



11th ROYAL NAVY OPEN MASTERS



25th March 2012 – Millfield School

(Incorporating the Armed Forces Masters Competition)

The 10th Royal Navy Open Masters Meet will take place at Millfield School, Somerset on Sunday 25th March 2012. The event will be swum short course in the 8 lane 25m competition pool with full electronic timing. A second 25m will be available for use as a continuous warm-up/warm-down facility throughout the competition. Free parking and light refreshments will be available at the venue.

Entries

Entries will be accepted by completing the attached form. Only Competitors who are Category 2 registered in the year of competition who a member of clubs in affiliation of ASA, WASA, SASA and any other country affiliated to FINA will be eligible to enter. The organisers will not be accepting entries from Category 2 Temporary members. Entries are to be returned to Sportstek, 23 Thanstead Copse, Loudwater, Bucks. HP10 9YH by **Friday 9th Mar 2012**. Entries sent without fee(s) or incorrectly completed will not be accepted. All entries must be on the official entry form or a photocopy thereof. Please provide a legible e-mail address on your entry as confirmations will be made via this media. If you do not have access to an e-mail account please provide a stamped self addressed envelope so that confirmation of your entry can be made. No individual entries will be accepted on the day, but relay entries will be accepted before the warm-up of the first session.

Events

All events will be heat declared winner in age classification under ASA laws and FINA Technical Rules for Masters Swimming. Participants will be required to notify the organisers of non-attendance via e-mail prior to the event letter. There will be no re-registration on the day of the event.

Morning Session – Warm-up 0900 (both pools) - Start 0930

EVENT No	EVENT	CATEGORY	EVENT No	EVENT	CATEGORY
1	400m FREESTYLE	MIXED	8	100m IND MEDLEY	FEMALE
2	100m BUTTERFLY	FEMALE	9	50m FREESTYLE	MALE
3	100m BUTTERFLY	MALE	10	50m FREESTYLE	FEMALE
4	50m BREASTSTROKE	FEMALE	11	200m MEDLEY RELAY	MALE
5	50m BREASTSTROKE	MALE	12	200m MEDLEY RELAY	FEMALE
6	100m BACKSTROKE	FEMALE	13	200m MEDLEY RELAY	MIXED
7	100m BACKSTROKE	MALE	Lunch break on completion of Event 13		

Afternoon Session Start TBC

14	200m FREESTYLE	MIXED	21	50m BACKSTROKE	MALE
15	100m IND MEDLEY	MALE	22	100m FREESTYLE	FEMALE
16	50m BUTTERFLY	FEMALE	23	100m FREESTYLE	MALE
17	50m BUTTERFLY	MALE	24	200m FREE RELAY	FEMALE
18	100m BREASTSTROKE	FEMALE	25	200m FREE RELAY	MALE
19	100m BREASTSTROKE	MALE	26	200m FREE RELAY	MIXED
20	50m BACKSTROKE	FEMALE	Presentation of overall Age Group Winners		

Entry Fees

400m Freestyle £5, all other Individual events £4.00 per event. Relays £6.00 per team.

Individual Age Group winners from the 2011 Royal Navy Masters Meet will be granted 'free' entry for 4 individual events but will be required to pay for any additional events and relays entered.

Cheques should be made payable to 'RNASA'. Entry fees are non refundable.

Age Groups

Individual Events (Male and Female)

S	18 - 24yrs	E	45 - 49yrs	K	70 - 74yrs
A	25 - 29yrs	F	50 - 54yrs	L	75 - 79yrs
B	30 - 34yrs	G	55 - 59yrs	M	80 - 89yrs
C	35 - 39yrs	H	60 - 64yrs	N	90+ yrs
D	40 - 44yrs	J	65 - 69yrs		

Relay Events (Male, Female and Mixed)

72+ yrs 100-119yrs 120-159yrs 160-199yrs 200+ yrs

No competitor under the age of 25 shall be permitted to compete in the 100, 120, 160 or 200+ Relay events. Mixed relays are to consist of 2 male and 2 female competitors. Dependant on the number of entries, relay events may be combined age group heats. Therefore, clubs are only to enter swimmers into one age group category for male, female and mixed.

Awards

Medals will be available from the medal table on the first floor balcony throughout the event and will be awarded as follows:

Individual Events	1 st	2 nd	3 rd	Male & Female
Relay Events	1 st			Male, Female & Mixed
Age Groups	Top Male & Female in each age group			
Team Trophy	Top Visiting Team			

Points will be awarded to the top six swimmers in each age group as 1st = 6pts down to 6th = 1pt. Relay points will be awarded to teams finishing 1st – 6pts 2nd – 4pts and 3rd – 2pts. In relay events where clubs have more than one team entered in any age group, only the nominated 'A' Team will count for points.

Results

Official results will be available on the British Swimming, SER and RN web sites after the competition. Results will also be forwarded for inclusion on the Masters Results Ranking System and the British Swimming Masters Decathlon Competition.

Gary Thomas
RNASA
Event Organiser
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**11TH OPEN MASTERS EVENT - 25th MARCH 2012
MILLFIELD SCHOOL 25m**

ENTRY FORM

FULL NAME (IN CAPITALS).....		D.O.B.....	
ADDRESS.....		POST CODE.....	
TEL No.....	MOBILE.....	E-Mail	
NAME OF CLUB (IN FULL).....			
MALE or FEMALE.....		ASA REGISTRATION NUMBER.....	

Please circle the appropriate age group (age as 31/12/12)

S	A	B	C	D	E	F	G	H	J	K	L	M	N
18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-89	90+

Entry time should be your fastest from the previous 12 months, conversions accepted.

FREESTYLE		BACKSTROKE		BREASTSTROKE		BUTTERFLY		100m IND MEDLEY	
Distance	Time	Distance	Time	Distance	Time	Distance	Time	Time	
50m		50m		50m		50m			
100m		100m		100m		100m			
200m									
400m									

RELAY ENTRIES (To be submitted by one member of the club)

CLUB:	MALE	FEMALE	MIXED
	Number of Teams	Number of Teams	Number of Teams
200m MEDLEY RELAY			
72+			
100 - 119			
120 - 159			
160 - 199			
200+			

CLUB:	MENS	LADIES	MIXED
	Number of Teams	Number of Teams	Number of Teams
200m FREESTYLE ELAY			
72+			
100 - 119			
120 - 159			
160 - 199			
200+			

Closing date: **Friday 9th March 2012.**

Entries together with the appropriate fee(s) are to be returned to
Sportstek, 23 Thanstead Copse, Loudwater, Bucks. HP10 9YH.

IMPORTANT – Please read this document carefully before signing.

RELEASE FROM LIABILITY (To be signed and returned with all entry forms)

1. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events.
2. I am aware of and appreciate the inherent risks involved in such training and competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
3. I undertake at all times to use my best endeavours to train and compete in a safe and proper manner and do not to do anything which would expose myself or fellow swimmers to unnecessary risk or injury.
4. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have regards safety.
5. I acknowledge that **the ASA**, the Royal Navy Swimming Club or any other body affiliated thereto, cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.
6. I hereby agree to abide by and governed by the rules of **the ASA** and all other laws and regulations applicable including **the ASA** Safety Laws.

I have read and understand the above provisions and agree to abide by them.

Signature of Competitor _____

Date _____

Club _____