



**ASA NORTH EAST REGION
OPEN MASTERS CHAMPIONSHIPS 2009
Saturday 26th September 2009
The Neptune Centre, Middlesbrough (25m)**

SESSION 1		
Saturday Warm up 09:00 Start 10:00		
Mixed	200m	Butterfly
Women	50m	Freestyle
Men	50m	Freestyle
Women	100m	Backstroke
Men	100m	Backstroke
Mixed	200m	Breaststroke
Women	100m	Ind. Medley
Men	100m	Ind. Medley
Women	4x50m	Freestyle Team
Men	4x50m	Freestyle Team

SESSION 2		
Saturday at t.b.c.		
Mixed	200m	Backstroke
Women	100m	Breaststroke
Men	100m	Breaststroke
Women	50m	Butterfly
Men	50m	Butterfly
Women	100m	Freestyle
Men	100m	Freestyle
Women	4 x 50m	Medley Team
Men	4 x 50m	Medley Team

SESSION 3		
Saturday at t.b.c		
Mixed	200m	Freestyle
Women	50m	Breaststroke
Men	50m	Breaststroke
Women	100m	Butterfly
Men	100m	Butterfly
Women	50m	Backstroke
Men	50m	Backstroke
Mixed	200m	Ind. Medley
Mixed	4x50m	Freestyle Team
Mixed	4x50m	Medley Team

Masters Championship Age Groups		
age as on 31st December 2009 (*18yrs age on 26th September 2009).		
	Individual	Team
S	18-24 yrs*	18-24 yrs
A	25-29 yrs	100 + yrs
B	30-34 yrs	160 + yrs
C	35-39 yrs	200 + yrs
D	40-44 yrs	
E	45-49 yrs	
F	50-54 yrs	
G	55-59 yrs	
H	60-64 yrs	
I	65-69 yrs	
J	70-74 yrs	
K	75 & over	

Entry Closing Date: 1st September 2009

Entries to: ASA North East Region Masters, 56 Quarry Lane, Sheffield.S11 9EB (Tel 0114 281 5488)

ENTRY FEES: INDIVIDUAL £4.00 per event TEAMS £5.00 per team

ASA NORTH EAST REGION MASTERS CHAMPIONSHIPS CONDITIONS 2009

- The championships shall be held annually at a venue and on dates fixed by the NER Masters Discipline Manager.
- The championships shall be open to individuals aged 18 years and over (Male and Female), who are registered with their National Association and may only swim under the name of one Club in these Championships.
- The Age Groups shall be for Men & Women, A to K the same as for the A.S.A. Masters championships, but Group L will be 75 years or over. Group S will be for 18-24 years Age Group.
- Team events shall be 4 x 50m, Freestyle, Medley and Mixed teams for 18-24 years Age Group, 100+ years, 160+ years and 200+ years (18-24 years shall only be allowed to swim in that Age Group). Clubs may enter more than one team in each age group; **individuals may only compete in one team in each event** and for one club during the Championships.
- The age groups shall be determined by the age attained in the year of competition with the exception competitors aged 18 years, whose age is based on their age on the first day of the competition, subject to the minimum age in A.S.A. Law.
- All events shall be heat declared winners in age classification.
- Entries shall be made on the official form and reach the Meet Entry Coordinator, no later than the 1st September 2009, together with the appropriate fee.
Additional team entries will be accepted up to 60 minutes prior to the session start time.
- ASA North East Region medals will be awarded to places 1, 2 & 3 in all Championship events.
- The Management Board have the power to vary any of the above conditions prior to the date of closing of entries.



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ENTRY FORM

NAME: _____

ADDRESS: _____

POST CODE: _____ MALE / FEMALE _____

NAME OF CLUB (in full): _____

ASA ID No: _____ DATE of BIRTH: _____

Telephone No: _____ Email address: _____

PLEASE TICK APPROPRIATE AGE GROUP
(Ages as at 31/12/2008 except 18 yrs swimmers (girls & boys) who must be 18 on the 26th September 2009)

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

Event	Entry Time	Event	Entry Time	Event	Entry Time
50m Backstroke		100m Backstroke		200m Backstroke	
50m Breaststroke		100m Breaststroke		200m Breaststroke	
50m Butterfly		100m Butterfly		200m Butterfly	
50m Freestyle		100m Freestyle		200m Freestyle	
100m Ind. Medley		200m Ind. Medley			

CLUB RELAYS

NAME OF CLUB IN FULL: _____

RELAY EVENTS SHOULD BE SUBMITTED BY ONLY ONE PERSON FROM YOUR CLUB
TO ENTER SIMPLY TICK THE RELEVANT BOX(ES) AND STATE THE NUMBER OF TEAMS YOU WISH TO ENTER IN THAT EVENT

MALE Teams							
Freestyle Team				Medley Team			
18-24 yrs	100+ yrs	160+ yrs	200+yrs	18-24 yrs	100+ yrs	160+ yrs	200+yrs

FEMALE Teams							
Freestyle Team				Medley Team			
18-24 yrs	100+ yrs	160+ yrs	200+yrs	18-24 yrs	100+ yrs	160+ yrs	200+yrs

MIXED Teams							
Freestyle Team				Medley Team			
18-24 yrs	100+ yrs	160+ yrs	200+yrs	18-24 yrs	100+ yrs	160+ yrs	200+yrs

Declaration (This declaration must be signed and the appropriate entry fees must accompany this form).
I declare that the above particulars are correct and agree to abide by the Promoter's conditions as laid down in the Information Sheet for this event.

Signature of Competitor:

ENTRY FEES: INDIVIDUAL £4.00 per event TEAMS £5.00 per team
(cheques made payable to ASA North East Region)

Entry Closing Date: 1st September 2009

ENTRY FORMS SHOULD BE RETURNED TO:
ASA North East Region Masters, 56 Quarry Lane, Sheffield.S11 9EB (Tel 0114 281 5488)