



14th Isle of Wight Marlins (Masters) open meet

To be held under ASA law and technical
rules of masters swimming

Medina Leisure Centre, Newport, Isle of Wight, PO30 2DX
25m Pool
FEBRUARY 15th and 16th 2013

Session	Date	Warm up time	Start time
1	Friday February 15th	6pm	6.30pm
2	Saturday February 16th	1.15pm	2pm
3	Saturday February 16th	4.30pm	5pm

SESSIONS:

- Teaching pool available for warm up/swim down
- Cold refreshments available
- Free parking available

AGE GROUPS :

Masters: 25-95+ years.
Seniors: 18-24 years

EVENTS:

- 25 m dash - freestyle and butterfly
- 50 and 100m all strokes.
- 100m individual medley.
- 200m and 800m freestyle.
- 4 x 50m relays: ladies, mens and mixed freestyle and medley teams: 160+ & 240+ years

AWARDS:

Medals awarded to the first three in each age group.

TROPHIES:

- Top male and female master and senior swimmers.
- Trophy awarded to top mainland team.

ENTRY FEES:

- First individual event £5 to include programme
- 800m event £5
- All other events £4
- Relays £5 per team.

ACCOMMODATION:

Hotel/travel details on page 5.

FERRY TRAVEL:

See overleaf.

CLOSING DATE:

Friday 18th January 2013

There will be no re-entry cards. Swimmers are asked to notify the organisers if they wish to withdraw from an event not later than 30 minutes before the scheduled start of that session.

Please post entries and payment to:

**Marlins SC, 'Rosebank', St. Boniface Road,
Ventnor, Isle of Wight PO38 1PL**

Tel : 01983 863300

Email: swim@iowmarlinsswimclub.co.uk

Confirmation of your entry will be emailed to you. If you prefer to receive your entry confirmation by post, please include a stamped addressed C5 envelope with your entry and payment.

Thank you



Programme of events

**14th Isle of Wight Masters Open Meet
Friday 15th and Saturday 16th February 2013**

FRIDAY 15TH FEBRUARY

SESSION ONE - Warm up 6pm. Start 6.30pm. Finish approx 8.30pm

Event 1/2	Mixed	800m Freestyle
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SATURDAY 16TH FEBRUARY

SESSION TWO - Warm up 1.15pm. Start 2pm.

Event 3/4	Ladies/Mens	100m Freestyle
Event 5/6	Ladies/Mens	50m Breaststroke
Event 7/8	Ladies/Mens	4 x 25m. Individual Medley
Event 9/10	Ladies/Mens	50m Butterfly
Event 11/12	Ladies	Freestyle relay 4x50m 160 years and 240 years
Event 13/14	Mens	Freestyle relay 4x50m 160 years and 240 years
Event 15/16	Mixed	Freestyle relay 4x50m 160 years and 240 years
Event 17/18	Ladies/Mens	100m Backstroke
Event 19/20	Ladies/Mens	50m Freestyle
Event 21/22	Ladies/Mens	25m Butterfly "dash"

SESSION THREE - Warm up 4.30pm. Start 5pm.

Event 23/24	Ladies/Mens	200m Freestyle
Event 25/26	Ladies/Mens	100m Butterfly
Event 27/28	Ladies/Mens	50m Backstroke
Event 29/30	Ladies/Mens	100m Breaststroke
Event 31/32	Ladies	Medley relay 4x 50m 160 years and 240 years
Event 33/34	Mens	Medley relay 4x 50m 160 years and 240 years
Event 35/36	Mixed	Medley relay 4x 50m 160 years and 240 years
Event 37/38	Ladies/Mens	25m Freestyle "dash"



Individual entry form

**14th Isle of Wight Masters Open Meet
Friday 15th and Saturday 16th February 2012**

Surname First Name

Male/female Date of birth

Club ASA Reg No

Address

Postcode

Telephone No Email

PLEASE CIRCLE THE APPROPRIATE GROUP. Age as at 31st December 2013. Seniors 18yrs by 15th Feb 2013.

S	A	B	C	D	E	F	G	H	J	K	L	M	N	O	P
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	90-94	95+

Ladies events odd numbers. Mens events even numbers	ENTRY TIME Must be provided for all individual events		
SESSION ONE - Friday 15th February. Warm up 6pm. Start 6.30pm.			
Event 1/2	Ladies/Mens	800m Freestyle	
SESSION TWO - Saturday 16th February. Warm up 1.15pm. Start 2pm			
Event 3/4	Ladies/Mens	100m Freestyle	
Event 5/6	Ladies/Mens	50m Breaststroke	
Event 7/8	Ladies/Mens	4 x 25m. Individual Medley	
Event 9/10	Ladies/Mens	50m Butterfly	
Events 11 to 16 - Freestyle relay teams. Please use team form for entries.			
Event 17/18	Ladies/Mens	100m Backstroke	
Event 19/20	Ladies/Mens	50m Freestyle	
Event 21/22	Ladies/Mens	25m Butterfly "dash"	
SESSION THREE - Saturday 16th February. Warm up 4.30pm. Start 5pm			
Event 23/24	Ladies/Mens	200m Freestyle	
Event 25/26	Ladies/Mens	100m Butterfly	
Event 27/28	Ladies/Mens	50m Backstroke	
Event 29/30	Ladies/Mens	100m Breaststroke	
Events 31 to 36 - Medley relay teams. Please use team form for entries.			
Event 37/38	Ladies/Mens	25m Freestyle "dash"	



No limit on number of events entered. **Relay details** on the separate form please.

Entries to: Marlins SC, 'Rosebank', St. Boniface Road, Ventnor, Isle of Wight PO38 1PL

Tel : 01983 863300
swim@iowmarlinsswimclub.co.uk

Confirmation of your entry will be emailed to you. If you prefer to receive your entry confirmation by post, please include a stamped addressed C5 envelope with your entry and payment.

	Qty	Price £
First individual event including programme @ £5		£
800m freestyle @ £5		
Number of other individual events @ £4 each		£
TOTAL ENCLOSED		£
Cheques made payable to 'IWMSC'		

I declare the above particulars to be correct and agree to abide by the conditions laid down by the promoting Club for this competition. I certify that to the best of my knowledge I am physically fit and able to take part in Masters training sessions and competitive events, and have not been advised otherwise by a Medical Adviser. I therefore exonerate ASA, HCASA, SERASA, Club Officials and Meet Organisers from any injury as a result of my medical condition. I also confirm that I am proficient in the execution, where necessary, of entry dives in accordance with ASA recommendations.

Signed Dated



Relay team entry form

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NAME OF CLUB (IN FULL)

TEAM ORGANISER

ADDRESS.....

.....

Post Code:.....Telephone No

E Mail Address.....

Event No	Event Name	Time	Number of Teams
11	Ladies Freestyle 160 years		
12	Ladies Freestyle 240 years		
13	Mens Freestyle 160 years		
14	Mens Freestyle 240 years		
15	Mixed Freestyle 160 years		
16	Mixed Freestyle 240 years		
31	Ladies Medley 160 years		
32	Ladies Medley 240 years		
33	Mens Medley 160 years		
34	Mens Medley 240 years		
35	Mixed Medley 160 years		
36	Mixed Medley 240 years		

Mixed teams will consist of two men and two ladies swum in any order.
Teams may be entered on the day of the meet @ £7.00 per team.

Number of Teams @ £5.00 each

Amount enclosed £ Cheques made payable to IW MSC.

ENTRIES TO:

Marlins SC, 'Rosebank', St. Boniface Road, Ventnor, Isle of Wight PO38 1PL
Tel : 01983 863300 • Email: swim@iowmarlinsswimclub.co.uk



Travel, food and accommodation information

**14th Isle of Wight Masters Open Meet
15th and 16th February 2013**

The following are some of the hotels in Newport. You are advised to check with the hotel as to whether early breakfasts or evening meals can be arranged as this may depend on staffing at that time.

HOTELS

Premier Inn

Seaclose, Fairlee Road, Newport PO30 2DN
Tel: 0871 527 8556 • www.premierinn.com
10 mins walk to the pool. Large car park. Check special rates online. Onsite restaurant available for evening meals.

Travelodge

Lugley Street, Newport PO30 5ET
Tel: 0871 984 6348 • www.travelodge.co.uk
5 mins drive to pool. 30 mins walk. Centre of Newport close to shops. No parking available at the hotel. Public car park nearby.

Newport Quay Guest House

Newport Quay Hotel, 41 Quay Street, Newport PO30 5BA
Tel: 01983 528544 • www.newportquayhotel.co.uk
Email: bookings@newportquayhotel.co.uk
5 mins drive or 20 mins walk to pool.

FURTHER ACCOMMODATION INFORMATION:

Isle of Wight tourist information

www.islandbreaks.co.uk
Tel: 01983 813813

www.isleofwight.com

PLACES TO EAT

Hong Kong Express

Holyrood Street, Newport PO30 5EP
Tel: 01983 523620

Pizza Express

37 Pyle Street, Newport, PO30
Tel: 01983 526979

Lugleys Restaurant

33 Lugley Street, Newport Po30 5ET
Tel: 01983 822994

Bargemans Rest

Little London Quay, Newport PO30 5BS
Tel: 01983 525828

Tamarino

65 Upper St James Street, Newport PO30 1LQ
Tel: 01983 526777

Nabab Indian

84 Upper St James Street, Newport PO30 1LG
Tel: 01983 523231

Ming Garden

39 St James Street, Newport PO30 1LG
Tel: 01983 718350

Olivos

15 St Thomas' Square, Newport PO30 1SL
Tel: 01983 530001

FERRY INFORMATION

Please note that it is advisable if making car journey bookings, to do so well in advance as it will be a half term weekend. Online booking will always be cheaper, with special offers often available for car + four passengers. Please take care when booking to look for 'Special offers' tabs online.

WIGHTLINK

Reservations Tel: 0871 376 1000
Online bookings: www.wightlink.co.uk

- **Portsmouth to Fishbourne** - Car and Foot passenger ferry
- **Portsmouth Harbour to Ryde** - 'FastCat' Passenger ferry.
- **Lymington to Yarmouth** - Car and passenger ferry

HOVERTRAVEL

Tel: 01983 717 700 • www.hovertravel.co.uk

- **Southsea to Ryde** - High speed hovercraft passenger service. Connects with buses Newport.

RED FUNNEL

Reservations Tel: 0844 844 9988
Online bookings: www.redfunnel.co.uk

- **Southampton to East Cowes** - Car & passenger ferry
- **Southampton to West Cowes** - High Speed "Red Jet" passenger ferry connecting bus to Newport.

PROMOTER'S CONDITIONS AND INFORMATION FOR COMPETITORS

- 1 A competitor must be a member of the club they represent and may only swim for one club during the competition. Age groups are as of December 31st 2013. Seniors must be 18 years old by 15th February 2012
- 2 All individual events are seeded slowest to fastest order of racing. Results will be decided on the heat declared system.
- 3 There will be no re-entry cards. Heat sheets with allocated lanes will be posted at the shallow end of the pool. **Withdrawals:** If a swimmers wishes to withdraw from an event he/she should notify registration no less than 30 minutes prior to start of the session.
- 4 For the **800m freestyle only**, re-registration is required at least **30 minutes** prior to start of the session please.
- 5 Mixed relay teams, two men and two ladies, may swim in any order. Please complete relay re-entry form at desk also at least 30 minutes prior to start of the session. Seniors may be included in relay teams except for record attempts over 100+ years
- 6 Medals will be awarded to the first three places in each age group and may be collected from the awards' table.
- 7 Presentation of awards to record breakers will be made as announced.
- 8 Points will be awarded on a 3,2,1 basis for the top male and female swimmers and for the trophy for top visiting, mainland team (25 years and over).
- 9 Special awards will be made for the 18-24 years group.
- 10 **Records.** Any swimmer attempting a record is requested to complete a form and hand to desk prior to start of that session.
- 11 Marlins Swimming Club reserves the right to make any changes which may be considered necessary for the smooth running of the competition.

Lockers

Please use these wherever possible. £1 returnable.

Refreshments

Cold food will be available in the foyer during the Saturday sessions.

Results

Full sets of results will be available on-line at:

www.iowmarlinsswimclub.co.uk • ASA site: www.britishswimming.org • www.hampshireswimming.org

Teaching pool

The teaching pool is available for warm up and swim down.

Video recording/photography

Video recording/photography in accordance with ASA Child Protection Policy, any person wishing to use this should first register at the reception desk.