

SOUTH YORKSHIRE OPEN MASTERS COMPETITION 2009

<u>Promoted by</u>	Sheffield & District A.S.A. (Under A.S.A. Laws and A.S.A. Technical Rules) Sunday 13th December 2009
<u>Venue</u>	Ponds Forge International Sports Centre Sheffield
<u>Warm Up</u>	1.15pm Start 1.45pm Estimated Finish 6.00pm
<u>Length of Pool</u>	25 Metres 10 Lanes

Age Groups A:25/29,B:30/34,C:35/39,D:40/44,E:45/49,F:50/54,G:55/59,H:60/64,I:65/69,J:70yrs+,K:18/24

EVENTS

1. Ladies	400m Freestyle	16. Men's	50m Butterfly
2. Men's	400m Freestyle	17. Ladies	100m Backstroke
3. Ladies	50m Backstroke	18. Men's	100m Backstroke
4. Men's	50m Backstroke	19. Ladies	50m Freestyle
5. Ladies	100m Butterfly	20. Men's	50m Freestyle
6. Men's	100m Butterfly	21. Ladies	100m Breaststroke
7. Ladies	4 x 25m Medley Team 100yrs +	22. Men's	100m Breaststroke
8. Men's	4 x 25m Medley Team 100yrs +	23. Ladies	100m Ind. Medley
9. Ladies	4 x 25m Medley Team 160yrs +	24. Men's	100m Ind. Medley
10. Men's	4 x 25m Medley Team 160yrs +	25. Ladies	100m Freestyle
11. Ladies	50m Breaststroke	26. Men's	100m Freestyle
12. Men's	50m Breaststroke	27. Ladies	4 x 25m F/S Team 100yrs +
13. Ladies	200m Freestyle	28. Men's	4 x 25m F/S Team 100yrs +
14. Men's	200m Freestyle	29. Ladies	4 x 25m F/S Team 160yrs +
15. Ladies	50m Butterfly	30. Men's	4 x 25m F/S Team 160yrs +

All events shall be heat declared winner. All heats will be spearheaded

Medals will be awarded for the first three in each age group in each event **irrespective of how many are competing in the age group**

There will be no presentations; medals should be collected from the Awards table when announced.

All entries must be made on the attached entry form or on a copy. Current times should be entered for a 25m pool.

Swimmers may only swim for one club.

This is a "no cards" gala. Swimmers will be pre-seeded and heats and lanes will be shown on the program.

CLOSING DATE FOR ENTRIES: 29th November 2009

Entry Fees: £4.00 for first Individual event (includes a program)

£3.00 for all other Individual events

£6.00 per Relay event

All entries to be sent to: Philip Johnson, 55 Sheffield Road, Hackenthorpe, Sheffield, S12 4LR.

Tel: 0114-2510448 (07974 669947 Mobile) Email: philip@johnson55.freerserve.co.uk

Please enclose an A4 stamped addressed envelope. Cheques to be made out to Sheffield & District ASA

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Individual Entry Form

Name:		Date of Birth:	
Sex:		Age Group:	
Club:		Reg. No	
Address:			
Tel. No:		Email Address:	
Individual Events	Submitted Time	Individual Events	Submitted Time
50m Freestyle		100m Backstroke	
100m Freestyle		50m Breaststroke	
200m Freestyle		100m Breaststroke	
400m Freestyle		50m Butterfly	
50m Backstroke		100m Butterfly	
		100m Ind. Medley	

CLUB RELAYS

RELAY EVENTS SHOULD BE SUBMITTED BY ONLY ONE PERSON FROM YOUR CLUB. SUBJECT TO THE NUMBER OF TEAMS ENTRIES, POOLSIDE RELAYS MAY BE ACCEPTED ON THE DAY BEFORE THE START OF THE SESSION. TO ENTER SIMPLY TICK THE RELEVANT BOX(ES)

NAME OF CLUB IN FULL.....

EVENT	<u>MEN</u>		<u>WOMEN</u>	
	100yrs+	160yrs+	100yrs+	160yrs+
4x25m Freestyle				
4x25m Medley				

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: First Individual Event Entered.....1.....@£4.00 per event.....£4.00....

All other Individual Events Entered.....@£3.00 per event.....

(Please note: First individual event entry includes a program)

Total Number of Relay Events Entered.....@£6.00 per event.....

Cheques made payable to Sheffield & District ASA for a total of:

Closing date for entries: Sunday 29th November 2009

Send to: Philip Johnson, 55 Sheffield Road, Hackenthorpe, Sheffield, S12 4LR

Please enclose a large Stamped Addressed Envelope