

Barnet Cophall Swimming Club

(AFFILIATED TO SWIM ENGLAND LONDON REGION)

32nd Masters Distance Meet

(Under Swim England Regulations and Technical Rules of Masters Swimming)

SATURDAY 9th & SUNDAY 10th JULY 2022

Dear Colleague, Welcome back!

Please find attached Information and Entry Forms for this Meet, to be held for the at our 8 Lanes, 25 metres Competition Pool, at the Barnet Cophall Pools, Champions Way, Hendon, London, NW4 1PX.

Please feel free to photo-copy them if more copies are required.

<u>SESSION TIMES</u>	1) SATURDAY	9 th JULY	Warm-up 4.00pm	Start 5.00pm
	2) SUNDAY	10 th JULY	Warm-up 9.30am	Start 10.30am
	3) SUNDAY	10 th JULY	Warm-up 1.00pm*	Start 2.00pm*
	4) SUNDAY	10 th JULY	Warm-up 4.00pm*	Start 5.00pm*

* Sessions times to be confirmed after entries close

ENTRY FEES **£5.50 per Individual event.** **£12.00 per Relay team event**

CLOSING DATE FOR ENTRIES IS **MONDAY 27th JUNE 2022.**

AGE GROUPS As set down on the Entry Form. N.B. AGES AS AT 31.12.22 except Group "X" who should have achieved their 18th Birthday on or before the first day of competition.

The competition is also open to swimmers in the stated Age Groups with disabilities/visual impairment who have been allocated an IPC/paraGB classification.

ELIGIBILITY Competition is open to all swimmers registered Swim England "Club Compete" (Cat.2) or similar with their respective National Swimming Association or Federation.
Temporary Compete members are also accepted. Ask for further details if necessary

EVENTS All events will be swum on the HEAT DECLARED WINNER System, so all results will be decided on the recorded heat times in each Age Group.

AWARDS Awards will be made to the fastest three in each Age Group in each Event.

Awards for IPC/paraGB Registered swimmers will be awarded by Age Group only and not individual classification. Individual event winners will have a choice of a medal or a prize voucher.
Relay teams will be awarded Prize vouchers only.

RESULTS Results will be submitted to Swim England for National qualifying, Rankings and Decathlon Points

SPECTATORS Spectators and supporters are very welcome. There is plenty of space to keep your distance.

COLORADO ELECTRONIC TIMING & HY-TEK MEET MANAGER SYSTEMS

will be operating at the Meet, providing results with full 50m splits for all races.

SWIMMERS ARE ADVISED

to study the Programme carefully when deciding upon their Entries.

800 FREESTYLE SWIMMERS SHOULD NOTE THAT THE EVENT WILL BE SWUM AS A MIXED EVENT. MEN AND WOMEN SWIMMING TOGETHER.

Warm-up / Swim-down facilities will be available throughout the competition.

You will be required to check in at

Entrance Foyer no later than 30 minutes before the Session Starting Time.

REGARDLESS OF YOUR EVENT,

PLEASE ALLOW PLENTY OF TIME TO ARRIVE AT THE POOL.

ACCOMMODATION There is local hotel accommodation available at reasonable rates. If you need further information or assistance, please **phone: 01707 653164. mob: 07791 215764**
e-mail:- ian@barnetcophall.com or ian.woollard01@gmail.com

We look forward to seeing you soon. Best wishes. **Ian Woollard - Masters Meet Manager**

Barnet Copthall Swimming Club

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Programme of Events

1st SESSION - SATURDAY 9th JULY 2022 - 5.00 pm

WARM-UP - 4.00 pm

Ev 1 MIXED 800m FREESTYLE

2nd SESSION - SUNDAY 10th JULY 2022 - 10.30 am

WARM-UP - 9.30 am

Ev 2 Women 400m FREESTYLE

Ev 3 Men 400m FREESTYLE

Ev 4 Women 200m BACKSTROKE

Ev 5 Men 200m BACKSTROKE

Ev 6 Women 100m BREASTSTROKE

Ev 7 Men 100m BREASTSTROKE

Ev 8 Women 200m BUTTERFLY

Ev 9 Men 200m BUTTERFLY

Ev 10 Women 4 x 200m FREESTYLE relay

Ev 11 Men 4 x 200m FREESTYLE Relay

Ev 12 4 x 100m MIXED MEDLEY Relay

3rd SESSION - SUNDAY 10th JULY 2022 - 2.00 pm to be confirmed

WARM-UP - 1.00 pm (to be confirmed)

Ev 13 Women 4 x 100m FREESTYLE Relay

Ev 14 Men 4 x 100m FREESTYLE Relay

Ev 15 Women 400m INDIVIDUAL MEDLEY

Ev 16 Men 400m INDIVIDUAL MEDLEY

Ev 17 Women 100m BACKSTROKE

Ev 18 Men 100m BACKSTROKE

Ev 19 Women 200m FREESTYLE

Ev 20 Men 200m FREESTYLE

Ev 21 Women 100m BUTTERFLY

Ev 22 Men 100m BUTTERFLY

Ev 23 4 x 100 MIXED FREESTYLE Relay

4th SESSION - SUNDAY 10th JULY 2022 - 5.00 pm to be confirmed

WARM-UP - 4.00 pm (to be confirmed)

Ev 24 4 x 200 MIXED FREESTYLE Relay

Ev 25 Women 200m INDIVIDUAL MEDLEY

Ev 26 Men 200m INDIVIDUAL MEDLEY

Ev 27 Women 200m BREASTSTROKE

Ev 28 Men 200m BREASTSTROKE

Ev 29 Women 100m FREESTYLE

Ev 30 Men 100m FREESTYLE

Ev 31 Women 4 x 100m MEDLEY Relay

Ev 32 Men 4 x 100m MEDLEY Relay

CLOSING DATE FOR ENTRIES MONDAY 27th JUNE 2022

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SATURDAY 9th & SUNDAY 10th JULY 2022

INDIVIDUAL ENTRY FORM

PLEASE USE BLOCK CAPITALS

FORENAME & SURNAME..... DATE OF BIRTH

ADDRESS

POST CODE.....e-mail (Write clearly please).....

Male / Female SE REG..... TEL No/mobile.....

CLUB IPC/paraGB Classification.....

PLEASE TICK APPROPRIATE AGE GROUP BOX (Age as at 31.12.22)

AGE GROUP	X	A	B	C	D	E	F	G	H	J	K	L	M	N	P
AGE	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+
<input checked="" type="checkbox"/>															

NOTE: "MASTERS" Group 'A' must be at least 25 years of age IN THE YEAR OF COMPETITION – i.e. 31.12.22. *Group "X" swimmers must have achieved their 18th Birthday on or before the first day of competition. Swimmers with disabilities/visual impairment must insert their IPC/DSE Classification. All competitors must be Registered with their respective National Swimming Association. *Temporary Compete members are also accepted. Ask for further details if necessary*

PLEASE SUBMIT AN ENTRY TIME FOR EACH EVENT REQUIRED IN THE APPROPRIATE BOX TO THE RIGHT, EVEN IF IT IS ONLY AN ESTIMATE.

"NO TIME" ENTRIES WILL BE PROGRAMMED AT THE DISCRETION OF THE ORGANISER.

SWIMMER'S DECLARATION

I declare that the details given above are correct and I agree to abide by the Organiser's conditions. I also declare that I am fit, well and able to compete in my chosen events

I enclose a cheque payable to **BARNET COPHALL S.C** or **proof of electronic payment**

IN THE SUM OF £

SWIMMER'S SIGNATURE.....

ENTRY FEE = £5.50 PER EVENT

(SEE RELAY FORM FOR TEAM EVENTS)

**Closing Date For Entries
Monday 27th JUNE 2022**

Ev.No.	EVENT	TIME
SATURDAY : 5.00 pm		
1(mixed)	800 FREE	
SUNDAY : 10.30 am		
2/3	400 FREE	
4/5	200 BACK	
6/7	100 BRST	
8/9	200 'FLY.	
SUNDAY : 2.00 pm (TBC)		
15/16	400 I.M.	
17/18	100 BACK	
19/20	200 FREE	
21/22	100 'FLY	
SUNDAY : 5.00 pm (TBC)		
25/26	200 I.M.	
27/28	200 BRST	
29/30	100 FREE	

Send your entry form and your cheque* or Postal Order to IAN WOOLLARD, 51 OAKROYD AVENUE, POTTERS BAR, EN6 2EN,

PHONE 01707 653164. Mob 07791 215764 EMAIL ian@barnetcophall.com or ian.woollard01@gmail.com

Emailed entries and payment must be received no later than **Monday 27th June 2022**

* please see below for electronic transfer information.

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RELAY TEAM ENTRY FORM

PLEASE USE BLOCK CAPITALS

Team Representative's NAME..... CLUB NAME.....

ADDRESS

POST CODE..... TEL. No.....

Please indicate the number of teams **AND THE AGE GROUP** to be entered in each event in the appropriate boxes below. On some occasions different age groups may be racing in the same heat so try to avoid swimmers racing in more than one age group per event. **FINA age groups 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359 etc** Only teams within the age limits may claim records. 72+ age group applies for GB records only. If in doubt please contact Ian Woollard by telephone or email

ENTRY FEE = £12.00 PER TEAM, PER EVENT -

Relay Entries "on the day" will be accepted at £15.00 per team per event

4 x 200 metres FREESTYLE RELAYS		
Event 10 Women	Event 11 Men	Event 24 MIXED
Age group	Age group	Age group
Age group	Age group	Age group
Age group	Age group	Age group
4 x 100 metres FREESTYLE RELAYS		
Event 13 Women	Event 14 Men	Event 23 MIXED
Age group	Age group	Age group
Age group	Age group	Age group
Age group	Age group	Age group
4 x 100 metres MEDLEY RELAYS		
Event 31 Women	Event 32 Men	Event 12 MIXED
Age group	Age group	Age group
Age group	Age group	Age group
Age group	Age group	Age group

* "MASTERS" must be at least 25 years of age *IN THE YEAR OF COMPETITION* that is, at least 25 by 31.12.22 and may compete in the 72+ teams if desired. **ONLY "MASTERS"** may compete in other age groups in the competition. All competitors must be fully Registered Members of an Affiliated Club (e.g Club Compete – Cat.2)

I DECLARE that the details given above are correct and I agree to abide by the organiser's conditions. I also declare that the swimmers in the team(s) are fit, well and able to compete in the chosen events. **I enclose a cheque* payable to Barnet Cophall SC / made electronic transfer** which includes the sum of £..... for these team entries @ £12.00/team, per event.

Signed.....

CLOSING DATE FOR ENTRIES - MONDAY 27th JUNE 2022

Send your entry form and your cheque* or Postal Order to IAN WOOLLARD, 51 OAKROYD AVENUE, POTTERS BAR, EN6 2EN,

PHONE 01707 653164. Mob 07791 215764 EMAIL ian@barnetcophall.com or ian.woollard01@gmail.com

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Payments via Electronic Transfer

Details for making payment via electronic transfer direct to the Barnet Cophall SC bank account. Please ensure you make payment at the point of your entry

When making your payment, please ensure you clearly identify yourself on your individual payment by using your name and the event. For example:

“A. N. Other – BCSC Dist 2022”

If you are paying for a combined Club entry then something like the following:

“Beavers SC – BCSC Dist 2022”

I appreciate banks vary with the number of characters allowed but please try to make your details clear for ease of identification. Please email evidence (screenshot will suffice) of your transfer statement to me with your entry form (*I don't have ready access to view the account directly*)

Please make your payment to

Sort Code 20 91 79

Account Number: 30162558

Account Name: Barnet Cophall Swimming Club

Internet banking payments will normally take 3 working days and be free of charge.

Overseas competitors wishing to pay from abroad will need the following information as well:

IBAN : GB68 BARC 2091 7930 1625 58

SWIFTBIC : BarcGB22

If you encounter any difficulty, please contact me as soon as possible.
Thanks. Ian Woollard – Barnet Cophall masters Meet Manager

ian@barnetcophall.com or ian.woollard01@gmail.com

Telephone 01707 653164 or Mobile 07791 215 764

