

# Berkshire & South Buckinghamshire ASA 21<sup>th</sup> Open Masters

At  
Magnet Leisure Centre, Maidenhead  
16 October 2010



## Information for Competitors

### Individual events – Registration

There are no cards for this meet, 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 200m Back	Ev 2 100m Breast	Ev 4 5m Fly	Ev 6 200m Free	Ev 7 100m Back	Ev 9 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 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 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.

## Warm up

The warm up will be as follows:

Session 1	12:30-12:50 <b>Ladies</b>	12:50 – 13:10 <b>Men</b>
Session 2	16:30 - 16:50 <b>Men</b>	16:50 – 17:10 <b>Ladies</b>

Lane 1 (and lane 8 if volume demands) will be used for one way sprints in the last 5 minutes of each warm up.

Lane	Direction	Speed (seconds per length)
1	Clock-wise	20
2	Anti-clock	
3	Clock-wise	25
4	Anti-clock	
5	Clock-wise	30
6	Anti-clock	
7	Clock-wise	35
8	Anti-clock	

## 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.bsbasea.org](http://www.bsbasea.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.

Prizes will be awarded to the top 3 female and male swimmers of the meet (masters only). This year we will be using a points based method with age adjusted points calculated using the same method as the British Swimming Masters Decathlon Competition. The awards will be made based on the points for the best five swims (of any distance and stroke combination) and will be presented as soon as possible after the final race.

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 1st, 7 for 2nd, ..... 1 for 8th.

## Other information

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

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 2010. 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 swimming in any order. Masters and Seniors may 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.

## 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. There is a map overleaf.

- 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. You should use the long stay section (signed purple) and not the short stay (signed orange). Parking for up to 5 hours costs £3.30 and over 5 hours costs £4.00

## Order of events

### Session 1 – Register by 12:30 Warm up 12:30 for 1:15 start

Event No.	Event Name	Event No.	Event Name
1	Mixed 200m Freestyle	12	Men's 120yrs Freestyle Team
2	Men's 100m Breaststroke	13	Ladies 120yrs Freestyle Team
3	Ladies 100m Breaststroke	14	Men's 200yrs Freestyle Team
4	Men's 50m Backstroke	15	Ladies 200yrs Freestyle Team
5	Ladies 50m Backstroke	16	Men's 160yrs Medley Team
6	Mixed 200mFly	17	Ladies 160yrs Medley Team
7	Men's 100m Freestyle	18	Men's 240yrs Medley Team
8	Ladies 100m Freestyle	19	Ladies 240yrs Medley Team
9	Men's 50m Breaststroke	20	Mixed 160yrs Freestyle Team
10	Ladies 50m Breaststroke	21	Mixed 200yrs Medley Team
11	Mixed 100m Individual Medley		

Estimated session finish time 3:30

### Session 2 – Register by 4:30 Warm up 4:30 for 5:15 start

Event No	Event name	Event No	Event name
22	Mixed 200m Backstroke	33	Men's 120yrs Medley Team
23	Men's 100m Fly	34	Ladies 120yrs Medley Team
24	Ladies 100m Fly	35	Men's 200yrs Medley Team
25	Men's 50m Freestyle	36	Ladies 200yrs Medley Team
26	Ladies 50m Freestyle	37	Men's 160yrs Freestyle Team
27	Mixed 200m Breaststroke	38	Ladies 160yrs Freestyle Team
28	Men's 100m Backstroke	39	Men's 240yrs Freestyle Team
29	Ladies 100m Backstroke	40	Ladies 240yrs Freestyle Team
30	Men's 50m Fly	41	Mixed 160yrs Medley Team
31	Ladies 50m Fly	42	Mixed 200yrs Freestyle Team
32	Mixed 200m Individual Medley		

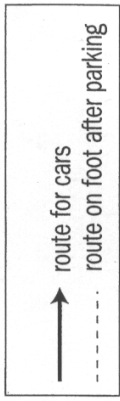
Estimated session finish time 7:15

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 .....

