

## Cheshire County Masters Sprint & 400m Freestyle

### Championships 2008

#### \*\*\* Including Senior Age Group Male & Female 18-24 Age Group \*\*\*

<u>Date</u>	13th September 2008, warm up from 5.30pm for 6:00pm Start
<u>Closing date</u>	Strictly 30 <sup>th</sup> August 2008, early entries appreciated
<u>Venue</u>	Macclesfield Leisure Centre, Priory Lane, Macclesfield, SK10 4AF
<u>Entry requirements</u>	Open to <b><u>ALL</u></b> Registered Members of Clubs affiliated to ASA North West Region.  Swimmers should hold Category 1 or 2 registration with the ASA.

**\*\*\*\* This is a Low Level Competition \*\*\* (for ASA registration purposes)**

#### **Held under ASA Laws and ASA Technical Rules**

##### Provisional Programme

1. Women's 400m Freestyle
2. Men's 400m Freestyle
3. Novice Women's 50m Race (Freestyle, Breaststroke or Backstroke)
4. Novice Men's 50m Race (Freestyle, Breaststroke or Backstroke)
5. Women's 50m Backstroke
6. Men's 50m Backstroke
7. Women's 50m Breaststroke
8. Men's 50m Breaststroke
9. Women's 4 x 25m Individual Medley
10. Men's 4 x 25m Individual Medley
11. Women's 50m Butterfly
12. Men's 50m Butterfly
13. Women's 50m Freestyle
14. Men's 50m Freestyle
15. 4 X 50m Women's Medley Relay 5 age groups swum together

Min Age 72 to 99 years  
Age Min 100 to Age Max 149  
Age Min 150 to Age Max 199  
Age Min 200 to Age Max 249  
Age Min 250 to no upper age limit

16. 4 X 50m Men's Medley Relay 5 age groups swum together

Min Age 72 to 99 years  
Age Min 100 to Age Max 149  
Age Min 150 to Age Max 199  
Age Min 200 to Age Max 249  
Age Min 250 to no upper age limit.

17. 4 X 50m Women's Freestyle Relay 5 age groups swum together

Age Min 72 to 99 years  
Age Min 100 to Age Max 149  
Age Min 150 to Age Max 199  
Age Min 200 to Age Max 249  
Age Min 250 to no upper age limit.

18. 4 X 50m Men's Freestyle Relay 5 age groups swum together

Age Min 72 to 99 years  
Age Min 100 to Age Max 149  
Age Min 150 to Age Max 199  
Age Min 200 to Age Max 249  
Age Min 250 to no upper age limit.

19. Novice Mixed Relay 4 X 50m Race 2 Men + 2 Women's (Any Stroke)

20. Mixed 8 X 50m Freestyle Relay

Age Min 144 to no upper age limit  
Age Min 200 to Age Max 399  
Age Min 400 to no upper age limit

Entry Fee £3.50 per individual event, Relays £6 per team

NB: Swimmers under the age of 25 as at 13-09-2008 may only take part in the 72-99 years senior age group relays and in Event 20's 144+ age group. Sorry, but as yet they do not qualify as Masters.

Medals to winners in all individual events + Top Team Trophy

Points 1<sup>st</sup> = 6pts, 2<sup>nd</sup> = 5pts, 3<sup>rd</sup> = 4pts, 4<sup>th</sup> = 3 pts, 5<sup>th</sup> = 2 pts, 6<sup>th</sup> = 1pt.

\*\*Relays earn double points.\*\*

\*\* BONUS points for novices (individual and relays): 1<sup>st</sup> place 50 points,  
2<sup>nd</sup> place 25 points,  
3<sup>rd</sup> place 10 points

Novice competitors can swim in races other than novice events.

Entry cards will NOT be issued, events will be swum as per the start lists displayed around the pool on the day. A draft programme will be available on the web at [www.cheshirecountywpsa.co.uk](http://www.cheshirecountywpsa.co.uk) approximately 7 days before the event. Therefore in order to save time on the day, please let me know any withdrawals ASAP.

Promoters Conditions for the novice events

1. A novice shall be any swimmer who has not competed as a junior/age-grouper or master swimmer in any County or Regional swimming event. Internal club competitions do NOT bar a swimmer from entering this section.
2. There shall be no age groups for this category. Instead an age adjusting formula will be applied to the swimmer's actual time to arrive at a theoretical time. The formula to be applied is: -  
$$\{\text{Square Root of } [(98-\text{age}) \times (98+\text{age})]\} / 95$$
3. The object of this event is to encourage those club swimmers who would not usually enter competition to do so in a relaxed and fun atmosphere. Since there is no real effective way of vetting entries to this event, the promoters are relying on the integrity of swimmers and clubs to observe rule 1 above.
4. Most important rule of all is to have **FUN**.
5. Anything not covered in these conditions will be at the discretion of the Promoter.

## Cheshire Masters Sprint Championships 2008

### Individual Entry Form

Name \_\_\_\_\_

Club \_\_\_\_\_

Date of Birth \_\_\_\_\_

Age Group Letter \_\_\_\_ (as at 31 Dec 2008) MALE / FEMALE (delete as appropriate)  
(Senior Group S must be aged 18 years on the 13/9/08)

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

Address \_\_\_\_\_  
\_\_\_\_\_

Telephone Number \_\_\_\_\_

Email Address PLEASE PRINT CLEARLY \_\_\_\_\_

A.S.A. Registration No. \_\_\_\_\_

Entry Fee £3.50 per individual event £6 per team event

Please enter a time (a best guess will do) or a tick in the box adjacent to the event you want to enter

Stroke	Time
400m Freestyle	
Novice Event	
50m Backstroke	
50m Breaststroke	
4 x 25m Individual Medley	
50m Butterfly	
50m Freestyle	

I enclose cheque for £ \_\_\_\_\_ made payable to Cheshire WP & SA.

I agree to abide by the conditions laid down by the Cheshire Water Polo & Swimming Association and the A.S.A. laws and technical rules for this Championship and certify that the above information is true and correct.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**WARNING – THERE IS NO DIVING ALLOWED AT THE SHALLOW END OF THE POOL**

Event date: 13th September 2008, Warm Up from 5.30pm, Start at 6:00pm

Closing date: 30<sup>th</sup> August 2008, please enter early to help the organisers

Post entries to: Claire Dickinson, 11 High Street Wigan WN1 2LW.

Any questions contact Claire on 01942 322487 preferably by email

Claire.dickinson@ebusiness-help.co.uk

## Cheshire Masters Sprint Championships 2008

### Relay Entry Form

Name of Club \_\_\_\_\_

Club Contact Name & Address \_\_\_\_\_

Telephone \_\_\_\_\_

Email address \_\_\_\_\_

Event 15 Men's 4 X 50m Medley Relay

**Please tick the appropriate box**

Min Age 72 to 99 years – Age group S	
Age Min 100 to Age Max 149	
Age Min 150 to Age Max 199	
Age Min 200 to Age Max 249	
Age Min 250 to Age no upper limit	

Event 16 Women's 4 X 50m Medley Relay

Min Age 72 to 99 years – Age group S	
Age Min 100 to Age Max 149	
Age Min 150 to Age Max 199	
Age Min 200 to Age Max 249	
Age Min 250 to Age no upper limit	

Event 17 Men's 4 X 50m Freestyle Relay

Min Age 72 to 99 years – Age group S	
Age Min 100 to Age Max 149	
Age Min 150 to Age Max 199	
Age Min 200 to Age Max 249	
Age Min 250 to Age no upper limit	

Event 18 Women's 4 X 50m Freestyle Relay

Min Age 72 to 99 years – Age group S	
Age Min 100 to Age Max 149	
Age Min 150 to Age Max 199	
Age Min 200 to Age Max 249	
Age Min 250 to Age no upper limit	

Event 19 Novice Mixed 4 X 50m Relay Race (Any Stroke)

Minimum age 100 – no upper limit	
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Event 20 Mixed 8 X 50m Freestyle Relay

Age Min 144 to Age no upper limit	
Age Min 200 to Age Max 399	
Age Min 400 to Age no upper limit	

**Entry fees £6.00 per event I enclose a cheque for £\_\_\_\_.00 for \_\_\_\_Relay events.  
Cheques payable to Cheshire County WPSA, thank you.**