



Northumberland & Durham Swimming
Association
NESS Swimwear
Masters Competition
[under asa Laws & Technical rules]



Competing Age as on 31 December 2012
Withdrawals to be notified 60 minutes before Session Start
Warm up from 08:30

**Freeman's Quay Leisure Centre,
Walkergate, Durham, County Durham, DH1 1SW**

Sunday 1st July 2012

Event No	Session 1 Start: 9:30	Event No	Session 2 Start TBC
1	Mixed 400m Freestyle	11	Mixed 200m IM
2	Mens 50m Breaststroke	12	Mens 50m Freestyle
3	Womens 50m Breaststroke	13	Womens 50m Freestyle
4	Mens 100m Butterfly	14	Mens 100m Backstroke
5	Womens 100m Butterfly	15	Womens 100m Backstroke
6	Mens 25m Backstroke	16	Mens 25m Butterfly
7	Womens 25m Backstroke	17	Womens 25m Butterfly
8	Mens 100m Freestyle	18	Mens 100m Breaststroke
9	Womens 100m Freestyle	19	Womens 100m Breaststroke
10	4x50m Mixed Freestyle Team 2m 2f 100+ 140+ 200+	20	Mixed 4x50m Mixed Medley Team 2m 2f 100+ 140+ 200+
	Session 3 Start TBC		
		27	Mens 50m Butterfly
21	Mens 50m Backstroke	28	Womens 50m Butterfly
22	Womens 50m Backstroke	29	Mens 25m Breaststroke
23	Mens 100m IM	30	Womens 25m Breaststroke
24	Womens 100m IM	31	Mens 4x50m Freestyle Team 100+ 140+ 200+
25	Mens 25m Freestyle	32	Womens 4x50m Freestyle Team 100+ 140+ 200+
26	Womens 25m Freestyle		

Individual Event Age Groups Age as at 31 December 2012	18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54 55-59, 60-64, 65-69, 70 & over
Individual Events Entry Fee	ASA members £5.50 per event or £20 unlimited entries Non ASA Members as above plus £15.00 Temporary ASA Membership
Team Events Entry Fees	Free no prize awarded, enter on day

NDSA 2012 OPEN MASTERS COMPETITION

Entries will be accepted from eligible competitors who are ASA registered in the year of competition and are members of clubs in affiliation to ASA, the Scottish or Welsh ASA, or any other country affiliated to Fina.

Non-members will be required to take out temporary ASA membership on the day – cost £15.00

THE EVENTS

The programme includes the following events for both men and women

25, 50, 100 and 400 metres Freestyle, 25, 50 and 100 metres Backstroke, Breaststroke and Butterfly
100 and 200 metres Individual Medley.

Age groups shall be 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70&Over

All events shall be Heat Declared Winner.

A swimmer may only represent one club in the Championship

TEAM EVENTS

4 X 50m Mixed Freestyle Team 2m 2f

4 x 50m Mixed Medley Team 2m 2f

Womens 4x50m Freestyle Team

Mens 4x50m Freestyle Team

Clubs may enter more than one team in an event.

ENTRY FEES

Individual Events: £5.50 per event or £20.00 flat fee for 4 or more events for ASA members

Individual Events: non ASA members as above plus £15.00 ASA temporary membership

Team Events: Free enter on day.

PRIZES

An award will be given to the top male and female in each group.

NORTHUMBERLAND DURHAM MASTERS ENTRY FORM

SURNAME:				FIRST NAME:			
Date of Birth:				Please Indicate		Female	Male
Address:							
						Post Code:	
NAME OF CLUB:				e-Mail:			
EVENTS				Please Enter a realistic time			RETURN FORM/PAYMENT TO:
25m Freestyle							
50m Freestyle							Kath Smith
100m Freestyle							11 Towers Avenue
400m Freestyle							Jesmond
25m Backstroke							Newcastle upon Tyne
50m Backstroke							NE2 3QE
100m Backstroke							ndswimmingentry@hotmail.co.uk
25m Breaststroke							
50m Breaststroke							
100m Breaststroke							
25m Butterfly							
50m Butterfly							
100m Butterfly							
100m IM							
200m IM							

CLOSING DATE FOR ENTRIES - SUNDAY 10 JUNE 2012

ASA members - Unlimited Individual Events Entry fee - £20.00 or £5.50 per event,

Non-members as ASA members plus £15.00 for temporary membership

Team Entry for Club:				No entry fee enter on day			
				100+ Years		140+ Years	200+ Years
Mixed 4x50m Freestyle Team							
Mixed 4x50m Medley Team							
Mens 4x50m Freestyle Team							
Womens 4x50m Freestyle Team							

Clubs may enter more than one team in an event