

Middlesex County ASA

AFFILIATED TO ASA LONDON REGION.

Masters and Senior Age Group Competition 2012

UNDER ASA LAWS AND FINA TECHNICAL RULES OF MASTERS SWIMMING

Sunday 20th May 2012

Dear Colleague,

Please find attached Information and Entry Forms for this Meet, to be held this year at

Barnet Copthall Centre, Champions Way, Hendon, London, NW4 1PX

Events comprise of 50m each stroke plus 200m Freestyle and 100m Individual Medley for individual competitors and 4 x 25m Freestyle & Medley Relays for men, women & mixed Teams.

There will be two sessions:-

SESSION TIMES 1) Warm up : 9.30am Start : 10.30am

2) Warm up : 1.00pm (to be confirmed) Start : 2.00pm (TBC)

ENTRY FEES £4.50 per Individual Event £8 per Team Event (*on the day £12 per team*)

Cheques or Postal Orders made payable to Middlesex County ASA (MCASA) must accompany entries.

Should you wish pay via electronic transfer, please email ian.jeanettebcsc@talktalk.net for further details.

CLOSING DATE Entries including fees must be received by ***Tuesday 8th May 2012.***

AGE GROUPS As set down on the Entry Form. N.B. AGES AS AT 31.12.12 except Group "X" swimmers who should have achieved their 18th Birthday on or before the day of competition.

ASA REGISTRATION All competitors must be members of a swimming club affiliated to Middlesex County ASA and correctly registered with the ASA preferably as Category 2 competitors although Category 1 members will be accepted for this "closed" competition.

SWIMMERS CHECK IN: All competitors will be required to check in for SESSION TWO

Session One will be pre-heated. There will be no need for individual competitors to check in upon arrival at the pool. This only applies to individual events in Session One.

Session Two competitors are required to check in for their respective individual events before the second warm up.

Check in sheets will be found in the entrance lobby adjacent the main staircase.

All Relay teams must be checked in by the team manager upon arrival.

PLEASE ENSURE THAT YOU ARRIVE AT THE STARTING END OF THE POOL IN PLENTY OF TIME FOR YOUR RACE, OR YOU WILL MISS THE OPPORTUNITY TO SWIM.

EVENTS/RESULTS All events will be swum on the HEAT DECLARED WINNER System, Results will be decided on the recorded heat times in each Age Group.

AWARDS Medals will be awarded to the fastest three competitors in each Age Group in each Event. Top Team trophies will be awarded to the highest scoring Male, Female and combined clubs.

Should you require further information, or have any queries, please contact

Ian Woollard, 51 Oakroyd Avenue, Potters Bar, EN6 2EN

PHONE / FAX 01707 654573 or e-mail ian.jeanettebcsc@talktalk.net

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ORDER OF EVENTS

SESSION ONE

Warm Up - 9.30am : Start - 10.30am

Event 1	Mixed	200m	Freestyle
2	Mixed	50m	Breaststroke
3	Mixed	50m	Butterfly
4	Women	4 x 25m	Medley Relay
5	Men	4 x 25m	Medley Relay
6	Mixed	4 x 25m	Medley Relay

SESSION TWO

Warm Up - 1.00pm* : Start - 2.00pm* (*to be confirmed)

**Competitors in Session Two must check in on poolside table before warm up.
Failure to check in for session two may result in you being unable to swim**

7	Women	4 x 25m	Freestyle Relay
8	Men	4 x 25m	Freestyle Relay
9	Mixed	4 x 25m	Freestyle Relay
10	Mixed	100m	Individual Medley
11	Mixed	50m	Backstroke
12	Mixed	50m	Freestyle

All entries with fees must be received at the address below no later than **Tuesday 8th May 2012**

*Payment for entries sent by email must be received no later than **Tuesday 8th May 2012***

Should you require further information, or have any queries, please contact Ian Woollard at

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RELAY TEAM ENTRY FORM

PLEASE USE BLOCK CAPITALS

APPLICANT'S NAME.....TEL. No.....

ADDRESS

POST CODE.....CLUB NAME.....

Entry times are not required for team entries – Please indicate the **number** of teams to be entered in each event in the appropriate boxes below. **Please Note** we will try to group teams in the respective ages to make heats competitive. On some occasions different age groups may be racing in the same heat so try to avoid swimmers racing in more than one age group per event.

ENTRY FEE = £8.00 PER TEAM, PER EVENT -

Relay Entries "on the day" will accepted at £12.00 per team per event

MEDLEY RELAYS			
Age group	Event 4 Women	Event 5 Men	Event 6 Mixed
72+ years*			
100 – 119 years			
120 – 159 years			
160 – 199 years			
200 – 239 years			
240 – 279 years			
280 – 319 years			
FREESTYLE RELAYS			
Age group	Event 7 Women	Event 8 Men	Event 9 Mixed
72+ years*			
100 – 119 years			
120 – 159 years			
160 – 199 years			
200 – 239 years			
240 – 279 years			
280 – 319 years			

* "MASTERS" must be at least 25 years of age *IN THE YEAR OF COMPETITION* that is, at least 25 by 31.12.12 and may compete in the 72+ teams if desired. **ONLY "MASTERS"** may compete in other age groups in the competition. All competitors must be ASA registered members (Cat 2 or 1) of a swimming club affiliated to MCASA

I DECLARE that the details given above are correct and I agree to abide by the organiser's conditions. I also declare that the swimmers in the team(s) are fit, well and able to compete in the chosen events.

I enclose a cheque payable to "MCASA", which includes the sum of £.....
for these team entries @ £8.00/team, per event.

Signed.....

CLOSING DATE FOR ENTRIES - Tuesday 8th May 2012

Entries will normally be confirmed by email (providing I can read your handwriting!). PLEASE PRINT CLEARLY and CAREFULLY.

If you require written entry confirmation send **first class stamped addressed** envelope or postcard to:-

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PHONE / FAX 01707 654573 or e-mail ian.jeanettebcsc@talktalk.net

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INDIVIDUAL ENTRY FORM

PLEASE USE BLOCK CAPITALS

FORENAME & SURNAME..... DATE OF BIRTH

ADDRESS

POST CODE.....e-mail (please write clearly).....

Male / Female TEL No (Mobile).....

CLUB ASA REG.....

PLEASE TICK APPROPRIATE AGE GROUP BOX (Age as at 31.12.12)

AGE GROUP AGE	X	A	B	C	D	E	F	G	H	J	K	L	M	N+
18*-24														
✓														

NOTES: "MASTERS" Group 'A' must be at least 25 years of age IN THE YEAR OF COMPETITION that is, at least 25 by 31.12.12. *Group "X" swimmers must have achieved their 18th Birthday on or before the day of the competition.

All competitors must be A.S.A. registered members (Cat 2 or 1) of a Club affiliated to MCASA

PLEASE SUBMIT AN ENTRY TIME FOR EACH EVENT REQUIRED
EVEN IF ONLY AN ESTIMATE.

"NO TIME" entries will be programmed at the discretion of the organiser.

50m BUTTERFLY	50m BACKSTROKE	50m BREASTSTROKE	50m FREESTYLE
TIME	TIME	TIME	TIME
Ev.3	Ev.11	Ev.2	Ev.12
200m FREESTYLE		100m INDIVIDUAL MEDLEY	
TIME	TIME	TIME	TIME
Ev.1		Ev.10	

SWIMMER'S DECLARATION I declare that all the details given above are correct and I agree to abide by the Organiser's Conditions.

I also declare that I am fit, well and able to compete in the events.

I enclose a cheque/postal order payable to Middlesex County ASA or "MCASA". for £

forIndividual Entries @ £4.50 each.

Cheques or Postal Orders made payable to Middlesex County ASA (MCASA) must accompany entries.

Should you wish pay via electronic transfer, please email ian.jeanettebcsc@talktalk.net for further details.

SWIMMER'S SIGNATURE

CLOSING DATE FOR ENTRIES - Tuesday 8th May 2012

Entries will normally be confirmed by email (providing I can read your handwriting!). PLEASE PRINT CLEARLY and CAREFULLY.

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