



Shrewsbury Masters

New Year Gala 2009

(Under A.S.A. Laws and technical rules)

Shrewsbury Amateur Swimming Club
Affiliated to ASA MD & Shropshire ASA
In conjunction with Shrewsbury Leisure
Held under ASA Law & Technical Rules

Saturday 10th January 2009

**Quarry Swimming & Fitness Centre, Priory Road, Shrewsbury
SY1 1RU**

6 Lane Pool

Electronic Timing

6 Lane Display Board

Evening Social Event:

Hot Supper
Presentation of Team Trophy Award
Live Ceilidh Band

**Shrewsbury Masters Welcome Swimmers of
All Abilities**

Entries will be accepted on a first come, first served basis, to a **maximum of 180 individual entries, or until 12/12/08**, whichever occurs first.

PLEASE ENCLOSE A STAMPED, SELF ADDRESSED A5 ENVELOPE

Please make cheques payable to: Shrewsbury Masters Swimming Club.

Fees: £12.00 per person regardless of the number of individual events entered
Relay entries £3 per event

CLOSING DATE: **12th December 2008 or 180 entries (see above).**

www.shrewsburymasters.com



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Promoter's Conditions:

1. The promoter of the Shrewsbury Masters New Year Gala is Shrewsbury Leisure.
2. The event will be called "Shrewsbury Masters New Year Gala".
3. All competitors must have completed the entry form in full. Entries will be accepted on a first come, first served basis, to a **maximum of 180 individual entries, or until 12/12/08**, whichever occurs first. Entries received thereafter will be returned in full.
4. The promoter reserves the right to refuse entry.
5. Events are seeded on submitted times.
6. All events are on a first come first served basis (see 3 above).
7. A swimmer may compete for one club only.
- 8. The competition will be swum as a cardless event, therefore swimmers are asked to notify the organisers by the 8th January if they intend not to compete.**
9. Confirmation of entry will be sent to swimmers with details of events and times entered.
- 10. Swimmers may only enter ONE DISTANCE for each stroke.**
11. Warm up starts 1 hour before the commencement of each session.
12. Points will be awarded for each event – 1st – 5 points, 2nd – 3 points, 3rd – 2 points, other finishers 1 point.
13. An award will be made to the woman and man achieving the most points in each age group.
14. There will be a trophy awarded to the top **VISITING** club (to be held for 12 months) achieving the most points. Double points will be awarded for relays.
15. Ages will be as at 31st December 2009.
16. Age Groups will be X 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, I 65-69, J 70-74, K 75-79, L 80-84, M 85-89, N 90-94 years.
17. Relays will be held in 3 age groups calculated on the combined ages of the 4 swimmers 120-159 years, 160-199 years, 200+ years.
18. Anything not covered in these conditions will be at the discretion of the promoter.

All entries to be returned to:

**Masters Entry
Quarry Swimming & Fitness Centre
Priory Road
Shrewsbury
SY1 1RU
Tel: 01743 281574**

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Name _____ DOB _____ Male/Female _____
 Age Group _____ Club _____
 Address _____
 Post Code _____ ASA / WASA No. _____
 Telephone _____ e-mail _____

I certify that the above details are correct and that I will abide by the promoter's conditions. I intend swimming entirely at my own risk.

Signed: _____ **Date:** _____

Session 1 – 8:30am warm-up, 9:30am start

No	Gender	Distance	Event	Entry Time
1.	Female	4x25m	Individual Medley	
2.	Male	25m	Butterfly	
3.	Female	25m	Backstroke	
4.	Male	50m	Butterfly	
5.	Female	50m	Backstroke	
6.	Male	100m	Butterfly	
7.	Female	100m	Backstroke	
8.	Male	4x50m	Medley Relay	See separate entry form
9.	Female	25m	Freestyle	
10.	Male	25m	Breaststroke	
11.	Female	50m	Freestyle	
12.	Male	50m	Breaststroke	
13.	Female	100m	Freestyle	
14.	Male	100m	Breaststroke	
15.	Female	4x50m	Medley Relay	See separate entry form

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Session 2 – start 1 hour after completion of Session 1

16.	Male	4x25m	Individual Medley	
17.	Female	25m	Butterfly	
18.	Male	25m	Backstroke	
19.	Female	50m	Butterfly	
20.	Male	50m	Backstroke	
21.	Female	100m	Butterfly	
22.	Male	100m	Backstroke	
23.	Female	4x50m	Freestyle Relay	See separate entry form
24.	Male	25m	Freestyle	
25.	Female	25m	Breaststroke	
26.	Male	50m	Freestyle	
27.	Female	50m	Breaststroke	
28.	Male	100m	Freestyle	
29.	Female	100m	Breaststroke	
30.	Male	4x50m	Freestyle Relay	See separate entry form

NOTE: RELAY ENTRY FORM ON FOLLOWING PAGE.

Refreshments: Food and drinks will be available for purchase on the premises throughout the day.

Evening Social Event

An evening social event will be held at the Darwin Community Centre, Frankwell, Shrewsbury (only 5 minutes walk from the pool, maps available on the day). The venue and bar will be open from **5.30pm**, with **HOT FOOD** served promptly at **6.30pm**.

During the evening the **TOP TEAM TROPHY** will be awarded to the visiting club which has gained the most points during the day. Entertainment will be provided by the excellent 'This Way Up' **Ceilidh Band**.

Entrance is by ticket only. Tickets to be booked with Gala entry at a cost of **£10.00 per person** (which includes hot supper and entertainment – but not the bar!).

Please use the boxes below to indicate the number of tickets and vegetarian options required. Payment should be enclosed with entry fee.

Attending Social Event (please give number attending)

Number of vegetarian meals required

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RELAY TEAM ENTRY FORM

CLUB.....

4x50m Medley Relay	Ages	MEN		WOMEN	
	200+				
	160-199				
	120-159				

4x50m Freestyle Relay	Ages	MEN		WOMEN	
	200+				
	160-199				
	120-159				

Please tick the events you wish to enter. If more than one team is entered in one event use A, B, C etc. The entry fee for each team is £3.00.

Contact Name: _____

Address: _____

Tel: _____

CLOSING DATE: 12th December 2008