



**Newmarket Swimming Club**  
(Affiliated to Suffolk County Swimming & East Region)  
**7<sup>th</sup> Masters, Senior Age Group & 16 & 17yrs Open Meet**  
(Held Under Swim England Law & Technical Rules)

## **Newmarket Swimming Club**

**7<sup>th</sup> Masters, Senior Age Group &  
16 & 17yrs Open Meet**

**Sunday 19<sup>th</sup> April 2020**

# **Entry Pack**



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Dear Swimmer

Please find enclosed details about the Programme of Events and Entry Form for our 7<sup>th</sup> Masters, Senior Age Group & 16 to 17 years Open Meet to be held at the Newmarket Leisure Centre, Newmarket, Suffolk

Please note that the Seniors Age Group will be 18 to 24 years and to encourage and give younger swimmers a taste of Masters competitions, we've added a separate 16 to 17 years age group.

For 2020 we have added the 200 Individual Medley, also the use of the small pool for warm down. The club would also like to move towards payments via bank transfer so if possible, please pay by bank transfer

Please complete the form in **clear legible writing** any unclear entries will be rejected.

We know you will enjoy a great day with us and we look forward to receiving your entry.

**Ashley Buck**

Email: [suffolkmasters@yahoo.co.uk](mailto:suffolkmasters@yahoo.co.uk)



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**Conditions**

- 1** All entrants must be members of a FINA affiliated club.
- 2** Age as at 31st December in the year of competition.
- 3** All entries will be accepted on a 'first come – first served' basis, based on day of receipt.
- 4** Results will be split into the following age groups 16 & 17, 18 to 24, 25 to 29 and then 5 year age groups as necessary.
- 5** All events will be Heat declared Winners.
- 6** Awards will be made to the fastest 3 swimmers in each age group, sex and each event. The Promoters decision will be final.
- 7** Heats for each event will cover all age groups and competitors. Events will be seeded slowest to fastest, based on entry time submitted. Each heat will be spearheaded. The Promoter reserves the right to modify the seeding arrangements should conditions demand.
- 8** 'Over the top' starts will be used wherever possible.
- 9** Results will be available on the club's website & Swim England Masters website. All results will be posted up to Swim England for entry to the Decathlon
- 10** The pool is a 25m 6 lane pool with anti-turbulence lane ropes and full electronic timing. The depth at the shallow end is 1.00m and the depth at the deep end is 2.00m.
- 11** Entry fees will be **£5.00** per event. The preferred method of payment is by direct **bank transfer** please do so to the below account.  
**Please reference NDSCMST20 plus your name.**  
**ACCOUNT No: 18486060**  
**SORT CODE: 30-95-96**  
If you want to pay by Cheque, then they should be made payable to **Newmarket Swimming Club**
- 12** Entries to be made on the enclosed form only (please feel free to photocopy). Electronic Entries can also be accepted either scanned or electronically signed
- 13 CLOSING DATE FOR ENTRIES IS MONDAY 13<sup>TH</sup> APRIL 2020**
- 14** Accepted entries will be posted on the club's website soon after the closing date, but if you would like a personal confirmation please email [suffolkmasters@yahoo.co.uk](mailto:suffolkmasters@yahoo.co.uk). Please remember we are not a big corporate company, so confirmation replies will be made within a week
- 15** Any matter not covered by these conditions will be determined by the promoter & lead referee subject to ASA laws, regulations & the ASA technical rules of racing.



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#### Programme of Events

<b>Session 1</b>			
<b>Warm Up Starts at 9:00am</b>			<b>Starts at 10:00am</b>
<b>Event</b>	<b>Sex</b>	<b>Distance</b>	<b>Stroke</b>
1	Mixed	400m	Freestyle
2	Female	50m	Backstroke
3	Male	50m	Backstroke
4	Mixed	100m	Butterfly
5	Female	50m	Freestyle
6	Male	50m	Freestyle
7	Mixed	100m	Breastroke
8	Mixed	200m	Individual Medley
<b>Session 2</b>			
<b>Warm Up TBA</b>			<b>Starts TBA</b>
<b>Event</b>	<b>Sex</b>	<b>Distance</b>	<b>Stroke</b>
9	Mixed	200m	Freestyle
10	Mixed	100m	Backstroke
11	Female	50m	Breastroke
12	Male	50m	Breastroke
13	Mixed	100m	Individual Medley
14	Female	50m	Butterfly
15	Male	50m	Butterfly
16	Mixed	100m	Freestyle

**We Will Aim to Finish at 17:00pm**



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**Entry Form**

Name.....

Address .....

Town ..... County ..... Post Code.....

Telephone Number..... Date of Birth ...../...../.....

FINA Club Reg No..... CLUB .....

Email.....

MALE / FEMALE (delete as appropriate)

**Session 1**

**Warm Up Starts at 09:00am**

Event	Sex	Distance	Stroke	Entry Time
1	Mixed	400m	Freestyle	
2	Female	50m	Backstroke	
3	Male	50m	Backstroke	
4	Mixed	100m	Butterfly	
5	Female	50m	Freestyle	
6	Male	50m	Freestyle	
7	Mixed	100m	Breastroke	
8	Mixed	200m	Individual Medley	

**Session 2**

Event	Sex	Distance	Stroke	Entry Time
9	Mixed	200m	Freestyle	
10	Mixed	100m	Backstroke	
11	Female	50m	Breastroke	
12	Male	50m	Breastroke	
13	Mixed	100m	Individual Medley	
14	Female	50m	Butterfly	
15	Male	50m	Butterfly	
16	Mixed	100m	Freestyle	

	<b>Number of Entries</b>		<b>@ £5.00</b>
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Payment Made by (delete as appropriate)		<b>Total Cost</b>	<b>£</b>
<b>BACS</b>	<b>CHEQUE</b>		

BANK TRANSFERS - Please reference NDSCMST18 plus your name.

ACCOUNT No: 18486060

SORT CODE: 30-95-96

Cheques Payable to Newmarket Swimming Club





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**Entry Form cont...**

**IMPORTANT – PLEASE READ THIS STATEMENT CAREFULLY BEFORE SIGNING.**

- 1 I hereby declare that the particulars supplied are correct and that I am an eligible competitor in accordance with the laws of FINA and will abide by the conditions laid down the Association and NDSC for this competition and be governed by the rules of Swim England and all other laws and regulations applicable including Swim England Safety Laws.
- 2 I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events.
- 3 I am aware of and appreciate the inherent risks involved in such training and competition including the possibilities of injury and accident. I undertake always to conduct myself in a responsible and professional manner.
- 4 I undertake at all times to use my best endeavours to train and compete in a safe and proper manner and do not do anything which would expose myself or fellow swimmers to unnecessary risk of injury.
- 5 I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.
- 6 I acknowledge that British Swimming, Swim England, or any other body affiliated thereto, cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against such loss or damage.
- 7 I have read or have had read to me the above provisions and declarations and agree to abide by them.

**Signature of competitor:** ..... **Date:** .....

Send completed forms & cheques to:-

**Ashley Buck, 32 Leaders Way, Newmarket, Suffolk, CB8 0DP**

**CLOSING DATE MONDAY 13<sup>TH</sup> APRIL 2020**