



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
MASTERS AND 18/24 AGE GROUP OPEN SHORT COURSE CHAMPIONSHIP
(Under ASA Laws & Technical Rules)



ESSEX MASTERS CHAMPIONSHIPS 2019

SATURDAY 2nd MARCH 2019

1.30PM WARM UP

START 2.00PM

**BASILDON SPORTING VILLAGE
25 METRES**

**THIS COMPETITION IS ALSO OPEN TO SWIMMERS
OUTSIDE OF ESSEX**

All entries are now entered online



<https://bsbasa.org/WebEntry/MeetEntry.php?Meet=EssexMC19>

ACCEPTED ENTRIES SO FAR

<https://bsbasa.org/WebEntry/EntryReport.php?Meet=EssexMC19>

THIS EVENT IS FIRST COME FIRST SERVED

CLOSING DATE 2nd FEB 2019

ENTRIES ACCEPTED ON THE DAY £6.00 PER ENTRY



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
MASTERS AND 18/24 AGE GROUP OPEN SHORT COURSE CHAMPIONSHIP
(Under ASA Laws & Technical Rules)



Conditions & Eligibility Open to eligible competitors who are registered ASA Cat 2 members of ASA affiliated Clubs – **THIS COMPETITION IS OPEN TO SWIMMERS OUTSIDE OF ESSEX**

Date of competition: 2nd MARCH 2019

Venue. Basildon Sporting Village, Cranes Farm Road Basildon,SS14 3GR

EVENTS

400 metres,200 metres,100 metres individual Medley,50 &100 metres all Strokes.

Relay Events: 4x50 Single sex & Mixed (two male/two female) Freestyle and Medley Teams.

ENTRY LIMITATIONS- **FIRST COME FIRST SERVED**

There is no limit to the number of events a competitor may enter.- The Meet will be closed when Full
A competitor may only compete for one Club.

AGE GROUPS X-18/24,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/-over.

Ages as at 31stDecember in year of competition,
Swimmers must 18 by day of competition.

SEEDING-HDW Events will be seeded in time classification, with swimmers who submit the slowest entry times swimming first irrespective of age.

AWARDS Awards will be made to the top three swimmers in each age band in each event.
Relay teams will be awarded top three places.

ENTRY FEES Individual events £5:00 per event Team events £10.00 per event
(maximum of two teams per club) – ENTRIES ON THE DAY £6.00 PER ENTRY

ENTRIES

ONLINE ONLY –<https://bsbasa.org/WebEntry/MeetEntry.php?Meet=EssexMC19>

Closing Date 2ND FEB 2019

– NO ENTRIES TO BE SENT VIA EMAIL



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION
MASTERS AND 18/24 AGE GROUP OPEN SHORT COURSE CHAMPIONSHIP
(Under ASA Laws & Technical Rules)



SCHEDULE OF EVENTS

SESSION 1

SIGNING IN CLOSES 1.30PM

WARM UP 1.30PM- START 2.00PM

1. MIXED 400 METRES FREESTYLE
2. MENS 50 METRES BACKSTROKE
3. LADIES 100 METRES BREASTSTROKE
4. MENS 50 METRES BUTTERFLY
5. LADIES 100 METRES BACKSTROKE
6. MENS 100 METRES INDIVIDUAL MEDLEY
7. LADIES 50 METRES FREESTYLE
8. MENS 50 METRES BREASTSTROKE
9. LADIES 100 METRES BUTTERFLY
10. MENS 100 METRES FREESTYLE
11. LADIES 200 METRES FREESTYLE
12. MIXED 160+ FREESTYLE TEAM
13. MENS 120+ FREESTYLE TEAM
14. WOMENS 120+ MEDLEY TEAM
15. MIXED 200+ FREESTLYE TEAM

SESSION TWO

SIGNING IN CLOSES TBC

WARM UP TBC

16. MENS 200 METRES FREESTYLE
17. LADIES 50 METRES BACKSTROKE
18. MENS 100 METRES BREASTSTROKE
19. LADIES 50 METRES BUTTERFLY
20. MENS 100 METRES BACKSTROKE
21. LADIES 100 METRES INDIVIDUAL MEDLEY
22. MENS 50 METRES FREESTYLE
23. LADIES 50 METRES BREASTSTROKE
24. MENS 100 METRES BUTTERFLY
25. LADIES 100 METRES FREESTYLE
26. MIXED 160+ MEDLEY TEAM
27. MENS 120+ MEDLEY TEAM
28. WOMENS 120+ FREESTYLE TEAM
29. MIXED 200+ MEDLEY TEAM