



# Kent County ASA Masters Swimming Championship 2018



## Kent County ASA Masters Swimming Championships 2018

(Under ASA Laws and ASA Technical Rules)

### Incorporating Kent County ASA Masters' Team Gala

#### Day 1

Sunday 20 May - KCASA Distance Championships (200m+ events)  
(to be swum within the EDSC Masters Open Meet)

Venue: Crook Log Leisure Centre, Brampton Road, Bexleyheath DA7 4HH

#### Day 2

Sunday 24 June – KCASA Sprint (50/100m events) and Relay Championships

Venue: Medway Park, Mill Road, Gillingham Me7 1HF



**Day 1: Distance Events (200m+)  
(three sessions)**

**This is new to this year's championship**

**Session 1 – Sign in by 0735, warm up 0740, start at 0800**

**Session 2 – Sign in by 1025, warm up 1030, start at 1115**

**Session 3 – Sign in by 1410, warm up 1415, start at 1500**

**Entries**

**Can made via EDSC Masters Meet**

[http://www.edsc.org.uk/EDSC Masters Meet Entry Pack.pdf](http://www.edsc.org.uk/EDSC_Masters_Meet_Entry_Pack.pdf).

**Entries close 27 April 2018**

**Additional Important Notes**

**Closing date for Entries:** 1800pm, 27 April 2018

**Maximum individual entries:** there will be no limit for Day 1 swims

**Cost per event:** 1500/800m £10.00, other swims qualifying for KCASA Championship points £5.00

**Officials and Helpers:** This event has been kindly organised by Erith Swimming Club. If you are available to help them run the run event on the day, please contact [glen.isaacs@kentswimming.org](mailto:glen.isaacs@kentswimming.org) or [john.burdett@kentswimming.org](mailto:john.burdett@kentswimming.org).

**Further details:** Please read the promoters details within the entry pack. However please take particular note item 9 below:

9: Entries for the 800m and 1500m events will also be accepted on a first come first served basis. There will be up to 4 heats of 800m and 2 heats of 1500m and the Promoter reserves the right to allow 2 swimmers per lane. Swimmers will need to abide by the following minimum entry guide times:

<b>Female</b>	<b>18-24</b>	<b>25-29</b>	<b>30-34</b>	<b>35-39</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80+</b>
<b>800m</b>	13:52	13:52	13.57	14.01	14.11	14.31	15.03	15.46	16.41	17.45	19.02	20.35	22.44
<b>1500m</b>	26.25	25.26	26.37	26.53	27.26	28.20	29.36	31.14	33.11	35.30	38.16	41.44	46.26
<b>Male</b>	<b>18-24</b>	<b>25-29</b>	<b>30-34</b>	<b>35-39</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80+</b>
<b>800m</b>	12.50	12.50	12.54	12.58	13.07	13.26	13.55	14.35	15.26	16.26	17.36	19.03	21.02
<b>1500m</b>	24.56	24.56	24.59	24.57	25.17	26.04	27.11	28.29	29.49	31.13	32.54	35.25	39.44



**Day 1 – Programme of Events –**

The events marked in Green only qualify for championship points.

Event No.	Session 1 – 20 <sup>th</sup> May – Sign in by 07:40 Warm up 07:40am Start 08:00		
101	Mixed	800m	Freestyle
102	Mixed	1500m	Freestyle

Event No.	Session 1 – 20 <sup>th</sup> May – Sign in by 10:30 Warm up 10:30 Start 11:15		
201	Ladies	200m	Individual Medley
202	Mens	200m	Individual Medley
203	Ladies	200m	Butterfly
204	Mens	50m	Breaststroke
205	Ladies	100m	Backstroke
206	Mens	100m	Butterfly
207	Ladies	50m	Freestyle
208	Mens	200m	Backstroke
209	Ladies	200m	Breaststroke
210	Mens	50m	Butterfly
211	Ladies	100m	Freestyle
212	Mens	100m	Breaststroke
213	Ladies	50m	Backstroke
214	Mens	200m	Freestyle
215	Ladies	400m	Freestyle
216	Mens	400m	Individual Medley
217	Mixed 240 +	200m	Medley Relay
218	Mixed 200-239yrs	200m	Medley Relay
219	Mixed 160-199yrs	200m	Medley Relay
220	Mixed 120-159yrs	200m	Medley Relay
221	Mixed 100-119yrs	200m	Medley Relay

Event No	Session 3 – 20 <sup>th</sup> May – Sign in by 14:15 Warm up 14:15 Start 15:00		
301	Mens	100m	Individual Medley
302	Ladies	100m	Individual Medley
303	Mens	200m	Butterfly
304	Ladies	50m	Breaststroke
305	Mens	100m	Backstroke
306	Ladies	100m	Butterfly
307	Mens	50m	Freestyle
308	Ladies	200m	Backstroke
309	Mens	200m	Breaststroke
310	Ladies	50m	Butterfly
311	Mens	100m	Freestyle
312	Ladies	100m	Breaststroke
313	Mens	50m	Backstroke
314	Ladies	200m	Freestyle
315	Mens	400m	Freestyle
316	Ladies	400m	Individual Medley
317	Mixed 240 +	200m	Freestyle Relay
318	Mixed 200-239yrs	200m	Freestyle Relay
319	Mixed 160-199yrs	200m	Freestyle Relay
320	Mixed 120-159yrs	200m	Freestyle Relay
321	Mixed 100-119yrs	200m	Freestyle Relay



**Day 2: Sprint Events (50/100m) and Relays  
(two sessions)**

**Sign in by 0915 - Warm-up: 0930. Competition starts at 10:15**

Second session times to be confirmed when all the entries have been received

**Entries**

We will use our on-line entry and payment system. As soon as entries are Open, emails will be sent out. If you do not usually receive Kent Masters emails, please sign up here [http://www.kentswimming.org/sform-masters-email\\_sign\\_up.html](http://www.kentswimming.org/sform-masters-email_sign_up.html) or contact [glen.isaacs@kentswimming.org](mailto:glen.isaacs@kentswimming.org) to be added to the mailing list

**Additional Important Notes**

**Closing date for entries:** Saturday 9 June 2018, for both Individual and team entries.

**Maximum individual entries:** Individual entries are limited to six per entrant.

**Officials and helpers:** Clubs are asked to help with the supply of officials (both qualified and unqualified) and helpers to give out medals, distribute refreshments, etc. Without this help your competition will be difficult to run effectively, so canvass your members now and contact [john.burdett@kentswimming.org](mailto:john.burdett@kentswimming.org) with names of officials or Glen Isaacs at [glen.isaacs@kentswimming.org](mailto:glen.isaacs@kentswimming.org) with names of other helpers as soon as possible.

**Age Groups:**

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

**Events:**

**Session 1**

- 100 Mixed 4x50m Freestyle Team\*
- 101 Ladies 100m Freestyle
- 102 Mens 100m Freestyle
- 103 Ladies 50m Butterfly
- 104 Mens 50m Butterfly
- 105 Mixed 240+ 4 X 25m Free Team\*
- 106 Ladies 120+ 4 X 25m Free Team\*
- 107 Mens 120+ 4 X 25m Free Team\*
- 108 Ladies 100m Individual Medley
- 109 Mens 100m Individual Medley
- 110 Ladies 50m Breaststroke
- 111 Mens 50m Breaststroke
- 112 Ladies 200+ 4 X 25m Free Team\*
- 113 Mens 200+ 4 X 25m Free Team\*
- 114 Ladies 100m Backstroke
- 115 Mens 100m Backstroke
- 116 Ladies 160+ 4 X 25m Free Team\*

**Session 2**

- 117 Mens 160+ 4 X 25m Free Team\*
- 118 Mixed AA 4 x 50m Med Team\*
- 119 Mixed 240+ 4 x 25m Med Team\*
- 120 Mens 120+ 4 x 25m Med Team\*
- 121 Ladies 120+ 4 X 25m Med Team\*
- 122 Mens 100m Butterfly
- 123 Ladies 100m Butterfly
- 124 Mens 50m Backstroke
- 125 Ladies 50m Backstroke
- 126 Mens 200+ 4 X 25m Med Team\*
- 127 Ladies 200+ 4 X 25m Med Team\*
- 128 Mens 100m Breaststroke
- 129 Ladies 100m Breaststroke
- 130 Mens 50m Freestyle
- 131 Ladies 50m Freestyle
- 132 Mens 160+ 4 X 25m Med Team\*
- 133 Ladies 160+ 4 X 25m Med Team\*

\* See Additional Conditions for Masters' Team Swimming Competitions #2 and #5



**Cost:**

Individual entries: £5.00 per entry

Team entries: £10.00 per team

**Declaration:**

Please note that completion of the on-line form and appropriate payment will signify that you have read and understood the following provisions and agree to abide by them:

1. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health, have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which could 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 possibility of injury and accident. I undertake to always 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 in Masters swimming events the ASFGB, the ASA or anybody affiliated thereto, cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against such loss or damage.
6. I hereby agree to abide by and be governed by the rules of the ASA and all other laws and regulations applicable including the ASA Safety Laws.
7. I declare that the information entered on the on-line entry form is correct and I agree to abide by the Kent County ASA Championship Conditions (as shown overleaf).
8. Health and insurance are the responsibility of the entrant.

**Conditions:**

**M1. Qualification**

- M.1.1 Masters Swimming Championships shall be conducted annually upon date(s) designated for county championships by the ASA, if applicable. Date(s) shall be agreed by the KCASA Masters Swimming Committee.
- M.1.2 Masters Swimming championships shall be conducted in accordance with ASA laws and FINA technical rules of swimming.

**M.2 Eligibility for Entry**

- M.2.1 The championships shall be open to eligible swimmers as defined by the ASA, who on the date of submission of entry are members of clubs affiliated to the county and who shall not have competed in the championships of another county in the same calendar year.
- M.2.2 A swimmer must have been an ASA registered member of the club in whose name they are entered at least 30 days prior to the first day of championships and remain so continuously until the championships in which the competitor is taking part have been completed. Level 1 swimmers are encouraged enter this event.
- M.2.3 A competitor who is a member of more than one club affiliated to the South East Region and/or ASA London Region and allocated by the Region to Kent County ASA may compete in the KCASA Swimming Championships under the name of only one club in any calendar year.

**M.3 Ages**

- M.3.1 The age brackets shall be in accordance with the ASA Masters Championship conditions.
- M.3.2 The year of competition shall be the calendar year.



#### M.4 Entries

- M4.1 All entries for the Day 1, Distance Events, (swum in conjunction with EDSC Masters Open Meet) shall be made on the appropriate official forms of the swimming club, and shall reach the appointed Officer of the Club, accompanied by the entry fees, not later than 23 days before the dates fixed for the particular Championships. All other conditions must meet the promoter's conditions.
- M4.2 All entries for Day 2, Sprint Events and relays shall be made on the appropriate official forms the Association, and shall reach the appointed Officer of the Association, accompanied by the entry fees, not later than 14 days before the dates fixed for the particular Championships. The member's ASA Category and Registration number shall be clearly shown on the form. Forms with the registration number not correctly inserted shall be rejected.
- M4.3 The Swimming Committee may refuse any entry.

#### M.5 Entry fees

- M5.1 Entry fees for the Sprint Events shall be determined by the Kent Masters Swimming Committee and recommended to the Management Committee for approval at its July meeting each year, to take effect in the following calendar year.
- M5.2 Entry fees for the Distance Events shall be determined by the promoter of the EDSC Masters Open Meet.

#### M.6 Disqualification

Any competitor or team failing to comply with any of the Championships or promoter's conditions or bye laws or with ASA Laws shall be disqualified and forfeit the entry fee. Incorrect entries will not be refunded.

#### M.7 Cardless System

Competitors shall report to the clerks of the course before entering the changing rooms and will be required to sign in for each event in which they intend to compete. Failure to sign in by the stated time may forfeit the swimmer's right to compete.

#### M.8 Officials

All technical officials appointed for the Masters Championships shall have qualified under the ASA Examination system and be on a County list.

#### M.9 Awards

Prizes shall be awarded to the first, second and third placed competitors in each Championship, subject to the promoters' conditions.

- M.9.1 The club achieving the highest aggregate points total in all of the individual swimming events and the relay events shall be awarded the trophy available for this purpose.
- M.9.2 The top Male and Female swimmers, based on 'Age Adjusted Points' will be awarded the trophy available for this purpose.
- M.9.3 The Best Improving Club: to qualify your club must have swum in the 2017 championships and have been represented by 5 or more swimmers. The winner will have the highest percentage points gain over 2017. A list will be published for eligible clubs prior to the event. A trophy will be awarded.
- M.9.4 Best New Club: the Club with most points, who did not compete in the 2017 championships, are eligible. A list of eligible clubs will be published prior to the event. An award will be made for this event.
- M.9.5 Swimmers 18-24 years will be entered for a 'Top Swimmers award', for both female and male athletes. This will be based on 'Age Adjusted Points'.

#### M.10 Events Promoted

- M.10.1 The following Masters Swimming Championship events shall be promoted for men and women in all age groups: 50m/100m/200m/400m/800m/1500m Freestyle, 50m/100m, Backstroke, 50m/100m Breaststroke, 50m/100m Butterfly, 100m/200m/400m Individual Medley.
- M.10.2 The following age groups shall be promoted for both sexes: AA 18-24 yrs, A 25-29yrs, B 30-34yrs, C 35-39yrs, D 40-44yrs, E 45-49yrs, F50-54yrs, G 55-59yrs, H 60-64yrs, J 65-69yrs, K 70-74yrs, L 75-79yrs, M 80yrs+. Ages are as at 31st December in the year of the Championship **except** for the AA age group where age will be as at the first day of the Championships.
- M.10.3 All events shall be decided on heat times. Finals will not be swum.



M.10.4 In the individual Championships listed in condition M10.1 the entries shall be seeded in the programme from best times submitted by entrants on their entry forms by listing them in time order, slowest first, irrespective of age.

M.10.5 When the reporting time for an event is reached, those competitors who have reported shall be divided, if necessary, into the smallest possible number of heats, of as near equal size as possible.

**M.11 Courses and distances**

All Championships shall be swum in still water, the length of the course being either 25 metres or 50 metres.

**M.12 Restriction of entries**

M12.1 There are no initial restrictions of the total number of swims for the Distance Events, subject to M4.1. However, this event is on a 'first come first served basis', and there is a total capacity which will be enforced if necessary by the promotor of EDSC.

M12.2 There is a known capacity for the Sprint Events where all competitors may enter up to 6 events, but should the competition be over-subscribed then Kent County ASA reserves the right to restrict entries as in M.12.3 below.

M.12.3 Should the number of entries be too great then competitors will be restricted to 5 events per person and then to 4, as necessary.

**M.13 The Swimming Committee** shall have power to decide on any matter not covered by these conditions.

**Additional Conditions – Relays**

1. Freestyle and Medley team competitions shall be promoted for men and women in the following age groups: 120+, 160+, 200+. AA and 240+ age groups shall be mixed, 2 of each gender. See note 5.
2. Only team members in the A-M age groups may form part of 120+, 160+, 200+, 240+ relay teams. AA swimmers may not be part of these relay teams.
3. Only one team per club may be entered for each age group team event.
4. The team may consist of a maximum of five nominated swimmers, four of whom will compete in each event. The names, Swim England numbers, and date of birth of team members shall be entered on the declaration form and handed over at the same time that the teams are signed in. All swimmers in the team must be present at the pool when the form is submitted. No changes may be made after handing in. The form may not be returned.
5. Event 100 will be swum for the following age groups: 72+ (AA), 120+, 160+, 200+, 240+ and as a mixed team. Each team will consist of 2 men and 2 women