



**PSUK Swimming & Water Polo
Championships**

(Held under ASA Law and FINA Technical Rules)

3rd and 4th March 2012 - Basildon, Essex
Invitation



Dear All,

On behalf of Essex Police Sports Association (EPSA), we would like to cordially invite you to participate in the PSUK Swimming and Water polo Championships here in Basildon over the weekend 3rd and 4th March 2012.

The following information pack includes: an itinerary, swimming programme, entry forms, accommodation & transport requirements, and financial statement.

These forms need to be completed **in hard copy** and returned with monies to:

Mr Chris Mathlin,
Autumn Leaves,
Malyons Lane,
Hullbridge,
Hockley,
Essex SS5 6EN

Strictly by 1st December 2011- please note the much earlier closing date than normal; this is due to the event being held earlier due to build up to the London Olympic Games.

See PSUK British Police Aquatics Team website for downloadable forms.

<http://www.policewaterpolo.org/>

<http://www.psukswimming.org/>

The competition will be held at:

The Basildon Sporting Village,
Cranes Farm Road,
Basildon
Essex, SS14 3GR

This is a 50m deck level pool with electronic timing. For further details on the competition venue please click on the link below.

<http://www.basildonsportingvillage.com/index.php?page=0.0.0>

The PSUK committee have requested to compete over 25m, so only half the pool will be booked and used by ourselves the other half will be open to public use, except for one lane which will be used as a warm down facility (swimming competition only).

PROTECT

Your accommodation will be at one of three hotels, all situated within the Festival Leisure complex, within walking distance from the competition venue;

Holiday Inn,
Waterfront Walk,
Festival Leisure Park,
Basildon,
Essex,
SS14 3DG.

Premier Inn,
Festival Leisure Park,
Pipps Hill Rd South,
Off Cranes Farm Rd,
Basildon,
Essex,
SS14 3WB.

Campanile Hotel,
Arterial Road,
Pipps Hill,
Basildon,
Essex,
SS14 3AE.

The accommodation will be allocated on a first come, first served basis. A welcome pack will be provided on your arrival with details of activities you may wish to try on Friday and Saturday evenings in Basildon.

Sunday evening's Gala Presentation Dinner will be at the Holiday Inn and will commence at 7pm. In keeping with tradition, this will be a black tie event, with a 3-course meal and entertainment programme.

We look forward to seeing as many of you as possible at this event.

Paul Eveleigh

and the

Essex Police Sports Association Committee:

Useful Contacts

Entries and Competition Venue	Chris Mathlin	chris.mathlin@essex.pnn.police.uk phone 07721338045
Trophies and Sponsorship	Paul Clark	Paul.clark@essex.pnn.police.uk Phone 07816990438
Hotels & Function	Paul Eveleigh	Paul.eveleigh2099@btinternet.com Phone 07826901024



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3rd and 4th March 2012 - Basildon
Transport Form

FORCE:

will be arriving in Basildon on (date)at approx.....hrs.

Method of transport:

Plane		
Train		
Coach		
Mini Bus		
Private Car		

Please Indicate your chosen mode of transport with a cross and any vehicle registration numbers known.

All hotels have non-secure parking on site. There will be no secure parking available for marked vehicles.

The nearest British Rail Station to the hotels is Basildon, which is on the C2C London Fenchurch Street service to Southend Central. A shuttle service will be available to pick you up if you are travelling to Basildon by public transport, but travel arrangements must be forwarded with due notice to ensure your pickup is arranged in advance.

The nearest airports to Basildon are London City airport, or London Stansted.

The pool is a short walk, or ride from the hotel and there is ample free parking at the Sporting Village.

We will be leaving Basildon on (date).....at approx.....hrs.



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3rd and 4th March 2012 - Basildon
Itinerary

Friday 2nd March 2012

Pm Arrivals and hotel check in.

Evening 7pm onwards The Quays pub/ restaurant (adjacent to Premier Inn), reception event, 2 meals for £10 deal on offer in the restaurant, welcome packs distributed to teams. We have an area set aside in the restaurant for competitors.

Saturday 3rd March 2012

0700 – 1000	Breakfast
0900 – 1300	Water polo warm up and competition
1330 – 1400	Swimming warm up
1400 – 1800	Swimming competition day 1
Evening - Free	

Sunday 4th March 2012

0700 – 1000	Breakfast
0900 – 0930	Swimming warm up
0930 – 1330	Swimming competition day 2
1330 – 1700	Water polo warm up and competition
1900 <i>prompt</i>	Presentation Dinner

Monday 5th March 2012

0700 – 1000	Breakfast followed by departures
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The final heat is formed from entry times submitted prior to the event.

Saturday 3rd March 2012

Event No

1.	4x25m IM Skins Qualifier	Men	Open
2.	4x25m IM Skins Qualifier	Women	Open
3.	400m Freestyle	Men/Women	Open
4.	100m Backstroke	Women	Open
5.	100m Backstroke	Men	Open
6.	4x50m Individual Medley	Men/Women	Open
7.	100m Freestyle	Women	Open
8.	100m Freestyle	Men	Open
9.	50m Butterfly	Women	Masters
10.	50m Butterfly	Men	Masters
11.	100m Breaststroke	Women	Open
12.	100m Breaststroke	Men	Open
13.	50m Freestyle	Women	Masters
14.	50m Freestyle	Men	Masters
15.	4x50m Medley relay	Women	140 years
16.	4x50m Medley relay	Men	140 years
17.	4x50m Medley relay	Women	Open
18.	4x50m Medley relay	Men	Open

Sunday 4th March 2012

19.	200m Breaststroke	Men/Women	Open
20.	100m Butterfly	Women	Open
21.	100m Butterfly	Men	Open
22.	50m Backstroke	Women	Masters
23.	50m Backstroke	Men	Masters
24.	200m Freestyle	Men/Women	Open
25.	50m Breaststroke	Women	Masters
26.	50m Breaststroke	Men	Masters
27.	50m Freestyle	Women	Open
28.	50m Freestyle	Men	Open
29.	4x50m Freestyle relay	Women	140 years
30.	4x50m Freestyle relay	Men	140 years
31.	4x50m Freestyle relay	Women	Open
32.	4x50m Freestyle relay	Men	Open
33.	SKINS FINAL	Women	Open
34.	SKINS FINAL	Men	Open



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3rd and 4th March 2012 Basildon
Individual Swim Entry Form

(PLEASE USE BLOCK CAPITALS)

First name:Surname:

Date of Birth: MALE/ FEMALE

Police Force:

Contact phone number:

Team Manager.....

Contact Number.....

EVENT		EVENT NO.	ENTRY TIME
50m Backstroke	Masters events	22 / 23	
50m Breaststroke		25 / 26	
50m Butterfly		9 / 10	
50m Freestyle		13 / 14	
50m Freestyle		27 / 28	
100m Backstroke		4 / 5	
100m Breaststroke		11 / 12	
100m Butterfly		20 / 21	
100m Freestyle		7 / 8	
200m Freestyle		24	
200m Breaststroke		19	
400m Freestyle		3	
4x50m Individual Medley		6	
4x25m IM Skins Qualifier		1 / 2	

All swimmers with entry times will be seeded, with the last heat spearheaded.

Entry fees are **£7.00** per event.

Total Individual fee for this competitor £ _____

Please transfer all **individuals** fees to Financial Statement Form.

All entries to be received on or before Thursday 1st December 2011.



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Team Swim Entry Form

Police Force:

EVENT	EVENT NO.	ENTRY TIME
4x50m Med Relay Female (140)	15	
4x50m Free Relay Female (140)	29	
4x50m Med Relay Male (140)	16	
4x50m Free Relay Male (140)	30	
4x50m Med Relay Female (Open)	17	
4x50m Free Relay Female (Open)	31	
4x50m Med Relay Male (Open)	18	
4x50m Free Relay Male (Open)	32	

Entry Fees are £15.00 per team

Total Relay team entry fees £ _____

Please transfer cost to Financial Statement Form.

Closing date for entries is Thursday 1st December 2011.



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Water Polo Entry Form



Police Force/Combination.....

Entry Fees are £75.00 per team

Please transfer cost to Financial Statement Form.

Closing date for entries is 1st December 2011.



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Accommodation List

NAME Each person to be named	Fri 2 nd B&B sharing £45 pp	Sat 3 rd B&B sharing £45pp	Sun 4 th B&B sharing £45pp	Sun 18 th Presentation Dinner* £35.00pp	Single Room B&B £65.00/night ie £20/night extra	Cost per person £

Force	Total cost for Accommodation £
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*Please highlight any special dietary requirements

PROTECT

NAME Each person to be named	Fri 2nd B&B sharing £45 pp	Sat 3rd B&B sharing £45pp	Sun 4th B&B sharing £45pp	Sun 4th Presentation Dinner £35.00pp	Single Room B&B £65.00/night ie £20/night extra	Cost per person £

Force Total cost for Accommodation £



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Financial Statement Form



Force: _____

Team Manager _____

Mobile Contact No _____

Amount sent for:

Accommodation & entertainment	£
Individual Entry fees	£
Relay Entry fees	£
Water polo entry Fees	£

Grand Total	£
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Please send cheques payable to 'Essex Police Sports Association'
together with forms to:
(If you wish to do a bank transfer please contact me for details)

Mr Chris Mathlin,
Autumn Leaves,
Malyons Lane,
Hullbridge,
Hockley,
Essex SS5 6EN

CHECK LIST	TICK
1. Transport Form	<input type="checkbox"/>
2. Indiv Swim Entry Form	<input type="checkbox"/>
3. Relay Entry Form	<input type="checkbox"/>
4. Water Polo Entry Form	<input type="checkbox"/>
5. nt FormFinancial Stateme	<input type="checkbox"/>
6. Cheque	<input type="checkbox"/>

**The Closing Date for entries is 1st December
2011**

Masters Age Groups

Mens Masters

19 - 24 years	X
25 - 29 years	A
30 - 34 years	B
35 - 39 years	C
40 - 44 years	D
45 - 49 years	E
50 & over	F

Womens Masters

19 - 24 years	X
25 - 29 years	A
30 - 34 years	B
35 - 39 years	C
40 - 44 years	D
45 - 49 years	E
50 & over	F