



**British Gas ASA Masters & Senior  
Age Group Championships (25m)**

Sheffield

29/10/2010 – 31/10/2010

# **British Gas ASA Masters and Senior Age Group Championships (25m)**

**29<sup>th</sup> – 31<sup>st</sup> October 2010**



## **Entry Pack**

Ponds Forge International Sports Centre,  
Sheaf Street, Sheffield, S1 2BG



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### Introduction

This document contains the information needed to enter the 2010 British Gas ASA Masters & Senior Age Group Championships. Please read it carefully as some changes have been made to the process this year as a continuation of the ASA aim to improve service to swimmers.

The major change is to make the entry process on-line only; there will be NO PAPER ENTRY FORMS AND NO POSTAL COMMUNICATIONS TO ENTRANTS. Experience has shown that on-line entries are virtually error free and enable entrants to see immediately the events and times they have entered.

For anyone having problems with their on-line entry a help line number will be available, 01509 640128.

Another innovation is to include the 4 x 100m and 4 x 200m team races recently approved by FINA. This has meant the addition of nine events to the programme, and to accommodate these extra events a Saturday evening session has been included.

There will be a £20 registration fee to cover entry to the event and a programme again this year and the cost of individual entries has been maintained at £4.75 per event. Team entries are £10.00 and team members not swimming in an individual event will not be subject to the registration fee.

The successful Club time-keepers course, where you can complete the first level in qualifying as an official, will be repeated again this year, and the popular Pasta Party will again be held for competitors and friends on the Saturday evening.

Finally, please read the event conditions carefully as we are constantly trying to make improvements to the running of the event and therefore changes such as the introduction of the re-entry system for the 400m events last year can catch you unawares.

We hope you will support the meet and the organised events and enjoy competing in Sheffield.

**Closing deadline 12 noon Wednesday 29<sup>th</sup> September 2010**



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### Programme of Events

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#### Session 1 – Friday 29<sup>th</sup> October - Afternoon Warm up 12:00 noon

101. Mixed 1500m Freestyle

#### Session 2 – Friday 29<sup>th</sup> October - Evening

- 102. Men's 100m Freestyle
  - 103. Women's 100m Freestyle
  - 104. Men's 200m Backstroke
  - 105. Women's 200m Backstroke
  - 106. Men's 100m Butterfly
  - 107. Women's 100m Butterfly
  - 108. Men's 50m Breaststroke
  - 109. Women's 50m Breaststroke
  - 110. Men's 4 x 100m Medley Relay
  - 111. Women's 4 x 100m Medley Relay
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#### Session 3 - Saturday 30<sup>th</sup> October - Morning Warm up – 08:00

- 201. Women's 4 x 200m Freestyle Relay
- 202. Men's 4 x 200m Freestyle Relay
- 203. Women's 400m Individual Medley
- 204. Men's 400m Individual Medley
- 205. Women's 50m Backstroke
- 206. Men's 50m Backstroke
- 207. Women's 100m Breaststroke
- 208. Men's 100m Breaststroke
- 209. Women's 4 x 50m Freestyle Relay
- 210. Men's 4 x 50m Freestyle Relay

#### Session 4 - Saturday 30<sup>th</sup> October - Afternoon

- 212. Mixed 4 x 50m Freestyle Relay
- 213. Men's 200m Freestyle
- 214. Women's 200m Freestyle
- 215. Men's 200m Individual Medley
- 216. Women's 200m Individual Medley
- 217. Men's 50m Freestyle
- 218. Women's 50m Freestyle
- 219. Mixed 4 x 100m Freestyle Relay

#### Session 5 - Saturday 30<sup>th</sup> October - Evening

- 221. Mixed 4 x 100m Medley Relay
  - 222. Men's 400m Freestyle
  - 223. Women's 400m Freestyle
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#### Session 6 – Sunday 31<sup>st</sup> October - Morning Warm up 08:00

- 301. Mixed 800m Freestyle
- 302. Men's 4 x 50m Medley Relay
- 303. Women's 4 x 50m Medley Relay
- 304. Women's 100m Individual Medley
- 305. Men's 100m Individual Medley
- 306. Women's 200m Butterfly
- 307. Men's 200m Butterfly
- 308. Mixed 4 x 200m Freestyle Relay

#### Session 7 - Sunday 31<sup>st</sup> October - Afternoon

- 310. Mixed 4 x 50m Medley Relay
  - 311. Men's 200m Breaststroke
  - 312. Women's 200m Breaststroke
  - 313. Men's 50m Butterfly
  - 314. Women's 50m Butterfly
  - 315. Men's 100m Backstroke
  - 316. Women's 100m backstroke
  - 317. Men's 4 x 100m Freestyle Relay
  - 318. Women's 4 x 100m Freestyle Relay
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## Event Conditions

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

### General Conditions

- 1 The ASA Technical Masters Committee is the promoter and reserves full powers over the ASA Masters and Senior Age Group Swimming Championships.
- 2 The Championships are open only to members of the ASA, Scottish ASA, and Swim Wales.
- 3 All competitors must have been born either in the United Kingdom, the Channel Islands or Isle of Man, or have been resident there from 1 January in the year of competition.
- 4 The Championships shall be competed for annually under the Laws, Rules, and Regulations of the ASA, the FINA Masters Swimming Rules, and any additional conditions which shall be printed in the meet brochure and promoter's rules. They shall be open to eligible competitors as defined therein.
- 5 All competitors in the Masters Championships must be aged 25 years or over at midnight on 31 December in the year of competition.
- 6 Competitors in the Senior Age Group Championships must be aged 18 years or over on the day of their first swim in the Championships and under 25 years at midnight on 31 December in the year of competition.
- 7 Competitors may compete in up to nine individual events and once in each of the team events listed in paragraph 10.1 below.

### Ages

- 8.1 The age groups for individual Masters events shall be for men and women:

25-29 years	45-49 years	65-69 years
30-34 years	50-54 years	70-74 years
35-39 years	55-59 years	75-79 years
40-44 years	60-64 years	80-85 years

And in five year bands as high as necessary.

- 8.2 There shall also be Senior Age Groups 18-24 for both men and women (see 6 above).
- 8.3 The age groups for Masters team events shall be  
100-119 years    120-159 years    160-199 years    200-239 years  
240-279 years    280-319 years    and in 40-year increments as high as necessary
- 8.4 The combined age of the team members at midnight on 31 December in the year of competition must fall within the age band given in 8.3 with the proviso that all team members must be 25 years of age or older by midnight on the 31 December in the year of competition.
- 8.5 There shall also be team events for teams 72 years and over with all team members aged 18 years and over on the day of their first swim.

### 9. Individual Events

- 9.1 The individual events shall be (for both men and women):  
50m, 100m, 200m, 400m, 800m, and 1500m Freestyle;  
50m, 100m, and 200m Backstroke, Breaststroke, and Butterfly;  
100m 200m, and 400m Individual Medley

### 10. Team Events

- 10.1 The team events shall be:  
Men's and Women's 4 x 50 m Freestyle and Medley Team Relays;  
Men's and Women's 4 x 100 m Freestyle and Medley Team Relays;  
Men's and Women's 4 x 200 m Freestyle Team Relays;  
Mixed 4 x 50 m Freestyle and Medley Team Relays;  
Mixed 4 x 100 m Freestyle and Medley Team Relays;  
and Mixed 4 x 200 m Freestyle Team Relays.
- 10.2 The mixed teams shall consist of two competitors of each sex swimming in any order.
- 10.3 All events are Heat Declared Winner in Age Classification.
- 10.4 Clubs are limited to a maximum of two teams in any one age group in each team event.
- 10.5 The names of swimmers in relay teams and the order of swimming must be reported to the recorders using the official Team Declaration Form(s) at least 60 minutes before the start of the session. Changes in team members and/or the order of swimming will be allowed but must be notified 30 minutes before the start of the session in which the team is swimming.
- 10.6 A swimmer entered in the name of one club in the individual events may not compete in the name of another club in the team events.

### 11. Registration

- 11.1 For an individual event a swimmer must have been an ASA registered member, or equivalent, of the club in whose name the swimmer is entered, at least 28 days prior to the first day of competition.
- 11.2 The individuals forming teams must have been ASA registered members, or equivalent, of the club they represent at least 28 days prior to the first day of competition.



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### 12 **Entries**

- 12.1 All entries must be received by the ASA Events Officer by the published closing date accompanied by the appropriate entry fee. This date will normally be a minimum of 28 days before the first day of the competition.
- 12.2 Competitors and teams whose entries have been accepted will be expected to swim unless they have formally withdrawn in accordance with condition 14.

### 13 **Re-entry/secondary entry**

- 13.1 A secondary entry procedure may apply to some events as specified in the meet brochure and promoter's rules.

### 14 **Withdrawals**

- 14.1 Competitors must notify the Administrator of their withdrawal from all events seven working days prior to the start of the competition.

### 15 **Competitors with a disability**

- 15.1 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 by the Medical Officer of the ASA, SASA or Swim Wales.
- 15.2 A competitor in possession of a current Functional Ability Card ('FAC') issued by the ASA, SASA, or Swim Wales showing the exemptions afforded to the competitor shall not be disqualified provided that FAC has been notified to the referee by the swimmer or his representative before the race takes place.

### 16 **Awards**

- 16.1 Medals shall be awarded to the first three placed swimmers and teams in each event in each age group.

### 17 **Safety**

- 17.1 All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.
18. Any matter not provided for in these conditions shall be decided by the ASA Masters Committee.

### **IMPORTANT - Please read the following carefully before entering.**

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 me 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 anybody 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.

Please note that the submission of your on-line entry will confirm your acceptance of the above.



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### GUIDE TO COMPLETING YOUR ON-LINE ENTRY

1. Search for the event on the events calendar on the Swimming website: [www.swimming.org](http://www.swimming.org) and follow the link to the on-line 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 “The ASA” and ensure that the following information is written clearly on the back of your cheque:
  - **Title of event “ASA Masters 2010”**
  - **Swimmers name, club and ASA/British Swimming 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 on-line entry and send to the ASA Events Department, Pavilion 3, SportPark, 3 Oakwood Drive, Loughborough University, LE11 3QF.**
  - **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.**

### NOTES FOR COMPETITORS

#### Competitor Confirmations

Please note that paper confirmations of entry will not be sent out. A list of processed entries will be available via the on-line entry 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](mailto:masters.entry.2010@hotmail.com) immediately if there are any errors.

Final event information, along with a draft programme will be published on the website on Wednesday 6<sup>th</sup> October. Again, please check the draft programme carefully and if there are any errors or changes that need to be made, please contact the Entries Administrator. All amendments to the programme must be made by 13<sup>th</sup> October.

#### 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 13<sup>th</sup> October.

#### Re-Entry (Secondary Entry)

Re-entry will be required for the 400, 800, and 1500 metres freestyle events and the 400 metres individual medley. Details will be given within the competitors' information published on the website on the 6<sup>th</sup> October. Confirmation of entry must be completed at least one hour before the start of the session.



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### Relay Team Declaration

Teams in relay events are required to be declared to the recorders on the official forms at least one hour before the start of the session in which they are swimming. The names and ages of the swimmers in the teams, the order in which they are swimming and the ASA/British Swimming registration number of any swimmers not in individual events are required. This is intended to allow the recorders to provide full results for each relay, including swimmers names and split times. Changes in team members and/or the order of swimming will be allowed but must be notified 30 minutes before the start of the session in which the team is swimming.

### 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 and 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, 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.

## **WANTED: WARM UP MARSHALS**

**FREE Pasta Party ticket for every 3 sessions marshalled!**

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It has become 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 six marshals for each warm up session.

If you would like to help could you please highlight your availability during your online entry or by clicking on the following link: <http://www.doodle.com/9zccq4u477gnf2wg>

With thanks for your help.

Events Department



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### SPECIAL EVENTS

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

#### Timekeepers Course

Free and open to all Masters Swimmers and associates; the course is approximately 1 hour theory & 1 hour practical. There will be one course during the morning sessions and one during the afternoon sessions on Saturday 30<sup>th</sup> October at Ponds Forge International Sports Centre. Further information will be provided to applicants once the arrangements have been finalised.

Numbers will be limited so please register your interest by Monday 13th October via the online entry page or by clicking on the following link <http://www.doodle.com/54fpqmg539ydn3h>

There is no charge for attending.

#### MASTERS PASTA PARTY

Saturday 30<sup>th</sup> October 2010  
7.30pm

Ponds Forge International Sports Centre

Tickets £10.00 each

Pre-booking is recommended as numbers are limited.

Book your place during your online entry or on the event entry homepage.

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 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.