

BARNET COPTHALL SWIMMING CLUB

AFFILIATED TO AMATEUR SWIMMING ASSOCIATION LONDON REGION

21st MASTERS DISTANCE SWIM MEET

UNDER ASA LAWS AND FINA TECHNICAL RULES OF MASTERS SWIMMING

SATURDAY 18th & SUNDAY 19th JULY 2009

INDIVIDUAL ENTRY FORM

PLEASE USE BLOCK CAPITALS

FORENAME & SURNAME..... DATE OF BIRTH

ADDRESS

POST CODE.....e-mail.....

Male / Female ASA REG..... TEL No.....

CLUB IPC/DSE Classification

PLEASE TICK APPROPRIATE AGE GROUP BOX (Age as at 31.12.09)

AGE GROUP	X	A	B	C	D	E	F	G	H	J	K	L	M	N	P
AGE	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+
✓															

NOTE: "MASTERS" Group 'A' must be at least 25 years of age IN THE YEAR OF COMPETITION – i.e. 31.12.09. *Group "X" swimmers must have achieved their 18th Birthday on or before the first day of competition. Swimmers with disabilities/visual impairment must insert their IPC/DSE Classification. All competitors must be Registered with their respective National Swimming Association.

PLEASE SUBMIT AN ENTRY TIME FOR EACH EVENT REQUIRED IN THE APPROPRIATE BOX TO THE RIGHT, EVEN IF IT IS ONLY AN ESTIMATE.

"NO TIME" ENTRIES WILL BE PROGRAMMED AT THE DISCRETION OF THE ORGANISER.

SWIMMER'S DECLARATION

I DECLARE THAT THE DETAILS GIVEN ABOVE ARE CORRECT AND I AGREE TO ABIDE BY THE ORGANISER'S CONDITIONS. I ALSO DECLARE THAT I AM FIT, WELL AND ABLE TO COMPETE IN MY CHOSEN EVENTS.

I ENCLOSE A CHEQUE, PAYABLE TO BARNET COPTHALL S.C. IN THE SUM OF £

SWIMMER'S SIGNATURE.....

ENTRY FEE = £3.50 PER EVENT

(SEE OVERLEAF TO PRE-ORDER PROGRAMME)

Ev.No	EVENT	TIME
SATURDAY : 6.00 pm		
1(mixed)	800 FREE	
SUNDAY : 10.00 am		
2/3	400 FREE	
4/5	200 BACK	
6/7	100 BRST	
8/9	100 'FLY.	
SUNDAY : 2.00 pm		
10/11	400 I.M.	
12/13	100 BACK	
14/15	200 FREE	
16/17	200 'FLY	
SUNDAY : 5.00 pm		
18/19	200 I.M.	
20/21	200 BRST	
22/23	100 FREE	

CLOSING DATE FOR ENTRIES - FRIDAY 26TH JUNE 2009

Complete form and send (with SAE for cards) to IAN WOOLLARD, BARNET COPTHALL CENTRE, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX **PHONE / FAX 01707 654573**

e-mail:- ian.jeanettebcsc@talktalk.net

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PROGRAMME OF EVENTS

EVEN NUMBERED EVENTS ARE FOR WOMEN : ODD NUMBERS FOR MEN
NB:- 800 FREESTYLE WILL BE MIXED, MEN AND WOMEN SWIMMING TOGETHER

1st SESSION - SATURDAY 18th JULY 2009 - 6.00 pm

WARM-UP - 5.00 pm

1 MIXED 800m FREESTYLE

2nd SESSION - SUNDAY 19th JULY 2009 - 10.00 am

WARM-UP - 9.00 am

2 & 3 400m FREESTYLE

4 & 5 200m BACKSTROKE

6 & 7 100m BREASTSTROKE

8 & 9 100m BUTTERFLY

3rd SESSION - SUNDAY 19th JULY 2009 - 2.00* pm

WARM-UP - 1.00 pm* (to be confirmed)

10 & 11 400m INDIVIDUAL MEDLEY

12 & 13 100m BACKSTROKE

14 & 15 200m FREESTYLE

16 & 17 200m BUTTERFLY

4th SESSION - SUNDAY 19th JULY 2009 - 5.00* pm

WARM-UP - 4.00 pm* (to be confirmed)

18 & 19 200m INDIVIDUAL MEDLEY

20 & 21 200m BREASTSTROKE

22 & 23 100m FREESTYLE

CLOSING DATE FOR ENTIRES FRIDAY 26th JUNE 2009

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SATURDAY 18th & SUNDAY 19th JULY 2009

Dear Colleague,

Please find attached Information and Entry Forms for this Meet, to be held at our 8 Lanes, 25m International Pool, at the Barnet Copthall Centre, Champions Way, Hendon, London, NW4 1PX

Please feel free to photo-copy them if more copies are required.

<u>SESSION TIMES</u>					
1) SATURDAY	18 th JULY	Warm-up	5.00pm	Start	6.00pm
2) SUNDAY	19 th JULY	Warm-up	9.00am	Start	10.00am
3) SUNDAY	19 th JULY	Warm-up	1.00pm*	Start	2.00pm*
4) SUNDAY	19 th JULY	Warm-up	4.00pm*	Start	5.00pm*

* Sessions times to be confirmed after entries close

ENTRY FEES **£3.50 per Event.**

CLOSING DATE FOR ENTRIES IS **FRIDAY 26th JUNE 2009.**

AGE GROUPS As set down on the Entry Form. N.B. AGES AS AT 31.12.09 except Group "X" who should have achieved their 18th Birthday on or before the first day of competition.

The competition is also open to swimmers in the above Age Groups with disabilities/visual impairment who have been allocated an IPC/DSE classification. We have applied for this event to held as an IPC Approved Meet

ASA REGISTRATION Competitors must be fully registered with their respective National Swimming Association or Federation. (for example ASA Registered)

EVENTS All events will be swum on the HEAT DECLARED WINNER System, so all results will be decided on the recorded heat times in each Age Group.

AWARDS Awards will be made to the fastest three in each Age Group in each Event. Awards for IPC/DSE Registered swimmers will be considered by Age Group only and not individual classification.

Award winners will have a choice of a medal or a prize voucher

COLORADO ELECTRONIC TIMING & HY-TEK MEET MANAGER SYSTEMS

will be operating at the Meet, providing results with full 50m splits for all races.

SWIMMERS ARE ADVISED

to study the Programme carefully when deciding upon their Entries.

800 FREESTYLE SWIMMERS SHOULD NOTE THAT THE EVENT WILL BE SWUM AS A MIXED EVENT. MEN AND WOMEN SWIMMING TOGETHER.

Warm-up / Swim-down facilities will be available throughout the competition.

You must post your Time Cards in the boxes in the Entrance Foyer no later than 30 minutes before the Session Starting Time.

**REGARDLESS OF YOUR EVENT,
PLEASE ALLOW PLENTY OF TIME TO ARRIVE AT THE POOL.**

ACCOMMODATION There is local hotel accommodation available at very reasonable rates. If you need further information or assistance, please **phone / fax 01707 654573.**

e-mail:- ian.jeanettebcsc@talktalk.net

We look forward to seeing you soon. Best wishes. **Ian Woollard - Masters Meet Manager**

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PROGRAMME ADVANCE ORDER FORM

Once again, you will be able to download draft start lists from our website www.upthebeavers.com. We will reduce the number of paper programmes available "at the door". If you want to guarantee a programme on arrival at the pool, you can order in advance and yourself save money.

Please complete the lower section of this sheet and include the appropriate sum in your entry fees cheque made payable to '**BARNET COPTHALL S.C.**'

PROGRAMME FOR SATURDAY EVENING ONLY (£1 AT DOOR)	90p
PROGRAMME FOR SUNDAY ONLY (£3 AT DOOR)	£2.50
PROGRAMME FOR WHOLE WEEK-END (£4 AT DOOR)	£3.00

RESULTS SERVICE

A results sheet service will be available at the awards table at the meet. The service includes full 50m splits for all swimmers. Alternatively, the results will be posted on the club website at www.barnetcophall.com (click on "masters") or go straight to the masters' website at www.upthebeavers.com feel free to read the "warning notes" they are good fun but it is quicker to simply click on "enter"

PLEASE RESERVE THE FOLLOWING PROGRAMME(S)
FOR ME TO COLLECT AT THE MEET.

SATURDAY ONLY @ 90p EACH £

SUNDAY ONLY @ £2.50 EACH £

WHOLE WEEK-END @ £3.00 EACH £

PAYMENT IS INCLUDED IN MY ENTRY FEES CHEQUE
MADE PAYABLE TO 'BARNET COPTHALL S.C.'

NAME

CLUB

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