



**AMATEUR SWIMMING ASSOCIATION  
2010 NORTH WEST OPEN MASTERS CHAMPIONSHIPS**  
(UNDER ASA LAWS AND ASA TECHNICAL RULES)

**INCORPORATING THE 18-24 YEARS  
AGE GROUP CHAMPIONSHIPS**

**PALATINE LEISURE CENTRE  
St Annes Road, Blackpool, Lancashire, FY4 2AP**

**SATURDAY 3 JULY 2010**

## GENERAL CONDITIONS AND SCHEDULE OF EVENTS

1. SwimNorthWest reserves full powers over all North West 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. All competitors in 18-24 events must be aged 18 years or over on 3 July 2010.
4. Protests shall be made and dealt with as detailed in ASA Law. The Promoter is SwimNorthWest.

### THE EVENTS

5. SwimNorthWest shall determine the programme of events. The programme currently includes the following events:  
Men and Ladies events 50, 100, 200 metres freestyle, breaststroke, butterfly, and backstroke;  
100, 200 metres individual medley; 400 freestyle  
Team events Men and Ladies 4 x 50 metres freestyle and medley relays  
Mixed (2 Ladies and 2 Men) 4 x 50 metres freestyle and medley relays.
6. A competitor may enter as many events as they wish.
7. 200 metres all strokes and 400 metres freestyle have been added to the programme in 2010. Entry standards or restrictions on numbers may be applied if required to fit pool time available. The Men's and Ladies 200's and 400 events will be swum as mixed heats.
8. Age groups for individual Masters events shall be 25-29 years, 30-34 years, and upwards in 5-year bands as required.
9. All events shall be heat declared winner.
10. 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 3 July 2010. 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.
11. 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 in more than one team in any team event, but please be aware that a) Mens and Ladies relays for same age range may be swum concurrently, b) some age ranges may have no teams entered, c) age ranges listed consecutively in MIXED relays may be swum concurrently.
12. A competitor may represent only one club in the Championships.
13. 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 North West 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.
14. The organisers' decision will be final.

### PROCEDURE

15. Entries must be made on the current form and accompanied by the entry fee and if you require acknowledgement of receipt of entry enclose a stamped addressed envelope for the return of acknowledgement. Acceptance of an entry is at the discretion of the promoter. Incomplete or inaccurate entries, particularly those not accompanied by the correct entry fee, may not be accepted.
16. 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.
17. An entry fee of £20.00 will cover the first 6 events entered, more than 6 events can be entered. Each subsequent event entered over the 6 covered by the £20.00 entry fee will incur an entry fee of £4 per event. Alternatively, for those who only wish to enter 1 or 2 events the cost of entry is £4 registration fee plus £4 per event.
18. Medals or other awards as determined by the Masters Committee shall be presented to the first 3 swimmers in Individual Events and to the first place only in team events.
19. Trophies  
The George Lea Trophy was first presented in 1998 to perpetuate the memory of Mr. George Lea and is awarded to the club accumulating the most points during the Championship.  
Points shall be awarded as follows : Individual and Team Event Winner 8 Points, Second 7 Points, Third 6 Points, Fourth 5 points, Fifth 4 Points, Sixth 3 Points, Seventh 2 points, Eighth 1 Point.

The Nancy Yarwood Memorial Trophy was first presented in 1999. This trophy is awarded to the top female swimmer.

The North West Region Top Man Trophy was first presented in 2009. This trophy is awarded to the top male swimmer.

The top swimmers for these trophies will be the swimmer who breaks a British Masters Record by the greatest percentage margin. In the event of no record being broken, then the top swimmer will be the swimmer who comes closest in percentage terms to a British Masters Record.

The British Masters Records for these purposes are the short course records as published on the ASA website at 31 January 2010.

### POOL

20. PALATINE LEISURE CENTRE, St Annes Road, Blackpool, Lancashire, FY4 2AP.
21. 8 LANE POOL with electronic timing and an additional smaller pool (approximately 12.5 metres by 6.5 metres) for warm up and swim down.

**ENTRIES CLOSE ON SATURDAY 5th JUNE 2010**

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

**SESSION 1 – SATURDAY 3 July -- 9.30 am START (warm up from 8:30)**

EVENT	101	400 Metres FREESTYLE	Male and Female swum as <b>Mixed</b> heats
EVENT	102	4X25m INDIVIDUAL MEDLEY	Male
EVENT	103	4X25m INDIVIDUAL MEDLEY	Female
EVENT	104	50 Metres BACKSTROKE	Male
EVENT	105	50 Metres BACKSTROKE	Female
EVENT	106	200 Metres BUTTERFLY	Male and Female swum as <b>Mixed</b> heats
EVENT	107	100 Metres FREESTYLE	Male
EVENT	108	100 Metres FREESTYLE	Female
EVENT	109	100 Metres BREASTSTROKE	Male
EVENT	110	100 Metres BREASTSTROKE	Female
EVENT	111	50 Metres BUTTERFLY	Male
EVENT	112	50 Metres BUTTERFLY	Female
EVENT	113	200 Metres BACKSTROKE	Male and Female swum as <b>Mixed</b> heats
EVENTS	114 & 115	RELAYS – To be swum in following order	Male and Female
		100-119yrs 4x50m MEDLEY TEAM	Male
		100-119yrs 4x50m MEDLEY TEAM	Female
		280+yrs 4x50m MEDLEY TEAM	Male
		280+yrs 4x50m MEDLEY TEAM	Female
		160-199yrs 4x50m MEDLEY TEAM	Male
		160-199yrs 4x50m MEDLEY TEAM	Female
		120-159yrs 4x50m MEDLEY TEAM	Male
		120-159yrs 4x50m MEDLEY TEAM	Female
		240-279yrs 4x50m MEDLEY TEAM	Male
		240-279yrs 4x50m MEDLEY TEAM	Female
		200-239yrs 4x50m MEDLEY TEAM	Male
		200-239yrs 4x50m MEDLEY TEAM	Female
		72yrs plus 4x50m MEDLEY TEAM	Male
		72yrs plus 4x50m MEDLEY TEAM	Female
EVENT	116	RELAYS – To be swum in following order	MIXED
		100-119yrs 4x50m MEDLEY TEAM	MIXED
		280+yrs 4x50m MEDLEY TEAM	MIXED
		160-199yrs 4x50m MEDLEY TEAM	MIXED
		120-159yrs 4x50m MEDLEY TEAM	MIXED
		240-279yrs 4x50m MEDLEY TEAM	MIXED
		200-239yrs 4x50m MEDLEY TEAM	MIXED
		72yrs plus 4x50m MEDLEY TEAM	MIXED

**SESSION 2 – SATURDAY 3 July – Scheduled for 2 p.m.**

EVENT	201	200 Metres FREESTYLE	Male and Female swum as <b>Mixed</b> heats
EVENT	202	50 Metres BREASTSTROKE	Female
EVENT	203	50 Metres BREASTSTROKE	Male
EVENT	204	100 Metres BACKSTROKE	Female
EVENT	205	100 Metres BACKSTROKE	Male
EVENT	206	4X50m INDIVIDUAL MEDLEY	Male and Female swum as <b>Mixed</b> heats
EVENT	207	100 Metres BUTTERFLY	Female
EVENT	208	100 Metres BUTTERFLY	Male
EVENT	209	50 Metres FREESTYLE	Female
EVENT	210	50 Metres FREESTYLE	Male
EVENT	211	200 Metres BREASTSTROKE	Male and Female swum as <b>Mixed</b> heats
EVENTS	212 & 213	RELAYS – To be swum in following order	Male and Female
		100-119yrs 4x50m Free Team	Female
		100-119yrs 4X50m. Free Team	Male
		280+yrs 4x50m Free Team	Female
		280+yrs 4x50m Free Team	Male
		160-199yrs 4x50m Free Team	Female
		160-199yrs 4x50m Free Team	Male
		120-159yrs 4x50m Free Team	Female
		120-159yrs 4x50m Free Team	Male
		240-279yrs 4x50m Free Team	Female
		240-279yrs 4x50m Free Team	Male
		200-239yrs 4x50m Free Team	Female
		200-239yrs 4x50m Free Team	Male
		72yrs plus 4x50m Free Team	Female
		72yrs plus 4x50m Free Team	Male
EVENT	214	RELAYS – To be swum in following order	MIXED
		100-119yrs 4X50m. Free Team	MIXED
		280+yrs 4x50m Free Team	MIXED
		160-199yrs 4x50m Free Team	MIXED
		120-159yrs 4x50m Free Team	MIXED
		240-279yrs 4x50m Free Team	MIXED
		200-239yrs 4x50m Free Team	MIXED
		72yrs plus 4x50m Free Team	MIXED

**SESSION START TIMES:** The morning session will start at 9.30 am (8:30 warm up). The start time of the afternoon session is scheduled for 2:00 p.m.

**CERTIFICATES OF DISABILITY ARE OBTAINABLE FROM THE SECRETARY OF THE ASA MEDICAL COMMITTEE.** Applications require medical evidence of disability. Disability Certificates must be presented to the referee prior to competing. FAC cards will also be accepted.

**IMPORTANT - Please read this disclaimer carefully. Any queries should be raised with SWIMNORTHWEST.**

- 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 SWIMNORTHWEST 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 SWIMNORTHWEST.



**AMATUER SWIMMING ASSOCIATION  
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18-24 AGE GROUP CHAMPIONSHIPS**

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**PALATINE LEISURE CENTRE  
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SATURDAY 3 JULY 2010**

FORENAMES..... SURNAME..... FEMALE/MALE (Delete as appropriate)

DATE OF BIRTH\*..... CLUB..... ASA NUMBER.....  
\*Your age group (25-29 etc) will be calculated from your birth date. Entries may be rejected if ASA number is incorrect.

ADDRESS.....

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

Female	Male	Event	Entry Time		Female	Male	Event	Entry Time
209	210	50 Freestyle			202	203	50 Breaststroke	
108	107	100 Freestyle			110	109	100 Breaststroke	
201	201	200 Freestyle			211	211	200 Breaststroke	
101	101	400 Freestyle			112	111	50 Butterfly	
105	104	50 Backstroke			207	208	100 Butterfly	
204	205	100 Backstroke			106	106	200 Butterfly	
113	113	200 Backstroke			103	102	100 Individual Medley	
					206	206	200 Individual Medley	

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 to 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.....

An entry fee of £20.00 will cover the first 6 events entered, more than 6 events can be entered. Each subsequent event entered over the 6 covered by the £20.00 entry fee will incur an entry fee of £4 per event. For this option please complete **Section A** below. For those only entering 1 or 2 events please complete **Section B**

<b>Section A</b>	Number of events	FEES
Entry Fee for up to and including 6 events	Up to and including 6 events	£20.00
Entry fee £4.00 for each extra event over 6		
Total fee		

<b>Section B</b> For swimmers only swimming 1 or 2 events	Number of events	FEES
Registration Fee £4.00		£4.00
Entry fee £4.00 for each event		
Total fee		

Please complete all sections of this form, **including your registration number**, and return the form with (a) a cheque payable to "ASA North West Region" for your entry fee for events entered and (b) a stamped, self-addressed envelope if you require confirmation of receipt of entry. Entries to: North West Masters Entries, Carmel, 51 Heron Way, Blackpool, FY3 8FA

**BY THE CLOSING DATE OF SATURDAY 5th JUNE 2010**

A separate entry form is available for team events

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SATURDAY 3 JULY 2010**

**TEAM ENTRY FORM**

**Name of Club** .....

Team entries should be submitted by **ONLY ONE** person from your 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 **GENERAL CONDITIONS AND SCHEDULE OF EVENTS**.

A swimmer may compete in more than one relay event, take note of General Conditions paragraphs 11 and 12.

Swimmers in 'masters' relays (all except 72-plus, min age 18 years) must be aged 25 years – see General Conditions paragraph 10.

	<b>WOMEN</b>							
	72 yrs plus	100-119yrs	120-159yrs	160-199yrs	200-239yrs	240-279yrs	280-319yrs	320 + yrs
Event 115 - 4 x 50m MEDLEY								
Event 212 - 4 x 50m FREESTYLE								

	<b>MEN</b>							
	72 yrs plus	100-119yrs	120-159 yrs	160-199 yrs	200-239 yrs	240-279 yrs	280-319 yrs	320 + yrs
Event 114 - 4 x 50m MEDLEY								
Event 213 - 4 x 50m FREESTYLE								

	<b>MIXED</b> (2 Ladies & 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 116 - 4 x 50m MEDLEY								
Event 214 - 4 x 50m FREESTYLE								

**Name and address to which notices are to be sent:**

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

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 **£8.00** per team per event (and a stamped, self-addressed envelope if you require confirmation of receipt of entry form) to:

North West Masters Entries, Carmel, 51 Heron Way, Blackpool, FY3 8FA

**ENTRIES CLOSE ON SATURDAY 5th JUNE 2010**

Cheques made payable to **ASA North West Region**. Late entries will not be accepted.

**All team members who have not entered an individual event must sign an individual entry form to provide the disclaimer which is part of the terms and conditions of entry. The team manager of each team is responsible for ensuring this is undertaken.**