 25m IM		38	Women 200yrs freestyle team	
29	Men 50m freestyle		39	Mixed 160yrs medley team	
30	Women 50m freestyle		40	Mixed 200yrs freestyle team	

Estimated session finish time 7:45 – 8:15

Please note that session finish times are for guidance only and should not be relied on.