



## **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 19th May 2012**

**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
  - 72+, 120-159/160-199/200-239/240+ years Freestyle and Medley 4x25m Relays
  - Masters 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,
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- **Closing date 21st April 2012**

**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>**

**Tel: 01379 783454**

Norfolk County A.S.A  
Masters Open Meet ~ 19th May 2012

## RULES AND CONDITIONS

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

1. The gala will be a cardless gala. Confirmation of entries will be supplied by email (if a legible email address has been provided), on the Norfolk ASA website, <http://www.norfolkswimming.org.uk> or via post if a stamped, self addressed envelope has been provided.
2. The gala will operate a sign out system, **please let the meet organiser know as soon as possible if you, or a team member, DO NOT wish to swim.** Withdrawls will be accepted on the day up to 30 minutes before the start of the competition.
3. Age as at 31<sup>st</sup> December 2012. 18 year old swimmers must be 18 on, or before the date of the competition. Age groups 18-24 and 5 year age bands from 25 years old, as high as required. i.e 25-29, 30-34 etc. Age groups will be calculated from date of birth.
4. Entries close on the 21st April 2012.
5. 5:00 p.m. warm up 5:30 p.m. start
6. Competitors may only enter events in their own age group.
7. Competitors may compete in the name of one club only.
8. Competitor details will be stored on computer to produce the program and results, and to help with the smooth running of the meet.
9. Entry forms must have been correctly submitted by the specified date and accepted by the promoter. The promoter may limit entries.
10. Entry fee is £4.00 per individual event and £5.00 per relay.
11. 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.
12. Relay events are not part of the closed championships.
13. Swimmers must be eligible to swim in an individual event to participate in relays. A swimmer may only swim once, in each relay event. Relay age groups are 72+, 120-159, 160-199, 200-239, 240 and over. It is not necessary to declare the order of swimmers in a relay prior to the event.
14. The 72+ relay age group is open to all swimmers. All other relay age groups are masters only (swimmers of 25 and over).
15. Pool length is 25 meters, eight lanes, separated by anti-wave lane ropes with electronic timing. Pool depth is 1.8 meters.
16. 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.
17. Awards will be made to the first three places in the open competition, and the first three places in the closed competition.
18. 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
19. 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](mailto: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 19th May 2012**

REGISTRATION NUMBER	
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PLEASE <input checked="" type="checkbox"/>	MALE	<input type="checkbox"/>	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.

**Individual Events**

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

**Relay Events**

Age groups are:  
72+ (any swimmer eligible to swim in the main competition),  
Masters only swimmers (25 and over): 120, 160, 200, 240

	EVENT	Age Group	Time
1	Mixed 4x25m, Medley Relay 2 of each sex		
2	Men's 4x25m Medley Relay		
3	Ladies' 4x25m Medley Relay		
14	Mixed 4x25m, Freestyle Relay 2 of each sex		
15	Men's 4x25m Freestyle Relay		
16	Ladies' 4x25m Freestyle Relay		

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 to: Mrs S Lelean, Heron House, The Common, Mellis, Eye, Suffolk, IP23 8DS.  
masters@heronh.demon.co.uk

**Entries close 21st April 2012**

Number of Events Entered	Total Amount Payable

**Cheques should be made payable to: Norfolk County ASA**