



The OCS
19th OPEN
INTERNATIONAL

GUERNSEY MASTERS MEET

FRIDAY, SATURDAY & SUNDAY,
16th, 17th & 18th APRIL, 2010

Venue - Beau Sejour Centre, St. Peter Port,
Guernsey, Channel Islands - Isles Anglo-Normandes

Those with readable e-mail addresses will be sent
a draft programme in pdf by 16 Mar 2010

Please submit times, even an approximation, of the events you wish to enter - maximum 10 events: (*must be aged 18 yrs by 16th April, 2010)
Entry Fee £3 + £2.50 for each swim to include a Free Programme, Meet Swim Cap & Bottled Water - Relay Teams Entries are Still Free

ENTRY FORM 2010

Mr/Mrs/Miss/Ms Preferred 1st Name

2nd Name

Address.....

Name of Club.....

e-mail

address

Registered Number

PostCode

Date of Birth

Telephone

Age: 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 - 80/84: N - 85/89+: S - 18/24*

Event	Time	Session 1 - Friday 16th April, 2010 @ 6pm
1		Mens 200m Freestyle/NL/Freistil
2/3		50m Backstroke/Dos/Rucken
4/5		100m Breaststroke/Brasse/Brust
6		Ladies 400m Freestyle/NL/Freistil
Note: 200m Breast, 200m Back, 200m Fly & 200m IM will be swum mixed		
Event	Time	Session 2 - Sat 17th April, 2010 @ 10 am
7/8		100m Freestyle/NL/Freistil
9		200m Breaststroke/Brasse/Brust
10		4 x 50m Mixed Freestyle Relay
11/12		50m Butterfly/Papillon/Schmetterling
13		200m Individual Medley/4 Nages/Lagen
14/15		4 x 50m Freestyle Relay

Event	Time	Session 3 - Sat 17th April, 2010 @ 5.45 pm
16		200m Backstroke/Dos/Rucken
17/18		50m Breaststroke/Brasse/Brust
19/20		100m Butterfly/Papillon/Schmetterling
21		Ladies 200m Freestyle/NL/Freistil
22		Mens 400m Freestyle/NL/Freistil
Event	Time	Session 4 - Sun, 18th April, 2010 @ 9.30 am
23		200m Butterfly/Papillon/Schmetterling
24/25		100m Backstroke/Dos/Rucken
26/27		4 x 50m Medley Relay
28/29		100m Individual Medley/4 Nages/Lagen
30/31		50m Freestyle/NL/Freistil
12.30 for 1 p.m. Splendid Sunday Lunch at The Duke of Richmond Hotel		

The Freestyle, Medley & Mixed Relay Events - please enter on a separate form - please, only ONE entry per club - no entry fee

A swimmer may swim in one age group only in each event - one club in each age group - Other Age Groups will be accepted for Record attempts

Note - a club wishing to attempt a new Record in other age groups will be accepted, but no medals given

10 4x50m Mixed Freestyle Relay	120/159yr	160/199yr	200/239yr	240/279yr					
LADIES					MEN				
4x50mFree/sRelay	120/159yr	160/199yr	200/239yr	240/279yr		120/159yr	160/199yrs	200/239yrs	240/279yrs
4x50mMed Relay	120/159yr	160/199yr	200/239yr	240/279yr		120/159yr	160/199yrs	200/239yrs	240/279yrs

I confirm I am fit to compete in Masters Swimming & I will be responsible for my own safety & insurance. I exonerate the A.S.A, Guernsey Swimming Club LBG, the Officials, the Sponsors & The Meet Organiser from any liability for injury to me either as a result of my medical condition or as a result of any accident.

I declare I am eligible to swim & accept the promoter's conditions. Date.....Signed

CLOSING DATE (Date limite) - 9th. March, 2010 - All cheques payable to GUERNSEY SWIMMING CLUB LBG

Please return with cheque to Joint Organiser - Howard Marsh, Hazeldean, Guelles Rd, St. Peter Port, Guernsey, GY1 2DE
tel 00 44 (0) 1481 721441 - e-mail - howardm@guernsey.net (see www.swimming.guernsey.net)

Entry fees	1 swim - £5.50	2 - £8	3 - £10.50	4 - £13	5 - £15.50	6 - £18	7 - £20.50	8 - £23	9 - £25.50	10 - £28
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Please choose your lunch menu	Guest No 1	& No 2									
1. Deep-fried Fish Cakes	1.....	1.....	Entry fee for.....events (max 10 events) Meet Polo Shirt Meet Embroidered at £8 each ... <table border="1"> <tr> <td>Small</td> <td>Med</td> <td>Lrge</td> <td>XL</td> </tr> <tr> <td colspan="2">Black</td> <td>or</td> <td>White</td> </tr> </table> Sunday Lunch (dejeuner) at £15.00 each Children 14 yrs & under - same menu....at £7.50 Children in a High ChairFree Cheques GUERNSEY SWIMMING CLUB LBG £ European Entries (non UK) may Pay on Arrival Web	Small	Med	Lrge	XL	Black		or	White
Small	Med	Lrge		XL							
Black		or		White							
2. Deep-fried Camembert with Cumberland Sauce	2.....	2.....									
3. Leek & Potato with Thyme Soup	3.....	3.....									
4 Traditional Roast Sirloin of Beef, Yorks Pudding & Gravy	4.....	4.....									
5 Steamed Scots Salmon, asparagus & Hollandaise Sauce or	5.....	5.....									
6 Roast MediterraneanVegetable Wellington, tomato compote	6.....	6.....									
All the above with fresh vegetables											
7 Apple Strudel with Custard Sauce or	7.....	7.....									
8 Choc Fudge Brownie, Butternut Sauce, Coffee Ice Cream or	8.....	8.....									
9 Trio of Cheeses - Coffee/Mints to follow	9.....	9.....									

Note - The LUNCH is very popular. The MAXIMUM is 200 - bookings taken on first come basis Please tell us below/overleaf of your past glories

i.e.G.B./European/World current or past record holder, former Olympian etc, swam the Channel, 1st, 10th in World Masters,Europeans etc