



12th 'Heights' Isle of Wight Marlins (Masters) open meet

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

The Heights Leisure Centre, Sandown, Isle of Wight - 25m Pool FEBRUARY 19th and 20th 2010

SESSIONS:

Session	Date	Warm up time	Start time
1	Friday February 19th	12.15pm	12.45pm
2	Friday February 19th	6.00pm	6.30 pm
3	Saturday February 20th	11.30am	12.15pm
4	Saturday February 20th	2.45pm	3.30pm
5	Saturday February 20th	5.30pm	6.00pm

Note changes to session times due to Heights swimming lessons, resulting in a break during Friday afternoon and a later start on Saturday morning.

- 8m x 12m teaching pool available for warm up/swim down
- Full catering facilities available
- Adequate parking

AGE GROUPS :

Masters: 25 - 95+ years.

Seniors: 18-24 years

EVENTS:

- 25 m dash
- 50 and 100m all strokes.
- 100m individual medley.
- 200m and 400m, freestyle.
- 800m (one swimmer per lane),
- 4 x 50m relays: Men and Ladies freestyle and mixed medley teams: 120+, 160+, 200+ & 240+ years (additional age groups if requested)

AWARDS:

Medals awarded to the first three in each age group.

TROPHIES:

- Top Male and Female Master and Senior swimmers.
- The 'Heights' Trophy awarded to top mainland team.

ENTRY FEES:

- First individual event £4.50 to include programme
- All other events £3.00
- Relays £5.00 per team.

ACCOMMODATION:

Hotel/travel details overleaf.

CLOSING DATE:

Monday 25th January 2010

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.

Entries, with 9" x 6" stamped addressed envelope please, to:

**Mrs. Jenny Ball, 52 St. Johns Road, Newport
Isle of Wight PO30 1LS**

Tel : 01983 525457

Email: jenballswim21874@aol.com



Travel and accommodation information

**12th 'Heights' Isle of Wight Masters Open Meet
19th and 20th February 2010**

The following are only some of the hotels in Sandown which are open in February. For rates below please quote '**Heights Masters Swimming Meet**'. Most can offer a special rate for car ferry though booking on line (see below) can be cheaper. You are also 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.

Chester Lodge Hotel

7 Beachfield Road, Sandown, I.W.PO36 8NA

Tel: 01983 402773

Email: info@chesterlodgehotel.co.uk

2 mins to pool. Large car park . B.&B. £28 pppn. Evening meal if requested £15.00.

Will also meet train at Sandown station if requested.

Carisbrooke House Hotel

11 Beachfield Road, Sandown, I.W. PO36 8NA

Tel: 01983 402257

Email: WMch583@aol.com

2 mins walk to pool. B.& B.£29 pppn.

Single supp. £4. Evening meal if advised.

Montpelier Hotel

Pier Street, Sandown, I.W PO368JR

Tel:01983 403964 • Fax 07092212734

Email: serve@montpelierhotel.co.uk

5 mins walk to pool. B.& B. £23.00 pppn.

(£19 room only. All day breakfast, no evening meal)

Beaufort House

30 Broadway, Sandown, IW PO36 9BY

Tel/Fax: 01983 403672

Email: web@thebeaufortsandown.co.uk

5 mins walk to pool. B & B £27.00 pppn. Special rate for two nights, additional nights on request

Sands Hotel

9 Culver Parade, Sandown, PO36 8AT

Tel: 01983 402305

Email: mail@sands-hotel.co.uk

8 mins. walk to pool. B.& B. £25.00 pppn.

Evening meal available if advised.

The Fernside

30 Station Avenue, Sandown, PO36 9BW

Tel: 01983 402356

Email: enquiries@thefernside.co.uk

6 minutes walk to pool B.and B. £30 pppn.

Two nights £29 pppn family run, recommended.

Bar snacks until 9.00pm.

The Carlton Hotel

This popular hotel is unfortunately unable to take 2010 swimmers as they are already fully booked that weekend.

FURTHER ACCOMMODATION INFORMATION:

Sandown Tourist Information Office

Tel: 01983 403886

General enquiries and booking service

Tel: 01983 813813

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 + three passengers. Please take care when booking to look for 'Special offers' tabs online.

WIGHTLINK

Reservations Tel: 0870 582 7744

Online bookings: www.wightlink.co.uk

- **Portsmouth to Fishbourne** - Car and Foot passenger ferry
- **Portsmouth Harbour to Ryde** - 'FastCat' Passenger ferry with connecting trains from Waterloo via Portsmouth to Ryde and onward to Sandown or Lake stations from where it is 10 minutes walk to the pool.
- **Lyminster to Yarmouth** - Car and passenger ferry

HOVERTRAVEL

Tel: 02392 811000

www.hovertravel.co.uk

- **Southsea to Ryde** - High speed hovercraft passenger service. Connects with buses and trains to Sandown.

RED FUNNEL

Reservations Tel: 02380 334010

Online bookings: www.redfunnel.co.uk

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



Individual entry form

**12th 'Heights' Isle of Wight Masters Open Meet
Friday 19th and Saturday 20th February 2010**

Surname First Name

Male/female

Club ASA Reg No

Address

..... Postcode

Telephone No Email

PLEASE CIRCLE THE APPROPRIATE GROUP. Age as at 31st December 2010. Seniors 18yrs by 19th Feb 2010.

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
SESSION ONE - Friday 19th February. Start 12.45pm. Warm up 12.15pm			
Event 1/2	Mixed	800m Freestyle	
SESSION TWO - Friday 19th February. Start 6.30pm. Warm up 6pm			
Event 3/4	Ladies/Mens	100m Freestyle	
Event 5/6	Ladies/Mens	50m Breaststroke	
Event 7/8	Ladies/Mens	4 x 25m. Individual Medley	
SESSION THREE - Saturday 20th February. Start 12.15pm. Warm up 11.30am			
Event 9/10	Ladies/Mens	200m Freestyle	
Event 11/12	Ladies/Mens	100m Butterfly	
Event 13/14	Ladies/Mens	50m Backstroke	
Event 15/16	Ladies/Mens	100m Breaststroke	
Event 17/18	Ladies/Mens	Freestyle relay 4x 50m 240 years	
Event 19/20	Ladies/Mens	Freestyle relay 4x 50m 200 years	
Event 21/22	Ladies/Mens	Freestyle relay 4x 50m 160 years	
Event 23/24	Ladies/Mens	Freestyle relay 4x 50m 120 years	
SESSION FOUR - Saturday 20th February. Start 3.30pm. Warm up 2.45pm			
Event 25/26	Mixed	400m. Freestyle	
SESSION FIVE - Saturday 20th February. Start 6pm. Warm up 5.30pm			
Event 27/28	Mens/ Ladies	25m Freestyle "Dash"	
Event 29	Mixed	Medley relay 4x50m 240 years	
Event 30	Mixed	Medley relay 4x50m 200 years	
Event 31	Mixed	Medley relay 4x50m 160 years	
Event 32	Mixed	Medley relay 4x50m 120 years	
Event 33/34	Ladies/Mens	100m Backstroke	
Event 35/36	Ladies/Mens	50m Butterfly	
Event 37/38	Ladies/Mens	50m Freestyle	



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

Entries with stamped, addressed envelope min size 9" x 6" please, to:

Mrs Jenny Ball, 52 St Johns Road, Newport, Isle of Wight, PO30 1LS

**Tel: 01983 525457
Email: jenballswim21874@aol.com**

	Qty	Price £
First individual event including programme @ £4.50		£
Number of other individual events @ £3 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

**12th 'Heights' Isle of Wight Masters Open Meet
19th and 20th February 2010**

NAME OF CLUB (IN FULL)

TEAM ORGANISER

ADDRESS.....

.....

Post Code:.....Telephone No

E Mail Address.....

Event No	Event Name	Time	Number of Teams
17	Ladies Freestyle 240 years		
18	Mens Freestyle 240 years		
19	Ladies Freestyle 200 years		
20	Mens Freestyle 200 years		
21	Ladies Freestyle 160 years		
22	Mens Freestyle 160 years		
23	Ladies Freestyle 120 years		
24	Mens Freestyle 120 years		
29	Mixed Medley 240 years		
30	Mixed Medley 200 years		
31	Mixed Medley 160 years		
32	Mixed Medley 120 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 @ £5.00

Number of Teams @ £5.00 each

Amount enclosed

Cheques made payable to IWMSC.

ENTRIES TO:
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52 St Johns Road, Newport, Isle of Wight, PO30 1LS.
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Programme of events

**12th 'Heights' Isle of Wight Masters Open Meet
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FRIDAY 19TH FEBRUARY (3.30pm to 5.30pm Heights' lessons in progress)

SESSION ONE - Start 12.45pm. Warm up 12.15pm

1/2	Mixed	800m Freestyle
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SESSION TWO - Start 6.30pm. Warm up 6pm

3/4	Ladies/Mens	100m Freestyle
5/6	Ladies/Mens	50m Breaststroke
7/8	Ladies/Mens	4 x 25m. Individual Medley

SATURDAY 20TH FEBRUARY (8.30am to 11am Heights' lessons in progress)

SESSION THREE - Start 12.15pm. Warm up 11.30am

9/10	Ladies/Mens	200m Freestyle
11/12	Ladies/Mens	100m Butterfly
13/14	Ladies/Mens	50m Backstroke
15/16	Ladies/Mens	100m Breaststroke
17/18	Ladies/Mens	Freestyle relay 4x 50m 240 years
19/20	Ladies/Mens	Freestyle relay 4x 50m 200 years
21/22	Ladies/Mens	Freestyle relay 4x 50m 160 years
23/24	Ladies/Mens	Freestyle relay 4x 50m 120 years

SESSION FOUR - Start 3.30pm. Warm up 2.45pm

25/26	Mixed	400m. Freestyle
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SESSION FIVE - Start 6pm. Warm up 5.30pm

27/28	Mens/ Ladies	25m Freestyle "Dash"
29	Mixed	Medley relay 4x50m 240 years
30	Mixed	Medley relay 4x50m 200 years
31	Mixed	Medley relay 4x50m 160 years
32	Mixed	Medley relay 4x50m 120 years
33/34	Ladies/Mens	100m Backstroke
35/36	Ladies/Mens	50m Butterfly
37/38	Ladies/Mens	50m Freestyle

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. 2009. Seniors must be 18 years old by 20th. February 2009
- 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 and 400m. 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 'Heights' trophy for top visiting, mainland team.y. (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 The meet manager 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. 20p returnable.

Health Suite

Competitors may use the Heights Health Suite, including Jacuzzi, free of charge. Vouchers available at reception.

Hot meals and snacks

Hot meals and snacks can be purchased at the Heights' Cafeteria throughout the meet. However it is requested that these meals be ordered in advance whenever possible to assist the Heights' catering staff. Order slips from café staff. There are also some very good restaurants, pubs and cafes in Sandown and Shanklin who will welcome you. Some suggestions listed at registration desk. **Please note however, that February is not the height of the holiday season and that they do not remain open until midnight! Booking strongly advised.**

Massage

A masseur will be on the poolside at moderate charge for most of the meet.

Results

Full sets of results can be posted to you @ £3 and single event sheets can be purchased at 20p. Full results will be posted on the following websites:

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

Teaching pool

The teaching pool is available for warm up and swim down. Supervised children may use the shallow roped off area only.

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.