



**Swim Wales**

**2010**  
**SWIM WALES OPEN**  
**MASTERS & SENIOR AGE**  
**GROUPS CHAMPIONSHIPS**

(under FINA TECHNICAL RULES AND SWIM WALES LAWS)

**Licence No. 010WLM-005**

**Friday 5<sup>th</sup> March – Sunday 7<sup>th</sup> March 2010**  
(All session times to be confirmed after closing date)

**WALES NATIONAL POOL**  
**SKETTY LANE, SWANSEA**

**EVENT INFORMATION & ENTRY**  
**FORMS**



**IMPORTANT – Please read this document carefully before signing**

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 always to 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 not to do anything which would expose myself or fellow swimmers to unnecessary risk of 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 as regards safety.
5. I acknowledge that Swim Wales or any 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. Swim Wales reserves the right to restrict entries if it is found to be necessary, due to number of entries. In which case entries will be accepted on a first come first served basis.
7. Swim Wales reserves the right to limit the number of competitors in the 400m, 800m & 1500m Freestyle events if necessary. The 800m & 1500m will be limited to 8 heats of each and entries will be accepted on a first come first served basis.
8. Swim Wales reserves the right to amend the start times once all entries have been received.
9. I hereby agree to abide by and be governed by the rules of Swim Wales and all other laws and regulations applicable including the Safety Laws.

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

Signature of Competitor: \_\_\_\_\_ Date: \_\_\_\_\_

Please return your completed form, with the **correct fee** to:  
**Swim Wales Office, Wales National Pool, Sketty Lane, Swansea, SA2 8QG**  
(Entries are non-refundable).

**YOU MUST ENCLOSE AN A5 STAMPED ADDRESSED ENVELOPE  
TO RECEIVE COMPETITORS INFORMATION SHEET.**

**CLOSING DATE FOR ENTRIES – Monday 26<sup>th</sup> January 2009**



**Swim Wales**

Wales National Pool Swansea, Sketty Lane, Swansea, SA2 8QG  
 Tel +44 (0)1792 513636 Fax +44 (0)1792 513637

**SWIM WALES OPEN MASTERS & SENIOR AGE GROUPS CHAMPIONSHIPS**

(UNDER FINA TECHNICAL RULES AND SWIM WALES LAWS)

**5<sup>th</sup> March – 7<sup>th</sup> March 2010 - SWANSEA**

**TEAM ENTRY FORM**

NAME OF CLUB [INFULL]:.....

NAME & ADDRESS OF PERSON TO WHOM CONFIRMATION ETC. SHOULD BE SENT: .....

TELEPHONE NO:..... EMAIL:.....

- a) Clubs are limited to one team per event.
- b) A competitor may only represent one club in the Championships.
- c) Total age of team as at 31<sup>st</sup> December 2010

The names of competitors must be submitted to the recorders (using the official "Team Declaration Form/s") **at least 60 minutes prior to the start of the relevant session.**

**Entry Fee £15.00 per team per event or £13.00 per team if entered electronically.**  
**Cheques made payable to: SWIM WALES**

TO ENTER, PLEASE ENTER A TIME IN THE RELEVANT BOX(ES)

	MALE		FEMALE		MIXED (2 Men/2 Women)	
	4 x 50m FREESTYLE	4 x 50m MEDLEY	4 x 50m FREESTYLE	4 x 50m MEDLEY	4 x 50m FREESTYLE	4 x 50m MEDLEY
72 –96 years						
100-119 years						
120-159 years						
160-199 years						
200-239 years						
240-279 years						
280-319 years						
320 years +						

I declare that the above particulars are correct and agree to abide by the conditions laid down by Swim Wales for these Championships.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

No of Entries \_\_\_\_\_ @ \_\_\_\_\_ total \_\_\_\_\_

Please return your completed form, with the **correct fee** to:  
**Swim Wales Office, Wales National Pool, Swansea, SA2 8QG** (Entries are non-refundable).

**CLOSING DATE FOR ENTRIES – Monday 26<sup>th</sup> January 2009**

## SWIM WALES

### BRITISH GAS / WELSH OPEN MASTERS CHAMPIONSHIPS

#### **01 General Conditions**

- 01.01** Swim Wales reserves full powers over Swim Wales Open Masters and Senior Age Group Swimming Championships.
- 01.02** The Championships shall be run under FINA Technical Rules and Swim Wales Law, Swim Wales Disciplinary Code and any additional conditions (printed in the respective Meet information).
- 01.03** Entries may only be accepted from:
- 01.03.01 competitors registered as members of Swim Wales (WASA), Scottish Amateur Swimming Association (SASA) or Amateur Swimming Association (ASA) or
- 01.03.02 competitors from one of the countries affiliated to FINA.
- 01.04** For both individual and team events, a competitor must have been a registered member, or equivalent, of the club in whose name he is entered, at least 30 days prior to the first day of competition and must be aged 18 years or over by 31<sup>st</sup> December in the year of competition.
- 01.05** These Championships shall be held at a venue and for a period determined by the organisers.
- 01.06** All events are Heat Declared Winner within each Age Classification. In each event competitors will be seeded according to their entry time and will compete against those with similar times from the various age groups taking part in the event.

#### **02 Events**

##### **02.01** Individual Events are:

Freestyle 50m, 100m, 200m, 400m, 800m and 1500m,  
Backstroke, Breaststroke & Butterfly 50m, 100m and 200m  
Individual Medley 200m & 400m.

##### **02.02** Team Events are:

Men & Women & Mixed (2 Men/2 Women) 4 x 50m Freestyle & 4 x 50m Medley in the following age-groups:-

- |     |   |
|-----|---|
| (1) | 72 - 96yrs (total age) Senior Age Group |
| (2) | 100 - 119yrs (total age)                |
| (3) | 120 - 159yrs (total age)                |
| (4) | 160 - 199yrs (total age)                |
| (5) | 200 - 239yrs (total age)                |
| (6) | 240 - 279yrs (total age)                |
| (7) | 280 - 319yrs (total age)                |
| (8) | 320+ (total age)                        |

Clubs may only enter one team per event.

- 02.03** The total age of a team shall be as at 31<sup>st</sup> December in year of competition. Each team member must be aged 25 or over as at that date for all relays except for the 76-96yr relay, which they must all be in the S Age Category.

- 02.04** Age Groups for both men and women are (Age as at 31<sup>st</sup> December in year of competition)

**S** 18yrs – 24yrs    **A** 25yrs - 29yrs    **B** 30yrs - 34yrs    **C** 35yrs - 39yrs    **D** 40yrs - 44yrs    **E** 45yrs - 49yrs  
**F** 50yrs - 54yrs    **G** 55yrs - 59yrs    **H** 60yrs - 64yrs    **J** 65yrs - 69yrs    **K** 70yrs - 74yrs    **L** 75yrs - 79yrs  
**M** 80yrs - 84yrs    **N** 85yrs - 89yrs    **P** 90yrs - 94yrs    **Q** 95yrs - 99yrs

NOTE Masters Group A must be at least 25 years of age in the year of competition i.e. by 31st December 2010  
Group S swimmers must have achieved their 18<sup>th</sup> birthday on or before the 1st day of the competition.

- 02.05** The names of competitors in Team Events must be submitted to the Meet Office (using the official "Team Declaration Form/s") at least 60 minutes prior to the start of the session.

- 02.06** All entries shall be received by the Organisers by the relevant closing date accompanied by the appropriate entry fee. Competitors and teams whose entries have been accepted will be expected to swim unless they have formally withdrawn in advance.

- 02.07** NO CARDS WILL BE USED AT THIS EVENT.

##### **02.08** THE NO CARD/PRIOR ADVICE OF WITHDRAWAL SYSTEM

###### **02.08.01** Receipt of and acceptance of entries

Competitors and teams whose entries have been accepted will be expected to swim unless they have formally withdrawn in advance. No cards will be issued and competitors and teams must comply with the withdrawal procedure in 02.08.02 below.

###### **02.08.02** Withdrawals Procedure – Individuals & Teams

Withdrawals from the first day's events shall be notified to the SWIM WALES Office no later than noon on the day before the first day of the Championships.

Withdrawals from subsequent sessions shall be lodged at the Meet Office no later than the end of the final session on the day prior to the event.

Under exceptional circumstances only, withdrawals on the day of the Championships may be accepted. However, these must be notified to the Chief Recorder on the relevant form, no later than 45 minutes prior to the start of the appropriate session. Individual competitors failing to comply with the above shall be fined £10 for each inappropriate withdrawal. If a team fails to notify the Chief Recorder of their withdrawal, the Club they represent shall be fined the sum of £25. Competitors and teams who fail to appear without having withdrawn in accordance with the above may be subject to further disciplinary action.

###### **02.08.03** Start Sheets

Start sheets for heats will be drawn up after each day's closure of withdrawals and will be available for clubs and posted on the walls before the start of each session.

02.08.04 Distance Events

**Re – entry for the 400, 800 & 1500 metre events**

For the 400, 800 & 1500m events competitors must confirm their intention to swim no later than one hour before the start of the respective session by either reporting to the recorders outside the Meet Office on the 3<sup>rd</sup> floor or by telephoning 01792 513614. Please note this telephone number will only be available for the duration of the meet starting from 11.00am on Friday 5<sup>th</sup> March 2010

**03 Competitors with a permanent disability**

A competitor who has a permanent disability shall not be disqualified in a case where his disability prevents him from complying with the rules of a particular stroke, provided that the disability has been notified to the referee by the competitor or his representative before the race takes place. Notification shall be by a medical certificate.

**04 Trophies and Medals**

Medals shall be awarded to the first three placed individual competitors and teams in each age group.

**05 Officials**

Technical Officials shall be selected from lists approved by Swim Wales

**06 Other conditions**

**06.01 Starts**

Over the top starts may, where necessary or appropriate, be used during these Championships (except in the backstroke events).

**06.02 Training Pool**

The Training Pool is for the use of **competitors only** for the purpose of warm up and swim down.

**07 Safety**

All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.



## PROGRAMME OF EVENTS

Please note these session times are provisional and could be revised following the closing date.  
Confirmed times will be sent out with confirmation of entry and posted on the Swim Wales Web Site  
All events HDW

<b>Friday 5<sup>th</sup> March 2010</b>		
	<b>Day 1 Session 1</b> 12.00 noon warm up 1.00pm Start	<b>Day 1 Session 2</b> 4.00pm warm up 5.00pm start
	Mixed 1500m Freestyle	Men's 200m Ind. Medley Women's 200m Ind. Medley Men's 100m Butterfly Women's 100m Butterfly Men's 200m Breaststroke Women's 200m Breaststroke
<b>Saturday 6<sup>th</sup> March 2010</b>		
<b>Day 2 Session 3</b> 9am warm-up 10.00am Start	<b>Day 2 Session 4</b> 11.30pm warm up 12.30pm start	<b>Day 2 Session 5</b> 2.00pm warm up 3.00pm start
Mens 400m Freestyle Womens 400m Freestyle Men's 200m Backstroke Women's 200m Backstroke Men's 50m Freestyle Women's 50m Freestyle Mixed 200 Freestyle Relays	Men's 200m Butterfly Women's 200m Butterfly Men's 100m Freestyle Women's 100m Freestyle Men's 50m Backstroke Women's 50m Backstroke Mixed 200 Medley Relays	Mixed 800m Freestyle
<b>Sunday 7<sup>th</sup> March 2010</b>		
<b>Day 3 Session 6</b> 9am warm-up 10.00am Start	<b>Day 3 Session 7</b> 11.30am warm up 12.30pm start	
Mixed 400m Ind. Medley Women's 100m Breaststroke Men's 100m Breaststroke Women's 50m Butterfly Men's 50m Butterfly Women's 200m Medley Relay Men's 200m Medley Relay	Women's 200m Freestyle Men's 200m Freestyle Women's 100m Backstroke Men's 100m Backstroke Women's 50m Breaststroke Men's 50m Breaststroke Women's 200m Freestyle Relay Men's 200m Freestyle Relay	