

British Gas Masters and Senior Age Group Championships (50m)

18th – 20th June 2010

Entry Pack



Tollcross Pool, 350 Wellshot Road, Glasgow, G32 7QR

Please ensure you read all the information enclosed within this pack as it includes important details on the following:

- Entry and payment details
- Competition information
- Individual and team entry forms
- Event conditions
- Special events at the masters
- Pasta party
- Warm up marshal request

Final session times will be confirmed after the entry closing date but it is anticipated that evening sessions will be concluded by 8.00pm at the latest.

PROGRAMME OF EVENTS

Warm Up 12.00noon

Session 1 – Friday 18 June Afternoon

1. Mixed 1500m Freestyle
(This event may be swum 2 per lane)

Session 2 – Friday 18 June Evening

2. Men's 100m Breaststroke
3. Women's 100m Breaststroke
4. Men's 50m Backstroke
5. Women's 50m Backstroke
6. Men's 400m Individual Medley
7. Women's 400m Individual Medley
8. Men's 4 x 200m Freestyle Relays
9. Women's 4 x 200m Freestyle Relays

Warm up 8.00am

Session 3 – Saturday 19 June 9.00am

10. Women's 200m Freestyle
11. Men's 200m Freestyle
12. Women's 50m Breaststroke
13. Men's 50m Breaststroke
14. Women's 200m Individual Medley
15. Men's 200m Individual Medley
16. Mixed 4 x 50m Medley Relays
17. Women's 4 x 100m Freestyle Relays
18. Men's 4 x 100m Freestyle Relays

Session 4 – Saturday 19 June Afternoon

19. Women's 50m Butterfly
20. Men's 50m Butterfly
21. Women's 200m Breaststroke
22. Men's 200m Breaststroke
23. Women's 100m Freestyle
24. Men's 100m Freestyle
25. Mixed 4 x 50m Freestyle Relays
26. Women's 4 x 100m Medley Relays
27. Men's 4 x 100m Medley Relays

Session 5 – Saturday 19 June Evening

28. Mixed 4 x 100m Freestyle Relays
29. Mixed 800m Freestyle
(This event may be swum 2 per lane)

Warm up 8.00am

Session 6 – Sunday 20 June 9.00am

30. Men's 100m Backstroke
31. Women's 100m Backstroke
32. Men's 50m Freestyle
33. Women's 50m Freestyle
34. Men's 200m Butterfly
35. Women's 200m Butterfly
36. Men's 4 x 50m Medley Relays
37. Women's 4 x 50m Medley Relays
38. Mixed 4 x 200m Freestyle Relays

Session 7 - Sunday 20 June Afternoon

39. Mixed 4 x 100m Medley Relays
40. Men's 4 x 50m Freestyle Relays
41. Women's 4 x 50m Freestyle Relays
42. Men's 200m Backstroke
43. Women's 200m Backstroke
44. Men's 100m Butterfly
45. Women's 100m Butterfly
46. Men's 400m Freestyle
47. Women's 400m Freestyle

IMPORTANT INFORMATION

Entry Details

Individual and team entries can be made online via the events calendar on the Swimming website www.swimming.org

Competitors who are not members of the ASA, Swim Wales or Scottish Swimming must complete a paper entry form enclosed within this pack and return to the **British Swimming Events Department** at the address below (please note new postal address):

SportPark
3 Oakwood Drive
Loughborough
Leicestershire
LE11 3QF

Entries will only be accepted if they are received by **12.00 noon on Wednesday 19th May 2010**. If posting your entry, please ensure that sufficient time has been allowed for entries to arrive within the deadline stipulated. We recommend that you send your entry via Special Delivery to ensure receipt.

GUIDE TO COMPLETING YOUR ENTRY

Online Entry

1. Search for the event on the events calendar on the Swimming website: www.swimming.org and follow the link to the online entry.
2. Enter your ASA registration number and follow the given instructions.
3. If your chosen payment option is debit or credit card please follow the [PayPal](#) payment instructions.
4. If you choose to pay by cheque, please make it payable to "British Swimming Ltd" and ensure that the following information is written clearly on the back of your cheque:
 - **Title of event 'British Masters and Senior Age Group Championships'**
 - **Swimmers name, club and ASA registration number**
 - **If entering more than one swimmer, please ensure that this information is included for each swimmer.**
 - **Attach your cheque to a printed copy of your online entry and send to the Events Department.**
 - **If you are submitting entries for multiple swimmers and/or teams, please send one cheque to cover all entries and include all their names and/or details of team events on the back of the cheque.**

Postal Entry

1. Complete the entry form enclosed in this pack. Please ensure that every section is completed accurately.
2. Fill in the credit/debit card form with your card details or alternatively:
3. Enclose a cheque made payable to "British Swimming Ltd". If submitting entries for multiple swimmers/teams, please send one cheque to cover all entries
4. On the back of your cheque, please ensure that the following information is written clearly:
 - **Title of event 'British Masters and Senior Age Group Championships'**
 - **Swimmers name, club and ASA registration number**
 - **If you are submitting entries for multiple swimmers and/or teams, please send one cheque to cover all entries and include all their names and/or details of team events on the back of the cheque.**

If you require confirmation for the receipt of your entry please enclose a stamped self-addressed postcard (this is not a confirmation of entry).

Competitor Confirmations

Please note that paper confirmations of entry will not be sent out. A list of processed entries will be available via the online entry front page on the Swimming website. Competitors are requested to check their details carefully and inform the Entries Administrator on 0191 2701560 or masters.entry.2010@hotmail.com immediately if there are any errors.

Final event information, along with a draft programme will also be published on the Swimming website on Wednesday 26th May. Again, please check the draft programme carefully and if there are any errors or changes need to be made, please contact the Entries Administrator. All amendments to the programme must be made by Wednesday 2nd June.

Withdrawals

To reduce the number of empty lanes at the event, please inform the Entries Administrator of any events from which you wish to withdraw. Once again, this information is requested by Wednesday 2nd June.

Re-Entry (Secondary Entry)

Re-entry will be required for the 400, 800, and 1500 metres freestyle events and the 400 metre individual medley. Details will be given within the competitors' information published on the website on the 26th May. Confirmation of entry must be completed at least one hour before the start of the session.

Formation of Heats

Relay and 50 metre events:

Competitors and relay teams in each age group will be seeded in the same heats and thus race against each other. Where smaller age groups are combined in the same heat, competitors/relay teams in the same age group will be seeded in adjacent lanes.

100, 200 and 400 metre events:

Swimmers will be graded from slowest entry time to fastest with all age groups swimming together. Heats will be graded from slowest entry time in lane 1 to fastest entry time in lane 10, except for the final heat, which will be spearheaded.

800 and 1500 metre events:

The 800 and 1500 metres will be swum as a 'mixed' event, with men and women being seeded together by time. Dependant on entries, male and female swimmers may be seeded to swim in the same lane.



British Gas Masters & Senior Age Group Championships (50m)

Tollcross
18/06/10 – 20/06/10

INDIVIDUAL ENTRY FORM

Member No:	<input type="text"/>	Male:	<input type="text"/>	Female:	<input type="text"/>
FIRST NAME:..... SURNAME:..... DATE OF BIRTH:/...../.....					
ADDRESS:.....					
..... POST CODE:.....					
DAYTIME TEL NO:..... EMAIL:					
NAME OF CLUB: NATIONALITY:					
<small>(Please only enter the club that you wish to compete for at the championships)</small>					
PLEASE NOTE THAT PAPER CONFIRMATIONS OF ENTRY WILL NOT BE SENT OUT. A DRAFT PROGRAMME WILL BE AVAILABLE ON THE SWIMMING WEBSITE FROM THE 26th MAY 2010, ALONG WITH FINAL EVENT INFORMATION.					

These Championships are open to members of clubs affiliated to the ASA, Scottish Swimming, Swim Wales or any of the countries affiliated to FINA.

Please tick the appropriate age group below [age as at 31 December 2010]:

Age group	S	A	B	C	D	E	F	G	H	J	K	L	M	N	P	Q
	*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	85-89	90-94	95-99
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

* Minimum age: Both Male and Female swimmers in Group S must be aged 18 years on the day of their first swim in these Championships.

FREESTYLE		BACKSTROKE		BREASTSTROKE		BUTTERFLY		IND. MEDLEY	
Distance	Submitted Time	Distance	Submitted Time	Distance	Submitted Time	Distance	Submitted Time	Distance	Submitted Time
50m	<input type="text"/>	50m	<input type="text"/>	50m	<input type="text"/>	50m	<input type="text"/>	200m	<input type="text"/>
100m	<input type="text"/>	100m	<input type="text"/>	100m	<input type="text"/>	100m	<input type="text"/>	**400m	<input type="text"/>
200m	<input type="text"/>	200m	<input type="text"/>	200m	<input type="text"/>	200m	<input type="text"/>	CLOSING DATE FOR ENTRIES: 12 NOON WEDNESDAY 19th MAY 2010	
**400m	<input type="text"/>	Registration Fee £20 Entry fee £4.75 per individual event Cheques payable to British Swimming Ltd or Credit/Debit Card Information – please fill in the form on page 8							
**800m	<input type="text"/>								
**1500m	<input type="text"/>								

** Re-entry required at event.

You MUST submit a time in order to enter an individual event. If you do not give a time, you will not be accepted for the event and the entry fee will be forfeited. Please ensure the time entered is achievable. Converted times will be accepted.

Total to pay - £20 registration fee + _____ events at £4.75 = _____

Please return entry forms to the British Swimming Events Department: SportPark, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF.

CLOSING DATE FOR ENTRIES: 12 NOON, WEDNESDAY 19TH MAY 2010

Please ensure you sign the next page (page 6) and return it with your form

IMPORTANT – Please ensure you read this document carefully before signing

1. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events.
2. I am aware of and appreciate the inherent risks involved in such training and competition including the possibilities of injury and accident. I undertake always to conduct myself in a responsible and professional manner.
3. I undertake at all times to use my best endeavours to train and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk of injury.
4. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.
5. I acknowledge that British Swimming, the ASA, or any body affiliated thereto, cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.
6. I hereby agree to abide by and be governed by the rules of the ASA and all other laws and regulations applicable including the ASA Safety Laws.

I have read and understand the above provisions and agree to abide by them.

Signature of Competitor: _____ Date: _____



MASTERS INTER CLUB POINTS COMPETITION

In 1988 Coupar SC from Scotland presented a trophy for a club aggregate points competition. This trophy was won on the first occasion by Motherwell Masters, and then disappeared from view. The trophy was reinstated in 2006, and is awarded to the club that gains the most points in the Masters events in the Championships (i.e. in the age groups 25 – 29 yrs and upwards and in the relays 100-199yrs upwards).

Points will be awarded on the basis of 3 for a 1st place, 2 for 2nd, 1 for a 3rd, plus 1 point for all swims completed without disqualification (including medal winning swims). Relays will count double.

The trophy will be awarded at the conclusion of the competition.



British Gas Masters & Senior Age Group Championships (50m)

Tollcross
18/06/10 – 20/06/10

TEAM ENTRY FORM

NAME OF CLUB [IN FULL]:.....

NAME OF PERSON TO WHOM ANY QUERIES SHOULD BE DIRECTED:

DAYTIME TELEPHONE NO: EMAIL:

- a) Clubs are limited to one team per age group per event.
- b) A competitor may only represent one club in the Championships.
- c) Total age of team as at 31st December 2010.
- d) Male & Female swimmers must be 18 years of age on the day of their first swim in the Championships.

Please enter a time in the relevant box:

MIXED RELAYS (2 Men/2 Women)								
	72 years +	100-119 years	120-159 years	160-199 years	200-239 years	240-279 years	280-319 years	320-359 years
4 x 50m FREESTYLE								
4 x 50m MEDLEY								
4 x 100m FREESTYLE								
4 x 100m MEDLEY								
4 x 200m FREESTYLE								

MALE RELAYS (4 Men)								
	72 years +	100-119 years	120-159 years	160-199 years	200-239 years	240-279 years	280-319 years	320-359 years
4 x 50m FREESTYLE								
4 x 50m MEDLEY								
4 x 100m FREESTYLE								
4 x 100m MEDLEY								
4 x 200m FREESTYLE								

FEMALE RELAYS (4 Women)								
	72 years +	100-119 years	120-159 years	160-199 years	200-239 years	240-279 years	280-319 years	320-359 years
4 x 50m FREESTYLE								
4 x 50m MEDLEY								
4 x 100m FREESTYLE								
4 x 100m MEDLEY								
4 x 200m FREESTYLE								

I declare that the above particulars are correct and agree to abide by the conditions laid down by British Swimming for these Championships.

Signed: Date:

**Entry fee £10.00 per team per event
Please make cheques payable to "British Swimming Ltd"**

CLOSING DATE: 12 NOON, WEDNESDAY 19TH MAY 2010

Please fill in the form below to pay by credit or debit card for entry to the British Gas Masters Championships and Senior Age Group Championships (50m) 2010

Card Details
Switch-Maestro/Mastercard/Visa (Please Delete as appropriate)

Please print clearly

Card Number

Start Date / Expiry Date / Issue Number

Last 3 digits on signature strip

Individual registration fee	£20.00
Individual events at £4.75 each	£.....
Team events at £10.00 each	£.....
Total to pay	£.....

We also require the name and address of the CARD HOLDER

Name (as on card):

Address.....

.....

Post Code.....

Daytime contact number.....

Payment can take anything up to 10 days to be processed.

Finance Office Information:

Event: British Gas Masters and Senior Age Group Championships

Date: 18th – 20th June 2010

Budget Code:

Event Officer:

BRITISH SWIMMING
MASTERS' CHAMPIONSHIPS AND SENIOR AGE GROUP SWIMMING CHAMPIONSHIPS

FINA Masters rules apply to all age groups, Masters and Seniors.

GBMS01 **General Conditions**

- 01.01** The British Swimming Managing Board ("the Board") reserves full powers over the British Masters' Swimming Championships.
- 01.02** The Championships shall be held annually under FINA Swimming Rules and FINA Masters Rules unless otherwise provided in these conditions, the British Swimming Disciplinary Code and any additional conditions (printed in the respective Meet information). For conditions not covered by FINA Rules (for example: Health and Safety regulations and guidelines and Child Protection) the requirements of the ASA shall apply to events held in England or Wales and the requirements of SASA shall apply to events held in Scotland.
- 01.03** Entries may only be accepted from:
- 01.03.01** competitors registered as members of the Amateur Swimming Association (ASA) Scottish Swimming (SASA) or Swim Wales (WASA) or
- 01.03.02** competitors from any country affiliated to FINA.
- 01.04** For both individual and team events, a competitor must have been a registered member, or equivalent, of the club in whose name he is entered, at least 28 days prior to the first day of competition and for Masters events must be aged 25 years or over by 31st December in the year of competition.
- 01.05** These Championships shall be held at a venue and for a period determined by the Board.
- 01.06** All events are Heat Declared Winner within each Age Classification. In each event, with the exception of the 50m events, competitors will be seeded according to their entry time and will compete against those with similar times from the various age groups taking part in the event. In the 50m events, competitors will be seeded together within age groups.
- 01.06.1** The 400, 800, and 1500 metres freestyle events may be swum with two swimmers per lane. Notwithstanding anything in the FINA Masters rules, male and female swimmers may be required to share a lane.
- 01.06.2** In events where swimmers are required to share a lane they may be required to wear coloured swim hats provided by the promoter.

GBMS02 **Events**

- 02.01** Individual Events for Masters and Senior Age Group are: Freestyle 50m, 100m, 200m, 400m, 800m and 1500m, Backstroke, Breaststroke and Butterfly 50m, 100m and 200m Individual Medley 200m and 400m.
- 02.02** Masters Team Events (all team members to be aged a minimum of 25 years at 31 December in the year of the competition) are:
Men, Women & Mixed (2 Men/2 Women) 4 x 50m, 4 x 100m & 4 x 200m Freestyle and 4 x 50m, 4 x 100m Medley in the following age-groups:-
- | | |
|-----|------------------------|
| (1) | 100-119yrs (total age) |
| (2) | 120-159yrs (total age) |
| (3) | 160-199yrs (total age) |
| (4) | 200-239yrs (total age) |
| (5) | 240-279yrs (total age) |
| (6) | 280-319yrs (total age) |
| (7) | 320-359yrs (total age) |

There will also be Senior Age Group team events for teams 72 years and over (for all teams), with all team members aged at least 18 years on the day of their first event in the Championships.

Clubs may only enter one team per age group in each event and individual swimmers can only swim in one team in each event.

- 02.03** The total age of a Masters team shall be as at 31st December in year of competition. Each team member must be aged 25 or over as at that date.
- 02.04** Masters Age Groups for both men and women are (Age as at 31st December in the year of competition)

A 25yrs-29yrs **B** 30yrs-34yrs **C** 35yrs-39yrs **D** 40yrs-44yrs **E** 45yrs-49yrs
F 50yrs-54yrs **G** 55yrs-59yrs **H** 60yrs-64yrs **J** 65yrs-69yrs **K** 70yrs-74yrs
L 75yrs-79yrs **M** 80yrs-84yrs **N** 85yrs-89yrs **P** 90yrs-94yrs **Q** 95yrs-99yrs

- 02.05** The Senior Age Group for both men and women is between 18 years on the day of their first swim in the Championships and 24 years as at 31st December in the year of the Championships
The names of competitors in Team Events must be submitted to the Chief Recorder (using the official Team Declaration Forms) at least 60 minutes prior to the start of the session.

02.06 All entries shall be received by the appointed Championships Administrator (The Administrator) by the relevant closing date accompanied by the appropriate registration and entry fee.

GBMS03 **Competitors with a permanent disability**

03.01 A competitor who has a permanent disability shall not be disqualified in a case where his disability prevents him from complying with the rules of a particular stroke, provided that the disability has been notified to the referee by the competitor or his representative before the race takes place. Notification shall be by a medical certificate issued, in the case of competitors from clubs in Great Britain, by the Medical officer of either British Swimming, the ASA, SASA or WASA. In the case of competitors in 01.03.02, the certificate shall have been issued by a Medical Officer appointed by the governing body of the country concerned.

03.02 Functional Ability Cards may be presented in place of Medical Certificates.

GBMS04 **Trophies and Medals**

Medals shall be awarded to the first three placed individual competitors and teams in each age group in both the Masters Championships and the Senior Age Group Championships.

GBMS05 **Officials**

Technical Officials shall be selected from lists approved by the ASA, SASA and WASA.

GBMS06 **Other conditions**

06.01 **Starts**

Over the top starts may, where necessary or appropriate, be used during these Championships (except in the backstroke events).

GBMS07 **Safety**

All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

GBMS08 **Coupar Trophy**

The Coupar Trophy shall be awarded to the club, British or overseas, whose swimmers gain the most points as set out below in Masters events in the Championships (i.e. individual age group 25-29 and older, and relay age group 100-119 and older).

1st place	individual 3 points	team 6 points
2nd place	individual 2 points	team 4 points
3rd place	individual 1 point	team 2 points

plus for all swims completed without disqualification, including 1st, 2nd, and 3rd places

individual 1 point	team 2 points
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Note

- 1. Late or incomplete entries will not be accepted. Entries will not be accepted from British Club members who do not have a valid ASA, SASA, or WASA membership number.**
- 2. Please note the following:**
 - a. Relays teams in the 72-years-plus age group may include swimmers over the age of 24.**
 - b. In the 'mixed' events male and female swimmers may be required to share a lane.**
 - c. In events where two swimmers share a lane they may be required to wear hats provided by the organisers.**
 - d. The Coupar Trophy is open to all clubs, British and overseas.**

Attention All Masters

Special events at the British Gas Masters and Senior Age Group Championships 2010

Free Entry

Masters Seminar

An educational seminar open to all Masters swimmers is being considered for Saturday 19th June after session 4 at Tollcross Pool, lasting approximately 60-75 minutes.

The seminar topic is yet to be confirmed and will be released in due course but if you would like to receive information of the session as soon as it becomes available please register your interest either via the online entry pages or by emailing the Events Department at masters@swimming.org. There is no charge for attending.

Club Timekeepers Course

Open to all Masters swimmers and associates; the course is approximately 1 hour theory & 1 hour practical. It will take place in the morning and afternoon sessions on Saturday 19th June at Tollcross pool. Further information will be provided to applicants once the arrangements have been finalised.

Numbers will be limited so please register your interest either via the online entry pages or by emailing the Events Department at masters@swimming.org before Wednesday 26th May. There is no charge for attending.

MASTERS PASTA PARTY AND CEILIDH

Saturday 19th June 2010
7.30pm

Tollcross Pool

Tickets £10.00 each

Pre-booking is recommended as numbers are limited.
Book your place via the online entry page on the Swimming website or return this form to the Events Department by 11th June 2010.

The menu will include a number of pasta dishes (including a vegetarian option) and will be served as a rolling buffet from 7.30pm so swimmers competing in the evening session will still be able to attend.

A range of sweets will also be available and the bar is licensed to sell alcohol.

Tickets will not be sent out; names will be checked on the door.

Pasta Party and Ceilidh – British Gas Masters & Senior Age Group Championships 2010

Name:

I would like to reserve place(s) at the British Masters Pasta Party and Ceilidh.

I have enclosed a cheque for £.....made payable to 'British Swimming Ltd'.

Contact telephone number:

Please return to:
British Swimming Events Department
SportPark
3 Oakwood Drive
Loughborough
Leicestershire
LE11 3QF

Tel: 01509 632266

WANTED: WARM UP MARSHALS

British Gas Masters and Senior Age Group Championships (50m)

18th – 20th June 2010

It has become the successful practice for warm-ups at the British and ASA Masters Championships to be supervised by the swimmers themselves. Since we have adopted this practice the warm-up sessions have become much safer and more pleasant, an outcome we wish to continue.

We are again communicating with all competitors with a view to getting enough volunteers for this important task.

We need four or five marshals for each warm up session, and if we can persuade two competitors in fifty out of the five hundred-odd taking part to volunteer to marshal for one of the six sessions it should not be necessary to ask anyone to marshal for more than one session.

If you would like to help out could you please contact the Events Department either by e-mail masters@swimming.org or by post with an indication of the warm up session you are able to cover.

With thanks for your help.

Events Department

Reply to: British Swimming Events Department (masters@swimming.org)
SportPark
3 Oakwood Drive
Loughborough
Leicestershire
LE11 3QF

I am prepared to act as a warm up marshal for the following session(s):

Session 1	Friday afternoon
Session 2	Friday evening
Session 3	Saturday morning
Session 4	Saturday afternoon
Session 5	Saturday evening
Session 6	Sunday morning
Session 7	Sunday afternoon

Name:.....

Postal address:.....

.....

Email address:.....



Masters Swimming Decathlon Competition

Age Adjusted performance related points competition

10 best swims selected from 6 stroke/distance categories
to provide a total points score

Male & Female Individual Competitions

(Cash Awards for Male & Female top 3 individual places)

Male & Female Club Competitions

(Cash Awards for top Male & Female Club)

***** No Entry Fee *****

(Automatic Entry by means of competition results being
submitted to the Masters Rankings System – Conditions Apply)

Open to all ASA, SASA & WASA Registered Masters Swimmers

Competition runs 1st Jan to 31st Dec 2010

Full Details Available on www.swimming.org/britishswimming/masters