

**EASTBOURNE SWIMMING CLUB OPEN MASTERS GALA**  
(Held under ASA laws)

**DATE: SUNDAY 15<sup>th</sup> MAY 2011**  
**VENUE: THE SOVEREIGN CENTRE, EASTBOURNE**

**Information for competitors**

- 1) Entrants must be members of an ASA affiliated club, and be an ASA category 2 registered competitor.
- 2) Competitors may swim for one club only.
- 3) Age group eligibility is based on age as of the 31<sup>st</sup> December 2011.
- 4) Results will be decided on a "heat declared winner" basis.
- 5) All individual events are seeded slowest to fastest. The fastest heat of each event will be spearheaded.
- 6) Entry times must be submitted for individual events. It is not essential for relay teams to have entry times.
- 7) All events are pre-heated in the gala programme, and it is the competitor's responsibility to present themselves to the whips in time for their events.
- 8) Mixed relay teams must comprise 2 ladies, and 2 men, who can swim in any order.
- 9) Relay teams can comprise competitors from any age group including 'S' (18~24 years).
- 10) Medals will be awarded to the first 3 places in all events and age groups including relays. There is also Top Club, and Top Visiting Club Trophies. Points will be awarded 6 to 1, for the first 6 places in individual and team events.

**ORDER OF EVENTS**

**Session 1**

**1.00 pm Warm-up 1.30pm Start**

- Ev. 1 Ladies 100m Butterfly
  - Ev. 2 Mens 100m Butterfly
  - Ev. 3 Ladies 50m Backstroke
  - Ev. 4 Mens 50m Backstroke
  - Ev. 5 Ladies 100m Breaststroke
  - Ev. 6 Mens 100m Breaststroke
  - Ev. 7 Ladies 50m Freestyle
  - Ev. 8 Mens 50m Freestyle
  - Ev. 9 Ladies 4 x 25m I.M.
  - Ev. 10 Mixed 120yrs Medley Team
  - Ev. 11 Mixed 160yrs Medley Team
  - Ev. 12 Mixed 200yrs Medley Team
  - Ev. 13 Mixed 240yrs Medley Team
- (There will be a 20 minute break after event 13)

**Session. 2**

**Approx. 3.45pm Start (TBC)**

- Ev. 14 Mens 100m Freestyle
- Ev. 15 Ladies 100m Freestyle
- Ev. 16 Mens 50m Breaststroke
- Ev. 17 Ladies 50m Breaststroke
- Ev. 18 Mens 100m Backstroke
- Ev. 19 Ladies 100m Backstroke
- Ev. 20 Mens 50m Butterfly
- Ev. 21 Ladies 50m Butterfly
- Ev. 22 Mens 4 x 25m I.M.
- Ev. 23 Mixed 120yrs Freestyle Team
- Ev. 24 Mixed 160yrs Freestyle Team
- Ev. 25 Mixed 200yrs Freestyle Team
- Ev. 26 Mixed 240 yrs Freestyle Team

**Entry Procedure**

- a) Entry Fees per event are – Individual = £3.00. Team Relays = £4.00.
- b) Please submit complete entry form electronically or by post.
- c) For postal acknowledgement of your entry, please include a DL stamped addressed envelope.
- d) Postal entries to:-

Lynda Miller  
208 Willingdon Road,  
Eastbourne,  
East Sussex, BN21 1TU.

Tel: 01323-733606  
Fax: 01323-416738  
E-mail: [lynda@titanplus.co.uk](mailto:lynda@titanplus.co.uk)

**CLOSING DATE TUESDAY 19th APRIL 2011**

**2011 EASTBOURNE SWIMMING CLUB OPEN MASTERS GALA**  
(Held under A.S.A. laws)

**SUNDAY 15th MAY 2011, AT THE SOVEREIGN CENTRE, ROYAL PARADE,  
EASTBOURNE. EAST SUSSEX, BN22 7LQ**

## ENTRY FORM

<b>NAME:</b>	<b>MALE/FEMALE:</b>
<b>CLUB.</b>	<b>AGE GROUP:</b>
<b>ASA REG. NO.</b>	<b>DATE OF BIRTH.</b>
<b>ADDRESS:</b>	<b>TEL.NO.</b> <b>E-MAIL:</b>

Please tick your age group.

<b>A 25 - 29</b>	<b>D 40 - 44</b>	<b>G 55 - 59</b>	<b>K 70 - 74</b>	<b>N 85 -89</b>
<b>B 30 - 34</b>	<b>E 45 - 49</b>	<b>H 60 - 64</b>	<b>L 75 - 79</b>	<b>P 90 - 94</b>
<b>C 35 - 39</b>	<b>F 50 - 54</b>	<b>J 65 - 69</b>	<b>M 80 - 84</b>	<b>S 18 - 24</b>

**INDIVIDUAL EVENTS: Enter your times or estimated times against the events you want to swim**

<u>EVENTS</u>	<u>Butterfly</u>	<u>Backstroke</u>	<u>Breaststroke</u>	<u>Freestyle</u>	<u>I.M</u>
<b>100 m</b>					
<b>50 m</b>					

**MIXED RELAY TEAMS 4 x 50 m: Please indicate how many teams per event**

<b>120yrs + MEDLEY</b>		<b>120yrs + FREESTYLE</b>	
<b>160yrs + MEDLEY</b>		<b>160yrs + FREESTYLE</b>	
<b>200yrs + MEDLEY</b>		<b>200yrs + FREESTYLE</b>	
<b>240yrs + MEDLEY</b>		<b>240yrs + FREESTYLE</b>	

**Individual Events Entered.....@ £3.00 per event.      Total amount:.....**

**Relay Events Entered.....@ £4.00 per event.      Total amount:.....**

**Signed.....      Date.....**

ELECTRONIC ENTRIES: E-mail completed entry form to: [lynda.miller@titanplus.co.uk](mailto:lynda.miller@titanplus.co.uk)

Confirmation of your entry will be sent by e-mail.

Bank transfer Entry Fees details: Reference: *Masters – Name (e.g. Masters – A Poole)*

Account Name: *Eastbourne Swimming Club*      Account No: *21399144*      Sort Code: *40 20 06*

POSTAL ENTRIES: Please make cheque payable to “*Eastbourne Swimming Club*”.

For acknowledgement of your entry, please include a DL stamped addressed envelope.

Entries to be posted to: - Lynda Miller

208 Willingdon Road,  
Eastbourne,  
East Sussex BN21 1TU.

Tel: 01323-733606

Fax: 01323-416738

E-mail: [lynda.miller@titanplus.co.uk](mailto:lynda.miller@titanplus.co.uk)