

# **AMATEUR SWIMMING ASSOCIATION OF JAMAICA**

## **ASAJ TO HOST MASTERS**

The Amateur Swimming Association of Jamaica (ASAJ) will tomorrow, November 13, 2010, host meet 1 of the Pre-masters/Masters Series swim meets at the 25 metre Bournemouth Bath pool starting at 2:30 pm. The 22 event competition, which is open to swimmers 18 years or older, has attracted entries from swimmers with all levels of fitness and experience. Entries will be allowed up to one hour before the start of the competition.

Entries include retired Jamaican national team member Ramon James, ex national coach Jackie Walter, US Virgin Islands two (2) time Olympian Josh Laban as well as adults who are still learning to swim in the ASAJ's learn to swim program, SwimJamaica.

Juliett Cuthbert of Cuthbert's Gym, has donated the main prize of one month's free gym classes to the top swimmer.

Masters swimming is an adult programme, which seeks to encourage health, fitness and exercise. The events will be scored in ten (10) year age groups starting with the 25-34 year olds, then 35-44 year old swimmers etc. The pre-masters swimmers will be scored in the 18-24 age group. The ASAJ's masters swimming committee has organized regular training sessions at the National Stadium, Stella Maris and UWI pools.

For more information, please go to the ASAJ website, [http://www.swimjamaica.com/Calendar/asaj\\_2010\\_Calendar.htm](http://www.swimjamaica.com/Calendar/asaj_2010_Calendar.htm) the group's facebook page "reggae masters swimming" or call the ASAJ, 920-6230.

November 12, 2010