OXFORDSHIRE & NORTH BUCKINGHAMSHIRE COUNTIES ASA

Affiliated to the Amateur Swimming Association (South East Region)

BEDFORDSHIRE COUNTY ASA

Affiliated to the Amateur Swimming Association (East Region)

MASTERS & AGE GROUPS 19 – 24 COUNTY CHAMPIONSHIPS 2008

(Under ASA Laws and Technical Rules of Racing)

Sunday 20th April 2008 at the **Aquavale Centre, Aylesbury**

CHAMPIONSHIP INFORMATION

1. The Championships are open to ASA Registered Swimmers eligible to compete in ASA Law, who are and have been members of a club affiliated to the County Association, in whose name he is entered, for at least 60 days prior to the closing date for entries, and must be aged 25 years or over as at 31st December in the year of competition save for competitors in group S who must be 19 years or over as at 31st December in the year of competition.

2. Age as at 31st December 2008

3. 25 metre pool with Omega Ares21 Electronic Timing, with full 8 Lane Display Board.

4. Age groups.

S: 19 - 24	C: 35 - 39	F: 50 - 54	J: 65 - 69
A: 25 - 29	D: 40 - 44	G: 55 - 59	K: 70 - 74
B: 30 - 34	E: 45 - 49	H: 60 - 64	L: 75 +

5. Events:

Individuals: 50m & 100m Freestyle, 50m & 100m Backstroke, 50m & 100m Butterfly, 50m & 100m Breaststroke, 100m Individual Medley

Mixed Relays: 4 x 50m Freestyle - 76- 96, **120-159, 160-199, 200-239 yrs**

4 x 50m Medley - 76- 96, **120-159, 160-199, 200-239 yrs**

Relay teams to consist of two male and two female swimmers.

Please note: Competitors for **Masters Relays must be 25 years of age or older**.

Closing Date for entries Saturday 29th March 2008

Entries for Individual Events & Relays shall be in the name of ONE Club only

6. **Programme of Events (All events are H.D.W.)**

Session 1

Warm-up - 1.30 pm, Start 2.10 pm

Ev. 1	Mens	100m Freestyle
Ev. 2	Ladies	100m I.M.
Ev. 3	Mens	100m Backtroke
Ev. 4	Ladies	50m Breaststroke
Ev. 5	Mens	50m Butterfly
Ev. 6	Ladies	100m Butterfly
Ev. 7	Mens	50m Freestyle
Ev. 8	Ladies	50m Backstroke
Ev. 9	Mens	100m Breaststroke
Ev. 10	Mixed	200yrs - 239yrs Freestyle Relay
Ev. 11	Mixed	160yrs - 199yrs Freestyle Relay
Ev. 12	Mixed	120yrs - 159yrs Freestyle Relay
Ev. 13	Mixed	76 yrs - 96yrs Freestyle Relay

Session 2

Warm-up – tba, Start tba

Ev. 14	Ladies	100m Freestyle
Ev. 15	Mens	100m I.M.
Ev. 16	Ladies	100m Backstroke
Ev. 17	Mens	50m Breaststroke
Ev. 18	Ladies	50m Butterfly
Ev. 19	Mens	100m Butterfly
Ev. 20	Ladies	50m Freestyle
Ev. 21	Mens	50m Backstroke
Ev. 22	Ladies	100m Breaststroke
Ev. 23	Mixed	200yrs - 239yrs Medley Relay
Ev. 24	Mixed	160yrs - 199yrs Medley Relay
Ev. 25	Mixed	120yrs - 159yrs Medley Relay
Ev. 26	Mixed	76 yrs - 96yrs Medley Relay