

MASTERS and SENIOR AGE GROUP COUNTY CHAMPIONSHIPS

OPEN TO ALL HAMPSHIRE CLUB SWIMMERS

(Under ASA Laws and Technical Rules of Masters Swimming)

Sunday 23rd June 2019
at Mountbatten Leisure Centre
Alexandra Park, Portsmouth, Hampshire, PO2 9QA

Pool: 25m x 8 lanes with electronic timing

Events: 25m, 50m & 100m all strokes
200m freestyle, 100m IM
4x50m mixed teams

SCHEDULE OF EVENTS

Session 1			30-45 minute break				
Warm up – 12:30 p.m.			Free swimming				
13.15 p.m. Start			Session 2				
1	Mixed	200m	Freestyle	17	Men	100m	Backstroke
2	Women	50m	Backstroke	18	Women	100m	Backstroke
3	Men	50m	Backstroke	19	Men	50m	Butterfly
4	Women	100m	Breaststroke	20	Women	50m	Butterfly
5	Men	100m	Breaststroke	21	Men	100m	Freestyle
6	Women	50m	Freestyle	22	Women	100m	Freestyle
7	Men	50m	Freestyle	23	Men	50m	Breaststroke
8	Women	100m	Butterfly	24	Women	50m	Breaststroke
9	Men	100m	Butterfly	25	Men	100m	Ind Medley
10	Women	25m	Backstroke	26	Women	100m	Ind Medley
11	Men	25m	Backstroke	27	Men	25m	Butterfly
12	Women	25m	Freestyle	28	Women	25m	Butterfly
13	Men	25m	Freestyle	29	Men	25m	Breaststroke
14	Mixed 72+	4 x 50m	Medley Team	30	Women	25m	Breaststroke
15	Mixed 120+	4 x 50m	Medley Team	31	Mixed 72+	4 x 50m	Free Team
16	Mixed 200+	4 x 50m	Medley Team	32	Mixed 120+	4 x 50m	Free Team
				33	Mixed 200+	4 x 50m	Free Team

Entrants must have Swim England Category 1 or Category 2 membership which should include all the swimmers in clubs registered with Hampshire ASA, all entrants must be 18 years or older on 23rd June 2019.

CLOSING DATE FOR INDIVIDUAL ENTRIES: Midday on Monday 3rd June 2019

and RELAY TEAM ENTRIES: Midday on Monday 10th June 2019

To enter the competition click [ENTRY](#)

To see the entries to date click [ENTRY LIST](#)

Enquiries: Stewart Crowe or Karen Worley
 Email: Stewart Crowe coach_fnsc@outlook.com Tel No 07471 912563
 Email: Karen Worley locksheathto@hotmail.com

CONDITIONS

- 1 ELIGIBILITY** Open to swimmers who are registered Swim England Category 1 (fitness swimmers) and Category 2 (competitive) members of Hampshire ASA clubs only.
- 2 AGE GROUPS** Masters 18 to 24, 25 to 29 and upwards in 5 year age bands to accommodate all entrants. Relay cumulative ages: 72+, 120+ & 200+. Ages are as at 31st December 2019. All swimmers must be 18 years of age or over on 23rd June 2019
- 3 RELAY TEAMS** Relay events are 4 x 50m mixed, (2 women and 2 men swimming in any order).
- 4 REPRESENTATION** A competitor may only compete for one club in the competition.
- 5 ENTRIES** Entries will be on-line only. Payment will be through credit card, debit card or PayPal account through the PayPal facilities. For entry lists see the link below. Entrants should check that they have entered the events intended and submitted times are correct.
- 6 CLOSING DATES** **Individual entries close at midday on Monday 3rd June 2019. Relay Team entries close at midday on Monday 10th June 2019. Entries may be closed earlier if the meet becomes fully subscribed before these dates. Late entries will not be accepted after the respective closing dates.**
- 7 ENTRY FEES** All individual events £5.00 and team events £8.00 with the exception of 25m events which will be £3.00. Swimmers that withdraw after the closing date will forfeit their entry fee. There will be an administration charge of £2.00 for each individual entry regardless of how many events are entered. If the meet is cancelled for any reason all entry fees will be refunded. The promoter takes no responsibility for any consequential costs.
- 8 SEEDING** Events will be seeded in order of entry time, irrespective of age, from slowest to fastest. Swimmers with the slowest entry time and those who do not submit an entry time will swim in the first heats.
- 9 HEATS** Heats will be pre-seeded. The heat sheets and programme will be sent to every competitor and the heat sheets will be posted on the poolside. There will not be a printed programme, Swimmers should print the pages of interest from the heat sheets to take to the meet.
- 10 RESULTS** Results will be decided on heat times, there will be no finals. Results will be posted on the Swim South East Website.
- 11 AWARDS** Medals will be awarded to individuals and teams placed 1st, 2nd, & 3rd in each age group. Where medals are not collected they will be used in future competitions to help keep the entry fees as low as possible.
- 12 TROPHIES** The Hampshire Masters Cup will be awarded to the club which accumulates the most points. All swimmers completing an event without disqualification will get one point; with the exception of 25m events which are non-scoring. 1st, 2nd & 3rd placing will also get 3, 2 & 1 points respectively. Teams get double points. There are awards for the woman and the man gaining the most individual points provided that there is a minimum of 3 entrants in the age group.
- 13 CONDITIONS** The Promoter reserves the right to amend any of the conditions in this document to ensure the smooth running of the meet. The promoter will not be responsible for loss or damage to property occurring during the meet.

NOTES

1. Select your events so that you will have sufficient recovery time between swims.
2. Your email address **and** a contact telephone number must be provided. Automatic acknowledgement of entries will be by email. Additional information about the meet and any queries with your entry will also be by email.
3. To find the pool Google "Mountbatten Leisure Centre",