

# Barnet Cophall Swimming Club

(AFFILIATED TO SWIM ENGLAND LONDON REGION)

## 34<sup>th</sup> Masters Distance Meet

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

### SATURDAY 6<sup>th</sup> & SUNDAY 7<sup>th</sup> JULY 2024

Dear Colleague,

Please find attached Information and Entry Forms for this Meet, to be held 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 to share with team mates.

<u>SESSION TIMES</u>	1) SATURDAY	6 <sup>th</sup> JULY	Warm-up 2.00pm	Start 3.00pm
	2) SUNDAY	7 <sup>th</sup> JULY	Warm-up 9.30am	Start 10.30am
	3) SUNDAY	7 <sup>th</sup> JULY	Warm-up 1.00pm*	Start 2.00pm*
	4) SUNDAY	7 <sup>th</sup> JULY	Warm-up 4.00pm*	Start 5.00pm*

\* Sessions times to be confirmed after entries close

ENTRY FEES **£7.00 per Individual event. £15.00 per Relay team event**

CLOSING DATE FOR ENTRIES **MONDAY 24<sup>th</sup> JUNE 2024.**

AGE GROUPS As set down on the Entry Form. N.B. AGES AS AT 31.12.24 except Group "X" who should have achieved their 18<sup>th</sup> 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 registered Swim England "Club Compete" (Cat.2) swimmers or overseas competitors registered with their respective National Swimming Association or Federation. *Temporary Compete members are also accepted. Ask for further details if necessary.* This meet is required to comply with the new Swim England Transgender and Non-Binary Competition Policy, and accordingly will be held with Female and Open/Male categories. Further details on the policy and the definitions can be found at <https://www.swimming.org/swimengland/transgender-competition-policy-update/>

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 charity voucher. ***Relay teams will be awarded charity vouchers only.***

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

SPECTATORS Spectators and supporters are very welcome. Entry free of charge.

### **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. Results will be separated into Female and Open/Male at it's conclusion.

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

***You will be required to check in at the 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](mailto:ian@barnetcophall.com) or [ian.woollard01@gmail.com](mailto:ian.woollard01@gmail.com)

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### Programme of Events

#### **1<sup>st</sup> SESSION - SATURDAY 6<sup>th</sup> JULY 2024 - 3.00 pm**

WARM-UP - 2.00 pm

Ev 1 MIXED 800m FREESTYLE

#### **2<sup>nd</sup> SESSION - SUNDAY 7<sup>th</sup> JULY 2024 - 10.30 am**

WARM-UP - 9.30 am

Ev 2	Women 400m FREESTYLE	Ev 3	Open/Men 400m FREESTYLE
Ev 4	Women 200m BACKSTROKE	Ev 5	Open/Men 200m BACKSTROKE
Ev 6	Women 100m BREASTSTROKE	Ev 7	Open/Men 100m BREASTSTROKE
Ev 8	Women 200m BUTTERFLY	Ev 9	Open/Men 200m BUTTERFLY
Ev 10	Women 4 x 200m FREESTYLE relay	Ev 11	Open/Men 4 x 200m FREESTYLE Relay
Ev 12	4 x 100m MIXED MEDLEY Relay		

#### **3<sup>rd</sup> SESSION - SUNDAY 7<sup>th</sup> JULY 2024 - 2.00 pm to be confirmed**

WARM-UP - 1.00 pm (to be confirmed)

Ev 13	Women 4 x 100m FREESTYLE Relay	Ev 14	Open/Men 4 x 100m FREESTYLE Relay
Ev 15	Women 400m INDIVIDUAL MEDLEY	Ev 16	Open/Men 400m INDIVIDUAL MEDLEY
Ev 17	Women 100m BACKSTROKE	Ev 18	Open/Men 100m BACKSTROKE
Ev 19	Women 200m FREESTYLE	Ev 20	Open/Men 200m FREESTYLE
Ev 21	Women 100m BUTTERFLY	Ev 22	Open/Men 100m BUTTERFLY
Ev 23	4 x 100 MIXED FREESTYLE Relay		

#### **4<sup>th</sup> SESSION - SUNDAY 7<sup>th</sup> JULY 2024 - 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	Open/Men 200m INDIVIDUAL MEDLEY
Ev 27	Women 200m BREASTSTROKE	Ev 28	Open/Men 200m BREASTSTROKE
Ev 29	Women 100m FREESTYLE	Ev 30	Open/Men 100m FREESTYLE
Ev 31	Women 4 x 100m MEDLEY Relay	Ev 32	Open/Men 4 x 100m MEDLEY Relay

**CLOSING DATE FOR ENTRIES MONDAY 24<sup>th</sup> JUNE 2024**

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**SATURDAY 6<sup>th</sup> & SUNDAY 7<sup>th</sup> JULY 2024**

### INDIVIDUAL ENTRY FORM

PLEASE USE BLOCK CAPITALS

FORENAME & SURNAME..... DATE OF BIRTH .....

ADDRESS .....

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

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

CLUB ..... IPC/paraGB Classification.....

PLEASE TICK APPROPRIATE AGE GROUP BOX (Age as at 31.12.24)

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. 31.12.24. \*Group "X" swimmers must have achieved their 18<sup>th</sup> 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 COPTHALL S.C** or **proof of electronic payment**

IN THE SUM OF £ .....

SWIMMER'S SIGNATURE.....

**ENTRY FEE = £7.00 PER EVENT**

(SEE RELAY FORM FOR TEAM EVENTS)

**Closing Date For Entries  
Monday 24<sup>th</sup> JUNE 2024**

Ev.No.	EVENT	TIME
SATURDAY : 3.00 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\* to IAN WOOLLARD, 51 OAKROYD AVENUE, POTTERS BAR, EN6 2EN,

PHONE 01707 653164. Mob 07791 215764 EMAIL [ian@barnetcopthall.com](mailto:ian@barnetcopthall.com) or [ian.woollard01@gmail.com](mailto:ian.woollard01@gmail.com)

Emailed entries and electronic payment must be received no later than **Monday 24<sup>th</sup> June 2024**

\* 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 = £15.00 PER TEAM, PER EVENT -**

*Relay Entries "on the day" will be accepted at £18.00 per team per event*

4 x 200 metres FREESTYLE RELAYS		
Event 10 Women	Event 11 Open/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 Open/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 Open/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 31.12.24 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 have enclosed a cheque\* payable to Barnet Cophall SC / made an electronic transfer which includes the sum of £..... for these team entries @ £15.00/team, per event.**

Signed.....

**CLOSING DATE FOR ENTRIES - MONDAY 24<sup>th</sup> JUNE 2024**

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

PHONE 01707 653164. Mob 07791 215764 EMAIL [ian@barnetcophall.com](mailto:ian@barnetcophall.com) or [ian.woollard01@gmail.com](mailto:ian.woollard01@gmail.com)

Emailed entries and electronic payment must be received no later than **Monday 24<sup>th</sup> June 2024**

\* please see below for electronic transfer information

## **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 2024”**

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

**“Beavers SC – BCSC Dist 2024”**

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](mailto:ian@barnetcophall.com)

or

[ian.woollard01@gmail.com](mailto:ian.woollard01@gmail.com)

Telephone 01707 653164

or

Mobile 07791 215 764

