

BERKSHIRE & SOUTH BUCKINGHAMSHIRE ASA 19th ASA OPEN MASTERS

(A sub region of the ASA South East Region)

You are invited to take part on
SATURDAY 4th OCTOBER 2008

AT

MAGNET LEISURE CENTRE MAIDENHEAD

Holmanleaze, Maidenhead, Berkshire SL6 8AW

(Under ASA Laws and Technical Rules)

Information and entry procedure

The Magnet has a 25m, 8 lane pool with A.O.E. The pool is accredited for British, European, and World records.

There will be 2 sessions. 12.30 warm up for 13.15 start and 17.00 warm up for 17.45 start. It should finish around 8.30 – 9:00pm.

All results will be heat declared winners, no finals will be swum. Heats will be seeded in time order, irrespective of age, slowest to fastest. The 200m individual events will be swum in mixed heats, but there will be separate men's and women's awards.

The results will be posted to the web site www.bsbasa.org and sent to the ASA, for entry into rankings and the Decathlon.

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 at least 18 yrs on the date of the competition. All other ages are at the 31st December 2008.

Each competitor may only compete for one club at the meet. Entries must be made on the official entry form. (NB we hope to trial a system of on line entries for those who prefer to enter in this way. Watch out for details on the website in due course.)

Individual events are : 200m in Backstroke, Breaststroke & Freestyle, 100m & 50m all strokes. 100m Individual Medley.

All relays are 4 x 50m. Ages are 100 Yrs +, 120 Yrs+, 160 Yrs+ and 200 Yrs+
Mixed relays consist of 2 ladies and 2 Men. Ages are 160 Yrs + and 200 Yrs+
Masters only to swim in relay teams.

ENTRY FEE: £4.00 for individual events. £6.00 for relay teams (Fees unchanged since 2005)
*£8.00 for relay entries on the day *

All entries MUST be received by the closing date – Monday 8th September 2008. Relay entries will be accepted on the day of the meet, but must be received no later than 10 minutes prior to the start of the warm up for the relevant session.

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. Points will be awarded 8,7,6,5,4,3,2,1 for places 1,2,3,4,5,6,7,8

All swimmers must be registered with the ASA and be responsible for their own health and safety, and to the best of their knowledge be physically fit and able to compete in masters events.

No cards will be issued. Confirmation of accepted entries will be posted on the BSBASA website (www.bsbasa.org) as soon as possible after the closing date (this should be no later than 22 September). If you do not have access to the internet and would like to receive confirmation of accepted entries, please enclose a stamped addressed envelope with your entry form.

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Information and entry procedure - cont

Competitors should check the confirmation of accepted entries carefully. Most errors can be corrected prior to the meet. It is most unlikely that errors will be corrected on the day.

The meet will be run on a “registration basis” for individual events. That is, individual competitors will need to sign in for each event that they have entered to signify that they are present and intend to swim in that event. Registration will close at the start of the warm up of the session concerned. Swimmers who have not registered prior to the start of the warm up may be able to swim in any empty lanes in the first heat, but otherwise will not be able to swim. Full details of the registration process will be included in the confirmation of accepted entries (either on-line or by post).

Relay team declaration cards must be collected from Rob Moore on the day of the meet. The names of the swimmers in each team must be “declared” on the cards and then returned to Rob Moore prior to the start of the warm up for the relevant session. Teams who do not complete and return relay declaration cards in time will not be eligible to swim.

Please send completed entry forms to

Rob Moore

Treetops,

22 Heatherdene Avenue,

Crowthorne,

Berks., RG45 6AA

Telephone 01344 752106

email: rjm7737@btinternet.com

Queries to Rob Moore as above, or the meet organiser Duncan McCreadie at dunc@bulldoghome.com (or 07970 626678).

Order of events

SESSION 1. Warm up 12.30 for 13.15 start		SESSION 2. Warm up 17.00 for 17.45 start	
Event No.	Event Name	Event No.	Event Name
1	Mixed 200m backstroke	21	Men's 100m freestyle
2	Men's 100m breaststroke	22	Ladies 100m freestyle
3	Ladies 100m breaststroke	23	Men's 50m backstroke
4	Men's 50m fly	24	Ladies 50m backstroke
5	Ladies 50m fly	25	Mixed 200m breaststroke
6	Mixed 200m freestyle	26	Men's 100m fly
7	Men's 100m backstroke	27	Ladies 100m fly
8	Ladies 100m backstroke	28	Mixed 4 x 25m IM
9	Men's 50m breaststroke	29	Men's 50m freestyle
10	Ladies 50m breaststroke	30	Ladies 50m freestyle
11	Men's 100yrs freestyle team	31	Men's 100yrs medley team
12	Ladies 100yrs freestyle team	32	Ladies 100yrs medley team
13	Men's 160yrs freestyle team	33	Men's 160yrs medley team
14	Ladies 160yrs freestyle team	34	Ladies 160yrs medley team
15	Men's 120yrs medley team	35	Men's 120yrs freestyle team
16	Ladies 120yrs medley team	36	Ladies 120yrs freestyle team
17	Men's 200yrs medley team	37	Men's 200yrs freestyle team
18	Ladies 200yrs medley team	38	Ladies 200yrs freestyle team
19	Mixed 160yrs freestyle team	39	Mixed 160yrs medley team
20	Mixed 200yrs medley team	40	Mixed 200yrs freestyle team