

# **CARLISLE MASTERS SWIM MEET 2012**

**Open Masters Short Course**

**Saturday 19 May 2012**

**The Pools · James Street · Carlisle**

**Fitness, Fun and Friendship through Swimming**

# Information

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## 1.0 Competition Dates

Saturday 19 May 2012

## 2.0 Competition Venue

The Pools  
James Street  
Carlisle  
Cumbria  
CA2 5AT

Telephone 01228 625777

## 3.0 Events

- 3.1 For all Groups: 50m, 100m and 200m Freestyle  
50m, 100m and 200m Backstroke  
50m, 100m and 200m Breaststroke  
50m, 100m and 200m Butterfly  
100m and 200m Individual Medley
- 3.2 Team Races 4 x 50m Mixed Freestyle Relays (minimum 2 Female swimmers)  
4 x 50m Mixed Medley Relays (minimum 2 Female swimmers)  
4 x 50m Mixed Breaststroke Relays (minimum 2 Female swimmers)  
8 x 50m Mixed Team Cannon Relays (minimum 3 Female swimmers)
- 100 - 119 years  
120 - 159 years  
160 - 199 years  
200 – plus years

NB Special category competitors (X Group) may participate in the team events.

## 4.0 Age Groups

- 4.1 Full masters age groups as at 31 December 2012
- A 25 - 29 years
  - B 30 - 34 years
  - C 35 - 39 years
  - D 40 - 44 years
  - E 45 - 49 years
  - F 50 - 54 years
  - G 55 - 59 years
  - H 60 - 64 years
  - J 65 - 69 years
  - K 70 - 74 years
  - L 75 - 79 years
  - M 80 years and over
- 4.2 X age group
- Female 18 years on day of swim - 24 years
  - Male 18 years on day of swim - 24 years

## 5.0 Entries

- 5.1 All Masters Competitors must be a registered member of a swimming club (FINA rules) and, with the exception of X category, be 25 years or over on 31 December 2012. Each competitor may only represent one Club in the relay events, with the exception of the Cannon Relay. Entries are open and all Masters are welcome.
- 5.2 All events will be Heat Declared Winners in Age Classification. In each event swimmers will be seeded according to their entry time and will compete against those with similar times from the various groups. NB. 200m events are swum on a mixed basis.
- 5.3 Dependent on the number of entries received, the organisers reserve the right to:
- introduce over the top starts
  - adjust the start time of the sessions.

SWIMMERS WILL BE NOTIFIED OF ANY SUCH ADJUSTMENTS

- 5.4 Please note that the facility will be available for poolside entries. This is on the understanding that any such entry will depend upon the availability of spare lanes. At the same time any competitor using this facility should be aware that it is on the basis of time/records only.

Entry fee per event £3.00

Information will be available at the registration/information desk

- 5.5 Swimmers who do not possess an e-mail address and who require confirmation of the receipt of their entry form must enclose a stamped addressed envelope.

## 6.0 Entry Fees

Primary Cost	Carlisle Masters Swim Meet £21.00 This covers entries to all 50m & 100m events plus buffet and social evening
Additional Events	Individual 200m events £3.00 each
Relay events	Free but swimmers must have entered and paid the primary cost of £21.00
Cannon relay	Free

## 7.0 Entry Forms

Individual and Relay Team Forms are incorporated into the Information Booklet. Please note that the closing date for all entries will be Saturday 5 May 2012 and these must be sent to the under noted by that date:

Carlisle Masters Swim Meet  
224 Newtown Road  
Carlisle  
Cumbria  
CA2 7NJ

## 8.0 Order of Events

Warm Up	8.30am		
Session One	Start 9.30am		
	Event 101	4 x 50m Freestyle Relay	Mixed (Minimum 2 Females)
	Event 102	200m Backstroke	Mixed
	Event 103	50m Freestyle	Female
	Event 104	50m Freestyle	Male
	Event 105	100m Breaststroke	Female
	Event 106	100m Breaststroke	Male
	Event 107	200m Butterfly	Mixed
	Event 108	100m Individual Medley	Female
	Event 109	100m Individual Medley	Male
Warm Up	Between sessions		
Session Two	Start TBC		
	Event 201	4 x 50m Breaststroke Relay	Mixed (Minimum 2 Females)
	Event 202	200m Breaststroke	Mixed
	Event 203	100m Freestyle	Female
	Event 204	100m Freestyle	Male
	Event 205	50m Backstroke	Female
	Event 206	50m Backstroke	Male
	Event 207	200m Individual Medley	Mixed
	Event 208	50m Butterfly	Female
	Event 209	50m Butterfly	Male
Warm Up	Between sessions		
Session Three	Start TBC		
	Event 301	4 x 50m Medley Relay	Mixed (Minimum 2 Females)
	Event 302	200m Freestyle	Mixed
	Event 303	100m Backstroke	Female
	Event 304	100m Backstroke	Male
	Event 305	50m Breaststroke	Female
	Event 306	50m Breaststroke	Male
	Event 307	100m Butterfly	Female
	Event 308	100m Butterfly	Male
	Event 309	8 x 50m Cannon Relay	Mixed Team (Min. 3 Females)

## 9.0 Results

The Results will be displayed on the wall between the changing rooms. Thereafter they will be posted on to the Carlisle Masters Club web site: [www.carlislemasters.co.uk](http://www.carlislemasters.co.uk)

## 10.0 Records

The following payments will be made to those Swimmers who achieve a new record:

Meet	£3.00
National	£5.00
GB	£10.00
European	£15.00
World	£25.00

NB. All payments will be made retrospectively and forwarded directly to the claimant following ratification of the Record. Records are available from poolside entrants, however the competitor must already be pre registered to swim at the meet.

## 11.0 Awards

11.1 Event Age Group Place Awards will be awarded down to 3rd place and will be available for uplift at the registration studio, which is positioned between the two changing rooms.

11.2 Best in Age Group Awards

1st	8 Points
2nd	6 Points
3rd	4 Points
4th	3 Points
5th	2 Points
6th	1 Points

NB All individual swims count towards final total. In the case of a tie, the winner will be decided on the higher number of first places achieved, then second places, etc.

11.3 With the exception of the Age Group Place Awards and Relay Winners Awards all awards (Overall Age Group Winners Medals and Best Visiting Team Trophy) will be presented at the Presentation / Social Evening.

## 12.0 Presentation of Awards

The presentation of awards will take place at the Social Evening to be held at the Tithe Barn immediately following the competition. The doors and licensed bar will open at 6.00pm, the hot meal will be served at approximately 7.00pm followed by the presentation of awards and live music until 11.45pm.

To assist the Caterer and at the same time minimise the cost - please indicate in space provided on the Individual Entry Form if you will be attending.

## 13.0 Food

Snacks and soft drinks are on sale, throughout the duration of the competition, in the cafeteria at the pools.

## 14.0 Accommodation

An accommodation pack will be provided by request - please indicate in space provided on the Individual Entry Form if you require a pack.

## 15.0 Competitors Safety Code

15.1 It is important that all Competitors read the "Competitors Safety Code" before signing the related Entry Form. The signing and submitting of the Entry form confirms that the Competitor has read, understood and agrees to abide by the Code.

15.2 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 the Carlisle Masters Swim Meet.

15.3 I am aware of and appreciate the inherent risks involved in such a competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.

15.4 I undertake at all times to use my best endeavours 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.

15.5 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.

15.6 I acknowledge that the organisers of the Carlisle Masters Swim Meet 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.

15.7 In submitting a signed Entry form I understand and accept that I have agreed to abide and be governed by the rules of Amateur Swimming Association and all other related laws and regulations under which the Meet is organised.

## 16.0 Directions

### 16.1 From the North - A7 and M6 Junction 44

At Junction 44 take the A7 towards Carlisle city centre along Kingstown Road and then Scotland Road. After crossing over Eden Bridge you will approach a large roundabout (Hardwicke Circus) stay in centre lane of three lanes.

Take the third exit onto Georgian Way and stay in the right hand lane.

At the lights continue straight ahead onto Spencer Street and stay in the right hand lane.

Continue through the next set of traffic lights but turn right at the second set onto Warwick Road and take up position in the left hand lane.

As you approach the traffic lights at the top of Warwick Road, the left hand lane splits into two with both going to the left onto The Crescent. Take the right hand part of this split going round The Crescent.

As you approach the next set of traffic lights you should have the train station in front of you and the Citadel to your right.

Turn right through the Citadel onto English Street and take up position in the left hand lane.

At the next set of traffic lights turn left onto Victoria Viaduct and stay in the left hand lane.

After going over the railway bridge you will approach another set of traffic lights where you turn left onto James Street.

The Pools are now on your left.

Stay in the left hand lane and go past The Pools, Staples and Matalan to a small roundabout and take the first turn off to the left.

Continue along this road, which takes you to the dropping off point at the back of The Pools.

### 16.2 From the East - A69 and M6 Junction 43

At Junction 43 take the A69 towards Carlisle city centre along Warwick Road.

As you approach the traffic lights at the top of Warwick Road, the left hand lane splits into two with both going to the left onto The Crescent. Take the right hand part of this split going round The Crescent.

As you approach the next set of traffic lights you should have the train station in front of you and the Citadel to your right.

Turn right through the Citadel onto English Street and take up position in the left hand lane.

At the next set of traffic lights turn left onto Victoria Viaduct and stay in the left hand lane.

After going over the railway bridge you will approach another set of traffic lights where you turn left onto James Street.

The Pools are now on your left.

Stay in the left hand lane and go past The Pools, Staples and Matalan to a small roundabout and take the first turn off to the left.

Continue along this road, which takes you to the dropping off point at the back of The Pools.

### 16.3 From the South - A6 and M6 Junction 42

At Junction 42 take the A6 towards Carlisle city centre along London Road and then Botchergate.

As you approach the traffic lights at the top of Botchergate, the Citadel will be in front of you.

Stay in the left hand lane and go through the Citadel onto English Street and take up position in the left hand lane.

At the next set of traffic lights turn left onto Victoria Viaduct and stay in the left hand lane.

After going over the railway bridge you will approach another set of traffic lights where you turn left onto James Street.

The Pools are now on your left.

Stay in the left hand lane and go past The Pools, Staples and Matalan to a small roundabout and take the first turn off to the left.

Continue along this road, which takes you to the dropping off point at the back of The Pools.

# CARLISLE MASTERS SWIM MEET 2012

## INDIVIDUAL ENTRY FORM

Saturday 19 May 2012 at The Pools, James Street, Carlisle CA2 5AT

Please fill out the Entry Form in Black or Blue ink in BLOCK CAPITALS

Male

Female

Name

Address

Town/City

Post Code

Club

Date of Birth

ASA Number

eMail Address

Please circle your appropriate age category

X	A	B	C	D	E	F	G	H	J	K	L	M
18/19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+

Please submit an entry time for each event you wish to enter.

Freestyle		Backstroke		Breaststroke		Butterfly		Ind. Medley	
Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time
<b>50m</b>		<b>50m</b>		<b>50m</b>		<b>50m</b>			
<b>100m</b>		<b>100m</b>		<b>100m</b>		<b>100m</b>		<b>100m</b>	
<b>200m</b>		<b>200m</b>		<b>200m</b>		<b>200m</b>		<b>200m</b>	

**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 the Carlisle Masters Swimming Club, 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 I hereby agree to abide by and be governed by the rules of the Amateur Swimming Association and all other laws and regulations applicable including the ASA Safety Laws.

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

Signature of Competitor

Date

**Payment**

I enclose the following fees:

Primary Cost	Carlisle Masters Swim Meet (includes ticket for Buffet/Social Evening)	£	21.00
Additional Events	200m Backstroke x £3.00	£	.00
	200m Breaststroke x £3.00	£	.00
	200m Butterfly x £3.00	£	.00
	200m Freestyle x £3.00	£	.00
	200m Individual Medley x £3.00	£	.00
Additional Social Evening Tickets x £7.00		£	<u>.00</u>
Total amount due		£	<u>.00</u>

I am accepting an invitation to attend the Presentation Buffet

I require an accommodation pack to be forwarded to the address provided

Payment of fees should be made by cheque or Postal Order and made payable to 'Carlisle Masters Swim Meet'

All Entry Forms accompanied by the relevant Entry Fees should be forwarded to:  
Carlisle Masters Swim Meet, 224 Newtown Road, Carlisle, Cumbria CA2 7NJ

**Closing date for entries - 5 May 2012**

# CARLISLE MASTERS SWIM MEET 2012

## RELAY TEAM ENTRY FORM

Saturday 19 May 2012 at The Pools, James Street, Carlisle CA2 5AT

Please fill out the Entry Form in Black or Blue ink in BLOCK CAPITALS

Team Representative

Address

Town/City

Post Code

Telephone

eMail Address

Club

Please submit an entry time for each event you wish to enter.

<b>Mixed</b>	<b>Up to 119</b>	<b>120 - 159</b>	<b>160 - 199</b>	<b>200 +</b>
<b>4 x 50m Freestyle</b>				
<b>4 x 50m Breaststroke</b>				
<b>4 x 50m Medley</b>				
<b>8 x 50m Cannon</b>	YES/NO (No time required)			

All Relay Swimmers must be affiliated to the same Swimming Club.

All Relay teams must consist of at least two female swimmers.

All Cannon Relay teams must consist of at least three female swimmers.

A Swimmer cannot swim for more than one team per relay event and can only represent one Club in the competition.

Ages of teams are total age as at 31 December 2012.

A time must be submitted in order to enter an event.

All Entry Forms should be forwarded to:

Carlisle Masters Swim Meet  
224 Newtown Road  
Carlisle  
Cumbria  
CA2 7NJ

## **Declaration**

I declare that the above particulars are correct and would confirm that the Club Members who comprise the Relay Teams have read, understood and agree to abide by the 'Competitors Safety Code' appertaining to this Swim Meet as outlined within the related Information Booklet.

Signature of Team Representative

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Date

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