



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

## **Newmarket Swimming Club**

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

**Sunday April 22<sup>nd</sup> April 2018**

# **Entry Pack**





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Dear Swimmer

Please find enclosed details about the Programme of Events and Entry Form for our 5<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.

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 swim England 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** The competition will be held under the 'One start Rule'. '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 **£4** per event. Cheques should be made payable to **Newmarket Swimming Club**. Competitors wishing to pay by direct **bank transfer** please do so to the below account.  
**Please reference NDSCMST18 plus your name.**  
**ACCOUNT No: 18486060**  
**SORT CODE: 30-95-96**
- 12** Entries to be made on the enclosed form only (please feel free to photocopy) but only forms with original signatures will be accepted. Electronic Entries can also be accepted either scanned or electronically signed
- 13 CLOSING DATE FOR ENTRIES IS SATURDAY 14<sup>TH</sup> APRIL 2017**
- 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** Anything not covered by the above conditions will be at the discretion of the Promoters – Newmarket Swimming Club. The promoter's decision is final.





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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	200m	Freestyle
2	Male	50m	Butterfly
3	Female	50m	Butterfly
4	Mixed	100m	Breaststroke
5	Male	50m	Freestyle
6	Female	50m	Freestyle
7	Mixed	100m	Backstroke
<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>
8	Mixed	400m	Freestyle
9	Mixed	100m	Butterfly
10	Male	50m	Breaststroke
11	Female	50m	Breaststroke
12	Mixed	100m	Freestyle
13	Male	50m	Backstroke
14	Female	50m	Backstroke
15	Mixed	100m	Individual Medley

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



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**Entry Form**

Name (As registered with Swim England).....  
 Address .....  
 Town ..... County ..... Post Code.....  
 Telephone Number..... Date of Birth ...../...../.....  
 Swim England 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	200m	Freestyle	
2	Male	50m	Butterfly	
3	Female	50m	Butterfly	
4	Mixed	100m	Breaststroke	
5	Male	50m	Freestyle	
6	Female	50m	Freestyle	
7	Mixed	100m	Backstroke	

**Session 2** **Warm Up TBA**

Event	Sex	Distance	Stroke	Entry Time
8	Mixed	400m	Freestyle	
9	Mixed	100m	Butterfly	
10	Male	50m	Breaststroke	
11	Female	50m	Breaststroke	
12	Mixed	100m	Freestyle	
13	Male	50m	Backstroke	
14	Female	50m	Backstroke	
15	Mixed	100m	Individual Medley	

	<b>Number of Entries</b>		<b>@ £4.00</b>
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			<b>Total Cost</b> <b>£</b>
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Cheques Payable to Newmarket Swimming Club  
**BANK TRANSFERS - Please reference NDSCMST18 plus your name.**  
 ACCOUNT No: 18486060  
 SORT CODE: 30-95-96

Entry Form Continued...





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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 Swim England 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 Saturday 14<sup>th</sup> April 2018**

