

SOUTHERN COUNTIES AMATEUR SWIMMING ASSOCIATION OPEN WINTER CHAMPIONSHIPS 2002

Under ASA Laws and Technical Rules

**Designated by the ASA for entry into National Competitions and Championships
CRYSTAL PALACE POOL, LONDON 30 November and 1 December 2002**

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)

THE ONE START RULE WILL APPLY TO ALL CHAMPIONSHIPS

ENTRIES must be made on the official entry forms (photocopies are acceptable) and disc entries, if used, (discs available from the Event Secretary) must be returned with the entry forms.

A stamped addressed envelope (A4 size) must be sent with the entry forms to enable the entry cards to be returned to the Club or competitor. The entry form **MUST** be signed by the competitor and should be completed in **FULL**. Invalid entries, for whatever reason, will be rejected and entry fees will not be refunded. **AGE AS AT 31 DECEMBER 2002.**

ENTRY FEES for all events is £3.50. All entry fees should be paid by cheque made payable to SCASA. Multiple entries by clubs should be accompanied by a single cheque covering all entries.

CLOSING DATE FOR ENTRIES IS FRIDAY, 1 NOVEMBER 2002. It is binding and SCASA does not give any officer authority to accept a late entry.

COACHES PASSES are £10 and can be obtained from Ms Chris Matthews 93 Kennedy Road, Hanwell, London W7 1JW. Passes issued for earlier 2002 SCASA events are valid for this event.

POSTING TIME FOR ENTRY CARDS is 45 minutes prior to the start of the session. Finalists cards are collected from the competitors stewards.

HEATS AND FINALS will be swum in all 50m, 100m and 200m events unless there are insufficient competitors for heats. A straight final will be swum in the position in the programme of the final. For events of 400m and over, results will be decided on heat time and placing classification.

AWARDS will be presented to both Junior and Senior swimmers achieving 1st, 2nd and 3rd places.

JUNIOR SWIMMERS are those who are under 17 years of age on 31 December 2002.

SATURDAY, 30 November 2002

Session ONE

Warm-up 0800hrs Start 0900hrs

Mens	100m Freestyle
Womens	200m Freestyle
Mens	50m Breaststroke
Womens	100m Breaststroke
Mens	400m Ind Medley HDW
Womens	100m Butterfly
Mens	100m Backstroke
Womens	50m Backstroke

Session TWO

Warm-up tba Start tba

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

Session THREE

Warm-up tba Start tba

FINALS	
W 200m F/s	M 100m Back
M 100m F/s	W 200m IM
W 100m Brst	M 200m Brst
M 50m Brst	W 50m F/s
W 100m Fly	M 50m Fly
M 200m Fly	W 200m Back
W 50m Back	

SUNDAY, 1 December 2002

Session FOUR

Warm-up 0800hrs Start 0900hrs

Womens	100m Freestyle
Mens	200m Freestyle
Womens	50m Breaststroke
Mens	100m Breaststroke
Womens	400m Ind Medley HDW
Mens	100m Butterfly
Womens	100m Backstroke
Mens	50m Backstroke

Session FIVE

Warm-up tba Start tba

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

Session SIX

Warm-up tba Start tba

FINALS	
M 200m F/s	W 100m Back
W 100m F/s	M 200m IM
M 100m Brst	W 200m Brst
W 50m Brst	M 50m F/s
M 100m Fly	W 50m Fly
W 200m Fly	M 200m Back
M 50m Back	