



British Gas ASA Masters and Senior Age Group Championships (25m) 2009
(ASA Rules of Masters Swimming & the ASA Disciplinary Code)

23rd – 25th October 2009, Ponds Forge, Sheffield

**Changes to the event
Activities, Entry Conditions and Fees**

At the ASA we are constantly striving to improve the service we provide to the swimmer. In respect of Masters we firmly believe that whilst competitive swimming is central to the ASA Championships, we should be mindful of the Masters' motto of 'Fitness, Fun and Friendship'. We are therefore incorporating other activities and events which will hopefully add value to the meet for you.

This year we will repeat the successful Club time-keepers course, where you can take the first step towards qualifying as an official. To try to provide some insight into the latest training methods we will run a seminar on a topic selected to help you get the most out of your training. On the social side of things the popular Pasta party will again be hosted at the pool on the Saturday evening.

It is our aim to encourage participation in the meet throughout the weekend and to that end we have made some alterations to the event conditions and entry fees. To help achieve this we have changed the pricing structure and increased the number of events you can swim in to nine.

We have introduced a registration fee of £20.00 which covers entry to the event, a programme (previously £5.00) and a goodie bag.

Thereafter we have reduced the cost of individual entries to £4.75 (compared to £8.75 in 2008). Team entries are also reduced to £10.00 (£18.25 in 2008) and team members not swimming in an individual event will not be subject to the registration fee.

You will appreciate that there are fixed costs involved in running a meet of this nature and we have a budget to cover amongst other things, pool hire costs, equipment and medals, and officials expenses. The new pricing structure has been carefully considered and is being introduced because it is more consistent with the aim of encouraging participation.

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 introducing a re-entry system for the 400m events can catch you unawares.

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



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General Information

The Venue

Ponds Forge International Sports Centre
Sheaf Street
Sheffield
S1 2BG
Tel: 0114 279 9766

Session Times

Times for all sessions will be confirmed on the British Swimming website after the entry closing date.

Friday 23 rd October	approx 1.00 p.m./evening session
Saturday 24 th October	9.00 a.m./afternoon
Sunday 25 th October	9.00 a.m./afternoon

Training and Warm up

The pool will be available from 12 noon on Friday 23rd October until 15 minutes before the start of the first session and then between sessions. Any further training opportunities will be notified to entrants in the competitor information pack displayed on the British Swimming website. The diving pit will be available for warm up and cool down during competition time.

Return of Entry Forms

Entries will be accepted only if they reach the Events Office by **5.00pm on Wednesday 23rd September 2009**.

All paper entries must be made on the official entry form or a photocopy thereof. Please ensure that sufficient time has been allowed for entries to reach the office before the deadline. Completed forms should be sent to the Events Office, 41 Granby Street, Loughborough, Leicestershire, LE11 3DU. Entries should be sent by Special Delivery to ensure receipt. It is regretted that entries sent without entry fees or those incorrectly completed WILL NOT be accepted.

Please note that paper confirmations will not be sent out. A list of processed entries will be available via the online entry front page on the British Swimming website. Competitors are requested to check their details carefully and inform Catherine Castell on 01509 632259 or catherine.castell@swimming.org immediately if there are any errors.

Final competitor information, along with a draft programme will also be published on the British Swimming website on 30th September 2009. Again, please check the draft programme carefully and if there are any errors or changes need to be made, please contact Catherine Castell. All amendments to the programme must be made by 7th October.

Competitors Information

Final competitor information, including session start times will be displayed on the British Swimming website homepage on Wednesday 30th September.

Re-Entry (Secondary Entry)

This is required for the 400, 800, and 1500 metre freestyle events and the 400 metre individual medley. Details regarding the re-entry process will be contained in the competitor information pack.



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INDIVIDUAL ENTRY FORM

Membership Number:	<input type="text"/>	Male:	<input type="checkbox"/>	Female:	<input type="checkbox"/>
GIVEN NAME:.....		FAMILY NAME:.....		DATE OF BIRTH: / /	
ADDRESS:.....					
POST CODE:.....		DAYTIME TEL NO:.....		EMAIL:	
NAME OF CLUB [IN FULL].			NATIONALITY:.....		
(Please only enter one club - the club that you wish to compete for at the championships)					
PLEASE NOTE THAT PAPER CONFIRMATIONS WILL NOT BE SENT OUT. A DRAFT PROGRAMME WILL BE AVAILABLE ON THE BRITISH SWIMMING WEBSITE FROM THE 30TH SEPTEMBER 2009					
If you require proof of delivery of entry please include a stamped addressed postcard with your entry form.					

These Championships are open only to the ASA, Scottish ASA, and Swim Wales members. All entrants to the Championships must have been born in the United Kingdom, Channel Islands, or the Isle of Man, or have been resident therein from 1 January in the year of competition.

Please tick the appropriate age-group [age as at 31 December 2009]. **Minimum age: All swimmers in the 18-24 events must be 18 years of age on day of competition.**

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"/>

FREESTYLE		BACKSTROKE		BREASTSTROKE		BUTTERFLY		IND. MEDLEY	
Distance	Submitted Time	Distance	Submitted Time	Distance	Submitted Time	Distance	Submitted Time	Distance	Submitted Time
50m		50m		50m		50m		100m	
100m		100m		100m		100m		200m	
200m		200m		200m		200m		*400m	
*400m		Registration Fee: £20 Entry Fee: £4.75 per individual event Cheques payable to 'The ASA' Or Credit/Debit Card Information – please fill in the attached						You may enter a maximum of NINE individual events	
*800m									
*1500m									

* Re-entry required at event.

You MUST submit a time in order to enter an event. If you do not give a time, you will not be accepted for the event and any entry fee will be forfeited. Please enter a time you are likely to achieve. Converted times will be accepted.

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

Please return completed entry forms to the Events Office: 41 Granby Street, Loughborough, Leicestershire, LE11 3DU.

CLOSING DATE: 5.00pm on Wednesday 23rd September 2009

Please ensure you sign the next page (page 4) and return it with your entry form

PLEASE ENSURE YOU SIGN THE BELOW FORM

IMPORTANT - Please 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: _____



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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 two teams per age group per event.
- b) A competitor may represent only one club in the Championships.
- c) Total age of team is as at 31st December 2009.
- d) All swimmers must be 18 years of age on the day of competition.
- e) All swimmers in relays, except those in the 72+ category, must be 25 years of age at 31st December 2009.

TO ENTER AN EVENT PLEASE ENTER A TIME IN THE APPROPRIATE 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 FREESTYLE	4 x 50m FREESTYLE	4 x 50m FREESTYLE	4 x 50m FREESTYLE	4 x 50m FREESTYLE	4 x 50m FREESTYLE	4 x 50m FREESTYLE
4 x 50m MEDLEY	4 x 50m MEDLEY	4 x 50m MEDLEY	4 x 50m MEDLEY	4 x 50m MEDLEY	4 x 50m MEDLEY	4 x 50m MEDLEY	4 x 50m MEDLEY

ENTRY FEE £10.00 per team per event	MEN		WOMEN	
	4 x 50m FREESTYLE	4 x 50m MEDLEY	4 x 50m FREESTYLE	4 x 50m MEDLEY
72 years +				
100-119 years				
120-159 years				
160-199 years				
200-239 years				
240-279 years				
280-319 years				
320-359 years				

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 'The ASA'

CLOSING DATE: 5.00pm on Wednesday 23rd September 2009



British Gas ASA Masters and Senior Age Group Swimming Championships (25m) 2009

Entry Information

Entries can be made online via the British Swimming website www.britishswimming.org or posted to the Events Department.

If posting entries, completed entry forms should be returned, with the relevant fee and sent to the Events Department, 41 Granby Street, Loughborough, Leicestershire, LE11 3DU. Please ensure that sufficient time has been allowed for entries to reach the office within the deadline stipulated. We recommend that you send your entry via special delivery to ensure receipt.

Please see the box below for a guide on how to fill in your entry form for this event:

GUIDE TO FILLING OUT YOUR ENTRY FORM

Online Entry

1. Go to the British Swimming homepage at www.britishswimming.org and follow the link to the British Gas ASA Masters and Senior Age Group Championships 2009 online entry.
2. Type your membership number or family name and on the following page enter appropriate times in your chosen event(s). Once completed, click 'Add to the entry list'.
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 title of the event 'ASA Masters 2009', swimmers name, ASA registration number and club are written on the back. Attach your cheque to a copy of your entry form and ensure that both reach the Events Department by the closing date.
5. If you are submitting entries for multiple swimmers, please send one cheque to cover all entries.

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 or Postal Order made payable to 'The ASA'. If submitting entries for multiple swimmers, please send one cheque to cover all entries
4. On the back of your cheque, please ensure that the following information is written clearly:
 - **Swimmers name, club and ASA registration number**
 - **Title of event 'ASA Masters 2009'**
 - **If entering more than one swimmer, please ensure that this information is included for each swimmer.**

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

All entries and the appropriate entry fee (both online and posted copies) must be received in the Events Department by 5.00pm on Wednesday 23rd September. Entries will not be processed until payment has been received and will be rejected if they do not arrive by the closing date. Entries sent without fee, entries incorrectly completed and improved entries will not be accepted.

PAYMENT BY CREDIT/DEBIT CARD

Please fill in the form below to pay for entry to the British Gas ASA National Masters and Senior Age Group Championships (25m) 2009

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

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

_____ team events at £10.00 = _____

We also require the name and address of the CARD HOLDER

Full Name:

Address.....

.....

Post Code.....

Daytime contact number.....

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

British Gas ASA Masters and Senior Age Group Championships (25m) 2009

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 in one single sex freestyle and medley team event and in one mixed freestyle and medley team event.

8. 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 & Women's 4 x 50 metres Freestyle and Medley Team Relays;
and Mixed 4 x 50 metres Freestyle and Medley 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. In each event teams will be seeded according to their age group as far as possible.
- 10.4 Clubs are limited to a maximum of two teams in any one age group. Otherwise there is no limitation.
- 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 he 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.

12. Entries

- 12.1 All entries must be received by the ASA Events Officer by the relevant 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.

British Gas ASA Masters and Senior Age Group Championships (25m) 2009

23rd – 25th October 2009, Ponds Forge, Sheffield

Programme of Events

Session 1 Friday afternoon *1500m Freestyle	Session 2 Friday evening 100m Individual Medley 200m Butterfly 50m Backstroke 100m Breaststroke
Session 3 Saturday morning *400m Freestyle 50m Butterfly 100m Backstroke 200m Individual Medley Single Sex Freestyle Relays	Session 4 Saturday afternoon 200m Breaststroke 200m Freestyle 100m Butterfly Single Sex Medley Relays
Session 5 Sunday morning *800m Freestyle 50m Freestyle 200m Backstroke Mixed Medley Relays	Session 6 Sunday afternoon *400m Individual Medley 100m Freestyle 50m Breaststroke Mixed Freestyle Relays

***Re-entry is required for the 400, 800 and 1500 metre freestyle events and the 400 metre individual medley. Details regarding the re-entry process will be included in the competitor information published on the British Swimming website on Wednesday 30th September 2009.**

WANTED: WARM UP MARSHALS

British Gas ASA Masters and Senior Age Group Championships (25m) 2009

23rd - 25th October 2009

It has become the successful practice for warm-ups at the British and the 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 both of the two pools for each warm up session, and if we can persuade one competitor in fifty out of the thousand-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 me, Catherine Castell either by e-mail catherine.castell@swimming.org or by post with an indication of the warm up session you are able to cover. Naturally I hope that we will have more offers than necessary, but in any case I will let everyone concerned know the final position well before the Championships.

With thanks for your help.

Catherine Castell
Events Office

Reply to: Catherine Castell (catherine.castell@swimming.org)

41 Granby Street
Loughborough
Leicestershire
LE11 3DU

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	Sunday morning
Session 6	Sunday afternoon

Name:.....

Postal address:.....

.....

Email address:.....

Attention All Masters

Special events at the British Gas ASA Masters and Senior Age Group Championships (25m) 2009

Free Entry

Masters Seminar - How to design a swim session

Following the success of the seminar at the British Masters, Nuala Muir-Cochrane will once again lead a session on 'How to design a swim session'. This seminar will cover the essential ingredients of a Masters training session and give advice on how to plan training for a Masters event. Whilst of interest to all Masters, this will be particularly useful for those who are responsible for their own training. It will be held in the afternoon on Saturday 24th October at Ponds Forge and will last approximately 60-75 minutes.

Further details regarding the seminar will be confirmed via email after the entry closing date.

Book Your Free Place – Email the Events Department: catherine.castell@swimming.org

Club Timekeepers Course

Open to all Masters swimmers and associates; the course is approximately 1 hour theory & 1 hour practical. It will take place at Ponds Forge in the morning session on Saturday 24th October with the practical during the afternoon session. Further information will be provided to applicants when the arrangements have been finalised.

Numbers will be limited so please complete the form below to book your space on this course and return before Wednesday 23rd September to the following address:

Events Department
41 Granby Street
Loughborough
LE11 3DU

Timekeepers Course – the British Gas ASA Masters & Senior Age Group Championships 2009

Name: _____

Club: _____

Email: _____

MASTERS PASTA PARTY

Saturday 24th October 2009
7.00pm

Ponds Forge

Tickets £10.00 each

Pre-booking tickets is recommended as numbers are limited.
Book your tickets via the online entry page on the British Swimming website or return this form to the Events Department by 9th October 2009.

The menu will include a number of pasta and rice dishes (including a vegetarian option) and will be served as a rolling buffet from 7.00pm.

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

Pasta Party – British Gas ASA Masters & Senior Age Group Championships 2009

Name:

Please send me.....ticket(s) for the ASA Masters Pasta Party.

I have enclosed a cheque for £.....made payable to 'The ASA'.

Please send my tickets to the following address:

.....
.....
.....
.....

Contact telephone number:

Please return to:
Events Department
41 Granby Street
Loughborough
Leicestershire
LE11 3DU

Tel: 01509 632259 Fax: 01509 235489



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 & Swim Wales Registered Masters Swimmers

Competition runs 1st Jan to 31st Dec 2009

Full Details Available on www.BritishSwimming.org