

INVERCLYDE MASTERS SWIMMING CLUB

PRESENTS THE

**11th INVERCLYDE
Open Masters Short Course
Swimming Meet 2005**

Waterfront Leisure Complex, Greenock

Friday 9th September 2005

Saturday 10th September 2005

'Fitness, Fun and Friendship through Swimming is the Masters Motto'

INFORMATION

1.0 COMPETITION DATES

Friday, Saturday - 9th & 10th September 2005

2.0 COMPETITION VENUE

The Waterfront Leisure Complex
Customhouse Quay
GREENOCK. PA15 1EW

Tel. 01475 797979

3.0 EVENTS

- 3.1 For all Groups: 50m, 100m, 200m and 800m Freestyle
50m, 100m and 200m Backstroke, Breaststroke and Butterfly
100m and 200m Individual Medley
- 3.2 Team Races 4 x 50m Mixed Freestyle and Medley Relays
- 100 - 119 years
120 - 159 years
160 - 199 years
200 - plus years

NB Special category competitors (X Group) may participate in the team events.

4.0 AGE GROUPS as at DECEMBER 2005

A	25 - 29 years	G	55 - 59 years
B	30 - 34 years	H	60 - 64 years
C	35 - 39 years	J	65 - 69 years
D	40 - 44 years	K	70 - 74 years
E	45 - 49 years	L	75 - 79 years
F	50 - 54 years	M	80 years and over
X	Special Category - 19-24 years		

5.0 ENTRIES

- 5.1 All Masters Competitors must be a registered member of a swimming club (FINA rules) and be 25 years or over on 31 December 2005. Each competitor may only represent one Club in the relay events. Entries are open and all Masters are welcome.
- 5.2 All events will be Heat Declared Winners in Age Classification. In each event swimmers will be seeded according to their entry time and will compete against those with similar times from the various groups. NB. All events are swum on a mixed basis.

5.3 Dependent on the number of entries received, the organisers reserve the right to:

- introduce over the top starts.
- adjust the start time of the sessions
- swim two per lane within the 800m Freestyle

SWIMMERS WILL BE NOTIFIED OF ANY SUCH ADJUSTMENTS

5.4 Please note that the facility will be available for poolside entries. This is on the understanding that any such entry will depend upon the availability of spare lanes. At the same time any competitor using this facility should be aware that it is on the basis of time/records only . Entry fee / event - £3.00

Information will be available at the registration/information desk

5.5 Swimmers who do not possess an e-mail address and who require confirmation of the receipt of their Entry form must enclose a stamped addressed envelope.

6.0 ENTRY FEES

Primary Cost - Inverclyde Swim Meet £16.00*

* This covers Entries to all 50m & 100m events plus Buffet & Social Evening

Additional Events: Open to those swimming in the Inverclyde Swim Meet

Individual 200m events	£3.00 each
Relay events per Team	£4.00

Scottish Championship	800m Freestyle	£4.00
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NB Club Entries - For every 6 entry forms submitted the 6th Club Meet entry fee of £16.00 will be refunded.

7.0 ENTRY FORMS

Individual and Relay Team Forms are incorporated into the Information Booklet. Please note that the Closing Date for all entries will be **13th August 2005** and these must be sent to the under noted by that date:

Donald Muirhead
3 Ryan Road
WEMYSS BAY
PA18 6DH

8.0 ORDER OF EVENTS

Session One: Friday - Warm Up 5:45pm - Start 6:30pm

Event 101 800m Freestyle - Scottish National Open Short Course Championship

Session Two: Saturday - Warm Up 8:45am - Start 9:30am

Event 201 200m Freestyle
Event 202 100m Breaststroke
Event 203 50m Butterfly
Event 204 50m Backstroke
Event 205 200m Individual Medley

Session Three : Saturday - Warm Up 12 noon - Start 1:0

Event 301 200m Backstroke
Event 302 100m Butterfly
Event 303 50m Breaststroke
Event 304 100m Freestyle
Event 305 4 x 50m Mixed Medley Relay

Break 15 minutes

Session Four

Event 401 200m Breaststroke
Event 402 50m Freestyle
Event 403 200m Butterfly
Event 404 100m Backstroke
Event 405 100m Individual Medley
Event 406 4 x 50m Mixed Freestyle Relay

9.0 RESULTS

The Results together with the 800m Freestyle statistical analysis will be displayed in the passageway leading from the Competition Pool to the Swimmers Registration / Information Desk. Thereafter they will be posted on to the Inverclyde Masters Club web site: www.swiminverclyde.com (Click on Masters)

10.0 RECORDS

The current records incorporating : Meet, Scottish, Irish, Great Britain, European and World will be displayed adjacent to the results

The following payments will be made to those Swimmers who achieve a new record:

Meet - 1 Bottle of wine. National - £5.00

GB - £10.00 European - £15.00 World - £25.00

NB. With the exception of the Meet Records all payments will be made retrospectively and forwarded directly to the claimant following ratification of the Record.

11.0 AWARDS

11.1 Event Age Group Place Ribbons will be awarded down to 3rd place and will be available for uplift at the Swimmers Registration / Information Desk which will be situated adjacent to the competition pool.

11.2 Best in Group awards - Points	1st - 8	4th - 3
	2nd - 6	5th - 2
	3rd - 4	6th - 1

11.3 Relay Events - Trophies will be awarded within each Age Category

11.4 With the exception of the Age Group Place Ribbons all awards ie. the 800m Freestyle Medals, the Overall Age Group Winners Medals and the Relay Winners Trophies will be presented at the Presentation / Social Evening.

12.0 PRESENTATION OF AWARDS

The presentation of awards will be by the Provost of Inverclyde Council. This will take place at the Buffet / Social Evening to be held within the Port Glasgow Town Hall immediately following the competition at 6:30pm until 11.30pm. A licensed bar facility will be available and live music will be provided.

Please indicate in space provided on the Individual Entry Form if you will be attending.

13.0 FOOD

Food and soft drinks are on sale, throughout the duration of the competition, in the cafeteria within the Waterfront Leisure Complex.

14.0 ACCOMMODATION

For those who wish to stay over night accommodation has been reserved at the:

Express Holiday Inn Tel. No. (01475) 786666 or free phone 0800 40 50 60

Email address: greenock@expressbyholidayinn.net

Web site: www.hiexpress.co.uk

(Special rates per room per night based on twin occupancy are available)

When booking please indicate that you are competing in the Inverclyde Meet.

15.0 TRANSPORT

Transport will be provided free of charge, courtesy of the Inverclyde Masters Swim Club, to Swimmers who are:

- Arriving to or departing from either the Glasgow or Prestwick Airports on Friday and Sunday. For details contact: Donald Muirhead, Tel. No. 01475 520440 or e-mail: cumbrianduck@aol.com
- Staying overnight on Saturday 10th September; from the Pool to the Presentation Venue and return directly to their hotel immediately after the conclusion of the social evening.
Please indicate in space provided on the Individual Entry Form.

16.0 COMPETITORS SAFETY CODE

- 16.1 It is important that all Competitors read the "Competitors Safety Code" before signing the related Entry Form. The signing and submitting of the Entry form confirms that the Competitor has read, understood and agrees to abide by the Code
- 16.2 I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events or any other associated activities. Accordingly, I hereby certify that I am physically fit and well to participate in the Inverclyde Swim Meet.
- 16.3 I am aware of and appreciate the inherent risks involved in such competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
- 16.4 I undertake at all times to use my best endeavours and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk of injury.
- 16.5 I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.
- 16.6 I acknowledge that the organisers of the Inverclyde Masters Swim Meet cannot be held responsible for any loss or damage or personal belongings and that I must take all reasonable steps against any such loss or damage.
- 16.7 In submitting a signed Entry form I understand and accept that I have agreed to abide and be governed by the rules of Scottish Swimming and all other related laws and regulations under which the Meet is organised.