

**ASA LONDON AND SOUTH EAST  
REGIONS**

**MASTERS and SENIOR  
AGE GROUP (18/24)  
OPEN LONG COURSE  
COMPETITION**

(Under ASA Laws and FINA Technical Rules of Masters Swimming)

**Saturday 2nd and Sunday 3rd February 2008**

**at**

**K2 Crawley  
Pease Pottage Hill  
Crawley  
West Sussex, RH11 9BQ**

**Pool: 50m x 8 lanes with electronic timing**

**Events: 50m, 100m & 200m all strokes  
200m & 400m IM, 400m & 800m freestyle  
4x50m men, women & mixed teams**

Entry forms will be available on  
ASA web site: [britishswimming.org](http://britishswimming.org)  
ASA London web site: [www.londonswimming.org](http://www.londonswimming.org)  
ASA SER web site: [www.southeastswimming.org](http://www.southeastswimming.org)

Alternatively email Geoff Stokes: [geoff@masterswim.demon.co.uk](mailto:geoff@masterswim.demon.co.uk)  
and an entry pack will be sent to you as soon as it is available.