



# Northumberland & Durham Swimming Association Masters Competition

[under ASA Laws & Technical rules]

**ness**  
swimwear  
[www.nessswimwear.co.uk](http://www.nessswimwear.co.uk)

Competing Age as on 31 December 2016  
25m Short Course Pool

**Haven Point, Pier Parade, South Shields, NE33 2JS**  
**Sunday 3<sup>rd</sup> July 2016**

Event No	Session 1 Warm Up 9.00 Start: 09:45	Event No	Session 3 Warm Up & Start TBC
1	Mixed 800m Freestyle (4 heats maximum)	12	Mixed 400m Freestyle
		13	Mens 100m IM
	<b>Session 2 Warm Up &amp; Start TBC</b>	14	Womens 100m IM
2	Mens 100m Freestyle	15	Mens 50m Freestyle
3	Womens 100m Freestyle	16	Womens 50m Freestyle
4	Mens 50m Breaststroke	17	Mens 100m Breaststroke
5	Womens 50m Breaststroke	18	Womens 100m Breaststroke
6	Mens 100m Backstroke	19	Mens 50m Backstroke
7	Womens 100m Backstroke	20	Womens 50m Backstroke
8	Mens 50m Butterfly	21	Mens 100m Butterfly
9	Womens 50m Butterfly	22	Womens 100m Butterfly
10	Mixed 200m Freestyle	23	Mixed 4x50m Medley Teams
11	Mixed 4x50m Freestyle Teams		

	Individual Event Age Groups Age as at 31 December 2016		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 & over
	Individual Events Entry Fee		ASA members: £7.00 per event or £25 unlimited entries. Non ASA Members as above plus £15.00 Temporary ASA Membership
	Team Events Entry Fees		Free for fun

## NDSA 2016 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  
50,100, 200, 400 and 800 metres Freestyle (limited to 4 heats on a first come first serve basis), 50 and 100 metres Backstroke, Breaststroke and Butterfly,  
100 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, 70-74, 75-79, 80-84, 85-89, 90&Over

All events shall be Heat Declared Winner.

A swimmer may only represent one club in the competition

### TEAM EVENTS

4 x 50m Mixed Freestyle Team  
4 x 50m Mixed Medley Team

Relays are for fun. No awards will be given.

### ENTRY FEES

**Individual Events:** £7.00 per event or flat fee of £25.00 unlimited individual events

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

**Team Events:** Free

### VENUE

Haven Point Pier Parade, South Shields, NE33 2JS [www.southtyneside.gov.uk/article/19112/haven-point](http://www.southtyneside.gov.uk/article/19112/haven-point)

Parking is payable in Pier Parade Car Park. Free roadside parking on Lawe Road and Seafeld Terrace.

There is a Café onsite and local shops are in walking distance.

There are plenty of accommodation options available locally.

### PRIZES

Awards will be made to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place in each individual event – please collect as soon as possible after results are Published. No awards for team events.

# NORTHUMBERLAND & DURHAM MASTERS COMPETITION ENTRY FORM

SURNAME:				FIRST NAME:					
Date of Birth:				Please Indicate		Female		Male	
Address:									
						Post Code:			
NAME OF CLUB:				e-Mail:					
ASA Reg. No:									
EVENTS				Please Enter a realistic time				RETURN FORM/PAYMENT TO:	
50m Freestyle								cheques made payable to NDSA	
100m Freestyle									
200m Freestyle								Kate Nicholson	
400m Freestyle								17 Iveston Avenue	
800m Freestyle								Great Park	
50m Backstroke								Newcastle upon Tyne	
100m Backstroke								NE13 9BU	
50m Breaststroke								<a href="mailto:kate.nicholson@swimming.org">kate.nicholson@swimming.org</a>	
100m Breaststroke									
50m Butterfly									
100m Butterfly									
100m IM									

CLOSING DATE FOR ENTRIES - MONDAY 27th JUNE 2016

cheques made payable to NDSA

**ASA members** - £7.00 per event or £25.00 Unlimited Individual Events Entry fee

**Non- ASA** - Above + £15.00

**Team Entry** - Free

Team Entry for Club:

			Team 1		Team 2		Team 3	
Mixed 4x50m Freestyle Team								
Mixed 4x50m Medley Team								

Team Sheet to be completed on the day

Clubs may enter more than one team in an event