

**Barnet Cophall Swimming Club**  
(Affiliated to Amateur Swimming Association London Region)  
**30<sup>th</sup> Masters Distance Meet**  
(Under ASA Laws and FINA Technical rules of Masters Swimming)

**SATURDAY 7<sup>th</sup> & SUNDAY 8<sup>th</sup> JULY 2018**

Dear Colleague,

Please find attached Information and Entry Forms for this Meet, to be held at our 8 Lanes, 25m International Pool, at the Barnet Cophall Pools, Champions Way, Hendon, London, NW4 1PX

Please feel free to photo-copy them if more copies are required.

|                      |             |                      |                 |               |
|----------------------|-------------|----------------------|-----------------|---------------|
| <u>SESSION TIMES</u> | 1) SATURDAY | 7 <sup>th</sup> JULY | Warm-up 4.00pm  | Start 5.00pm  |
|                      | 2) SUNDAY   | 8 <sup>th</sup> JULY | Warm-up 9.30am  | Start 10.30am |
|                      | 3) SUNDAY   | 8 <sup>th</sup> JULY | Warm-up 1.00pm* | Start 2.00pm* |
|                      | 4) SUNDAY   | 8 <sup>th</sup> JULY | Warm-up 4.00pm* | Start 5.00pm* |

\* Sessions times to be confirmed after entries close

ENTRY FEES            **£4.25 per Individual event.**            **£10.00 per Relay team event**

CLOSING DATE        FOR ENTRIES IS **FRIDAY 22<sup>nd</sup> JUNE 2018.**

AGE GROUPS            As set down on the Entry Form. N.B. AGES AS AT 31.12.18 except Group "X" who should have achieved their 18<sup>th</sup> Birthday on or before the first day of competition.

The competition is also open to swimmers in the above Age Groups with disabilities/visual impairment who have been allocated an IPC/paraGB classification.

ASA REGISTRATION    Competitors must be fully registered with their respective National Swimming Association or Federation. (for example Swim England Cat 2 Registered) (Temp Cat 2 also accepted)

EVENTS                    All events will be swum on the HEAT DECLARED WINNER System, so all results will be decided on the recorded heat times in each Age Group.

AWARDS                    Awards will be made to the fastest three in each Age Group in each Event.

Awards for IPC/paraGB Registered swimmers will be considered by Age Group only and not individual classification.

Individual event winners will have a choice of a medal or a prize voucher.

*Relay teams will be awarded Prize vouchers only.*

**COLORADO ELECTRONIC TIMING & HY-TEK MEET MANAGER SYSTEMS**

will be operating at the Meet, providing results with full 50m splits for all races.

**SWIMMERS ARE ADVISED**

to study the Programme carefully when deciding upon their Entries.

800 FREESTYLE SWIMMERS SHOULD NOTE THAT THE EVENT WILL BE SWUM AS A MIXED EVENT. MEN AND WOMEN SWIMMING TOGETHER.

Warm-up / Swim-down facilities will be available throughout the competition.

Your Time Cards must be placed in the boxes in the Entrance Foyer no later than 30 minutes before the Session Starting Time.

***We're still using entry cards. The cards will be available for collection at the pool.***

**REGARDLESS OF YOUR EVENT,**

**PLEASE ALLOW PLENTY OF TIME TO ARRIVE AT THE POOL.**

ACCOMMODATION        There is local hotel accommodation available at very reasonable rates. If you need further information or assistance, please **phone / fax 01707 654573. mob: 07791 215764**

e-mail:- [ian@barnetcophall.com](mailto:ian@barnetcophall.com) or [ian.woollard01@gmail.com](mailto:ian.woollard01@gmail.com)

We look forward to seeing you soon. Best wishes.    **Ian Woollard - Masters Meet Manager**

**Barnet Copthall Swimming Club**  
(Affiliated to Amateur Swimming Association London Region)  
**30<sup>th</sup> Masters Distance Meet**  
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**Programme of Events**

**1<sup>st</sup> SESSION - SATURDAY 7<sup>th</sup> JULY 2018 - 5.00 pm**

WARM-UP - 4.00 pm

Ev 1            MIXED 800m FREESTYLE

**2<sup>nd</sup> SESSION - SUNDAY 8<sup>th</sup> JULY 2018 - 10.30 am**

WARM-UP - 9.30 am

|       |                                       |       |                                     |
|-------|---------------------------------------|-------|-------------------------------------|
| Ev 2  | Women 400m FREESTYLE                  | Ev 3  | Men 400m FREESTYLE                  |
| Ev 4  | Women 200m BACKSTROKE                 | Ev 5  | Men 200m BACKSTROKE                 |
| Ev 6  | Women 100m BREASTSTROKE               | Ev 7  | Men 100m BREASTSTROKE               |
| Ev 8  | Women 200m BUTTERFLY                  | Ev 9  | Men 200m BUTTERFLY                  |
| Ev 10 | <i>Women 4 x 200m FREESTYLE relay</i> | Ev 11 | <i>Men 4 x 200m FREESTYLE Relay</i> |
|       | Ev 12                                 |       | <i>4 x 100m MIXED MEDLEY Relay</i>  |

**3<sup>rd</sup> SESSION - SUNDAY 8<sup>th</sup> JULY 2018 - 2.00 pm to be confirmed**

WARM-UP - 1.00 pm (to be confirmed)

|       |                                       |       |                                      |
|-------|---------------------------------------|-------|--------------------------------------|
| Ev 13 | <i>Women 4 x 100m FREESTYLE Relay</i> | Ev 14 | <i>Men 4 x 100m FREESTYLE Relay</i>  |
| Ev 15 | Women 400m INDIVIDUAL MEDLEY          | Ev 16 | Men 400m INDIVIDUAL MEDLEY           |
| Ev 17 | Women 100m BACKSTROKE                 | Ev 18 | Men 100m BACKSTROKE                  |
| Ev 19 | Women 200m FREESTYLE                  | Ev 20 | Men 200m FREESTYLE                   |
| Ev 21 | Women 100m BUTTERFLY                  | Ev 22 | Men 100m BUTTERFLY                   |
|       | Ev 23                                 |       | <i>4 x 100 MIXED FREESTYLE Relay</i> |

**4<sup>th</sup> SESSION - SUNDAY 8<sup>th</sup> JULY 2018 - 5.00 pm to be confirmed**

WARM-UP - 4.00 pm (to be confirmed)

|       |                                    |       |                                      |
|-------|------------------------------------|-------|--------------------------------------|
|       | Ev 24                              |       | <i>4 x 200 MIXED FREESTYLE Relay</i> |
| Ev 25 | Women 200m INDIVIDUAL MEDLEY       | Ev 26 | Men 200m INDIVIDUAL MEDLEY           |
| Ev 27 | Women 200m BREASTSTROKE            | Ev 28 | Men 200m BREASTSTROKE                |
| Ev 29 | Women 100m FREESTYLE               | Ev 30 | Men 100m FREESTYLE                   |
| Ev 31 | <i>Women 4 x 100m MEDLEY Relay</i> | Ev 32 | <i>Men 4 x 100m MEDLEY Relay</i>     |

|  |
|--|
| <b>CLOSING DATE FOR ENTRIES FRIDAY 22<sup>nd</sup> JUNE 2018</b> |
|--|

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**SATURDAY 7<sup>th</sup> & SUNDAY 8<sup>th</sup> JULY 2018**

**INDIVIDUAL ENTRY FORM**

PLEASE USE BLOCK CAPITALS

FORENAME & SURNAME..... DATE OF BIRTH .....

ADDRESS .....

POST CODE.....e-mail (Write clearly please).....

Male / Female ..... ASA REG.....TEL No/mobile.....

CLUB ..... IPC/paraGB Classification.....

PLEASE TICK APPROPRIATE AGE GROUP BOX (Age as at 31.12.18)

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

NOTE: "MASTERS" Group 'A' must be at least 25 years of age IN THE YEAR OF COMPETITION – i.e. 31.12.18.  
\*Group "X" swimmers must have achieved their 18<sup>th</sup> Birthday on or before the first day of competition. Swimmers with disabilities/visual impairment must insert their IPC/DSE Classification. All competitors must be Registered with their respective National Swimming Association.

PLEASE SUBMIT AN ENTRY TIME FOR EACH EVENT REQUIRED IN THE APPROPRIATE BOX TO THE RIGHT, EVEN IF IT IS ONLY AN ESTIMATE.  
"NO TIME" ENTRIES WILL BE PROGRAMMED AT THE DISCRETION OF THE ORGANISER.

SWIMMER'S DECLARATION

I DECLARE THAT THE DETAILS GIVEN ABOVE ARE CORRECT AND I AGREE TO ABIDE BY THE ORGANISER'S CONDITIONS. I ALSO DECLARE THAT I AM FIT, WELL AND ABLE TO COMPETE IN MY CHOSEN EVENTS.

I ENCLOSE A CHEQUE, PAYABLE TO BARNET COPTHALL S.C. IN THE SUM OF £ .....

SWIMMER'S SIGNATURE.....

**ENTRY FEE = £4.25 PER EVENT**

(SEE RELAY FORM FOR TEAM EVENTS)

**Closing Date For Entries**  
**Friday 22<sup>nd</sup> JUNE 2018**

| Ev.No.                        | EVENT     | TIME |
|-------------------------------|-----------|------|
| <b>SATURDAY : 5.00 pm</b>     |           |      |
| 1(mixed)                      | 800 FREE  |      |
| <b>SUNDAY : 10.30 am</b>      |           |      |
| 2/3                           | 400 FREE  |      |
| 4/5                           | 200 BACK  |      |
| 6/7                           | 100 BRST  |      |
| 8/9                           | 200 'FLY. |      |
| <b>SUNDAY : 2.00 pm (TBC)</b> |           |      |
| 15/16                         | 400 I.M.  |      |
| 17/18                         | 100 BACK  |      |
| 19/20                         | 200 FREE  |      |
| 21/22                         | 100 'FLY  |      |
| <b>SUNDAY : 5.00 pm (TBC)</b> |           |      |
| 25/26                         | 200 I.M.  |      |
| 27/28                         | 200 BRST  |      |
| 29/30                         | 100 FREE  |      |

Send your entry form and your cheque\* or Postal Order to IAN WOOLLARD, BARNET COPTHALL POOLS, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX PHONE / FAX 01707 654573. Mob 07791 215764 E MAIL [ian@barnetcopthall.com](mailto:ian@barnetcopthall.com) or [ian.woollard01@gmail.com](mailto:ian.woollard01@gmail.com)

Payment for entries sent by email must received no later than **Friday 22<sup>nd</sup> June 2018**

\*Should you wish to pay via electronic transfer, please see below for further details.

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## 30<sup>th</sup> Masters Distance Meet

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**SATURDAY 7<sup>th</sup> & SUNDAY 8<sup>th</sup> JULY 2018**

### RELAY TEAM ENTRY FORM

PLEASE USE BLOCK CAPITALS

Team Representative's NAME..... CLUB NAME.....

ADDRESS .....

POST CODE..... TEL. No.....

Please indicate the number of teams **AND THE AGE GROUP** to be entered in each event in the appropriate boxes below. On some occasions different age groups may be racing in the same heat so try to avoid swimmers racing in more than one age group per event. **FINA age groups 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359 etc** Only teams within the age limits may claim records. 72+ age group applies for GB records only. If in doubt please contact Ian Woollard by telephone or email

**ENTRY FEE = £10.00 PER TEAM, PER EVENT -**

*Relay Entries "on the day" will be accepted at £12.00 per team per event*

| 4 x 200 metres FREESTYLE RELAYS |              |                |
|---------------------------------|--------------|----------------|
| Event 10 Women                  | Event 11 Men | Event 24 MIXED |
| Age group                       | Age group    | Age group      |
| Age group                       | Age group    | Age group      |
| Age group                       | Age group    | Age group      |

  

| 4 x 100 metres FREESTYLE RELAYS |              |                |
|---------------------------------|--------------|----------------|
| Event 13 Women                  | Event 14 Men | Event 23 MIXED |
| Age group                       | Age group    | Age group      |
| Age group                       | Age group    | Age group      |
| Age group                       | Age group    | Age group      |

  

| 4 x 100 metres MEDLEY RELAYS |              |                |
|------------------------------|--------------|----------------|
| Event 31 Women               | Event 32 Men | Event 12 MIXED |
| Age group                    | Age group    | Age group      |
| Age group                    | Age group    | Age group      |
| Age group                    | Age group    | Age group      |

\* "MASTERS" must be at least 25 years of age *IN THE YEAR OF COMPETITION* that is, at least 25 by 31.12.18 and may compete in the 72+ teams if desired. **ONLY "MASTERS"** may compete in other age groups in the competition. All competitors must be fully Registered Members of an Affiliated Club (e.g Cat 2)

**I DECLARE** that the details given above are correct and I agree to abide by the organiser's conditions. I also declare that the swimmers in the team(s) are fit, well and able to compete in the chosen events. **I enclose a cheque\* payable to Barnet Cophall SC / made electronic transfer** which includes the sum of £..... for these team entries @ £10.00/team, per event.

Signed.....

**CLOSING DATE FOR ENTRIES - FRIDAY 22<sup>nd</sup> JUNE 2018**

Send your entry form and your cheque\* or Postal Order to IAN WOOLLARD, BARNET COPHALL CENTRE, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX PHONE / FAX 01707 654573. Mob 07791 215764 E MAIL [ian@barnetcophall.com](mailto:ian@barnetcophall.com) or [ian.woollard01@gmail.com](mailto:ian.woollard01@gmail.com)

Payment for entries sent by email must received no later than **Friday 22<sup>nd</sup> June 2018**

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|   |
|---|
| <b>PROGRAMME    <input type="checkbox"/> <input type="checkbox"/>    ADVANCE ORDER FORM</b> |
|---|

To reduce overheads, we intend to reduce the number of paper programmes available "at the door". To guarantee a programme on arrival at the pool, you can order in advance and save yourself money. We will try to produce a draft entry list and make it available from our website [www.barnetcopt hall.com](http://www.barnetcopt hall.com) prior to the competition but this may not be the final programme listing.

Please complete the lower section of this sheet and include the appropriate sum with your entry fees cheque made payable to 'BARNET COPTHALL S.C.'

|   |       |
|---|-------|
| PROGRAMME FOR SATURDAY EVENING ONLY<br>(£1 AT DOOR) | 90p   |
| PROGRAMME FOR SUNDAY ONLY<br>(£3 AT DOOR)           | £2.50 |
| PROGRAMME FOR WHOLE WEEK-END<br>(£4 AT DOOR)        | £3.00 |

**RESULTS SERVICE**

A results sheet service will be available at the awards table at the meet. The service includes full 50m splits for all swimmers. Alternatively, the results will be posted on the club website at [www.barnetcopt hall.com](http://www.barnetcopt hall.com) (click on "competitions").

PLEASE RESERVE THE FOLLOWING PROGRAMME(S)  
FOR ME TO COLLECT AT THE MEET.

|                |                    |         |
|----------------|--------------------|---------|
| SATURDAY ONLY  | ..... @ 90p EACH   | £ ..... |
| SUNDAY ONLY    | ..... @ £2.50 EACH | £ ..... |
| WHOLE WEEK-END | ..... @ £3.00 EACH | £ ..... |

PAYMENT IS INCLUDED IN MY ENTRY FEES CHEQUE\*  
MADE PAYABLE TO 'BARNET COPTHALL S.C.'

|       |       |
|-------|-------|
| NAME  | CLUB  |
| ..... | ..... |

Send your entry form and your cheque\* or Postal Order to IAN WOOLLARD, BARNET COPTHALL POOLS,  
CHAMPIONS WAY, HENDON, LONDON, NW4 1PX

PHONE / FAX 01707 654573. Mob 07791 215764 E MAIL [ian@barnetcopt hall.com](mailto:ian@barnetcopt hall.com) or [ian.woollard01@gmail.com](mailto:ian.woollard01@gmail.com)

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## **Payments via Electronic Transfer**

Details for making payment via electronic transfer direct to the Barnet Cophall SC bank account:

When making your payment, please ensure you clearly identify yourself on your individual payment by using your name and the event. For example:

***“A. N. Other – BCSC Distance 2018”***

If you are paying for a combined Club entry then something like the following:

***“Beavers SC – BCSC Distance 2018”***

I appreciate banks vary with the number of characters allowed but please try to make your details clear for ease of identification. Please email a copy of your transfer statement to me as soon as possible for my records (*I don't have ready access to the account*)

Please make your payment to

**Sort Code                    20 91 79**

**Account Number:        30162558**

**Account Name:            Barnet Cophall Swimming Club**

Internet banking payments will normally take 3 working days and be free of charge.

Overseas competitors wishing to pay from abroad will need the following information as well:

**IBAN : GB68 BARC 2091 7930 1625 58**

**SWIFTBIC : BarcGB22**

If you encounter any difficulty, please contact me as soon as possible.  
Thanks. Ian Woollard – Barnet Cophall masters Meet Manager

[ian@barnetcophall.com](mailto:ian@barnetcophall.com)            or            [ian.woollard01@gmail.com](mailto:ian.woollard01@gmail.com)

Telephone 01707 654573            or            Mobile 07791 215 764

