

Sudbury and District Swimming Club

(Affiliated to ASA East Region & Suffolk ASA)

Last Chance Time Trial

(Under ASA Laws and Technical Rules of Racing)

This is a Level 4 Licensed Meet – License Number - tba

Saturday January 9th / Sunday 10th 2010
Kingfisher Leisure Pool, Sudbury

PROGRAMME OF EVENTS

SESSION 1 Saturday 9th WARM UP 12.00pm START 12.30pm

Event 1	Male	200m Backstroke
Event 2	Female	200m Backstroke
Event 3	Male	50m Breaststroke
Event 4	Female	50m Breaststroke
Event 5	Male	100m Freestyle
Event 6	Female	100m Freestyle

SESSION 2 Saturday 9th WARM UP TBA START TBA

Event 7	Male	100m IM
Event 8	Female	100m IM
Event 9	Male	200m Butterfly
Event 10	Female	200m Butterfly
Event 11	Male	50m Freestyle
Event 12	Female	50m Freestyle

SESSION 3 Saturday 9th WARM UP TBA START TBA

Event 13	Male	100m Breaststroke
Event 14	Female	100m Breaststroke
Event 15	Male	200m Freestyle
Event 16	Female	200m Freestyle

SESSION 4 Sunday 10th WARM UP 9.00am START 9.30am

Event 17	Male	400m IM
Event 18	Female	400m IM
Event 19	Male	50m Butterfly
Event 20	Female	50m Butterfly
Event 21	Male	100m Backstroke
Event 22	Female	100m Backstroke
Event 23	Male	200m Breaststroke
Event 24	Female	200m Breaststroke

SESSION 5 Sunday 10th WARM UP TBA START TBA

Event 25	Male	400m Freestyle
Event 26	Female	400m Freestyle
Event 27	Male	200m IM
Event 28	Female	200m IM
Event 29	Male	50m Backstroke
Event 30	Female	50m Backstroke
Event 31	Male	100m Butterfly
Event 32	Female	100m Butterfly

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Rules and Conditions

1. All entrants must be members of an ASA affiliated club.
2. Age as at date of gala (January 10th 2010), however, any swimmer aged 8 who will be 9 before March 21st 2010 will be permitted to enter the competition provided they have achieved the consideration time.
3. Swimmers with times slower than the consideration times will be allowed to swim provided they have entered prior to the competition and at the discretion of the promoter. If the event is over subscribed, priority will be given to Sudbury & District swimmers.
4. Events will be HDW and seeded slowest to fastest. Each heat will be spearheaded. The Promoter reserves the right to modify the seeding arrangements should conditions demand.
5. There will be no prizes or medals
6. No swimmer may enter the water during warm up unless under the supervision of his or her team coach. There will be **no diving** during the warm up periods except in designated sprint lanes.
7. The pool 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 650mm. Only swimmers who have achieved the ASA Competitive Start Award or equivalent are permitted to use the starting blocks. Swimmers who are starting in the water must report to the Referee.
8. ‘Over the top’ starts may be operated in the interests of time. We also reserve the right to restrict the number of entries per event (priority will be given to those swimmers who have not already achieved a Suffolk County Championship qualifying time).
9. Entry cards will be sent to each competing club prior to the event.
10. The closing date for entries is **Sunday 6th December 2009**

The entry fee per individual event entered is £2.75. Cheques to be made payable to **Sudbury and District S C** and sent with a SAE for entry confirmation to:
Robin Deal, 1 Lionel Hurst Close, Great Cornard, Sudbury, Suffolk, CO10 0YX.

Any situation not covered by the above will be dealt with at the discretion of the promoter.