



Cheshire County W.P & S.A.



Cheshire Masters Sprint & Middle Distance Gala 2013 Conditions

*** Including Senior Age Group Male & Female 17-24 Age Group ***

<u>Date</u>	21st September 2013; warm up from 5.30pm for 6:00pm start
<u>Closing date</u>	Strictly 10 th September 2013, early entries appreciated
<u>Venue</u>	Macclesfield Leisure Centre, Priory Lane, Macclesfield, SK10 4AF
<u>Entry requirements</u>	<p>Open to ALL Registered Members of Clubs affiliated to ASA North West Region. Open to those in full time education at colleges, universities or similar in the North West that are members of the British Colleges or British Universities & Colleges Sports.</p> <p>Swimmers should hold Category 1 or 2 registrations with the ASA. A temporary ASA registration is available at a cost of £10. Forms can be completed on-line using this link</p> <p>http://www.swimming.org/assets/uploads/northwest/library/Temp_Cat_2_Member_Form_-_revised_June_2010.pdf</p> <p>A paper form is available on request from the promoter. It is critical that the completed form is held by the promoter BEFORE the swimmer competes and that the whole £10 fee is paid. Paper forms should accurately reflect the on-line form - any changes may negate membership.</p>

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

Held under ASA Laws and ASA Technical Rule

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

Enter online at:

www.SwimCheshire.org/Public_Pages/EventsList.aspx?d=ma



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9. Women's 400m Individual Medley
10. Men's 400m Individual Medley
11. Women's 4 x 25m Individual Medley
12. Men's 4 x 25m Individual Medley
13. Women's 50m Butterfly
14. Men's 50m Butterfly
15. Women's 50m Freestyle
16. Men's 50m Freestyle
17. 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
18. 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.
19. 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.
20. 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.
21. Novice Mixed Relay 4 X 50m Race 2 Men + 2 Women's (Any Stroke)

Enter online at:

2

www.SwimCheshire.org/Public_Pages/EventsList.aspx?d=ma



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22. 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 £4.50 per individual event, Relays £6 per team

NB: Swimmers under the age of 25 as at 22-09-2013 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 1st = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3 pts, 5th = 2 pts, 6th = 1pt.

**Relays earn double points. **

** BONUS points for novices (individual and relays): 1st place 50 points, 2nd place 25 points, and 3rd 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.swimcheshire.org 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.

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

- Postal entries to: Bob Bolton 9 Lynwood Grove Sale M33 2AN
- **Cheques payable to Cheshire County WPSA, thank you.**

Any questions to Bob preferably by email masters@swimcheshire.org or 07976 432595

Enter online at:

www.SwimCheshire.org/Public_Pages/EventsList.aspx?d=ma