



SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & Swim England East)

24th Masters & Senior Age Group (16-24)

Valentines Open Meet

(Held Under ASA Laws & Regulations and ASA Masters Technical Rules of Racing)

Sunday 17th February 2019

Kingfisher Leisure Centre, Sudbury



24th Masters & Senior Age Group Valentines Open Meet

**Incorporating the
Suffolk County ASA Masters
& Senior Age Group Championships**

Sunday 17th February 2019



ENTRY PACK

If you need further help please don't hesitate to email or look us up on the Internet at

www.sudburyswimming.org.uk

Where general information about us and further entry packs can be found.



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Dear Swimmer

Please find enclosed details about the Programme of Events and Entry Form for the 24th Sudbury Masters & Senior Age Group Valentines Open Meet incorporating the Suffolk County ASA Masters & Senior Age Group Championships for 2019, to be held at the Kingfisher Leisure Pool, Sudbury, Suffolk.

All Suffolk swimmers if eligible will be automatically entered in the Suffolk County ASA Masters & Senior Age Group Championships with medals on offer for the first three in each age group category and each event.

Please note that the Seniors Age Group at this meet is 16 – 24 years.

This meet is an absolute must for Masters new to the sport and for those looking to improve their times and maybe break a record or two along the way.

We know you will enjoy a great day with us and we look forward to receiving your entry.

Karen Bedford

Email: sdsc.galas@gmail.com



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Conditions

- 1 All entrants must be members of an ASA, SASA or WASA affiliated club.
- 2 Age as at 31st December in the year of competition.
- 3 Entries will be accepted on a 'first come – first served' basis, based on day of receipt for Category 2 registered swimmers. Entries from Category 1 registered swimmers may be accepted for 'Time only' swims if the meet is not oversubscribed.
- 4 Results will be split into the following age groups 16-24, 25-29 and then 5 year age groups as necessary with the final group being 70yrs+.
- 5 All events will be Heat Declared Winners.
- 6 Awards will be made to the fastest 3 swimmers in each age group and each event as follows: Commemorative medals for non Suffolk swimmers, Suffolk County medals for eligible Suffolk swimmers. There will be awards for the Top Visiting Club, Top Male and Top Female based on 6 points for 1st place down to 1 point for 6th place. In the event of a tie, the Promoters decision will be final.
- 7 To be eligible for Suffolk County Medals, swimmers must have a Suffolk club as their Ranked Club and must not represent another County or compete in another County's Championships in the same calendar year.
- 8 'Over the top' starts will be used wherever possible.
- 9 200m & 400m events may be swum with men & women seeded together, depending on the number of entries received, but there will be separate results produced for all combined events.
- 10 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.
- 11 Results will be available on the club's website or can be issued in electronic format (HTML) please provide a USB Memory stick on the day of the meet, NO CD/DVD's.
- 12 The pool is a 25m 6 lane pool with anti-turbulence lane ropes and full electronic timing. The depth in lane 6 is 1.00m and in lane 1 is 2.00m. The height of the starting blocks above the surface of the water is 630mm.
- 13 Entries to be made on the enclosed form only (please feel free to photocopy) but only forms with original signatures will be accepted.
- 14 This will be a cardless meet. Accepted entries will be posted on the club's website soon after the closing date.
- 15 We will be using a secondary signing in system on the day and will assume that any entries left blank are due to the competitor either not being at the meet or has chosen not to swim that particular event and they will be withdrawn before the finalised start sheets are produced.
- 16 Entry fees will be **£4.50** per event. Cheques should be made payable to Sudbury & District Swimming Club (S.D.S.C.) Competitors wishing to pay by direct bank transfer please contact the promoter for SDSC Bank Account details.
- 17 **CLOSING DATE FOR ENTRIES IS SATURDAY JANUARY 19th 2019.**
- 18 Anything not covered by the above conditions will be at the discretion of the Promoters – Sudbury & District Swimming Club. The promoter's decision is final.
- 19 Contact sdsc.galas@gmail.com if further information is required.



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Programme of Events

Session 1 WARM UP - 9.00am START - 9.20am

- Event 1 Male 400m Freestyle
- Event 2 Female 400m Freestyle

Session 1a WARM UP - TBA START - TBA

- Event 3 Male 50m Backstroke
- Event 4 Female 50m Backstroke
- Event 5 Male 100m Breaststroke
- Event 6 Female 100m Breaststroke
- Event 7 Male 200m Butterfly
- Event 8 Female 200m Butterfly
- Event 9 Male 100m Freestyle
- Event 10 Female 100m Freestyle

Session 2 WARM UP – TBA START - TBA

- Event 11 Male 200m Individual Medley
- Event 12 Female 200m Individual Medley
- Event 13 Male 50m Freestyle
- Event 14 Female 50m Freestyle
- Event 15 Male 100m Backstroke
- Event 16 Female 100m Backstroke
- Event 17 Male 200m Breaststroke
- Event 18 Female 200m Breaststroke
- Event 19 Male 100m Butterfly
- Event 20 Female 100m Butterfly

Session 3 WARM UP – TBA START - TBA

- Event 21 Male 200m Backstroke
- Event 22 Female 200m Backstroke
- Event 23 Male 50m Butterfly
- Event 24 Female 50m Butterfly
- Event 25 Male 100m Individual Medley
- Event 26 Female 100m Individual Medley
- Event 27 Male 50m Breaststroke
- Event 28 Female 50m Breaststroke
- Event 29 Male 200m Freestyle
- Event 30 Female 200m Freestyle



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Male Entry Form

Name (As registered with the ASA).....

Email

Telephone Number..... Date of Birth/...../.....

ASA Reg No..... ASA Category..... CLUB

Suffolk Swimmers Only: I comply with Condition 7 and am eligible for Suffolk County Medals -

Please delete as relevant (if left blank we will assume the answer is NO)

YES/NO

| Event | Distance/Stroke | Time |
|-------|-------------------|------|
| 1 | 400m Freestyle | |
| 3 | 50m Backstroke | |
| 5 | 100m Breaststroke | |
| 7 | 200m Butterfly | |
| 9 | 100m Freestyle | |
| 11 | 200m I.M. | |
| 13 | 50m Freestyle | |
| 15 | 100m Backstroke | |

| Event | Distance/Stroke | Time |
|-------|-------------------|------|
| 17 | 200m Breaststroke | |
| 19 | 100m Butterfly | |
| 21 | 200m Backstroke | |
| 23 | 50m Butterfly | |
| 25 | 100m I.M. | |
| 27 | 50m Breaststroke | |
| 29 | 200m Freestyle | |
| | | |

| | | | | | |
|---------------|--|---------|---|---|-------------------------|
| No of Entries | | @ £4.50 | £ | : | Cheques payable to SDSC |
|---------------|--|---------|---|---|-------------------------|

IMPORTANT – PLEASE READ THIS STATEMENT CAREFULLY BEFORE SIGNING.

- I hereby declare that the particulars supplied are correct and that I am an eligible competitor in accordance with the laws of the ASA and will abide by the conditions laid down the Association and SDSC for this competition and be governed by the rules of the ASA and all other laws and regulations applicable including ASA Safety Laws.
- 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.
- 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.
- 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.
- 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.
- I acknowledge that British Swimming, The Amateur Swimming Association, 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.
- 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:-

Mrs Karen Bedford, 2 Cedar Walk, Acton, Sudbury, Suffolk, CO10 0UN

CLOSING DATE Saturday 19th January 2019



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Female Entry Form

Name (As registered with the ASA).....

Email

Telephone Number..... Date of Birth/...../.....

ASA Reg No..... ASA Category..... CLUB

Suffolk Swimmers Only: I comply with Condition 7 and am eligible for Suffolk County Medals -

Please delete as relevant (if left blank we will assume the answer is NO)

YES/NO

| Event | Distance/Stroke | Time |
|-------|-------------------|------|
| 2 | 400m Freestyle | |
| 4 | 50m Backstroke | |
| 6 | 100m Breaststroke | |
| 8 | 200m Butterfly | |
| 10 | 100m Freestyle | |
| 12 | 200m I.M. | |
| 14 | 50m Freestyle | |
| 16 | 100m Backstroke | |

| Event | Distance/Stroke | Time |
|-------|-------------------|------|
| 18 | 200m Breaststroke | |
| 20 | 100m Butterfly | |
| 22 | 200m Backstroke | |
| 24 | 50m Butterfly | |
| 26 | 100m I.M. | |
| 28 | 50m Breaststroke | |
| 30 | 200m Freestyle | |
| | | |

| | | | | | |
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