



Newmarket Swimming Club
(Affiliated to Swim England East Region & Swim England Suffolk)

9th Masters Open Meet
(Held Under Swim England Laws & Technical Rules)

9th Masters Open Meet

Date: Sunday 7th April 2024

Venue: Newmarket Sports Centre, Exning Road Newmarket, Suffolk,
CB8 0EA

Facilities: 6 Lane, 25m Pool, Anti wave lane ropes and electronic timing

Promotor: Newmarket and District Swimming Club

Contact and Entries : Masters Secretary – Adam Irish:
irishadam@hotmail.com

Age Groups: 16 &17, 18 – 24, 25-30, 35-40, 40-45,45-50, 50-55, 55-60, 65-70, 70-75, 75-80
and in five year bands as high as necessary

Team Relay Age Groups combined: 72+ for entries with any member over 18 but under 25
years of age on the 31st December in the year of competition.

When all members are 25 years of age or older as of the 31st of December in the year of
competition 100-119 years, 120-159 years, 160-199 years, 200-239 years, 240 – 279 years and
in 40 year bands as high as necessary.

Ages as at 31st December 2024

Entries Close: 1st April 2024

Entry Fees: £7.50 per Individual entry £10 per Team relay entry





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Dear Swimmer

We are delighted to invite your entry to our 9th Masters Open Meet.

Please find enclosed details about the Programme of Events and Entry Form for our 9th Masters Open Meet to be held at the Newmarket Leisure Centre, Exning Road, Newmarket, Suffolk, CB8 0EA.

We have a Seniors Age Group (18 to 24 years) and to give younger swimmers a taste of Masters competitions, we've included a separate 16 to 17 years age group.

This year we are pleased to have added two mixed relay events to our schedule to encourage greater team participation. (4 x 50m freestyle and 4 x 50m Medley). Please ensure that the separate relay entry forms are filled in for entries to these relays

Please pay all entries by bank transfer prior to the closing date, or you will not be eligible to swim.

We are awaiting confirmation of whether the learner pool within the leisure centre will be available for warm downs and will update this document once we have confirmation or otherwise.

Parking is available at the leisure centre who have given us assurances that the usual time restrictions will not be enforced on the day of the meet.

We know you will enjoy a great day with us and we look forward to receiving your entry and welcoming you on the 7th April

Adam Irish

Masters Secretary – Newmarket and District Swimming Club



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Conditions

1. Competitors must be Swim to Compete members of an affiliated club, eligible to compete and registered in accordance with Swim England Laws and Swim England Technical Rules or a member of a FINA affiliated club
2. All entries will be accepted on a 'first come – first served' basis, based on day of receipt. We reserve the right to limit entries to comply with the timing restrictions.
3. Results for will be split into the following age groups 16 & 17, 18 to 24, 25 to 29 and then 5 year age groups as necessary.
4. Age as at 31st December in the year of competition.
5. All events will be Heat declared Winners.
6. Medals will be awarded 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. The Female Category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the Female Category a swimmer confirmed that their birth sex is female.
10. 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
11. A competitor may compete in the name of one club only. There are no restrictions on the number of swims entered by each individual.
12. Relays - Swimmers may swim in only one team in any relay event. 18-24 yr olds may only swim in the 72+ age band. Relay events will consist of four swimmers (mixed relays must be two Open/Male and two Female swimmers swimming in any order).
13. Swimmers must swim for the same club in the relay events as for individual events. Any teams not meeting the requirement for the relay event will be disqualified but may be given their time at the discretion of the referee.
14. 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.
15. **Entry fees will be £7.50 per individual event and £10 per mixed relay event. The preferred method of payment is by direct bank transfer please do so to the below account. Please reference NDSCMST24 plus your name. ACCOUNT NUMBER: 18486060 – SORT CODE: 30-95-96 ACCOUNT NAME: Newmarket swimming club**
16. Entries to be made on the enclosed forms only and will be accepted either scanned or electronically signed.
17. 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 [\[redacted\]](#). Please remember we are not a big corporate company, so confirmation replies will be made within a week.
18. Any matter not covered by these conditions will be determined by the promoter & lead referee subject to Swim England laws, regulations & Swim England technical rules of racing.



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Programme of Events

| Session 1 | | | |
|--------------------------|-------------|----------|-------------------|
| Warm Up Starts at 9:00am | | | Starts at 10:00am |
| Event | Sex | Distance | Stroke |
| 1 | Mixed | 200m | Individual Medley |
| 2 | Open/ Male | 50m | Freestyle |
| 3 | Female | 50m | Freestyle |
| 4 | Mixed | 100m | Butterfly |
| 5 | Open / Male | 50m | Backstroke |
| 6 | Female | 50m | Backstroke |
| 7 | Mixed | 100m | Breaststroke |
| 8 | Mixed | 200m | Freestyle |
| 9 | Mixed | 4x50m | Medley Relay |
| Session 2 | | | |
| Warm Up TBA | | | Starts TBA |
| Event | Sex | Distance | Stroke |
| 10 | Mixed | 400m | Freestyle |
| 11 | Mixed | 100m | Backstroke |
| 12 | Open / Male | 50m | Breaststroke |
| 13 | Female | 50m | Breaststroke |
| 14 | Mixed | 100m | Freestyle |
| 15 | Open / Male | 50m | Butterfly |
| 16 | Female | 50m | Butterfly |
| 17 | Mixed | 100m | Individual Medley |
| 18 | Mixed | 4x50m | Freestyle Relay |

We Will Aim to Finish by 17:30pm



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Individual Entry Form

| | | | | | |
|---------------------------------|--|--------|---------------|-----------|--|
| Name | | | | | |
| Address | | | | | |
| Town | | County | | Post Code | |
| Telephone Number | | | Date of Birth | | |
| Swim England / FINA Club Reg No | | | CLUB | | |
| Email | | | | | |

MALE / OPEN / FEMALE (delete as appropriate)

Relay Entry Declaration Form

| | | | | |
|--|-----------|--|----------------------|-----------------------------|
| Club: | | | | |
| Contact Details (if different from above): | Name: | | Contact Number: | |
| | Email: | | | |
| Name | Age Group | | Swim England Number: | Sex (Delete as appropriate) |
| Swimmer 1 | | | | Open Male / Female |
| Swimmer 2 | | | | Open Male / Female |
| Swimmer 3 | | | | Open Male / Female |
| Swimmer 4 | | | | Open Male / Female |

Relay Times to be entered below in event 9 & 18



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Session 1

Warm Up Starts at 09:00am

| Event | Sex | Distance | Stroke | Entry Time |
|-------|-------------|----------|-------------------|------------|
| 1 | Mixed | 200m | Individual Medley | |
| 2 | Open / Male | 50m | Freestyle | |
| 3 | Female | 50m | Freestyle | |
| 4 | Mixed | 100m | Butterfly | |
| 5 | Open / Male | 50m | Backstroke | |
| 6 | Female | 50m | Backstroke | |
| 7 | Mixed | 100m | Breaststroke | |
| 8 | Mixed | 200m | Freestyle | |
| 9 | Mixed | 4 x 50m | Medley Relay | |

Session 2

| Event | Sex | Distance | Stroke | |
|-------|-------------|----------|-------------------|--|
| 10 | Mixed | 400m | Freestyle | |
| 11 | Mixed | 100m | Backstroke | |
| 12 | Open / Male | 50m | Breaststroke | |
| 13 | Female | 50m | Breaststroke | |
| 14 | Mixed | 100m | Freestyle | |
| 15 | Open / Male | 50m | Butterfly | |
| 16 | Female | 50m | Butterfly | |
| 17 | Mixed | 100m | Individual Medley | |
| 18 | Mixed | 4 x 50m | Freestyle Relay | |

| | | | |
|--|------------------------------|-------------------|----------|
| | Number of Individual Entries | | @ £7.50 |
| | Relay Entries | | @£10 |
| | | Total Cost | £ |

BANK TRANSFERS - Please reference NDSCMST24 plus your name.

ACCOUNT No: 18486060

SORT CODE: 30-95-96



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Health Declaration and Understanding- PLEASE READ THIS STATEMENT CAREFULLY.

- 1 I hereby declare that the particulars supplied are correct and that I am an eligible competitor in accordance with Swim England Laws / FINA Laws (if applicable) 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 We will be following any current Government guidance regarding COVID or other restrictions if applicable

Submission of an entry will confirm you have read and understand the above provisions and agree to abide by them.

Send completed forms to:-
Irishadam@hotmail.com

CLOSING DATE FRIDAY 1st April 2024

