

Berkshire & South Buckinghamshire ASA
23rd Open Masters



At
Magnet Leisure Centre, Maidenhead
11 September 2016

Information for Competitors

Final Session times

Please note the final session times are:

Session 1 Warm up 11:30 Start 12:15
Session 2 Warm up 15:15 Start 16:00

Individual events – Registration

There are no cards for this meet, but instead swimmers must register their intention to swim in each of the events they have entered. There will be separate registration for sessions 1 & 2 and swimmers must register before the published warm up start time for each session.

Swimmers should register their intention to swim by highlighting the appropriate event on the registration sheets. A specimen follows.

Swimmer		Ev 1 200m Back	Ev 2 100m Breast	Ev 4 5m Fly	Ev 6 200m Free	Ev 7 100m Back	Ev 9 50m Breast
Moore, Rob	Bracknell	8				9	11

Rob Moore has entered the 100m and 200m backstroke and the 50m breaststroke in session 1 (hence the grey against the other events). He has highlighted the 50m breast and 100m back, as he wants to swim these events. However he has left the 200m back un-highlighted as he does not feel up to this today!! (NB the numbers shown are the competitor numbers for the event and correspond to the competitor numbers on accepted entries sheet).

The registration sheets will be posted on the back wall of the changing room. There will be separate sheets for ladies and men and they will be in alphabetical order of surname.

Team events – Registration

Relay team declaration forms will be sent out by email. The names of the swimmers in each team must be “declared” on the forms and then posted in the box along the back wall of the changing room. Teams who do not complete and return relay declaration forms in time will not be eligible to swim.

Entry Acceptance

A complete list of accepted entries sorted by club then swimmer can be found on the website. **Please note this document has over 100 pages, so please be careful to print only the pages you need.**

Please check the information on the accepted entries listing carefully. It is easy to make corrections before the day by emailing Rob Moore (rjm7737@btinternet.com) or if you have no email access calling 01344 752106. It is very unlikely that we will be able to make corrections on the day.

Warm up

The warm up will be as follows:

Session 1	11:30-11:50 Ladies	11:50 – 12:10 Men
Session 2	15:15 - 15:35 Men	15:35 – 15:55 Ladies

Lane 1 (and lane 8 if volume demands) will be used for one way sprints in the last 5 minutes of each warm up.

Lane	Direction	Speed (seconds per length)
1	Clock-wise	20
2	Anti-clock	
3	Clock-wise	25
4	Anti-clock	
5	Clock-wise	30
6	Anti-clock	
7	Clock-wise	35
8	Anti-clock	

Start lists

Start lists will be posted on the wall at the back of the changing rooms during the warm up. It is each competitor's responsibility to note which heat and lane they are swimming in and to ensure they are at the start at the correct time.

Results

All events are heat declared winners and there will be no finals. Results will be posted on the wall at the back of the changing rooms as soon as possible after each event has ended. Results will also be posted on the web site, www.bsbasa.org, and sent to the ASA for inclusion in rankings and the decathlon competition.

Medals will be awarded for the first three in each age group and for the winner of each age group relay team. In addition, silver and bronze medals will be awarded for relays provided there are at least 4 & 5 entries respectively.

In addition to the above awards there will be additional awards open only to swimmers who are competing for clubs affiliated to the Berkshire & South Buckingham ASA. A gold, silver and bronze medal will be awarded to the BSBASA male and female swimmers placed 1st, 2nd and 3rd overall in each individual event. Placing will be determined using a points based method with age adjusted points calculated using a similar method to the British Swimming Master Decathlon Competition.

Medals will not be presented, but must be collected from the medal table which will be at the opposite end of the pool to the start.

Prizes will be awarded to the top 3 female and male swimmers of the meet (masters only). This year we will be using a points based method with age adjusted points calculated using the same method as the British Swimming Masters Decathlon Competition. The awards will be made based on the points for the best five swims (of any distance and stroke combination) and will be presented as soon as possible after the final race.

A trophy will be awarded to the club with the most points and will be presented as soon as possible after the final race. Points will be awarded 6 for 1st, 5 for 2nd, 1 for 6th.

Other information

The Magnet has a 25m, 8 lane pool with A.O.E. However, as entries for the meet are well under the maximum capacity, only 6 lanes will be used. This will ensure that swimmers have a reasonable amount of rest between swims.

Age Groups: Seniors-18/24, A-25/29, B-30/34, C-35/39, D-40/44, E-45/49, F-50/54, G-55/59, H-60/64, J-65/69, K-70/74, L-75/79, M-80/+

Seniors must be 18 yrs on the date of the competition. Other ages are at the 31st December 2016. A competitor may only compete for one club at the meet.

All relays are Mixed 4 x 50m, and consist of 2 ladies and 2 men swimming in any order. Masters and Seniors may swim in relay teams. However, please note that records cannot be set by teams including seniors.

If, in exceptional circumstances, you are delayed on your journey, or have other questions on the day only, please call 07711 109939.

Directions

Magnet Leisure Centre is situated on the north side of the A4, just north of Maidenhead town centre. The postcode is SL6 8AW.

Directions from junction 8/9 of the M4. There is a map overleaf.

- At the roundabout at junction 8/9, take the A308M.
- After approximately 0.7 miles, take the first exit at the roundabout which is the A308 toward Maidenhead town centre. There are speed cameras on this road.
- After approximately 1 mile go straight across at the roundabout and continue to follow the A308. Continue under the railway bridge and follow the A308 as it turns left then right
- After approximately 0.5 miles, turn right at the roundabout and join the A4 travelling towards Slough. Go straight across at the next roundabout, continuing to follow the A4
- Immediately after the roundabout, take the slip road to the left which leads you directly into the Magnet Leisure Centre Car Park. The car park is a pay and display car park and is often busy so you may have to “cruise” to find a space. Parking for up to 4 hours costs £4.00 and over 4 hours costs £8.00
- A free alternative is Hines Meadow, which is accessed and signposted from the next roundabout on the A4 driving towards Slough. This car park is free on Sundays, but do check that you are parked in the appropriate coloured bay.

Order of events

SESSION 1. Warm up 11:30 for 12.15 start		SESSION 2. Warm up 15:15 for 16:00 start	
Event No.	Event Name	Event No.	Event Name
1	Mixed 200m Freestyle	13	Mixed 200m Backstroke
2	Men's 100m Breaststroke	14	Men's 100m Fly
3	Ladies 100m Breaststroke	15	Ladies 100m Fly
4	Men's 50m Backstroke	16	Men's 50m Freestyle
5	Ladies 50m Backstroke	17	Ladies 50m Freestyle
6	Mixed 200mFly	18	Mixed 200m Breaststroke
7	Men's 100m Freestyle	19	Men's 100m Backstroke
8	Ladies 100m Freestyle	20	Ladies 100m Backstroke
9	Men's 50m Breaststroke	21	Men's 50m Fly
10	Ladies 50m Breaststroke	22	Ladies 50m Fly
11	Mixed 100m Individual Medley	23	Mixed 200m Individual Medley
12	Mixed 4x50m Freestyle Team	24	Mixed 4x50m Medley Team

Estimated session finish time 14:30

Estimated session finish time 17:45