



**Cheshire County W.P & S.A. Masters
Sprint & 400m Freestyle & IM Championships 2014
(Including Senior Age Group Male & Female 17-24 Age Group)**



27th September 2014

**This is a Low Level Competition (for ASA registration purposes)
Held under ASA Laws and ASA Technical Rules**

*** Warm up 17:30 for 18:00 start****

Closing date strictly **17th September 2014**, early entries appreciated
Venue **Macclesfield Leisure Centre, Priory Lane, Macclesfield, SK10 4AF**

Entry requirements

1. Open to **ALL** Registered Members of Clubs affiliated to ASA North West Region.
2. 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.
3. Swimmers should hold Category one or two registration with the ASA.
4. A temporary ASA registration is available at a cost of £15. Forms can be completed on-line using this link http://www.swimming.org/assets/uploads/northwest/library/Temp_Cat_2_Member_Form_-_revised_June_2010.pdf
 - A form is available on request from the promoter.
 - It is critical that the promoter holds a completed **BEFORE** the 17th September entry closing date and that the whole £15 fee is paid.
 - The form should accurately reflect the on-line form - any changes may negate membership.
5. Entry Fee: £4.50 per individual event on-line (paper entries £5 per individual event)
6. Relays £6 per team.
 - Swimmers under the age of 25 as at 31-12-2014 may only take part in the 72-99 years senior age group relays. Sorry, but as yet they do not qualify as Masters.
 - Swimmers under the age of 18 as at 27-09-2014 may not take part in the 72-99 years senior age group relays. Sorry, but as yet they do not qualify as seniors for ASA senior relay rankings
7. The Women's and Men's 400 Freestyle Events (1 and 2) will be swum together with seeded times.
8. The Women's and Men's IM Events (9 and 10) will be swum together with seeded times.
9. Medals to winners in all individual events + Top Team Trophy
10. Points 1st = 6 points, 2nd = 5 points, 3rd = 4 points, 4th = 3 points, 5th = 2 points, 6th = 1 point.
11. Claire Dickinson Salver Award to best female and best male swimmer.
12. Relays earn double points.
13. BONUS points for novices (individual and relays):
 - 1st place 50 points,
 - 2nd place 25 points,
 - 3rd place 10 points
14. Novice competitors can swim in races other than novice events.
15. Entry cards will NOT be issued;
16. Events will be swum as per the start lists displayed around the pool on the day.
17. A draft programme will be available online approximately 7 days before the event. Therefore in order to save time on the day, please let me know any withdrawals ASAP

Enter online at:

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



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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.
There shall be no age groups for this category. Instead the ASA acknowledged Rowson age adjusting formula will be applied to the swimmer's actual time to arrive at a theoretical time and result.
2. 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.
3. Most important rule of all is to have **FUN**.
4. Anything not covered in these conditions will be at the discretion of the Promoter.

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 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 6 age groups swum together	
Min Age 72 + years	
Age Min 100 to Age Max 119	
Age Min 120 to Age Max 159	
Age Min 160 to Age Max 199	
Age Min 200 to Age Max 239	
Age Min 240 to Age Max 279	
18. 4 X 50m Men's Medley Relay 6 age groups swum together	
Min Age 72 + years	
Age Min 100 to Age Max 119	
Age Min 120 to Age Max 159	
Age Min 160 to Age Max 199	
Age Min 200 to Age Max 239	
Age Min 240 to Age Max 279	
19. 4 X 50m Women's Freestyle Relay 6 age groups swum together	
Min Age 72 + years	
Age Min 100 to Age Max 119	
Age Min 120 to Age Max 159	
Age Min 160 to Age Max 199	
Age Min 200 to Age Max 239	
Age Min 240 to Age Max 279	
20. 4 X 50m Men's Freestyle Relay 6 age groups swum together	
Min Age 72 + years	
Age Min 100 to Age Max 119	
Age Min 120 to Age Max 159	
Age Min 160 to Age Max 199	
Age Min 200 to Age Max 239	
Age Min 240 to Age Max 279	
21. Novice Mixed Relay 4 X 50m Race	
2 Men + 2 Women's (Any Stroke).	
Minimum combined age 100 with no upper limit.	
22. Mixed 4 X 50m Freestyle Relay	
Min Age 72 + years	
Age Min 100 to Age Max 119	
Age Min 120 to Age Max 159	
Age Min 160 to Age Max 199	
Age Min 200 to Age Max 239	
Age Min 240 to Age Max 279	
23. Mixed 4 X 50m Medley Relay	
Min Age 72 + years	
Age Min 100 to Age Max 119	
Age Min 120 to Age Max 159	
Age Min 160 to Age Max 199	
Age Min 200 to Age Max 239	

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