

**ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
MASTERS AND 18/24 AGE GROUP OPEN SHORT COURSE CHAMPIONSHIPS**

(UNDER A.S.A. LAWS AND TECHNICAL RULES)

**SATURDAY MAY 8TH, 2010
AT BLACKSHOTS POOL, GRAYS, ESSEX**

CONDITIONS

ELIGIBILITY

Open to eligible competitors who are registered competition members of an Essex Club affiliated to ASA EAST and LONDON Regions and meet the requirements detailed in the E.C.A.S.A. Championship Conditions. Open competitors must be ASA competition registered.

EVENTS

50 and 100 metres Backstroke, Breaststroke, Butterfly, Freestyle. 100 metres Individual Medley. 200 and 400 metres Freestyle.

Relay Events: 4 x 25m Single Sex and Mixed (two male/two female), Freestyle and Medley Teams.

ENTRY LIMITATIONS

There is no limit to the number of Individual events a competitor may enter.

A competitor may only compete for one Club. **Late entries will not be accepted.**

AGE GROUPS

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

Competitive Masters must be 25 or over at midnight 31st December 2010. Ages for Individual Events are determined as at the 31st December 2010. For the 18-24 year age group, swimmers must be at least 18 on the day of competition.

SEEDING – H.D.W

Events will be seeded in time classification, with the competitors who submit the slowest entry times, swimming first irrespective of age. Entries for individual events will be rejected where an entry time and or age group is not submitted. All events will be decided on heat time classification.

CLUB AND INDIVIDUAL POINTS

Generally for all Individual Events

1st=6 points. 2nd=5 points. 3rd=4 points. 4th=3 points. 5th=2 points. 6th=1 point. NB. The 18/24 Age group (individual events) and Relays (all age groups) do **NOT** attract points.

AWARDS

Awards will be made to the top three swimmers in each age band in each event (regardless of the club with which they are registered) And /or, **as the event will also be an ECASA Championship event, to the top three swimmers registered with a club affiliated to Essex County ASA in each age band.** However, an Essex swimmer will only be able to receive one medal in each event, i.e. if he/she finishes second overall in that age band but is the top placed Essex swimmer, he/she will receive a Gold Essex Championship medal only. For the 18/24 years age group, trophies will be awarded for first placed Mens/Ladies in the 50m Freestyle events (Essex Swimmers only). 18/24 yr age groupers will not score points towards individual or team events. Awards are given to Top Essex Club for both Female and Male and a Trophy presented for Top Essex Club overall. Trophies are given for Top Individual Essex Male and Top Individual Essex Female overall. For relay events, awards will be given to the first place team only. Relay events do not contribute towards points for club awards (see club and individual points).

ENTRY FEES

Individual Events = £5.00 per event. Relay events = £10.00 Per team event. Clubs should submit entries 'en bloc' with one cheque per club.

CLOSING DATE

The closing date for entries is midnight 9th April 2009 (E.C.A.S.A. reserves the right to close entries earlier). **No late entries will be accepted, under any circumstances.**

ENTRIES

On Official Entry Form (or photo copy) accompanied by the appropriate fee/s.

Cheques to be made payable to "Essex County ASA."

Please double check your entry and ensure you enclose a stamped addressed envelope for the return of a competitor list. Failure to provide a stamped addressed envelope with correct postage will result in your entry confirmation not being sent. If you wish the confirmation to be sent by email. Please provide the email address and refrain from sending stamped addressed envelopes.

Entries to be sent to: -

PAUL T HAYES

425 LONDON ROAD, SOUTH STIFFORD, GRAYS, ESSEX RM20 4AB.

RE-ENTRY

We are not using the secondary entry (card) system. You will be required to sign in for each event for the relevant session. The signing in desk will be in the vicinity of the changing village and the County will have a representative at the desk to assist if necessary. You must sign in no later than 20 minutes before the start time of each session. These times will be strictly adhered to. Admission after the cut off time will be at the discretion of the promoter and subject to a lane being available.