



AMATEUR SWIMMING ASSOCIATION 2010 MIDLAND OPEN MASTERS CHAMPIONSHIPS AND 18-24 YEARS AGE GROUP CHAMPIONSHIPS



(UNDER ASA LAWS AND REGULATIONS AND FINA TECHNICAL RULES OF SWIMMING)

GENERAL CONDITIONS AND SCHEDULE OF EVENTS

1. The Joint Midland Masters Committee of the East & West Midland Regions reserves full powers over all Midland Masters Championships.
2. Entries will be accepted from eligible competitors who are registered in the year of competition and are members of clubs in affiliation of the ASA, the Scottish or Welsh ASAs, or of any other country affiliated to FINA.
3. All competitors in Masters events must be aged 25 years or over at midnight on 31 December in the year of competition.
4. Protests shall be made and dealt with as detailed in ASA Law. The Promoter is the Joint Masters Committee of the East & West Midland Regions.

THE EVENTS

5. The Joint Masters Committee shall determine the programme of events. (The programme currently includes the following events:
For both men and women, : 50, 100, 200, and 400 metres freestyle; 50, 100, and 200 metres breaststroke, butterfly, and backstroke;
100, 200 & 400 metres individual medley; 4 x 50 metres freestyle and medley relays
Mixed (2 women and 2 men) 4 x 50 metres freestyle and medley relays).
6. Age groups for individual Masters events shall be 25-29 years, 30-34 years, and upwards in 5-year bands as required.
7. Entry standards or restrictions on numbers may be applied.
8. All events shall be heat declared winner.
9. Age groups for team events shall be 72 years-plus, 100-119 years, 120-159 years, 160-199 years, 200-239 years, and upwards in 40-year bands as required. Swimmers in the 72 years-plus relay events must be 18 years of age or over on 31 December in the year of competition. Swimmers in Masters team events (100-119 years + etc.) must be 25 years of age or over on 31 December in the year of competition.
10. Team events shall be open to teams from any affiliated clubs. A club may enter more than one team in any age category. A swimmer may swim for only one team in any team event.
11. A competitor may represent only one club in the Championships.
12. The 18-24 Age-group individual championships will be swum concurrently and seeded with the corresponding Masters individual events. The general conditions applying to these events shall be those of the Midland Age Group Individual Swimming Championships except that all events shall be heat declared winner events and where the conditions for Masters competitions differ they shall apply.

PROCEDURE

13. Entries must be made on the current form and accompanied by the entry fee and a stamped addressed envelope for the return of your acknowledgement. Acceptance of an entry is at the discretion of the promoter. Incomplete or inaccurate entries, particularly those not accompanied by the entry fee, may not be accepted.
14. The information provided on the entry form shall be regarded as definitive. Alterations (e.g. to the events entered) will not be accepted after the closing date.
15. The secondary entry system will operate for the 400m Freestyle & 400m Ind. Medley. Competitors must confirm their participation as instructed.
16. Where applicable, failure to make this secondary entry within the stipulated time will cancel the swimmer's right to compete in an event. However, swimmers will be allowed to swim in unallocated lanes of the earlier heats, of the same event, if available. This will be on a first-come first-served basis.
17. Competitors will be allocated lanes in graduated time order, slowest to fastest. Individual male and female events over 100m will be swum together.
18. Medals or other awards shall be presented as determined by the Joint Masters Committee.

THE 18 - 24 YEARS AGE GROUP CHAMPIONSHIPS WILL BE SWUM CONCURRENTLY AND SEEDED WITH THE CORRESPONDING MASTERS EVENTS

All INDIVIDUAL EVENTS, 200m PLUS, WILL BE SWUM WITH MEN AND WOMEN SEEDED TOGETHER, BUT THERE WILL BE SEPARATE MEN'S AND WOMEN'S RESULTS

SESSION ONE - FRIDAY 23 April -- 7.00 pm START

1 400m Freestyle Mixed

SESSION TWO - SATURDAY 24 April --9.30 am START

2 200m Butterfly Mixed
3 50m Backstroke Female
4 50m Backstroke Male
5 100m Freestyle Female
6 100m Freestyle Male
7 200m Individual Medley Mixed
8 200m Medley Relay Mixed

SESSION THREE -SATURDAY 24 April--start time to be notified

9 200m Freestyle Mixed
10 100m Breaststroke Female
11 100m Breaststroke Male
12 50m Butterfly Female
13 50m Butterfly Male

SESSION START TIMES: The first session on Saturday & Sunday will start at 9.30 am. The start times of the other sessions will be advised with the returned competitors entry cards or confirmation letter. The letter of confirmation should be with you by Monday 19th April. If this is not the case ring Tony on 01902 752579 no later than 8.30pm on Tuesday 20th April.

14 200m Backstroke Mixed
15 200m Freestyle Relay Female
16 200m Freestyle Relay Male

SESSION FOUR – SUNDAY 25 April – 9.30 am START

17 200m Breaststroke Mixed
18 100m Backstroke Male
19 100m Backstroke Female
20 50m Freestyle Male
21 50m Freestyle Female
22 100m Individual Medley Female
23 100m Individual Medley Male
24 200m Medley Relay Female
25 200m Medley Relay Male

SESSION FIVE - SUNDAY 25 April – start time to be notified

26 400m Individual Medley Mixed
27 50m Breaststroke Male
28 50m Breaststroke Female
29 100m Butterfly Male
30 100m Butterfly Female
31 200m Freestyle Relay Mixed

Swimmers with Disability Certificates must present them to the referee prior to competing. FAC cards will also be accepted.



AMATEUR SWIMMING ASSOCIATION
2010 MIDLAND OPEN MASTERS CHAMPIONSHIPS
(COMBINED EAST & WEST MIDLAND REGION)
 (Under ASA Laws & Regulations and FINA Technical Rules of Swimming)
INCORPORATING THE 18 - 24 YEARS
AGE GROUP CHAMPIONSHIPS
AT NEWBOLD COMYN LEISURE CENTRE, LEAMINGTON SPA
FRIDAY SATURDAY & SUNDAY 23, 24, & 25 APRIL 2010



Entries will be rejected if ID number is incorrect.

ASA ID NUMBER						
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PLEASE TICK

MALE	
FEMALE	

FORENAMES.....SURNAME.....

DATE OF BIRTH*.....CLUB.....

ADDRESS.....

POST CODE..... TEL No..... E-MAIL ADDRESS (optional).....

*Your age group (25-29 etc) will be automatically calculated from your birth date.

Female	Male	EVENT	ENTRY TIME
1	1	400m FREESTYLE	: :
2	2	200m BUTTERFLY	: :
3	4	50m BACKSTROKE	: :
5	6	100m FREESTYLE	: :
7	7	200m IND MEDLEY	: :
9	9	200m FREESTYLE	: :
10	11	100m BREASTSTROKE	: :
12	13	50m BUTTERFLY	: :
14	14	200m BACKSTROKE	: :
17	17	200m BREASTSTROKE	: :
18	19	100m BACKSTROKE	: :
20	21	50m FREESTYLE	: :
22	23	100m IND MEDLEY	: :
26	26	400m IND MEDLEY	: :
27	28	50m BREASTSTROKE	: :
29	30	100m BUTTERFLY	: :

Please enter a realistic time. It is unfair on slower/older swimmers to have faster swimmers in the next lane due to the declaration of incorrect times. Such practice is not acceptable and the promoter reserves the right adjust seeding where necessary.

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association and will abide by the conditions laid down by the Association for this competition. I have read and understood the disclaimer associated with this form and agree to abide by and be governed by its provisions.

Signature of Competitor..... Date.....

Please complete all sections of this form, **including your registration number**, and return the form with (a) a cheque payable to "Midland Swimming" for your entry fee of £4.75 per event entered and (b) a stamped, self-addressed envelope. Entries to:

Tony Ward, Joint Midland Masters Championships, 103 Crowther Road, Wolverhampton, WV6 0HX

BY THE CLOSING DATE OF FRIDAY 26th MARCH 2010

A SEPARATE ENTRY FORM IS AVAILABLE FOR TEAM EVENTS

IMPORTANT - Please read this disclaimer carefully. Any queries should be raised with the Regional Director of the East or West Midland Regions.

- 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 to always 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 during Masters Swimming events the Joint Masters Committee of the East and West Midlands 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 Amateur Swimming Association and all other laws and regulations applicable including the ASA Safety Laws and the Conditions of the Joint Masters Committee of the East & West Midland Region.



**AMATUER SWIMMING ASSOCIATION
2010 MIDLAND OPEN MASTERS AND
18-24 AGE GROUP CHAMPIONSHIPS
(COMBINED EAST & WEST MIDLAND REGION)**



(Under ASA Laws & Regulations and FINA Technical Rules of Swimming)

**AT NEWBOLD COMYN LEISURE CENTRE
LEAMINGTON SPA**

ON FRIDAY SATURDAY & SUNDAY 23,24, & 25 APRIL 2010

TEAM ENTRY FORM

Name of Club

Team entries should be submitted by **ONLY ONE** person from the club. To enter simply tick the relevant box(es)

If you enter more than one team in an event please identify by e.g. an "A" and a "B" team (etc).

For the conditions please refer to the attached sheet or the 2010 Regional Handbook.

A swimmer may compete only once in each relay event.

Swimmers in 'masters' relays (all except 72-plus, min age 18 years) must be aged 25 years – see General Conditions paragraph 9.

	WOMEN							
	72 yrs plus	100-119yrs	120-159yrs	160-199yrs	200-239yrs	240-279yrs	280-319yrs	320 + yrs
Event 15 - 4 x 50m FREESTYLE								
Event 24 - 4 x 50m MEDLEY								

	MEN							
	72 yrs plus	100-119yrs	120-159 yrs	160-199 yrs	200-239 yrs	240-279 yrs	280-319 yrs	320 + yrs
Event 16 - 4 x 50m FREESTYLE								
Event 25 - 4 x 50m MEDLEY								

	MIXED (2 Women & 2 Men In any order)							
	72 yrs plus	100-119yrs	120-159 yrs	160-199 yrs	200-239 yrs	240-279 yrs	280-319 yrs	320 + yrs
Event 31 - 4 x 50m FREESTYLE								
Event 8 - 4 x 50m MEDLEY								

Name and address to which notices are to be sent:

.....
.....

POST CODE TEL No

I hereby declare that all the swimmers in the teams are registered and on behalf of the entrants agree to abide by the conditions laid down by the Association for this competition.

Signature Date

Return the completed form, together with the entry fee of **£9.50** per team per event and a stamped, self-addressed envelope to: Tony Ward, Joint Midland Masters Championships, 103 Crowther Road, Wolverhampton, WV6 0HX

ENTRIES CLOSE ON FRIDAY 26th March 2010

Cheques made payable to **Midland Swimming**. Late entries will not be accepted.

All team members who have not entered an individual event must sign the disclaimer which will be part of the Team Declaration Form to be completed and submitted 30 minutes before the commencement of the relevant session. (The content of this disclaimer is the same as that on the back of the individual entry form.)



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**AT NEWBOLD COMYN LEISURE CENTRE
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ON FRIDAY SATURDAY & SUNDAY 23,24, & 25 APRIL 2010



RELAY TEAM DECLARATION FORM

RELAY TEAM DECLARATION FORMS must be presented to the recorders **30 minutes** prior to the start of the session in which the relay takes place, with the names of the swimmers **IN THE ORDER IN WHICH THEY ARE TO SWIM.**

CLUB	AGE GROUP
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Please tick as appropriate

WOMEN	MEN	MIXED
FREESTYLE	MEDLEY	

	FIRST NAME	SURNAME	ASA ID NUMBER	YEAR OF BIRTH	AGE AS AT 31st DEC (THIS YEAR)
1					
2					
3					
4					
				TOTAL AGE	

CLUB REPRESENTATIVE

NAME (PLEASE PRINT)

SIGNATURE

DATE..... **TIME OF DELIVERY**

TEAM MEMBERS WHO HAVE NOT ENTERED INDIVIDUAL EVENTS MUST READ AND SIGN THE DISCLAIMER. ALL TEAM MEMBERS MUST BE REGISTERED COMPETITORS.