

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 - 4ER9106

Saturday January 10th 2009 – Kingfisher Leisure Pool, Sudbury

Rules and Conditions

1. All entrants must be members of an ASA affiliated club.
2. Age as at date of gala (January 10th 2009), however, any swimmer aged 8 who will be 9 before March 22nd 2009 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 497mm. 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 7th December 2008**

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.