

**ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION**  
(AFFILIATED TO ASA EAST / ASA LONDON REGION)  
**MASTERS AND 18/24 AGE GROUP OPEN SHORT COURSE**  
**CHAMPIONSHIPS**  
(UNDER A.S.A. LAW AND TECHNICAL RULES)

**SATURDAY 8<sup>TH</sup> MAY 2010 AT BLACKSHOTS POOL, GRAYS, ESSEX.**

**SCHEDULE OF EVENTS**

**SESSION ONE**

**START 14.00 P.M. - WARM UP 13.30.P.M.**

- 1 LADIES 400 METRES FREESTYLE
- 2 MENS 50 METRES BACKSTROKE
- 3 LADIES 100 METRES BREASTSTROKE
- 4 MENS 50 METRES BUTTERFLY
- 5 LADIES 100 METRES BACKSTROKE
- 6 MENS 100 METRES INDIVIDUAL MEDLEY
- 7 LADIES 50 METRES FREESTYLE
- 8 MENS 50 METRES BREASTSTROKE
- 9 LADIES 100 METRES BUTTERFLY
- 10 MENS 100 METRES FREESTYLE
- 11 LADIES 200 METRES FREESTYLE
- 12 MENS 120+ FREESTYLE TEAM
- 13 LADIES 120+ FREESTYLE TEAM
- 14 MIXED 160+ FREESTYLE TEAM
- 15 MENS 200+ MEDLEY TEAM
- 16 LADIES 200+ MEDLEY TEAM
- 17 MIXED 120+ MEDLEY TEAM
- 18 MENS 160+ MEDLEY TEAM
- 19 LADIES 160+ MEDLEY TEAM
- 20 MIXED 200+ FREESTYLE TEAM

**SESSION TWO**

**START 17.30 P.M. - WARM UP 17.00 P.M.**

- 21 MENS 400 METRES FREESTYLE
- 22 LADIES 50 METRES BACKSTROKE
- 23 MENS 100 METRES BREASTSTROKE
- 24 LADIES 50 METRES BUTTERFLY
- 25 MENS 100 METRES BACKSTROKE
- 26 LADIES 100 METRES INDIVIDUAL MEDLEY
- 27 MENS 50 METRES FREESTYLE
- 28 LADIES 50 METRES BREASTSTROKE
- 29 MENS 100 METRES BUTTERFLY
- 30 LADIES 100 METRES FREESTYLE
- 31 MENS 200 METRES FREESTYLE
32. MENS 120+ MEDLEY TEAM
33. LADIES 120+ MEDLEY TEAM
34. MIXED 160+ MEDLEY TEAM
35. MENS 200+ FREESTYLE TEAM
36. LADIES 200+ FREESTYLE TEAM
37. MIXED 120+ FREESTYLE TEAM
38. MENS 160+ FREESTYLE TEAM
39. LADIES 160+ FREESTYLE TEAM
40. MIXED 200+ MEDLEY TEAM

**NOTES**

SWIMMERS **ARE NOT** LIMITED TO THE NUMBER OF INDIVIDUAL EVENTS ENTERED.

THE GENERAL CONDITIONS APPLICABLE TO MASTERS COMPETITIONS ARE SET OUT IN  
THE 2009 ESSEX COUNTY HANDBOOK.

TO BE ELIGIBLE TO PARTICIPATE. COMPETITORS MUST BE A.S.A.REGISTERED  
SWIMMERS AND ARE ONLY ALLOWED TO SWIM FOR ONE CLUB.

**CLOSING DATE FOR ENTRIES 9TH APRIL 2010.**

**LATE ENTRIES WILL NOT BE ACCEPTED UNDER ANY  
CIRCUMSTANCES**

**ENTRIES TOGETHER WITH APPROPRIATE ENTRY FEES TO: -**

**PAUL T HAYES  
425 LONDON ROAD  
SOUTH STIFFORD  
GRAYS, ESSEX  
RM20 4AB  
TEL: 01375 379853**