

**AMATEUR SWIMMING ASSOCIATION
NATIONAL EVENTS OFFICE, 41 GRANBY STREET,
LOUGHBOROUGH, LAICS LE11 3DU
(Telephone 01509 632266 – Fax 01509 235489)**

HALF HOUR MASTERS POSTAL SWIM 2006

Why?

The objectives of this event are (1) to encourage Masters swimmers to participate in longer distance events at a time of year when longer training swims are desirable as well as (2) to determine the individuals and club teams who can swim the greatest distance in 30 minutes.

Who?

This event is open to all **individuals** who are registered as members of clubs affiliated to the ASA, the Welsh ASA, and the Scottish ASA. Swimmers comprising **teams** must be registered as members of the club concerned and as competitors with the ASA, or the equivalent with the Welsh ASA and the Scottish ASA.

What ages?

Conventional Masters age groups, also including a 19-24 age group, apply as set out in the Rules. Teams are also conventional, also including a 76-plus group in the team event.

What makes a team?

Teams must be made up of four registered members of the same club. There are men's, women's, and mixed (i.e. 2 women plus 2 men) teams. Swimmers may compete only once in each category, but may swim in different age groups in different events. In other words a swimmer may be in one single sex team and one mixed team.

Where can I swim?

In any pool that is 25 yards or longer.

When can I swim?

At any time from 1 November 2006 to 31 January 2007.

How are ages calculated?

The age of a swimmer is his or her age at 31 December 2006. Please note that - 31.12.2006.

How do I enter?

Use the entry form specific for this event (available via the ASA website or from Competitions Section, ASA, Harold Fern House, Derby Square, Loughborough LE11 5AL).

Your performance must be verified by a responsible club official. A lap chart forms part of the entry form and will help officials keep an accurate record of the distance swum. Its use is optional.

The closing date for entries to be received in the ASA Office is Friday 9 February 2007.

Entry fee

The entry fee for the individual events is £5.00, and the entry fee for teams is £10.00. Cheques etc should be made payable to 'ASA'.

Procedure

Please see paragraph 9 of the Conditions for a suggested basic procedure.

Calculating the distance

- (1) Metric pools: the metric distance swum in 30 minutes should be rounded down to the nearest completed 5 metres. For example, 1319 metres should be rounded down to 1315 metres.
- (2) Yards pools: the distance swum in yards in 30 minutes should be converted to metres by multiplying the number of yards swum by 0.9144, and the result rounded down to the nearest 5 metres. For example, 989 yards, multiplied by 0.9144 = 904.3416 metres, which rounds down to the nearest 5 metres = 900 metres.

Results and awards

It is hoped to publish major results in Swimming Times magazine in April 2007. To obtain a complete set of results, please enclose a stamped, addressed A5 envelope with your entry. Full results will be placed on the ASA website.

Medals will be awarded to all swimmers placed first, second, or third in their age category and to all teams placing first, second, or third.

Queries

Please address queries to ASA Competitions Department at the address above, or email Andy Wilson (ASA Masters Committee administrator) on andy.wilson@swimming.org

Conditions and Rules

The following Rules were approved by the ASA Committee on 30 November 2002.

1. The ASA Council reserves full powers over all ASA Championships and Competitions.
2. The Masters Half Hour Swim Competition shall be managed by the ASA Technical Masters Committee.
3. The individual competition shall be open to any swimmer of the appropriate age who is a member of a club affiliated to the ASA, the Scottish ASA, or the Welsh ASA and who is normally resident in Great Britain (England, Scotland, or Wales).
4. The team competition shall be open to all clubs affiliated to the ASA, Scottish ASA, or Welsh ASA. All team members must be registered as competitive swimmers with their national governing body for the club they are representing.
5. All competitors must be aged 25 years or over at midnight on 31 December 2006, save for competitors in the X group who must be aged 19 years or over at midnight on 31 December 2006.
6. All entries must be returned to the National Events Administrator of the ASA by the date stipulated in the entry form, accompanied. By the entry fee of £5.00 (cheques payable to 'ASA').
7. All competitors shall swim for 30 minutes. The winners of each section shall be those who have swum the greatest distance in that time.

(Distances shall be rounded down to the nearest 5 metres.)

8. Performances must be made:

- 8.1 in a pool at least 25 yards in length;
- 8.2 during the period from 1 November 2006 to 31 January 2007, for the '2006' Competition.

9. Performances must be achieved in fair conditions and must be certified as accurate by a person who shall be a registered member of a club affiliated to the ASA.

Note: In order to create, as far as possible, fair and comparable conditions for this competition, it is recommended that swim organizers follow the following basic points:

- 9.1 each swimmer should have his or her own timekeeper/recorder;
- 9.2 recorders should note swimmers' 'split' times (using the lap chart published with the entry form).;
- 9.3 chain or circle swimming should be avoided and steps should be taken to prevent slipstreaming.
- 9.4 have an official in overall control who shall signal the start and the end of the 30 minutes.

10. Age Groups

10.1 The age groups for individual events shall be, for men and women:

- | | | | |
|----------------|----------------|----------------|----------------|
| 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. 80-84 years |

and so on in 5-years bands as necessary;

10.2 There shall also be a pre-masters age group X 19-24 years

10.3 The age groups for team events shall be, for single sex and mixed teams:

- | | | |
|---------------|---------------|---------------|
| 100-119 years | 120-159 years | 160-199 years |
| 200-239 years | 240-279 years | 280-319 years |

and so on in 40-year increments

10.4 The combined age of the team members at midnight on 31 December 2006 must fall within the age band given in (3) above with the proviso that all team members must be 25 years of age at midnight on 31 December 2006.

10.5 There shall be an additional age group of 76 years and over with the proviso that all team members must be 19 years of age or over at midnight on 31 December 2006.

11. Team Events

11.1 The results of team events shall be calculated from the aggregate distances covered in the individual event by the swimmers comprising each team. Teams shall comprise:

- 11.1.1 four women; or
- 11.1.2 four men; or
- 11.1.3 mixed sex teams of two men and two women.

11.2 Teams must consist of competitors who are all registered members of the same club. A competitor's distance may be included in only two teams, one all-women or all-men's team and in one mixed team.

12 Medals will be awarded to the individuals and teams placed first, second, and third in each age group.

13 Any matter not provided for in these conditions shall be referred to and decided by the ASA Technical Masters Committee.

2006 MASTERS HALF-HOUR POSTAL SWIM

(under ASA Laws & Technical Rules)

CLUB TEAM ENTRY FORM

PLEASE USE A SEPARATE FORM FOR EACH TEAM ENTERED

CLUB NAME:.....
NAME OF CLUB OFFICIAL:.....
ADDRESS:.....
.....
POSTCODE:..... TEL NO:.....

You are reminded that the swimmers listed below

- 1 must be registered with the ASA, SASA, or WASA
- 2 must have entered the individual competition
- 3 may enter only one age group team in each team competition

MALE TEAM [] FEMALE TEAM []
 MIXED TEAM (2 Male / 2 Female) []

Please tick as appropriate

NAME	AGE AT 31.12.2006	DISTANCE SWUM (METRES)
TOTAL AGE OF ABOVE NAMED SWIMMERS (AGE AS AT 31 DECEMBER 2005) & TOTAL DISTANCE >>>>>>>>>>>> TOTAL AGE TOTAL DISTANCE

Individual distances entered must be the certified individual metre distances entered on the individual entry form, where appropriate converted to metres and rounded down.

AGE GROUP

Please tick the appropriate box

76 years plus	100-119 years	120-159 years	160-199 years	200-239 years	240-279 years	280-319 years	320-359 years
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CLUB TEAM ENTRY FEE: £ 10.00(CHEQUES TO BE MADE PAYABLE TO ASA)

CLOSING DATE: Friday 9 February 2007

Please ensure all entries are accompanied by the appropriate entry fee

AMATEUR SWIMMING ASSOCIATION

2006 MASTERS HALF-HOUR POSTAL SWIM

LAP COUNT

Swimmer.....

Date.....

Venue.....

Length of pool.....

Please insert cumulative split times

2	4	6	8	10	12
14	16	18	20	22	24
26	28	30	32	34	36
38	40	42	44	46	48
50	52	54	56	58	60
52	64	66	68	70	72
74	76	78	80	82	84
86	88	90	92	94	96
98	100	102	104	106	108
110	112	114	116	118	120
122	124	126	128	130	132
134	136	138	140	142	144

Total lengths swum: x pool length = yards/metres

Plus additional part length.....yards/metres

Multiply yards completed by 0.9144 to obtain total metres swum.....

Signature and name of lap counter.....

Signature and name of club co-ordinator.....