



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION  
MASTERS AND 18/24 AGE GROUP OPEN SHORT COURSE CHAMPIONSHIP  
(Under ASA Laws & Technical Rules)



# **ESSEX MASTERS CHAMPIONSHIPS 2018**

**SATURDAY 3<sup>rd</sup> MARCH 2018**

**1.30PM WARM UP**

**START 2.00PM**

**BASILDON SPORTING VILLAGE  
25 METRES**

**THIS COMPETITION IS ALSO OPEN TO SWIMMERS  
OUTSIDE OF ESSEX**

**CLOSING DATE  
3<sup>RD</sup> FEB 2018**

**ENTRIES ACCEPTED ON THE DAY £6.00 PER ENTRY**



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION  
MASTERS AND 18/24 AGE GROUP OPEN SHORT COURSE CHAMPIONSHIP  
(Under ASA Laws & Technical Rules)



**Conditions & Eligibility** Open to eligible competitors who are registered ASA Cat 2 members of ASA affiliated Clubs – **THIS COMPETITION IS OPEN TO SWIMMERS OUTSIDE OF ESSEX**

**Date of competition:** 3<sup>RD</sup> MARCH 2018

**Venue.** Basildon Sporting Village, Cranes Farm Road Basildon,SS14 3GR

## EVENTS

400 metres,200 metres,100 metres individual Medley,50 &100 metres all Strokes.  
Relay Events: 4x50 Single sex & Mixed (two male/two female) Freestyle and Medley Teams.

## ENTRY LIMITATIONS

There is no limit to the number of events a competitor may enter.  
A competitor may only compete for one Club.

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

Ages as at 31stDecember in year of competition,  
Swimmers must 18 by day of competition.

**SEEDING-HDW** Events will be seeded in time classification, with swimmers who submit the slowest entry times swimming first irrespective of age.

**AWARDS** Awards will be made to the top three swimmers in each age band in each event.  
Relay teams will be awarded top three places.

**ENTRY FEES** Individual events £5:00 per event Team events £10.00 per event  
(maximum of two teams per club) – ENTRIES ON THE DAY £6.00 PER ENTRY

## ENTRIES

On Official Entry Form(or photo copy) accompanied with appropriate fee  
Cheques to be made payable to Essex County ASA

## Closing Date 3<sup>RD</sup> FEB 2018

Entries to be sent to  
Essex Swimming Manager  
Rebels,  
Rebels Lane,  
Wakering,  
Essex  
SS3 0QE

Email:essexswimming@btopenworld.com – **NO ENTRIES TO BE SENT VIA EMAIL**



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



(Under ASA Laws & Technical Rules)

## SCHEDULE OF EVENTS

### SESSION 1

**SIGNING IN CLOSES 1.30PM**

**WARM UP 1.30PM- START 2.00PM**

1. MIXED 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. MIXED 160+ FREESTYLE TEAM
13. MENS 120+ FREESTYLE TEAM
14. WOMENS 120+ MEDLEY TEAM
15. MIXED 200+ FREESTLYE TEAM

### SESSION TWO

**SIGNING IN CLOSES TBC**

**WARM UP TBC**

16. MENS 200 METRES FREESTYLE
17. LADIES 50 METRES BACKSTROKE
18. MENS 100 METRES BREASTSTROKE
19. LADIES 50 METRES BUTTERFLY
20. MENS 100 METRES BACKSTROKE
21. LADIES 100 METRES INDIVIDUAL MEDLEY
22. MENS 50 METRES FREESTYLE
23. LADIES 50 METRES BREASTSTROKE
24. MENS 100 METRES BUTTERFLY
25. LADIES 100 METRES FREESTYLE
26. MIXED 160+ MEDLEY TEAM
27. MENS 120+ MEDLEY TEAM
28. WOMENS 120+ FREESTYLE TEAM
29. MIXED 200+ MEDLEY TEAM



# ESSEX MASTERS CHAMPIONSHIPS 2018

**Saturday 3<sup>RD</sup> MARCH 2018**

## ENTRY FORM

### Individual Entry Form

**BLOCK CAPITALS ONLY / ASA NUMBERS MUST BE PROVIDED**

**First Name**  **Surname**

**ASA Reg No**  **Male / Female** (delete)

**Club**  **Date of Birth**

EVENT	TICK	TIME
50 FREESTYLE		
100 FREESTYLE		
200 FREESTYLE		
400 FREESTYLE		
50 BACKSTROKE		
100 BACKSTROKE		
50 BREASTSTROKE		
50 BUTTERFLY		
100 BUTTERFLY		
100 BREASTSTROKE		
100 IM		
RELAY ENTRIES ON SEPARATE FORM		

Total Number of Entries  @ .....£5.00 per event

Total amount enclosed



**ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION  
MASTERS AND 18/24 AGE GROUP OPEN SHORT COURSE CHAMPIONSHIP  
(Under ASA Laws & Technical Rules)**



## Relay Entry Form

**BLOCK CAPITALS ONLY**

**Club**

EVENT	TICK	TIME
160+ MIXED F/S RELAY		
160+ MIXED MEDLEY RELAY		
120+ WOMENS F/S RELAY		
120+ WOMENS MEDLEY RELAY		
120+ MENS F/S RELAY		
120+ MENS MEDLEY RELAY		
200+ F/S RELAY		
200 + MEDLEY RELAY		
INDIVIDUAL ENTRIES ON SEPARATE FORM		

Total Number of Entries  @ .....£10.00per event

Total amount enclosed

**Cheques made payable to ECASA & posted to ESSEX MASTERS C/O Lyndsey Motin, Rebels, Rebels lane, Thorpe Bay, Essex SS3 0QE**

**RELAY ENTRIES WILL BE ACCEPTED ON THE DAY USING THIS FORM ONLY  
BEFORE SIGNING IN CLOS**