

INVERCLYDE MASTERS SWIMMING CLUB

PRESENTS THE

**16th INVERCLYDE
Open Masters Short Course
Swimming Meet 2010**

Waterfront Leisure Complex, Greenock

Friday 10th September 2010

Saturday 11th September 2010

'Fitness, Fun and Friendship through Swimming is the Masters Motto'

INFORMATION

1.0 COMPETITION DATES

10th & 11th September 2010

2.0 COMPETITION VENUE

The Waterfront Leisure Complex

Customhouse Quay

GREENOCK. PA15 1EW

Tel. 01475 797979

3.0 EVENTS

- 3.1 For all Groups: 50m, 100m, 200m and 800m Freestyle
50m, 100m and 200m Backstroke, Breaststroke and Butterfly
100m and 200m Individual Medley
- 3.2 Team Races 4 x 50m Mixed Freestyle and Medley Relays
- 100 - 119 years
120 - 159 years
160 - 199 years
200 – plus years

NB Special category competitors (X & Y Groups) may participate in the team events.

4.0 AGE GROUPS as at DECEMBER 2010

A	25 - 29 years	G	55 - 59 years
B	30 - 34 years	H	60 - 64 years
C	35 - 39 years	J	65 - 69 years
D	40 - 44 years	K	70 - 74 years
E	45 - 49 years	L	75 - 79 years
F	50 - 54 years	M	80 years and over
X	19-24 years	Y	16 – 18 years (Trainee Masters)

5.0 ENTRIES

- 5.1 All Competitors must be a registered member of a swimming club (FINA rules).
Age Categories are determined as at 31 December 2010. Each competitor may only represent one Club in the relay events. Entries are open to all swimmers 16years and upwards.
- 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. All 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
 - swim two per lane within the 800m Freestyle

SWIMMERS WILL BE NOTIFIED OF ANY SUCH ADJUSTMENTS

5.4 Swimmers who do not possess an e-mail address(which must be clearly printed) and who require confirmation of the receipt of their Entry form must enclose a stamped addressed envelope. Otherwise an entries check list will be available on the Scottish Masters web site as soon as.

6.0 ENTRY FEES

Primary Cost: Inverclyde Swim Meet £19.00 ***

*** This covers entries to all 50m & 100m events including Dinner & Social Evening

Additional Events:

- | | | |
|--------------------------|---|-------|
| • Individual 200m events | x | £4.00 |
| • 800m Freestyle | x | £4.00 |
| • Relay events per Team | x | £4.00 |

NB Entry Fees will not be refunded

7.0 ENTRY FORMS

Individual and Relay Team Forms are enclosed with the Information Booklet. Please note that the Closing Date for all entries will be **14th August 2010** and these must be sent to the under noted by that date:

Donald Muirhead
3 Ryan Road
WEMYSS BAY
PA18 6DH

8.0 ORDER OF EVENTS

Session One: Friday - Warm Up 5:45pm - Start 6:30pm

Event 101 The "INVERCLYDE" 800m Freestyle

- The "Jim Sutherland" Memorial Trophies will be awarded to the fastest Male & Female Masters swimmers utilising the "Age Correction" formula
- Swimmers may obtain a copy of the 800m statistical analysis by contacting Alistair Black at: aliblack@btinternet.com or by accessing the Inverclyde Masters web site: www.swiminverclyde.com/masters

Session Two: Saturday - Warm Up 8:15am - Start 9:00am

Event 201 200m Freestyle
Event 202 100m Breaststroke
Event 203 50m Butterfly
Event 204 50m Backstroke
Event 205 200m Individual Medley

Session Three : Saturday - Warm Up 12 noon - Start 1:00 pm

Event 301 200m Backstroke
Event 302 100m Butterfly
Event 303 50m Breaststroke
Event 304 100m Freestyle
Event 305 4 x 50m Mixed Medley Relay

Officials Break20 minutes

Session Four: Start 3:20pm (approximately)

Event 401 200m Breaststroke
Event 402 50m Freestyle
Event 403 200m Butterfly
Event 404 100m Backstroke
Event 405 100m Individual Medley
Event 406 4 x 50m Mixed Freestyle Relay

9.0 RESULTS

The Results together with the 800m Freestyle statistical analysis will be displayed in the passageway leading from the Competition Pool to the Swimmers Registration / Information Desk. Thereafter they will be posted on to both the Inverclyde Masters Club web site: www.swiminverclyde.com/masters and [www.scottishmasters](http://www.scottishmasters.com)

10.0 RECORDS

The current records incorporating: Meet, National, Great Britain, European and World will be displayed during the competition adjacent to the results

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 over £9.00 will be made retrospectively and will be forwarded directly to the claimant following ratification of the Record. Any below that value will be deducted from the entry fees for the following year.

11.0 AWARDS

- 11.1 Event Age Group Place Ribbons will be awarded down to 3rd place and will be available for uplift at the Swimmers Registration / Information Desk which will be situated adjacent to the competition pool.
- 11.2 Best in Group awards - Points
- | | |
|---------------------|---------------------|
| 1 st - 8 | 4 th - 3 |
| 2 nd - 6 | 5 th - 2 |
| 3 rd - 4 | 6 th - 1 |
- 11.3 Relay Events - Trophies will be awarded within each Age Category
- 11.4 800m Freestyle - The “Jim Sutherland “ Memorial Trophies will be awarded to the fastest Male & Female Masters swimmers utilising the “Age Correction” formula
- 11.5 Top Club - The “Keith Bannister” Memorial Trophy will be awarded to the Club with the highest total of points
- 11.6 With the exception of the Age Group Place Ribbons all awards ie. the 800m Freestyle Medals and the related Trophies, the Overall Age Group Winners Medals, the Relay Winners Trophies and the Top Club Trophy will be presented at the Presentation / Social Evening.

12.0 PRESENTATION OF AWARDS

The presentation of awards will take place at the Reception to be held within the Port Glasgow Town Hall immediately following the competition at 6:45pm for 7:00pm until 9.30pm. A licensed bar facility will be available..

13.0 PRESENTATION / RECEPTION EVENING

This will take the format of a dinner followed by the presentation of awards.

Please note that the option of a vegetarian meal is available only to those who have indicated that requirement in the appropriate space on the Individual Entry Form.

Following the conclusion of the Presentation music and dancing facilities will be available within the Lesser Hall from 9:30pm until 11:30pm whilst those who wish to can enjoy a quiet drink and friendship within the Provost’s Room.

14.0 ACCOMMODATION

For those who wish to stay over night there is an accommodation list available at the Club’s web site: www.swiminverclyde@aol.com

15.0 TRANSPORT

Transport will be provided free of charge, courtesy of the Inverclyde Masters Swim Club and Inverclyde Council and is available to Swimmers who are staying overnight on Saturday 11th September. The transport will be from the Pool to the Presentation Venue and return directly to their hotel immediately after the conclusion of the evening.

Please indicate in space provided on the Individual Entry Form.

16.0 COMPETITORS SAFETY CODE

- 16.1 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
- 16.2 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 Inverclyde Swim Meet.
- 16.3 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 to conduct myself in a responsible and professional manner.
- 16.4 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.
- 16.5 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.
- 16.6 I acknowledge that the organisers of the Inverclyde 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.
- 16.7 In submitting a signed Entry form I understand and accept that I have agreed to abide and be governed by the rules of Scottish Swimming and all other related laws and regulations under which the Meet is organised.

16th INVERCLYDE MASTERS OPEN SWIMMING MEET

Waterfront Leisure Complex Greenock

Friday /Saturday 10th/11th September 2010

ENTRY FORM

MALE

FEMALE

Surname

Forename

Address

Post Code

Tel. No.

Date of Birth

E-mail address

Please Print Clearly

Club

Please circle appropriate age category

Y	X	A	B	C	D	E	F
16-18	19-24	25-29	30-34	35-39	40-44	45-49	50-54
G	H	J	K	L	M	N	O
55-59	60-64	65-69	70-74	75-79	80-84	85-89	90 +

FREESTYLE		BACKSTROKE		BREASTSTROKE		BUTTERFLY		IND.MEDLEY	
Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time
50		50		50		50			
100		100		100		100		100	
200		200		200		200		200	
800									

In signing and submitting this Entry Form I declare that the above particulars are correct and I understand and accept that health, in terms of fitness to compete, and personal insurance are both my responsibility

Signature _____ Date _____

NO TIME CARDS REQUIRED

PAYMENT DETAILS

I enclose the following fees:

- Primary Cost: Inverclyde Swim Meet (Includes Dinner) x £19.00 _____
- Additional Events:
 - 200m Backstroke x £4.00 _____
 - 200m Breaststroke x £4.00 _____
 - 200m Butterfly x £4.00 _____
 - 200m Freestyle x £4.00 _____
 - 200m Individual Medley x £4.00 _____
- 800m Freestyle x £4.00 _____
- Meet Programme x £1.50 _____
- Additional Dinner & Social Evening Tickets x £9.00 _____

Total amount due **£** _____

- **NB** In order to assist the Caterer it is essential that you confirm that you will be attending the Presentation Dinner and Social Evening by ticking box **A** and if you require a vegetarian meal please tick box **B**.

A

YES	NO
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 B

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If you are staying overnight on Saturday and wish to utilise the free transport being provided please tick box **C**.

C

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Payment of fees should be by cheque or Postal Order and made payable to:

Inverclyde Masters Swimming Club

All Entry Forms accompanied by the relevant Entry Fees should be forwarded to:

Donald Muirhead
3 Ryan Road
WEMYSS BAY
PA18 6DH

CLOSING DATE FOR ENTRIES – 14th AUGUST 2010

16th INVERCLYDE MASTERS OPEN SWIMMING MEET

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Friday/Saturday 10th/11th September 2010

RELAY TEAM ENTRY FORM

Please Print Clearly

1. PERSONAL INFORMATION

TEAM REPS FULL NAME: _____

ADDRESS: _____

POSTCODE: _____ TEL NO: _____

CLUB NAME: _____

2. RELAY EVENTS ENTERED

- ◆ All Relay Swimmers must be affiliated to the same Swimming Club
- ◆ 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 31st December 2010
- ◆ A time must be submitted below in order to enter an event
- ◆ Entries without a time will be allocated to the slowest heat
- ◆ **ENTRY FEE PER TEAM - £4.00**

EVENT	SEX	Up to 119	120 – 159	160 – 199	200 plus
4 x 50m Freestyle	MIXED				
4 x 50m Medley	MIXED				

NO TIME CARDS REQUIRED

SEE OVER

3. PAYMENT DETAILS

I enclose the following fees:

Number of Relay Teams entered _____ x £4.00

TOTAL AMOUNT DUE £ _____

Payment of fees should be made by cheque or Postal Order and made payable to:

Inverclyde Masters Swimming Club.

All Entry Forms accompanied by the relevant Entry Fees should be forwarded to:

**Donald Muirhead
3 Ryan Road
Wemyss Bay
PA18 6DH**

4. 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: _____ Date: _____

Name Printed in Full: _____

CLOSING DATE FOR ENTRIES – 14th AUGUST 2010