



Carmarthenshire Masters Swimming Club

2013 Masters and Senior Age Group **800m & 1500m Postal Swim**

All Net Proceeds to be Donated to Macmillan Cancer Support / Old Mill Cancer Foundation in Memory of Elwyna Thomas, Carmarthenshire Masters Swimmer

OBJECTIVE

To encourage masters swimmers to participate in longer distance events, and to compete over the 800m and 1500m events which are difficult to fit into a gala programme.

ELIGIBILITY

Any Masters or Senior Age Group swimmers registered with their national governing body.

AGE GROUPS

Senior Age
Group 19-24

A	25-29	B	30-34	C	35-39	D	40-44	E	45-49	F	50-54
G	55-59	H	60-64	J	65-69	K	70-74	L	75-79	M	80-84
N	85-89	O	90-94	P	95-100	Q	100+				

Age is determined as at the 31st December 2013.

WHERE

Any pool of the following lengths:

Pool Length	Distance to be swum	
20 m 25 m 50 m	800 m	1500 m

Please state clearly pool length on entry forms. Swimmers may enter both events. The organisers will convert the times.

WHEN

Any time from the 1st July 2013 to 30th September 2013 (both dates inclusive).
Please note there will be no awards for this event so that all net proceeds can be donated.

ENTRY FEES

Individuals- £3.00 each or £5.00 for both.

CERTIFICATION

All entries to be submitted on the official entry form (or photocopy). Entries must be certified by two timekeepers each of whom must be registered by their national governing body. Multiple club entries must be signed by a club official to certify that times were accurately recorded by two timekeepers as above. All swims must be swum as part of this competition only (times achieved in other competitions must not be entered).

CLOSING DATE FOR ENTRIES

All envelopes containing entries must be postmarked 1st October 2013 or earlier. No late entries will be accepted.

NOTIFICATION OF RESULTS

Results will be published by the beginning of November. If you require a paper copy set of results please ensure you enclose an A4 size stamped and addressed envelope with your entry. For electronic copies please include email address.

ENTRIES TO:

Delia Keen
2 Plas Y Ddol
Johnstown
Carmarthen
SA31 3PL

delia.keen@googlemail.com

Cheques to be made payable to Carmarthenshire Masters Swimming Club.



Carmarthenshire Masters Postal Swim

2013

ENTRY FORM

Name _____ Club _____

Address _____

Tel No _____ D.O.B. _____

Age Group _____ GB Reg. No. _____ Sex **Male / Female**

Date of Swim _____ Venue _____

Pool Length (we will convert) _____ **metres**

Distance 800 m / 1500 m / Both

Time Taken 800 m ____ min ____ sec

1500 m ____ min ____ sec

TIMEKEEPERS

1. Name:	2. Name:
Address:	Address:
Tel No:	Tel No:
Grade:	Grade:
Signature	Signature

FEE ENCLOSED: £3.00 per event or £5.00 both.

TOTAL ENCLOSED: £ SAE enclosed for results: YES/NO or email.....

Cheques should be made payable to Carmarthenshire Masters S.C.



Carmarthenshire Masters Postal Swim 2013

CLUB ENTRY FORM

Name	D.O.B.	Age Group	Sex	Distance 800 m 1500 m	Time Taken

Club Official _____ Club _____

Address _____

Position _____ Tel no _____

Date of Swim _____ Venue _____

Pool Length (we will convert) _____

I confirm that the above results are accurate - Signed :

Fee Enclosed: £3.00 per event or £5.00 both

Total Enclosed: £ SAE enclosed for results : YES/NO or email.....

Cheques should be made payable to Carmarthenshire Masters S.C.