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The ASA T-30 Challenge Postal Swim 2009  
*Can you swim for 30 minutes?*



# The Asa T-30 Challenge 2009 - under ASA Laws & Technical Rules

(formerly the Half Hour Masters Postal Swim)

## Why?

The objectives of this event are (1) to encourage adult swimmers, whether ASA members or not, to participate in longer distance events at a time of year when longer training swims are desirable as well as (2) to encourage 'lap' and fitness swimmers to take part in an ASA event, and (3) to determine the individuals and club teams who can swim the greatest distance in 30 minutes.

## Who?

This event is open to all swimmers who reside in Great Britain. Individuals may combine to form teams, but may represent only one team in the team competition.

## What ages?

Conventional Masters team and individual age groups, as well as a senior 18-24 age group and a 72-plus team event.

## What makes a team?

**ASA, Scottish ASA or Welsh ASA club teams must be made up of four registered members of the same club**

Teams may also consist of ad hoc combinations, for example four swimmers based at the same leisure centre

There are men's, women's, and mixed (i.e. 2 women plus 2 men) teams. Swimmers may compete only once in each category, but may swim in different age groups in different events. In other words a swimmer may be in one single sex team and one mixed team.

## Where can I swim?

In any pool that is 25 yards or longer.

## When can I swim?

At any time from 1 November 2009 to 31 January 2010.

## How are ages calculated?

The age of a swimmer is his or her age at 31 December 2009. Please note that is - 31.12.2009.

## How do I enter?

Use the entry form specific for this event (available via the asa website or from the asa National Events Office, 41 Granby Street, Loughborough LE11 3DU). Your performance must be verified by a responsible person: for example a swimming club officer or a member of a sports centre staff. A lap chart forms part of the entry form and will help recorders keep an accurate record of the distance swum.

The closing date for entries to be received by the asa National Events Office is 5pm Monday 8 February 2010.

## Entry fee

The entry fee for the individual events is £5.00, and the entry fee for teams is £10.00. Cheques etc should be made payable to 'the asa'.

## Procedure

Please see paragraph 9 of the Conditions for a suggested basic procedure.

## Calculating the distance

1. Metric pools: the metric distance swum in 30 minutes should be rounded down to the nearest completed 5 metres. For example, 1319 metres should be rounded down to 1315 metres.
2. Yards pools: the distance swum in yards in 30 minutes should be converted to metres by multiplying the number of yards swum by 0.9144, and the result rounded down to the nearest 5 metres. For example, 989 yards, multiplied by 0.9144 = 904.3416 metres, which rounds down to the nearest 5 metres = 900 metres.

## Results and awards

It is hoped to publish major results in Swimming Times magazine in April 2010. To obtain a complete set of results, please enclose a stamped, addressed A5 envelope with your entry. Full results will be placed on the ASA website.

ASA Medals will be awarded to all swimmers placed first, second, or third in their age category and to all teams placing first, second, or third.

All swimmers will be sent a commemorative certificate.

## Queries

Please address queries to the asa Competitions Department, National Events Office, 41 Granby Street, Loughborough, LEICS LE11 3DU or e-mail Lindsay Biro-Moore (ASA Masters Committee administrator) on [Lindsay.biro-moore@swimming.org](mailto:Lindsay.biro-moore@swimming.org)



# The ASA T-30 Challenge 2009 – Conditions and Rules

1. the asa Council reserves full powers over all asa Championships and Competitions.
2. The Masters T30 Challenge (Half Hour Swim Competition) shall be managed by the ASA Technical Masters Committee whose decision on any matter relating to the T-30 Challenge shall be final .
3. The individual competition shall be open to any swimmer of the appropriate age who is normally resident in Great Britain (England, Scotland, or Wales). It is not necessary to be registered with a national governing body.
4. The team competition shall be open (a) to all swimming clubs affiliated to the ASA, Scottish ASA, or Welsh ASA and (b) ad hoc groupings with some common element (e.g. triathlon clubs and leisure centre groups). . It is not necessary for team members in (b) above to be registered with a national governing body.
5. All competitors must be aged 25 years or over at midnight on 31 December 2009, save for competitors in the Senior age group who must be aged 18 years or over at midnight on the day of their swim.
6. All entries must be returned to the National Events Administrator of the ASA by the date stipulated in the entry form, accompanied by the entry fee of £5.00 for individual entries and £10.00 for team entries (cheques payable to 'ASA').
7. All competitors shall swim for 30 minutes. The winners of each section shall be those who have swum the greatest distance in that time. (Distances shall be rounded down to the nearest 5 metres).
8. Performances must be made:
  - 8.1 in a pool at least 25 yards in length;
  - 8.2 during the period from 1 November 2009 to 31 January 2010, for the '2009' Competition.
9. Performances must be achieved in fair conditions and must be certified as accurate by a suitable responsible person. Note: In order to create, as far as possible, fair and comparable conditions for this competition, it is recommended that swim organisers adopt the following basic points:
  - 9.1 each swimmer should have his or her own timekeeper/recorder;
  - 9.2 recorders should note swimmers' 'split' times (using the lap chart published with the entry form).;
  - 9.3 chain or circle swimming should be avoided and steps should be taken to prevent slipstreaming.
  - 9.4 have an official in overall control who shall signal the start and the end of the 30 minutes.
10. Age Groups
  - 10.1 the age groups for individual events shall be, for men and women (ages at 31 December 2009)  
A. 25-29 years   B. 30-34 years   C. 35-39 years   D. 40-44 years  
E. 45-49 years   F. 50-54 years   G. 55-59 years   H. 60-64 years  
J. 65-69 years   K. 70-74 years   L. 75-79 years   M. 80-84 years  
and so on in 5-years bands as necessary;
  - 10.2 there shall also be a senior age group S 18-24 years
  - 10.3 the age groups for team events shall be, for single sex and mixed teams (total age of all four swimmers):  
100-119 years   120-159 years   160-199 years  
200-239 years   240-279 years   280-319 years  
and so on in 40-year increments
  - 10.4 the combined age of the team members at midnight on 31 December 2009 must fall within the age band given in 10.3 above and all team members must be at least 25 years of age at midnight on 31 December 2009.
  - 10.5 there shall be an additional team age group of 72 years and over with the proviso that all team members must be 18 years of age on the day of their swim. For the avoidance of doubt any team with one or more swimmers between the age of 18 and 25 on the 31<sup>st</sup> December 2009 shall compete in the 72 years age group regardless of the combined age of the swimmers.
11. Team Events
  - 11.1 the results of team events shall be calculated from the aggregate distances covered in the individual event by the swimmers comprising each team. Teams shall comprise:
    - 11.1.1 four women; or
    - 11.1.2 four men; or
    - 11.1.3 for mixed sex teams two men and two women.
  - 11.2 a competitor's distance may be included in only two teams, one all-women or all-men's team and in one mixed team.
12. Medals will be awarded to the individuals and teams placed first, second, and third in each age group.
13. All competitors shall be sent a commemorative certificate.
14. Any matter not provided for in these conditions shall be referred to and decided by the ASA Technical Masters Committee.



# The ASA T-30 Challenge 2009 – Individual entry form

Please return completed forms to the asa National Events Office by Monday 8 February 2010 with the entry fee of £5.00 attached. Cheques should be made payable to the asa.

the asa National Events Office, 41 Granby Street, Loughborough, LEICS LE11 3DU  
 Fax: 01509 235489

<b>FULL NAME [IN CAPITALS]:</b>														
<b>DATE OF BIRTH:</b>														
<b>MALE /FEMALE:</b>														
<b>ADDRESS:</b>														
<b>POSTCODE:</b>														
<b>TEL:</b>														
<b>MOBILE:</b>														
<b>E-MAIL:</b>														
<b>REGISTRATION NO. (IF ANY):</b>														
<b>NAME OF CLUB IF ANY:</b>														

Please circle the appropriate age-group (age as at 31 December 2009). All competitors must be aged 18 years or over on the date of their swim.

S	A	B	C	D	E	F	G	H	J	K	L	M	N	P	Q
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	95-99

I certify that I have read, understand and accept the conditions laid down for the asa T30 Challenge and that I swam the distance recorded below:

Signature of entrant: .....

### YARD POOLS

<b>VENUE:</b>		<b>POOL LENGTH:</b>	<b>YARDS</b>	<b>DATE OF SWIM:</b>	
<b>I SWAM:</b>				<b>YARDS</b>	
<b>MULTIPLIED BY 0.9144 =</b>				<b>METRES</b>	
<b>ROUNDED DOWN TO NEAREST FIVE METRES =</b>				<b>METRES</b>	

### METRE POOLS

<b>VENUE:</b>		<b>POOL LENGTH:</b>	<b>METRES</b>	<b>DATE OF SWIM:</b>	
<b>I SWAM:</b>				<b>METRES</b>	
<b>ROUNDED DOWN TO NEAREST FIVE METRES =</b>				<b>METRES</b>	

**CERTIFICATION:** I the undersigned confirm the distance recorded above was completed in thirty minutes.

<b>NAME AND POSITION OF RECORDER:</b>			
<b>SIGNATURE:</b>		<b>DATE:</b>	



## The ASA T-30 Challenge 2009 – Club team entry form

Please return completed entry forms (1 per team) to the asa National Events Office by Monday 8 February 2010 with the entry fee of £10.00 attached. Cheques should be made payable to the asa.

the asa National Events Office, 41 Granby Street, Loughborough, LEICS LE11 3DU  
 Fax: 01509 235489

<b>CLUB/TEAM NAME:</b>	
<b>NAME OF CLUB/TEAM OFFICIAL:</b>	
<b>ADDRESS:</b>	
<b>POSTCODE:</b>	
<b>TEL:</b>	

You are reminded that the swimmers listed below:  
 1 must have entered the individual competition  
 2 may enter only one age group team in each team competition

**MALE TEAM** [    ]  
**FEMALE TEAM** [    ]  
**MIXED TEAM (2 Male/2 Female)** [    ]

Please tick as appropriate

NAME	AGE AT 31.12.2009	DISTANCE SWUM (METRES)
<b>TOTAL AGE OF ABOVE NAMED SWIMMERS (AGE AS AT 31 DECEMBER 2009) &amp; TOTAL DISTANCE:</b>	..... <b>TOTAL AGE</b>	..... <b>TOTAL DISTANCE</b>

Individual distances entered must be the certified individual metre distances entered on the individual entry form, where appropriate converted to metres and rounded down.

Age group  
 Please tick the appropriate box

72 years plus	100-119 years	120-159 years	160-199 years	200-239 years	240-279 years	280-319 years	320-359 years
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## The ASA T-30 Challenge 2009 - Lap count

Swimmer: \_\_\_\_\_

Date: \_\_\_\_\_

Venue: \_\_\_\_\_

Length of pool: \_\_\_\_\_

Please insert cumulative split times.

2	4	6	8	10	12
14	16	18	20	22	24
26	28	30	32	34	36
38	40	42	44	46	48
50	52	54	56	58	60
62	64	66	68	70	72
74	76	78	80	82	84
86	88	90	92	94	96
98	100	102	104	106	108
110	112	114	116	118	120
122	124	126	128	130	132
134	136	138	140	142	144

Total lengths swum [       ] x pool length [       ] = [       ] yards/metres

Plus additional part length [       ] yards/metres

Multiply yards completed by 0.9144 to obtain total metres swum [       ]

Signature and name of lap counter: \_\_\_\_\_

Signature and name of club/team co-ordinator: \_\_\_\_\_