



# 9<sup>th</sup> ROYAL NAVY OPEN MASTERS

28<sup>th</sup> March 2010 – Millfield School

(Incorporating the Armed Forces Masters Competition)



The 9<sup>th</sup> Royal Navy Open Masters Meet will take place at Millfield School, Somerset on Sunday 28th March 2010. The event will be swum short course in the 8 lane 25m competition pool with full electronic timing. A second 25m will be available for use as a continuous warm-up/warm-down facility throughout the competition. The event will be technically supported by Sportstek, the commercial partner of the ASA. Free parking and light refreshments will be available at the venue.

## Entries

Entries will be accepted by completing the attached form, from eligible competitors who are registered in the year of competition and are members of clubs in affiliation of ASA, WASA, SASA and any other countries affiliated to FINA. Entries are to be returned to Sportstek, 23 Thanstead Copse, Loudwater, Bucks. HP10 9YH by **Friday 12<sup>th</sup> Mar 2010**. Entries sent without fee(s) or incorrectly completed will not be accepted. All entries must be on the official entry form or a photocopy thereof. Please provide a legible e-mail address on your entry as confirmations will be made via this media. If you do not have access to an e-mail account please provide a stamped self addressed envelope so that confirmation of your entry can be made. No individual entries will be accepted on the day, but relay entries will be accepted before the warm-up of the first session. Full entry lists will be published before the competition on the Royal Navy website ([www.navyswimming.co.uk](http://www.navyswimming.co.uk))

## Events

All events will be heat declared winner in age classification under ASA laws and FINA Technical Rules for Masters Swimming. Re-registration for all events will be required prior to the warm-up for each of the sessions.

### Morning Session – Warm-up 0900 (both pools) - Start 0930

EVENT No	EVENT	CATEGORY	EVENT No	EVENT	CATEGORY
1	400m FREESTYLE	MIXED	8	100m IND MEDLEY	FEMALE
2	100m BUTTERFLY	FEMALE	9	50m FREESTYLE	MALE
3	100m BUTTERFLY	MALE	10	50m FREESTYLE	FEMALE
4	50m BREASTSTROKE	FEMALE	11	200m MEDLEY RELAY	MALE
5	50m BREASTSTROKE	MALE	12	200m MEDLEY RELAY	FEMALE
6	100m BACKSTROKE	FEMALE	13	200m MEDLEY RELAY	MIXED
7	100m BACKSTROKE	MALE	<b>Lunch break on completion of Event 13</b>		

### Afternoon Session Start TBC

14	200m FREESTYLE	MIXED	21	50m BACKSTROKE	MALE
15	100m IND MEDLEY	MALE	22	100m FREESTYLE	FEMALE
16	50m BUTTERFLY	FEMALE	23	100m FREESTYLE	MALE
17	50m BUTTERFLY	MALE	24	200m FREE RELAY	FEMALE
18	100m BREASTSTROKE	FEMALE	25	200m FREE RELAY	MALE
19	100m BREASTSTROKE	MALE	26	200m FREE RELAY	MIXED
20	50m BACKSTROKE	FEMALE	<b>Presentation of overall Age Group Winners</b>		

## Entry Fees

400m Freestyle £5, all other Individual events £4.00 per event. Relays £6.00 per team.

Individual Age Group winners from the 2009 Royal Navy Masters Meet will be granted 'free' entry for 5 individual events but will be required to pay for any additional events and relays entered.

Cheques should be made payable to 'RNASA'. Entry fees are non refundable.

## Age Groups

### Individual Events (Male and Female)

S	18 - 24yrs	E	45 - 49yrs	K	70 - 74yrs
A	25 - 29yrs	F	50 - 54yrs	L	75 - 79yrs
B	30 - 34yrs	G	55 - 59yrs	M	80 - 89yrs
C	35 - 39yrs	H	60 - 64yrs	N	90+ yrs
D	40 - 44yrs	J	65 - 69yrs		

### Relay Events (Male, Female and Mixed)

72+ yrs      100-119yrs      120-159yrs      160-199yrs      200+ yrs

No competitor under the age of 25 shall be permitted to compete in the 100, 120, 160 or 200+ Relay events.

## Awards

Medals will be available from the medal table on the first floor balcony throughout the event and will be awarded as follows:

<b>Individual Events</b>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Male & Female
<b>Relay Events</b>	1 <sup>st</sup>			Male, Female & Mixed
<b>Age Groups</b>	Top Male & Female in each age group			
<b>Team Trophy</b>	Top Visiting Team			

Points will be awarded to the top six swimmers in each age group as 1<sup>st</sup> = 6pts down to 6<sup>th</sup> = 1pt. Relay points will be awarded to teams finishing 1<sup>st</sup> – 6pts 2<sup>nd</sup> – 4pts and 3<sup>rd</sup> – 2pts. In relay events where clubs have more than one team entered in any age group, only the nominated 'A' Team will count for points.

## Results

Official results will be sent to all entrants who provide an e-mail address and will be available after the competition on the Royal Navy Swimming Website ([www.navyswimming.co.uk](http://www.navyswimming.co.uk)). They will also be sent to the Masters Results Ranking System for inclusion in the British Swimming Masters Decathlon Competition.

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Event Organiser  
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**9TH OPEN MASTERS EVENT - 28th MARCH 2010  
MILLFIELD SCHOOL 25m**



**ENTRY FORM**

FULL NAME (IN CAPITALS)..... D.O.B.....  
 ADDRESS.....POST CODE.....  
 TEL No..... MOBILE..... E-Mail.....  
 NAME OF CLUB (IN FULL).....  
 MALE or FEMALE.....ASA REGISTRATION NUMBER.....

Please circle the appropriate age group (age as 31/12/10)

S	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	80-89	90+

Entry time should be your fastest from the previous 12 months, conversions accepted.

FREESTYLE		BACKSTROKE		BREASTSTROKE		BUTTERFLY		100m IND MEDLEY	
Distance	Time	Distance	Time	Distance	Time	Distance	Time	Time	
50m		50m		50m		50m			
100m		100m		100m		100m			
200m									
400m									

**RELAY ENTRIES** (To be submitted by one member of the club)

CLUB:	MALE	FEMALE	MIXED
<b>200m MEDLEY RELAY</b>	Number of Teams	Number of Teams	Number of Teams
72+			
100 - 119			
120 - 159			
160 - 199			
200+			

CLUB:	MENS	LADIES	MIXED
<b>200m FREESTYLE RELAY</b>	Number of Teams	Number of Teams	Number of Teams
72+			
100 - 119			
120 - 159			
160 - 199			
200+			

Closing date: Friday 12<sup>th</sup> March 2010 – there will be no individual entries on the day, relay entries will be accepted before the morning session warm-up.

Entries together with the appropriate fee(s) are to be returned to  
Sportstek, 23 Thanstead Copse, Loudwater, Bucks. HP10 9YH.

**IMPORTANT – Please read this document carefully before signing.**

**RELEASE FROM LIABILITY (To be signed and returned with all entry forms)**

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 do not to do anything which would expose myself or fellow swimmers to unnecessary risk or 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 regards safety.
5. I acknowledge that **the ASA**, the Royal Navy Swimming Club or any other 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 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 \_\_\_\_\_