



# LEICESTERSHIRE & RUTLAND ASA



## Masters and Senior Age Group Open Meet

Incorporating the Leicestershire County Masters Championships  
Under ASA Laws & Regulations and ASA Masters Technical Laws Of Swimming

**Sunday 23rd September 2018**  
**Braunstone Leisure Centre**  
**2 Hamelin Road**  
**Leicester**  
**LE3 1JN**

### EVENTS

50m & 100m all strokes plus;  
100 & 400 I/M  
200m Freestyle

4x50m Freestyle & Medley Relays(72+/120+/160+/ 200+/240+)  
Full range of age groups for individual events in five year bands from 18-24

8 lane competition pool  
Electronic timing  
Separate warm up/swim down pool  
Top team trophy

Entry fees  
Individual Events £5.50  
Relays £8.00

**Closing date: 15<sup>th</sup> September 2018**

## Programme of Events

<b>Session 1</b>		<b>Session 2</b>	
8.30 am warm up for a 9.30 am start		TBC	
1	Mixed 200m Freestyle	14	Mixed 400m IM
2	Mens 100m IM	15	Womens 50m Butterfly
3	Womens 50m Breaststroke	16	Mens 50m Breaststroke
4	Mens 50m Backstroke	17	Womens 50m Backstroke
5	Womens 100m Backstroke	18	Mens 100m Backstroke
6	Mens 100m Freestyle	19	Womens 100m Freestyle
7	Mixed 4 x 50m Medley Relay	20	Mixed 4 x 50m Freestyle Relay
8	Womens 50m Freestyle	21	Mens 50m Freestyle
9	Mens 50m Butterfly	22	Womens 100m IM
10	Womens 100m Butterfly	23	Mens 100m Butterfly
11	Mens 100m Breaststroke	24	Womens 100m Breaststroke
12	Womens 4 x 50m Medley Relay	25	Mens 4 x 50m Medley Relay
13	Mens 4 x 50m Freestyle Relay	26	Womens 4 x 50m Freestyle Relay

## Promoters Conditions

1. The promoter of this open meet is Leicestershire and Rutland ASA.
2. The closing date for entries is 15<sup>th</sup> September 2018.
3. All competitors must be registered with the ASA, SASA or WASA and completed the online entry form in full, payment is completed by PayPal at time of entry.
4. Poolside entries will not be accepted, nor entries after the closing date.
5. There is no restrictions on the number of events that a swimmer can enter.
6. Warm up starts 60 minutes before the commencement of each session.
7. Prizes will be awarded to the top 3 swimmers who achieve the most points in each age group, with points being given 8 – 1 for each individual event.
8. A trophy will be awarded to the top performing team
9. Age groups will be 18-24, 25-29 and in 5 year age bands as necessary, there is no upper age limit.
10. All ages are as of the 31 December in the year of competition. Senior age group swimmers must be 18 or over on the day of competition
11. Masters age groups in the relays will be 120+,160+, 200+, 240+.  
The combined ages of the team members at midnight on 31 December in the year of competition must fall within the age band given above with the proviso that all team members must be 25 years of age or older on the 31 December in the year of competition.
12. The Senior age group relay will be 72+. All team members being aged 18 years or over on the day of their swim.
13. Medals will be presented to the winning team in each age group.
14. Depending on the number of swimmers, the promoter has the right to change the number of lanes used for each event.
13. Forms without entry times will be allocated to the slowest heat. Relays will be seeded based on age group.
14. Swimmers can only compete for one club in the competition.
15. Acceptance of entry will be posted on the LASA website soon after the closing date. It is your responsibility to check the details and query anything before the 20<sup>th</sup> September.
16. Start lists will be issued on the day.
17. Anything not covered in these conditions will be at the discretion of the promoter.

## **Leicestershire County Masters Championships**

We are delighted that the LASA open meet will also act as the Leicestershire County Masters Championships.

1. Open to all swimmers who are members of, and are competing for, clubs affiliated to Leicestershire & Rutland ASA, and who have not in the calendar year, have swum for another county or participated in another counties Masters Championships.
2. The above promoters conditions apply
3. Medals to be awarded to the first swimmer in each age group given above.
4. The Leicestershire swimmers will be integrated, and take part in the open meet and will be eligible for awards as an open meet swimmer.
5. The rules of inter-county masters events will often not allow you to compete for another county once you have swum in the same year in an event for another county.so if you enter Leicestershire & Rutland championships you may be eligible to compete only for Leicestershire & Rutland in inter-county events during the 2018/19 season.