

Barnet Cophall Swimming Club

(AFFILIATED TO SWIM ENGLAND LONDON REGION)

31st Masters Distance Meet

(Under ASA Laws and FINA Technical rules of Masters Swimming)

SATURDAY 6th & SUNDAY 7th JULY 2019

Dear Colleague,

Please find attached Information and Entry Forms for this Meet, to be held for the *final time* 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	6 th JULY	Warm-up 4.00pm	Start 5.00pm
	2) SUNDAY	7 th JULY	Warm-up 9.30am	Start 10.30am
	3) SUNDAY	7 th JULY	Warm-up 1.00pm*	Start 2.00pm*
	4) SUNDAY	7 th JULY	Warm-up 4.00pm*	Start 5.00pm*

* Sessions times to be confirmed after entries close

ENTRY FEES **£4.50 per Individual event.** **£10.00 per Relay team event**

CLOSING DATE FOR ENTRIES IS **FRIDAY 21st JUNE 2019.**

AGE GROUPS As set down on the Entry Form. N.B. AGES AS AT 31.12.19 except Group "X" who should have achieved their 18th 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.

ELIGIBILITY Competition is open to all swimmers registered Swim England Category 2 or similar with their respective National Swimming Association or Federation. *Temporary Category 2 members are also accepted. Ask for further details if necessary.*

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 awarded 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.***

RESULTS Results will be submitted to Swim England for National qualifying, Rankings and Decathlon Points

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.

No timecards this year (except for 800m) You will be required to check in at Entrance Foyer no later than 30 minutes before the Session Starting Time.

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: 01707 653164. mob: 07791 215764**

e-mail:- ian@barnetcophall.com or ian.woollard01@gmail.com

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

Barnet Cophall Swimming Club

AFFILIATED TO SWIM ENGLAND LONDON REGION

31st Masters Distance Meet

(Under ASA Laws and FINA Technical rules of Masters Swimming)

Programme of Events

1st SESSION - SATURDAY 6th JULY 2019 - 5.00 pm

WARM-UP - 4.00 pm

Ev 1 MIXED 800m FREESTYLE

2nd SESSION - SUNDAY 7th JULY 2019 - 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>		

3rd SESSION - SUNDAY 7th JULY 2019 - 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>		

4th SESSION - SUNDAY 7th JULY 2019 - 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>

CLOSING DATE FOR ENTRIES FRIDAY 21st JUNE 2019

Barnet Copthall Swimming Club

AFFILIATED TO SWIM ENGLAND LONDON REGION

31st Masters Distance Meet

(Under ASA Laws and FINA Technical rules of Masters Swimming)

SATURDAY 6th & SUNDAY 7th JULY 2019

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 31.12.19)

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. 31.12.19.
 *Group "X" swimmers must have achieved their 18th 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 to compete in my chosen events

I enclose a cheque payable to BARNET COPTHALL S.C or evidence of electronic payment

IN THE SUM OF £

SWIMMER'S SIGNATURE.....

ENTRY FEE = £4.50 PER EVENT

(SEE RELAY FORM FOR TEAM EVENTS)

**Closing Date For Entries
 Friday 21st JUNE 2019**

Ev.No.	EVENT	TIME
SATURDAY : 5.00 pm		
1(mixed)	800 FREE	
SUNDAY : 10.30 am		
2/3	400 FREE	
4/5	200 BACK	
6/7	100 BRST	
8/9	200 'FLY.	
SUNDAY : 2.00 pm (TBC)		
15/16	400 I.M.	
17/18	100 BACK	
19/20	200 FREE	
21/22	100 'FLY	
SUNDAY : 5.00 pm (TBC)		
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 01707 653164. Mob 07791 215764 E MAIL ian@barnetcopthall.com or ian.woollard01@gmail.com

Payment for entries sent by email must received no later than **Friday 21st June 2019**

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

Barnet Cophall Swimming Club

AFFILIATED TO SWIM ENGLAND LONDON REGION

31st Masters Distance Meet

(Under ASA Laws and FINA Technical rules of Masters Swimming)

SATURDAY 6th & SUNDAY 7th JULY 2019

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 31.12.19 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 21st JUNE 2019

Send your entry form and your cheque* or Postal Order to IAN WOOLLARD, BARNET COPHALL CENTRE, CHAMPIONS WAY, HENDON, LONDON, NW4 1PX PHONE 01707 653164. Mob 07791 215764 E MAIL ian@barnetcophall.com or ian.woollard01@gmail.com

Payment for entries sent by email must received no later than **Friday 21st June 2019**

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

Barnet Copthall Swimming Club

AFFILIATED TO SWIM ENGLAND LONDON REGION

31st Masters Distance Meet

(Under ASA Laws and FINA Technical rules of Masters Swimming)

SATURDAY 6th & SUNDAY 7th JULY 2019

PROGRAMME ADVANCE ORDER FORM

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.barnetcopthall.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 (£1 AT DOOR)	90p
PROGRAMME FOR SUNDAY ONLY (£3 AT DOOR)	£2.50
PROGRAMME FOR WHOLE WEEK-END (£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.barnetcopthall.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 01707 653164. Mob 07791 215764 E MAIL ian@barnetcopthall.com or ian.woollard01@gmail.com

Payment for entries sent by email must received no later than **Friday 21st June 2019**

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

Payments via Electronic Transfer

Details for making payment via electronic transfer direct to the Barnet Cophall SC bank account. Please ensure you make payment at the point of your entry

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 2019”

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

“Beavers SC – BCSC Distance 2019”

I appreciate banks vary with the number of characters allowed but please try to make your details clear for ease of identification. Please email evidence (screenshot will suffice) of your transfer statement to me with your entry form (*I don't have ready access to view the account directly*)

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 or ian.woollard01@gmail.com

Telephone 01707 653164 or Mobile 07791 215 764

