

# Norfolk County A.S.A.

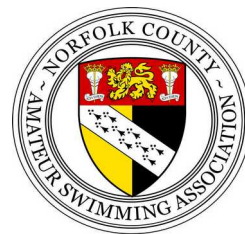
## Masters & Senior Age Group Short Course Open Competition

### including Norfolk Masters Closed Championships

(Under Swim England Regulations and Technical Rules of Masters Racing)

UEA Sportspark, Norwich Research Park, Norwich NR4 7TJ

The pool is 8 lane x 25m with electronic timing



## Saturday 7<sup>th</sup> May 2022

**Closing date midnight 22<sup>th</sup> April 2022 for individual events, midnight 29<sup>th</sup> April for relays**

Warm-up 5:30-6:10      Start 6:15	
1 Mens 4x25m Medley Relay	2 Ladies 4x25m Medley Relay
3 Mens 50m Freestyle	4 Ladies 50m Freestyle
5 Mens 50m Backstroke	6 Ladies 50m Backstroke
7 Mens 50m Butterfly	8 Ladies 50m Butterfly
9 Mens 50m Breaststroke	10 Ladies 50m Breaststroke
11 Mens 100m Individual Medley	12 Ladies 100m Individual Medley
13 Mens 4x25m Freestyle Relay	14 Ladies 4x25m Freestyle Relay

### COVID 19 AVOIDANCE MEASURES

- There will be no sign in system, please let us know before 9 am on Friday 6<sup>th</sup> May if you cannot attend.
- Heat sheets will be sent out to all swimmers on Friday 6<sup>th</sup> May. There will be no heat sheets on the poolside.
- Results will be posted online.

The promoter reserves the right to adapt this meet to conform with UK government guidance, Swim England guidance and the working practices of the UEA Sportspark relating to Covid 19.

The meet will only take place if Covid restrictions allow and is currently being planned on the assumption that no social distancing rules will be in place. If restrictions require us to cancel the meet, entry fees will be refunded.

Please do not attend if you feel unwell or if government guidance suggests you should self-isolate.

### PROMOTER

The promoter for this event will be Jenny Davis on behalf of Norfolk County ASA's Masters Committee.

### WHO CAN ENTER?

Entries will be accepted from eligible competitors who are registered in the year of competition and are members of clubs affiliated to Swim England, Scottish Swimming or Swim Wales to include temporary membership, eligible BUCS competitors, or of any other country affiliated to FINA. Competitors registration must be sufficient for them to compete in an Open Competition.

All non British swimmers confirm by submitting their entry that they are a member of a FINA affiliated organisation.

### EVENTS AND SEEDING

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. All events

### AGE GROUPS

The senior age group is for swimmers 18 to 24 years. Senior swimmers must be 18 on, or before the date of the competition. Masters ages are as at 31<sup>st</sup> December in the year of competition.

Masters age groups are in 5 year age bands from 25 years old, as high as required. i.e 25-29, 30-34 etc.

### RELAYS

Relay ages are 72-159, 160-239, 240+. Swimmers participating in relay events must be eligible to enter individual events.

Relay ages are the combined age of team members. The minimum age for an individual swimmer in any age group is 18.

Relay declaration forms must include Swim England registration numbers (or equivalent) for anyone not participating in an individual event. Relay declaration forms must be submitted 20minutes before the start of the gala.

### AWARDS

Awards will be made to the first three places, in each age group in the open competition.

**INDIVIDUAL CLOSING DATE midnight 22nd April 2022. RELAY CLOSING DATE midnight 29th April 2022**

## ENTRIES

Entries will be accepted on a first come first serve basis.

Entries can be made online via

<https://bsbasa.org/meet/NorfolkNM22>



Entries can be confirmed via

<https://bsbasa.org/entries/NorfolkNM22>



## ENTRY FEES

Entry fees are £6.25 per individual event and £8.80 per relay event. Entry fees will be payable via PayPal, this can be done with a normal credit or debit card without a paypal account. Entry fees will not be refunded for withdrawals after the closing date.

## CLOSING DATE

Entries close at midnight 22nd April 2022 for individual events

Entries close at midnight 29th April 2022 for relay events.

**The promoter reserves the right to close all entries early should the event become oversubscribed.**

## HEALTH AND SAFETY

By entering this event you confirm that the entered particulars are correct and that you are an eligible competitor in accordance with the regulations of Swim England and will abide by the conditions laid down by the promoter for this competition. You certify that to the best of your knowledge you are physically fit and able to take part in Masters training sessions and competitive events, and have not been advised otherwise by a Medical Adviser.

## LIMIT OF LIABILITY

In the event of the meet being cancelled for whatever reason event entry fees will be refunded. The promoter accepts no responsibility for any consequential costs.

## DISPUTES

Any matters not provided for in these conditions shall be decided by the Promoter.

If you have any queries, please contact the Meet Promoter:

Jenny Davis, by email [masters@norfolkswimming.org.uk](mailto:masters@norfolkswimming.org.uk) or by Phone 07766 833148

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