

GLOUCESTER & SOMERSET COUNTY MASTERS' COMPETITIONS 2016

For Master and Senior (18 - 24years) Swimmers¹
(UNDER A.S.A. LAWS & ASA TECHNICAL RULES)

Horfield Leisure Centre, Bristol on Sunday, 11th September 2016 (10:00 – 17:00)

This meet is defined by the ASA as a low-level access competition; competitors **must be on the list of registered members of an ASA-affiliated club** but *may have paid only Category 1 Registration* and need not to have paid the higher competitive registration fee (Category 2).

MASTERS' COMPETITOR ENTRY FORM

NAME (PLEASE PRINT):					MALE / FEMALE
ADDRESS					
POST CODE		TELEPHONE No.:		CLUB:	
A.S.A. REGISTRATION No:		DATE OF BIRTH		Age on 31/12/16:	
e-mail					

This entry form covers events in the 2016 County Competitions. Competitors should print their entry time against each event they are entering in the column "Entry Time". A fee of **£3.50** is charged for each individual event.

EVENT	ENTRY TIME	ENTRY FEE £3.50
50 metres Butterfly		
100 metres Butterfly		
50 metres Backstroke		
100 metres Backstroke		
50 metres Breaststroke		
100 metres Breaststroke		
50 metres Freestyle		
100 metres Freestyle		
100 metres Individual Medley		
200 metres Freestyle		

Number of Events Entered		At £3.50 per event =£	
--------------------------	--	-----------------------	--

Cheques payable to G.C.A.S.A.

Last date for entry **1st September 2016**

Please return entry form and fee to:

Brian Armstrong
56 Millbrook St
Cheltenham
Gloucestershire
GL50 3RP

e-mail ba005a1104@blueyonder.co.uk

I certify that to the best of my knowledge, I am physically fit and able to compete in and train for Masters' Events, and have not been advised otherwise by a Medical Advisor. I, thus, exonerate the ASFGB/ASA/WCASA/ GCASA/ Club/Officials and Meet Organisers from any injury to me as a result of my medical condition. I also confirm that I am proficient in the execution, of performing entry dives in accordance with ASA recommendations **and that I have encouraged all my swimming friends to enter.**

Signed _____

Masters' & Senior Swimmers' Competitions 2016
(incorporating Gloucester and Somerset County Competitions)
 (UNDER ASA LAWS & ASA TECHNICAL RULES)

Programme of Events at **Horfield Leisure Centre** on Sunday, 11th September 2016
 Pool booked from 10.00am. Meet runs from 10.30am - 5.00pm

Session 1			
10.00 Warm up		10.30 Events as below	
Event 1	Mixed 200m Freestyle	Event 2.	Ladies 50m Backstroke
Event 3	Men 50m Backstroke	Event 4	Ladies 100m Butterfly
Event 5	Men 100m Butterfly	Event 6	Ladies 50m Breaststroke
Event 7	Men 50m Breaststroke	Event 8	Ladies 100m Freestyle
Event 9	Men 100m Freestyle		
Event 10 ²	"Enter on the Day" Medley relays (mens', womens' or mixed)		
INTERMISSION			
Session 2			
Finish Session 1 + 60 minutes Warm up		Finish Session 1 + 90 minutes Events as below	
Event 11	Ladies 100m IM	Event 12	Men 100m IM
Event 13	Ladies 100m Breaststroke	Event 14	Men 100m Breaststroke
Event 15	Ladies 50m Butterfly	Event 16	Men 50m Butterfly
Event 17	Ladies 100m Backstroke	Event 18	Men 100m Backstroke
Event 19	Ladies 50m Freestyle	Event 20	Men 50m Freestyle
Event 21 ²	"Enter on the Day" Freestyle relays (mens', womens' or mixed)		

Competitors must be registered members of the ASA who are on the membership list of a swimming club affiliated to the Amateur Swimming Association. Because this meet has been classified as a limited Competition it is NOT necessary for Competitors to hold the higher registration category (Category 2) which permits them to swim in open meets.

For the Seniors' Competition swimmers must be in the age group 18 – 24 years
 For the Masters' Competition swimmers must be aged 25 years or over, and will be ranked in 5-year age bands.

We would like to see and invite swimmers who have never done this type of event before which includes both Masters over 25 and ex age-groupers (now over 18). A large and diverse event will recreate much of the enjoyable spirit of Masters' Swimming. Awards will be made by each county, individually to its own participants, as necessary.

Entry should be on the entry form, or photocopy, by the closing date of **1st September 2016**.

Brian Armstrong, for GCASA phone 01242 692490
 e-mail: ba005a1104@blueyonder.co.uk

Try Gloucester County's Website for update, download forms, news etc. www.glosasa.com

E&OE

¹ Ages are determined as on 31/12/16; **Seniors** must be 18 years old or over on the meet date

² Time permitting