



# AMATEUR SWIMMING ASSOCIATION SOUTH EAST REGION WINTER CHAMPIONSHIPS 2005

Under ASA Laws and Technical Rules of Swimming

Licensed by the ASA for entry into National Competitions and Championships

ALDERSHOT MILITARY POOL, ALDERSHOT

26 and 27 November 2005

**Event Manager:** Mrs Lis Hartley 49 The Millbank, Ifield, CRAWLEY, West Sussex RH11 0JQ (01293 515519)

**Event Secretary:** Mrs Eileen Adams 2 Glynswood, CHALFONT ST PETER, Bucks SL9 0DP (01753 883757)

## SATURDAY, 26 November 2005

### Session ONE Warm-up(1) 0800hrs Start 0900hrs

Mens	100m Freestyle	
Womens	200m Freestyle	
Mens	50m Breaststroke	
Womens	100m Breaststroke	
Mens	400m Ind Medley	HDW
Mens	150m Ind Medley (Disability event)	
Womens	100m Butterfly	
Mens	100m Backstroke	
Womens	50m Backstroke	
Mens	100m Freestyle	Final
Womens	200m Freestyle	Final
Mens	50m Breaststroke	Final
Womens	100m Breaststroke	Final
Mens	150m Disability Ind Med	Final
Womens	100m Butterfly	Final
Mens	100m Backstroke	Final
Womens	50m Backstroke	Final

### Session TWO Warm-up(2) 12noon Start 12.30hrs

Mens 4x100m Freestyle Team	HDW
Womens 4x100m Medley Team	HDW

### Session THREE Warm-up(3) tba Start tba

Mens	200m Butterfly	
Womens	200m Ind Medley	
Mens	400m Freestyle	HDW
Womens	50m Freestyle	
Mens	200m Breaststroke	
Mixed	800m Freestyle	HDW
Mens	50m Butterfly	
Womens	200m Backstroke	
Mens	200m Butterfly	Final
Womens	200m Ind Medley	Final
Mens	50m Butterfly	Final
Womens	50m Freestyle	Final
Mens	200m Breaststroke	Final
Womens	200m Backstroke	Final

## SUNDAY, 27 November 2005

### Session FOUR Warm-up 0800hrs Start 0900hrs

Womens	100m Freestyle	
Mens	200m Freestyle	
Womens	50m Breaststroke	
Mens	100m Breaststroke	
Womens	400m Ind Medley	HDW
Womens	150m Ind Medley (Disability event)	
Mens	100m Butterfly	
Womens	100m Backstroke	
Mens	50m Backstroke	
Womens	100m Freestyle	Final
Mens	200m Freestyle	Final
Womens	50m Breaststroke	Final
Mens	100m Breaststroke	Final
Womens	150m Disability Ind Med	Final
Mens	100m Butterfly	Final
Womens	100m Backstroke	Final
Mens	50m Backstroke	Final

### Session FIVE Warm-up(2) 12noon Start 12.30hrs

Mens 4x100m Medley Team	HDW
Womens 4x100m Freestyle Team	HDW

### Session SIX Warm-up tba Start tba

Womens	200m Butterfly	
Mens	200m Ind Medley	
Womens	400m Freestyle	HDW
Mens	50m Freestyle	
Womens	200m Breaststroke	
Mixed	1500m Freestyle	HDW
Womens	50m Butterfly	
Mens	200m Backstroke	
Womens	200m Butterfly	Final
Mens	200m Ind Medley	Final
Womens	50m Butterfly	Final
Mens	50m Freestyle	Final
Womens	200m Breaststroke	Final
Mens	200m Backstroke	Final



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**ENTRY FORM**

MALE / FEMALE (delete as applicable)

**SURNAME..... First Name.....Age at 31/12/2005...**

**ADDRESS.....**

**CLUB..... DATE OF BIRTH ../../ ... ASA Registration No.....**

(All information given above must be the same as that given on your ASA registration details)

**All entry times (25m) entered must be those achieved at a licensed meet since 1 January 2005. In 2005 the entry times for the 800m event for men and 1500m event for women can be made on times achieved at time trials or other non-licensed meets.**

EVENT	BEST TIME	DATE ACHIEVED	EVENT	BEST TIME	DATE ACHIEVED
50m Freestyle			50m Butterfly		
100m Freestyle			100m Butterfly		
200m Freestyle			200m Butterfly		
400m Freestyle			50m Backstroke		
800m Freestyle			100m Backstroke		
1500m Freestyle			200m Backstroke		
50m Breaststroke			200m Individual Medley		
100m Breaststroke			400m Individual Medley		
200m Breaststroke			150m Individual Medley (Disability entrants only)		

I declare that I have (a) achieved the above times at licensed meets on the dates stated  
(b) am an eligible competitor according to the laws of the ASA  
(c) accept and abide by the conditions set by ASA South East Region for this Championship

Signed by the entrant.....Date.....

Fee enclosed .....events @£4.50 per entry TOTAL.....  
(all cheques to be made payable to ASA South East Region unless otherwise stated by your Club.)

Entries, accompanied by the correct entry fees and a stamped addressed envelope must be sent to Eileen Adams,  
2 Glynswood , Chalfont St Peter, Bucks SL9 0DP (Tel No.01753 883757).

Closing date for entries – Midnight 1st November 2005.

**NO LATE ENTRIES WILL BE ACCEPTED**



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## TEAM ENTRY FORM

**CLUB** \_\_\_\_\_

**ADDRESS FOR RETURN OF ENTRY CARDS** \_\_\_\_\_

All swimmers in your teams may represent only this club in these Championships.

WOMENS	4x100m FREESTYLE	Team Name	Approx Entry Time **
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WOMENS	4x100m MEDLEY	Team Name	Approx Entry Time **
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MENS	4x100m FREESTYLE	Team Name	Approx Entry Time **
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MENS	4x100m MEDLEY	Team Name	Approx Entry Time **
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\*\* Please enter an approximation of the time your team is expected to achieve, in order that team events may be seeded.

I declare that I know

- (a) the particulars entered above are correct
- (b) all competitors are registered members of your club & eligible competitors according to the laws of the ASA
- (c) all competitors accept and abide by the conditions set by ASA South East Region for this Championship
- (d) I have noted the safety conditions and agree to abide by them and I will make all team members aware of them and ensure they abide by them

Signed by coach/manager \_\_\_\_\_ Date \_\_\_\_\_

Fee enclosed \_\_\_\_\_ events @ £6 for each event TOTAL \_\_\_\_\_

(all cheques to be made payable to ASA South East Region.)

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## 2005 Winter Championships - Consideration Entry Times – 25m times

	50m F/S	100m F/S	200m F/S	400m F/S	800m F/S	1500m F/S	50m Back	100m Back	200m Back	50m Breast	100m Breast	200m Breast	50m Fly	100m Fly	200m Fly	200m IM	400m IM
<b>Male Open</b>	25.5	57.0	2.04.0	4.20.0	No CT	17.20.0	29.7	1.03.5	2.17.6	33.1	1.11.3	2.35.7	27.7	1.01.8	2.15.7	2.19.2	5.00.0
<b>Male Junior</b>	27.0	59.0	2.09.0	4.29.0	No CT	17.50.0	31.4	1.07.1	2.25.4	34.0	1.14.3	2.40.3	30.0	1.05.9	2.26.9	2.24.3	5.10.0
<b>Female Open</b>	29.0	1.03.0	2.16.0	4.47.0	9.45.0	No CT	33.5	1.11.0	2.32.1	37.6	1.21.4	2.53.2	32.0	1.09.0	2.32.5	2.36.5	5.30.0
<b>Female Junior</b>	29.0	1.03.0	2.16.0	4.47.0	9.45.0	No CT	33.5	1.11.0	2.32.1	37.6	1.21.4	2.53.2	32.0	1.09.0	2.32.5	2.36.5	5.30.0

All entry times (25m) entered must be those achieved at a licensed meet since 1 January 2005 with the exception in 2005 only where the entry times for the 800m event for men and 1500m event for women can be made on times achieved at time trials or other non-licensed meets.