

# Berkshire & South Buckinghamshire ASA 19<sup>th</sup> Open Masters

At  
Magnet Leisure Centre, Maidenhead  
4 October 2008



## Information for Competitors

### Individual events – Registration

This year we are not issuing cards, but instead swimmers must register their intention to swim in each of the events they have entered. There will be separate registration for sessions 1 & 2 and swimmers must register before the published warm up start time for each session.

Swimmers will register their intention to swim by highlighting the appropriate event on the registration sheets. A specimen follows.

| Swimmer           |           | Ev 1<br>200m Back | Ev 1<br>100m Breast | Ev 4<br>5m Fly | Ev 6<br>200m Free | Ev 7<br>100m Back | Ev 9<br>50m Breast |
|-------------------|-----------|-------------------|---------------------|----------------|-------------------|-------------------|--------------------|
| <b>Moore, Rob</b> | Bracknell | 8                 |                     |                |                   | 9                 | 11                 |
|                   |           |                   |                     |                |                   |                   |                    |

Rob Moore has entered the 100m and 200m backstroke and the 50m breaststroke in session 1 (hence the grey against the other events). He has highlighted the 50m breast and 100m back, as he wants to swim these events. However he has left the 200m back un-highlighted as he does not feel up to this today!! (NB the numbers shown are the competitor numbers for the event and correspond to the competitor numbers on accepted entries sheet.)

The registration sheets will be posted on the back wall of the changing room. There will be separate sheets for ladies and men and they will be in alphabetical order of surname.

### Team events – Registration

Relay Team Declaration Cards are attached. The names of the swimmers in each team must be “declared” on the cards and then posted in the box along the back wall of the changing room. Teams who do not complete and return relay declaration cards in time will not be eligible to swim.

### Team events – Entry on the day

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. Relay Team Declaration Cards will need to be completed for all on the day entries. The entry fee for on the day entries is £8 payable in cash.

### Entry Acceptance

A complete list of accepted entries sorted by club then swimmer can be found on the website. **Please note this document has over 100 pages, so please be careful to print only the pages you need.**

Please check the information on the accepted entries listing carefully. It is easy to make corrections before the day by emailing Rob Moore ([rjm7737@btinternet.com](mailto: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.

## Start lists

Start lists will be posted on the wall between the main and fun pools during the warm up. It is each competitor's responsibility to note which heat and lane they are swimming in and to ensure they are at the start at the correct time.

## Results

All events are heat declared winners and there will be no finals. Results will be posted on the wall between the main and fun pools as soon as possible after each event has ended. Results will also be posted on the web site, [www.bsbasa.org](http://www.bsbasa.org), and sent to the ASA for inclusion in rankings and the decathlon competition.

Medals will be awarded for the first three in each age group and for the winner of each age group relay team. Medals will not be presented, but must be collected from the medal table which will be by the fun pool at the opposite end to the start.

A trophy will be awarded to the club with the most points and will be presented as soon as possible after the final race. Points will be awarded 8 for 1<sup>st</sup>, 7 for 2<sup>nd</sup>, ..... 1 for 8<sup>th</sup>.

## 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
- There is a map overleaf.
- 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 £3.30 and over 5 hours costs £4.00

## Other information

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

We hope a pool-side massage service will be available from a qualified Sports Rehabilitator.

There will be 2 sessions.

Session 1 12.45 warm up for a 1.30 start (NB please note that this is 15 minutes later than originally advertised)

Session 2 5.00 warm up for a 5.45 start.

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 2008. 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, see above.

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

## Order of events

Session 1 – Warm up 12:45 for 1:30 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 3:45 – 4:00

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 |  |

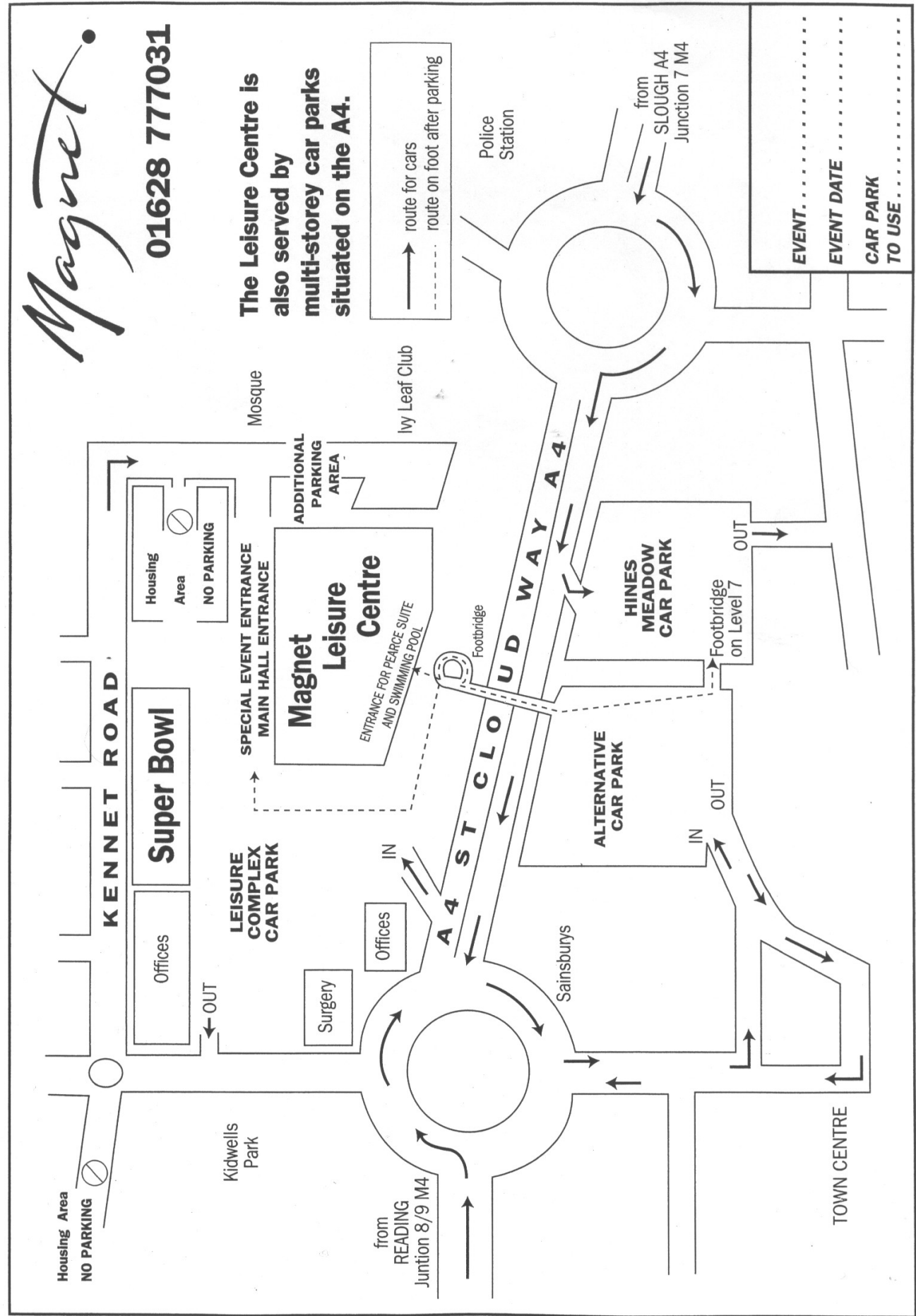
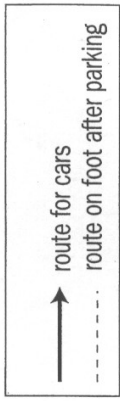
Estimated session finish time 7:45 – 8:15

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

# Magnet

01628 777031

The Leisure Centre is also served by multi-storey car parks situated on the A4.



|                       |
|-----------------------|
| EVENT.....            |
| EVENT DATE .....      |
| CAR PARK TO USE ..... |