

# Norfolk County A.S.A.

## Masters & Senior Age Group Long Course Open Competition

including Norfolk Masters Closed Championships

(Held under ASA Laws and Regulations and ASA Technical Rules of Masters Racing)

UEA Sportspark, Norwich Research Park, Norwich NR4 7TJ

The pool is 8 lane x 50m with electronic timing



## Saturday 11<sup>th</sup> May 2019

Closing date 8pm 19<sup>th</sup> April 2019 for individual events, 8pm 26<sup>th</sup> April for relays

Session 1a	Session 2	Session 3
Warm-up 9:00 to 9:25 am Start 9:30	Warm-up TBA Start TBA	Warm-up TBA Start TBA
1 Mixed 400m Freestyle	10 Mixed 4x50m Medley Relay	19 Ladies 4x50m Freestyle Relay
<b>Session 1b</b> Warm-up TBA Start not before 10:45	11 Mixed 200m I.M.	20 Mens 4x50m Freestyle Relay
2 Mixed 4x50m Freestyle Relay	12 Ladies 100m Freestyle	21 Mixed 200m Butterfly
3 Ladies 50m Backstroke	13 Mens 100m Freestyle	22 Ladies 50m Freestyle
4 Mens 50m Backstroke	14 Ladies 50m Butterfly	23 Mens 50m Freestyle
5 Ladies 100m Butterfly	15 Mens 50m Butterfly	24 Ladies 50m Breaststroke
6 Mens 100m Butterfly	16 Ladies 100m Breaststroke	25 Mens 50m Breaststroke
7 Mixed 200m Breaststroke	17 Mens 100m Breaststroke	26 Ladies 100m Backstroke
8 Ladies 4x50m Medley Relay	18 Mixed 200m Backstroke	27 Mens 100m Backstroke
9 Mens 4x50m Medley Relay		28 Mixed 200m Freestyle

### 1 PROMOTER

The promoter for this event will be Mrs Sally Lelean on behalf of Norfolk County ASA's Masters Committee.

### 2 WHO CAN ENTER?

Entries will be accepted from eligible competitors who are registered in the year of competition and are members of clubs affiliated to the ASA, the Scottish or Welsh ASA's to include temporary membership, eligible BUCS competitors, or of any other country affiliated to FINA.

All non British swimmers confirm by submitting their entry that they are a member of a FINA affiliated organisation.

### 3 EVENTS AND SEEDING

All events will be heat declared winners. Events will be swum slowest to fastest with all age groups swimming together. The last heat will be spearheaded. 400m and 200m events will be swum as mixed events with men and women swimming together in the same heats. Results for men and women in mixed events will be processed separately.

### 4 AGE GROUPS

The senior age group is for swimmers 18 to 24 years. Senior swimmers must be 18 on, or before the date of the competition. Masters ages are as at 31<sup>st</sup> December in the year of competition.

Masters age groups are in 5 year age bands from 25 years old, as high as required. i.e 25-29, 30-34 etc.

### 5 CLOSED NORFOLK CHAMPIONSHIPS

Swimmers who enter for a club affiliated to Norfolk County ASA will automatically be entered into the Norfolk Closed Championships. No extra fee is required for entry into the closed championships. **The Norfolk Closed Championships will include individual events only.**

### 6 RELAYS

Relay ages are the combined age of team members. Relay ages are 72+, 120+, 160+, 200+, 240+. The 72+ age group is open to seniors and masters. Relays of 120 and over are open to masters swimmers only. Swimmers participating in relay events must be eligible to enter individual events. On the day relay teams must be declared before close of re-entry. Relay declaration forms must include ASA Registration numbers for anyone not participating in an individual event.

### 7 AWARDS

Awards will be made to the first three places, in each age group in the open competition, and the first three places in the closed competition where applicable.

**INDIVIDUAL CLOSING DATE 8pm 19<sup>th</sup> April 2019. RELAY CLOSING DATE 8pm 26<sup>th</sup> April 2019**

## **8 ENTRIES**

Entries will be accepted on a first come first serve basis.

Entries can be made online via

<https://bsbasa.org/Meet/NorfolkNM19>

Entries can be confirmed via

<https://bsbasa.org/Entries/NorfolkNM19>

## **9 ENTRY FEES**

Entry fees are £6.25 per individual event and £8.80 per relay event. Entry fees will be payable via PayPal, this can be done with a normal credit or debit card without a paypal account. Entry fees will not be refunded for withdrawals after the closing date.

## **10 CLOSING DATE**

Entries close at 8pm 19<sup>th</sup> April 2019 for individual events

Entries close at 8pm 26<sup>th</sup> April 2019 for relay events.

**The promoter reserves the right to close all entries early should the event become oversubscribed.**

## **11 RE-ENTRY**

A secondary entry system will be used on the day. **Swimmers and teams will need to confirm all events they wish to swim in a session at least 30 minutes before the start of the session.** Teams must be declared on the day using available forms, the registration number of any swimmer participating in a relay, but not swimming in an individual event, must be provided on the form.

## **12 HEALTH AND SAFETY**

By entering this event you confirm that the entered particulars are correct and that you are an eligible competitor in accordance with the laws of the Amateur Swimming Association and will abide by the conditions laid down by the promoter for this competition. You certify that to the best of your knowledge you are physically fit and able to take part in Masters training sessions and competitive events, and have not been advised otherwise by a Medical Adviser.

## **13 LIMIT OF LIABILITY**

In the event of the meet being cancelled for whatever reason event entry fees will be refunded. The promoter accepts no responsibility for any consequential costs.

## **14 DISPUTES**

Any matters not provided for in these conditions shall be decided by the Promoter.

If you have any queries, please contact the Meet Promoter:

Mrs Sally Lelean, by email [masters@norfolkswimming.org.uk](mailto:masters@norfolkswimming.org.uk) or by Phone 01379 783454