



Calverton & Bingham Swimming Club

Proudly present their

7th Annual Masters Open Meet

Under ASA Laws & Regulations and FINA Technical Rules of Swimming

Sunday 18th March 2018

Swimming meet staged at the

Hucknall Leisure Centre, Nottingham

Linby Road, NG15 7TX

(near to Junction 27 of the M1)

Including Age Group 18-24

EVENTS

50m, 100m and 200m for all strokes

4x50m Freestyle & Medley Relays (72+ / 120+ / 160+ / 200+)

Full range of age groups for individual events in 5 year bands from 18-24

Ages as on 31/12/18

All events HDW

6 Lane Deck level Pool, ample Spectator facilities

Electronic Timing

Results sent for GB Rankings & Decathlon

Prizes for top three Male / Female in each age group

Prize for top team in each relay category

Entry Fees:-

50m Events £3.00

100m / 200m Events £4.00

Relays £5.00

Entry forms available from:-

CABSC website

www.CABSC.co.uk

Closing Date 1st March 2018

All entries on a "first come first serve" basis to a maximum capacity.

Calverton & Bingham Swimming Club

Programme of Events

Session 1 - 9am warm up for 10am start	Session 2 - TBC
1. MIXED 200m FREESTYLE	14a MIXED 200m I.M. 14b MIXED 200m BUTTERFLY 14c MIXED 200m BACKSTROKE 14d MIXED 200, BREASTSTROKE
2. MENS 4x25m I.M	15. WOMENS 4x25m I.M
3. WOMENS 50m BREASTSTROKE	16. MENS 50m BREASTSTROKE
4. MENS 50m BACKSTROKE	17. WOMENS 50m BACKSTROKE
5. WOMENS 100m BACKSTROKE	18. MENS 100m BACKSTROKE
6. MENS 100m FREESTYLE	19. WOMENS 100m FREESTYLE
7. MIXED 4x50m MEDLEY TEAMS	20. MIXED 4x50m FREESTYLE TEAMS
8. WOMENS 50m FREESTYLE	21. MENS 50m FREESTYLE
9. MENS 50m BUTTERFLY	22. WOMENS 50m BUTTERFLY
10. WOMENS 100m BUTTERFLY	23. MENS 100m BUTTERFLY
11. MENS 100m BREASTSTROKE	24. WOMENS 100m BREASTSTROKE
12. WOMENS 4x50m MEDLEY RELAY	25. MENS 4x50m MEDLEY RELAY
13. MENS 4x50m FREESTYLE RELAY	26. WOMENS 4x50m FREESTYLE RELAY

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CONDITIONS

Meet to be held under ASA Laws & Regulations and FINA Technical Rules of Swimming.

Ages as of 31/12/18 & age groups for individual events will be: 18-24, 25-29 and then 5 year age groups as necessary.

A competitor may compete in the name of one club only.

The one start rule will apply and over the top starts will be used where possible.

No restrictions on number of swims entered by each individual.

Relay - Swimmers may swim in only one team in any relay event. 18-24 year olds may only swim in the 72+.

Relay events: 7, 12, 13, 20, 25 & 26 combined ages will be:- 72+ / 120+ / 160+ / 200+.

Mixed Relays: Each team shall consist of 2 men and 2 women, and can be swum in any order. There will be just a single OPEN age group for this event

A prize will be made to the top 3 male & female swimmers achieving the most points in each age group.

All entries will be accepted on a first come first serve basis & restrictions on numbers will be applied if required.

All entries must be on the official entry form and the form must be filled out in full, photocopies of the form are acceptable.

Late entries may be accepted at the discretion of the promoter, however please note maximum numbers have been reached in previous years. The closing date for entries is the 1st March 2018.

Please note that all competitors must be registered at Category 2 swimmers with ASA.

Confirmed entries will be published on CABSC website soon after the closing date. Confirmation of entries will be by e-mail, unless no e-mail address is provided and an SAE is included. If you have not received your confirmation within 1 week after closing date then please contact the cabsc.mastersopen@gmail.com for information.

We cannot accept direct payments.

The CABSC 11 Challenge – new and improved for 2018

Can you compete in all 11 individual events?

After the success of last year we are running our challenge again in 2018, but with the introduction of the extra 200m events it is even more challenging this year (you just need to enter one of the races in event 14). So can you complete all 11 individual events on the programme? There will be an extra prize for any swimmer who completes the challenge, plus we offer a discount on the total entry price, at £32. Just enter this amount in the totals section on the entry form.

This prize will be in addition to any age group prizes you may win.

Nottinghamshire County Masters' Championships

We are delighted that the CABSC Open Meet will also double as the Nottinghamshire County Masters' Championships

1. This is open to all masters swimmers who are members of, and competing in this event for, Nottinghamshire clubs, and who have not in the current calendar year either competed for another county at masters level or competed in the masters county championships of another county.
2. Awards will be presented to the first swimmer (only) in each event, for each masters age group (25-29 upwards). Note that there is no seniors category in these championships..
3. The Nottinghamshire swimmers will be integrated into, and take part in, the open meet and will also be eligible for open awards.

Note: the rules of inter-county masters events will often not allow you to compete for another county once you have swum in the same year in an event for a different county so if you enter these Nottinghamshire County Masters' championships you may be eligible to compete only for Notts in inter-county events this year.

This will only be relevant if you mark YES on the entry form.

Calverton and Bingham Swimming Club

Sunday 18th March 2018 at Hucknall Leisure Centre, Nottingham

CABSC 7th Annual Masters Open Meet

Under ASA Laws & Regulations and FINA Technical Rules of Swimming

Entry form

Photocopies of this form will be accepted

Closing Date:
1st March 2018

*email confirmation of entries, or please
include SAE for confirmation of entry if you do
not have e-mail

Event 2 & 15	Event 9 & 22	Event 10 & 23	Event 4 & 17	Event 5 & 18	Event 3 & 16	Event 11 & 24	Event 8 & 21	Event 6 & 19	Event 1	Event 14 ___
100m IM	50m Fly	100m Fly	50m Back	100m Back	50m Breast	100m Breast	50m Free	100m Free	200m Free	200m

Note:- Please enter a recent time for each of the events that you wish to enter. All accepted entries that have no time submitted, will be entered in the first heats of the event.

NAME OF CLUB _____

ASA REGISTRATION NUMBER _____ (must be stated) DATE OF BIRTH _____

SURNAME _____ FORENAME _____ MALE / FEMALE

ADDRESS _____ POST CODE _____

TEL _____ Email _____

I certify that the above details are correct and that I will abide by the promoters conditions.

Signed _____ Date _____

I am eligible to enter the Nottinghamshire County Masters Championships YES / NO (delete as appropriate)

Completed forms and cheque (payable to CABSC) to be sent to :

x 50m Events @ £3.00 = £
 x 100m Events @ £4.00 = £
 x 200m Events @ £4.00 = £
Total enclosed = £

Liz Warner, 2 Porchester Rd, Bingham, Nottingham, NG13 8ES

for any questions contact **cabsc.mastersopen@gmail.com**

