

SOUTH YORKSHIRE OPEN MASTERS 2019

Promoted by: Sheffield & District A.S.A. (Under A.S.A. Laws and Technical Rules)
Date: Sunday 10th November 2019
Venue: Ponds Forge International Sports Centre Sheffield
Warm Up: 12.30 (**Swim Down Facility available all afternoon after main warm up**)
Start: 13.15 Estimated Finish: 18.00
Length of Pool: 25 Metres 10 Lanes
Age Groups: **A:18/24, B:25/29, C:30/34, D:35/39, E:40/44, F:45/49, G:50/54, H:55/59, I:60/64, J:65/69, K:70/74, L:75yrs+,**

EVENTS

1. Ladies	400m Freestyle	18. Men's	50m Butterfly
2. Men's	400m Freestyle	19. Ladies	100m Backstroke
3. Ladies	50m Backstroke	20. Men's	100m Backstroke
4. Men's	50m Backstroke	21. Ladies	50m Freestyle
5. Ladies	100m Butterfly	22. Men's	50m Freestyle
6. Men's	100m Butterfly	23. Ladies	100m Breaststroke
7. Ladies	4 x 25m Medley Team 72yrs +	24. Men's	100m Breaststroke
8. Men's	4 x 25m Medley Team 72yrs +	25. Ladies	100m Ind. Medley
9. Ladies	4 x 25m Medley Team 120yrs +	26. Men's	100m Ind. Medley
10. Men's	4 x 25m Medley Team 120yrs +	27. Ladies	100m Freestyle
11. Ladies	4 x 25m Medley Team 160yrs +	28. Men's	100m Freestyle
12. Men's	4 x 25m Medley Team 160yrs +	29. Ladies	4 x 25m F/S Team 72yrs +
13. Ladies	50m Breaststroke	30. Men's	4 x 25m F/S Team 72yrs +
14. Men's	50m Breaststroke	31. Ladies	4 x 25m F/S Team 120yrs +
15. Ladies	200m Freestyle	32. Men's	4 x 25m F/S Team 120yrs +
16. Men's	200m Freestyle	33. Ladies	4 x 25m F/S Team 160yrs +
17. Ladies	50m Butterfly	34. Men's	4 x 25m F/S Team 160yrs +

All events shall be heat declared winner. All heats will be spearheaded

Medals will be awarded for the first three in each age group in each event **irrespective of how many are competing in the age group.** There will be no presentations; medals should be collected from the Awards table when announced.

All entries must be made on the attached entry form or on a copy. Current times should be entered for a 25m pool.

Swimmers may only swim for one club.

This is a "no cards" gala. Swimmers will be pre-seeded and heats and lanes will be shown on the start lists available on the day.

CLOSING DATE FOR ENTRIES: 13th October 2019

Entry Fees: £5.00 for all other Individual events

£12.00 per Relay event

All entries to be sent to: Philip Johnson, 55 Sheffield Road, Hackenthorpe, Sheffield, S12 4LR.

Tel: 0114-2510448 (07974 669947 Mobile) Email: philandliz1985@gmail.com

Preferred Payment method is Bank Transfer as follows: Yorkshire Bank A/C No: 21890033, Sort Code: 05-08-03.

Alternatively, Cheques can be mailed and made payable to Sheffield & District ASA.

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Individual Entry Form

Name:	Date of Birth:		
Sex:	Age Group:		
Club:	Reg. No		
Address:			
Tel. No:	Email Address:		
Individual Events	Submitted Time	Individual Events	Submitted Time
50m Freestyle		100m Backstroke	
100m Freestyle		50m Breaststroke	
200m Freestyle		100m Breaststroke	
400m Freestyle		50m Butterfly	
50m Backstroke		100m Butterfly	
		100m Ind. Medley	

CLUB RELAYS

Relay events should be submitted by only one person from your club. Subject to the number of team entries, poolside relay entries may be accepted on the day before the start of the session. **PLEASE NOTE THAT 18-24 YEAR OLD SWIMMERS MAY ONLY SWIM IN THE 72+ RELAYS.**

TO ENTER SIMPLY TICK THE RELEVANT BOX(ES)

NAME OF CLUB IN FULL.....

EVENT	<u>MEN</u>			<u>WOMEN</u>		
	72yrs+	120yrs+	160yrs+	72yrs+	120yrs+	160yrs+
4x25m Freestyle						
4x25m Medley						

Declaration (This declaration must be signed and the appropriate entry fees must accompany this form): I declare that the above particulars are correct and agree to abide by the Promoter's conditions as laid down in the Information Sheet for this event.

Signature of Competitor.....

ENTRY FEES: Total Number of Individual Event Entered.....@£5.00 per event.....

Total Number of Relay Events Entered.....@£12.00 per event.....

Program Required before Event: YES/NO (Please delete, as appropriate)

Programs will be emailed. If you require a program, please ensure that you supply an email above. If you do not supply an email address, or don't select 'YES' for "Program Required before Event", I will not email a program to you.

Cheques made payable to Sheffield & District ASA OR Bank Transfer for a total of:

Closing date for entries: 13th October 2019

Send to: Philip Johnson, 55 Sheffield Road, Hackenthorpe, Sheffield, S12 4LR