



Norfolk County A.S.A.
AFFILIATED to EAST REGION ASA

Open Masters Competition (including Norfolk Masters Closed Championship)
(Under ASA Laws and ASA Technical Rules)

Open Meet at Norwich Sports Park (UEA)

ON SATURDAY 22nd May 2010
5:00 p.m warm up 5.30pm start

- Eight lane pool
 - 25 metres, with anti wave lane ropes
 - Electronic Timing
 - 50m Freestyle, Breaststroke, Backstroke, Butterfly and 4 x 25m Individual Medley
 - 120-159/160-199/200+ years Freestyle and Medley Relays Mixed
 - 25 years to 80+ and 18-24 S age group
 - Entry Fee £4.00 per event and £5.00 relay
 - Awards for first three places in each age group
 - Ample parking,
- **Closing date 24th April 2010**

For entry forms and further information please send SAE to: -
Mrs S Lelean
Heron House, The Common,
Mellis,
Eye,
Suffolk IP23 8DS

<http://www.norfolkswimming.org.uk>
<mailto:masters@heronh.demon.co.uk>

Norfolk County A.S.A
Masters Open Meet ~ 22nd May 2010

RULES AND CONDITIONS

The competition will be held under ASA Laws and ASA Technical Rules.

1. Age as at 31st December 2010. 18 year old swimmers must be 18 on, or before the date of the competition.
2. Entries close on the 24th April 2010.
3. 5:00 p.m. warm up 5:30 p.m. start
4. Competitors may only enter events in their own age group.
5. Competitors may compete in the name of one club only.
6. Competitor details will be stored on computer to produce the program and results, and to help with the smooth running of the meet.
7. Entry forms must have been correctly submitted by the specified date and accepted by the promoter. The promoter may limit entries.
8. Entry fee is £4.00 per individual event and £5.00 per relay.
9. Swimmers who enter for a Norfolk Club will automatically be entered in the Norfolk Closed championship, unless they clearly show on their entry form that they do not wish to be entered. No extra fee is required for entry into the closed championships.
10. Relay events are not part of the closed championships.
11. All relay events are mixed masters events. Each team should consist of 2 male and 2 female swimmers, who may swim in any order. All swimmers must be masters i.e. 25 years or older. It is not necessary to declare the order of swimmers before the event.
12. All entry cards to be posted in the boxes provided at least 30 minutes before the start of the session.
13. Competitors should collect their cards from the Competitors' Stewards.
14. Pool length is 25 meters, eight lanes, separated by anti-wave lane ropes with electronic timing. Pool depth is 1.8 meters.
15. All events will be heat declared winners. The last heat will be spearheaded.
16. Awards will be made to the first three places in the open competition, and the first three places in the closed competition.
17. Results sheets will be available at £1.50 full set, please complete address label at the entry desk if you wish results to be sent to you. Results sheets will also be available on the internet as soon as possible after the event
18. Any matters not covered above will be decided at the discretion of the Norfolk Masters Committee, who also reserve the right to make any changes that may be considered necessary for the smooth running and discipline of the event.

If you have any queries, please contact the Meet Promoter:
Mrs Sally Lelean, by email masters@heronh.demon.co.uk

Norfolk County A.S.A

(affiliated to East Region A.S.A)

MASTERS OPEN MEET

(Under ASA Laws and ASA Technical Rules)

AT Norwich Sports Park (UEA) On 22nd May 2010

Please ensure your registration number is the new (all digit) number

REGISTRATION NUMBER		PLEASE <input checked="" type="checkbox"/>	MALE		FEMALE	
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FORE NAMES SURNAME

DATE OF BIRTH..... CLUB

ADDRESS

..... POSTCODE TELEPHONE NUMBER.....

EMAIL.....

Members of Norfolk Clubs Only. Please mark the box if you DO NOT wish to enter the Norfolk Closed Championships . Swimmers who enter the Norfolk closed championships may not be eligible to swim for other counties, or in other counties' championships.

Please circle age group

18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
S	A	B	C	D	E	F	G	H	J	K	L	M

Individual Events

Events	4 Mens and 5 Ladies 50m Freestyle	6 Mens and 7 Ladies 50m Backstroke	8 Mens and 9 Ladies 50m Butterfly	10 Mens and 11 Ladies 50m Breaststroke	12 Mens and 13 Ladies 4x25m IM
Time					

Relay Events

Relay swimmers must be 25 years or older in the year of competition

	EVENT	Time
1	4X25M MEDLEY RELAY 200YRS MIXED 2 of each sex	
2	4X25M MEDLEY RELAY 160YRS MIXED 2 of each sex	
3	4X25M MEDLEY RELAY 120YRS MIXED 2 of each sex	
14	4X25M F/STYLE RELAY 200YRS MIXED 2 of each sex	
15	4X25M F/STYLE RELAY 160YRS MIXED 2 of each sex	
16	4X25M F/STYLE RELAY 120YRS MIXED 2 of each sex	

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association and will abide by the conditions laid down by the promoting organisation for this competition. I certify that to the best of my knowledge I am physically fit and able to take part in Masters training sessions and competitive events, and have not been advised otherwise by a Medical Adviser. I therefore exonerate ASA, ERASA, NCASA, Club Officials and Meet Organisers from any injury as a result of my medical condition. I also confirm that I am proficient in the execution, where necessary, of entry dives in accordance with ASA recommendations.

Signature of Competitor.....Date.....

Return the completed form, together with the entry fee of £4.00 per individual event, £5.00 per relay and a **Stamped Addressed Envelope (C5 24cm/17cm)** to: Mrs S Lelean, Heron House, The Common, Mellis, Eye, Suffolk, IP23 8DS. masters@heronh.demon.co.uk

Entries close 24th April 2010

Number of Events Entered	Total Amount Payable

Please enclose entry with a **stamped addressed envelope** and a **Cheque made payable to: Norfolk County ASA**