

Middlesex County ASA

AFFILIATED TO SE LONDON REGION.

Masters and Senior Age Group Competition 2024

(Under Swim England Regulations and Technical Rules of Masters Swimming)

SUNDAY 19th MAY 2024

Dear Colleague,

Please find below information and entry forms for details of the Middlesex County ASA Masters and Senior Age Group competition for 2024, to be held this year at

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

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

There will be two sessions:-

SESSION TIMES 1) Warm up : 10.00am Start : 11.00am
2) Warm up : 1.00pm (to be confirmed) Start : 2.00pm (TBC)

ENTRY FEES £7.00* per Individual Event £15* per Team Event (*on the day £18 per team*)

This year only card payments will be accepted by using the link below.

*Note: An additional admin fee applies.

Individual entries : [LINK \(https://mcase.wufoo.com/forms/rxbs16n01ohx90/\)](https://mcase.wufoo.com/forms/rxbs16n01ohx90/)

Relay entries : [LINK \(https://mcase.wufoo.com/forms/r1vpo55q05xf737/\)](https://mcase.wufoo.com/forms/r1vpo55q05xf737/)

CLOSING DATE Entries including fees must be received by ***Tuesday 7th May 2024.***

AGE GROUPS As set down on the Entry Form. N.B. AGES AS AT 31.12.24 except Group “X” swimmers who should have achieved their 18th Birthday on or before the day of competition.

Swim England REGISTRATION All competitors must be members of a swimming club affiliated to Middlesex County ASA and correctly registered with SWIM ENGLAND preferably as “Club Compete” (Cat. 2) competitors although “Club Train” (Cat. 1) members will be accepted for this “closed” competition.

This meet is required to comply with the new Swim England Transgender and Non-Binary Competition Policy, and accordingly, will be held with Female and Open/Male categories. Further details on the policy and the definitions can be found at <https://www.swimming.org/swimengland/transgender-competition-policy-update/>

SWIMMERS CHECK IN: **Both Session One and Session Two** will be pre-heated.

There will be no need for individual competitors to check in upon arrival.

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 01707 653164, Mob. 07791 215764 or e-mail ian.woollard01@gmail.com

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ORDER OF EVENTS

SESSION ONE

Warm Up - 10.00am : Start - 11.00am

Event 1	Mixed	200m	Individual Medley
2	Mixed	100m	Breaststroke
3	Mixed	50m	Butterfly
4	Mixed	50m	Backstroke
5	Mixed	100m	Freestyle
6	Women	4 x 50m	Medley Relay
7	Open/Men	4 x 50m	Medley Relay
8	Mixed	4 x 50m	Medley Relay

SESSION TWO

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

9	Mixed	100m	Individual Medley
10	Mixed	100m	Backstroke
11	Mixed	50m	Freestyle
12	Mixed	50m	Breaststroke
13	Mixed	100m	Butterfly
14	Women	4 x 50m	Freestyle Relay
15	Open/Men	4 x 50m	Freestyle Relay
16	Mixed	4 x 50m	Freestyle Relay

All entries with fees must be received no later than **Tuesday 7th May 2024**

Proof of Payment for entries must be received no later than **Tuesday 7th May 2024**

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 = £15.00 PER TEAM, PER EVENT -

Relay Entries “on the day” will accepted at £18.00 per team per event

MEDLEY RELAYS			
Age group	Event 6 Women	Event 7 Open/Men	Event 8 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 14 Women	Event 15 Open/Men	Event 16 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 31.12.24 and may compete in the 72+ teams if desired. **ONLY “MASTERS”** may compete in other age groups in the competition. All competitors must be Swim England 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.

Fees to be paid using the online link on page one of this document
for these team entries @ £15.00/team, per event.

Signed.....Team Manager

CLOSING DATE FOR ENTRIES - Tuesday 7th May 2024

Entries will normally be confirmed by email PLEASE ENSURE YOUR ENTRY IS FULLY COMPLETED.

The online link should provide entry details but for clarity, you can complete the entry forms and email to Ian Woollard.

Any queries please contact:-

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PHONE 01707 653164, Mob. 07791 215764 or e-mail ian.woollard01@gmail.com

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INDIVIDUAL ENTRY FORM

PLEASE USE BLOCK CAPITALS

FORENAME & SURNAME..... DATE OF BIRTH

ADDRESS

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

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

CLUBSwim England REG.....

PLEASE TICK APPROPRIATE AGE GROUP BOX (Age as at 31.12.24)

AGE GROUP AGE	X	A	B	C	D	E	F	G	H	J	K	L	M	N+
18*-24														
25-29														
30-34														
35-39														
40-44														
45-49														
50-54														
55-59														
60-64														
65-69														
70-74														
75-79														
80-84														
85+														

NOTES: "MASTERS" Group 'A' must be at least 25 years of age IN THE YEAR OF COMPETITION that is, at least 25 by 31.12.24. *Group "X" swimmers must have achieved their 18th Birthday on or before the day of the competition. All competitors must be Swim England registered members "Club Compete" or "Club Train" (Cat 2 or 1) of a Club affiliated to MCASA

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

100m Ind. Medley TIME	50m Butterfly TIME	50m Backstroke TIME	50m Breaststroke TIME	50m Freestyle TIME
Ev.9	Ev.3	Ev.4	Ev.12	Ev.11
200m Ind. Medley TIME	100m Butterfly TIME	100m Backstroke TIME	100m Breaststroke TIME	100m Freestyle TIME
Ev.1	Ev.13	Ev.10	Ev.2	Ev.5

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

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 shown above.

Entries will normally be confirmed by email PLEASE ENSURE YOUR ENTRY IS FULLY COMPLETED.

The online link should provide entry details but for clarity, please complete the entry forms and email to Ian Woollard at ian.woollard01@gmail.com

This year only card payments will be accepted by using the link on page one of this document

*Note: An additional admin fee applies.

SWIMMER'S SIGNATURE

CLOSING DATE FOR ENTRIES - **Tuesday 7th May 2024**

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

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

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