



**SUDBURY & DISTRICT SWIMMING CLUB**  
(Affiliated to the ASA East Region & Suffolk County ASA)  
**15<sup>th</sup> Masters & Senior Age Group (16-24) Valentines**  
**Sprint Meet incorporating the Suffolk County ASA Masters**  
**& Senior Age Group (16 -24) Championships**  
**SATURDAY FEBRUARY 13<sup>TH</sup> 2010**  
**Kingfisher Leisure Pool, Sudbury CO10 2SU**

Dear Swimmer

Please find attached Entry Forms for the 15<sup>th</sup> Sudbury Masters and Senior Age Group Valentines Sprint Meet incorporating the Suffolk County ASA Masters and Senior Age Group Championships 2010 to be held at the Kingfisher Leisure Pool, Sudbury Suffolk on Saturday February 13<sup>th</sup> 2010.

All Suffolk swimmers will automatically be 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.

In line with last year, we are keeping the minimum age for entry at 16 for both male and female competitors to hopefully enthuse and encourage life long participation in competitive swimming.

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.

*Martin Rides*

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## CONDITIONS

1. **Eligibility:** Open to all swimmers who are registered ASA members of affiliated Clubs.
2. **Ages as at 31st December** in the year of competition.
3. **Age Groups:** As stated on the entry form.
4. **Individual Events:** Will be seeded slowest to fastest irrespective of age. Entries without a submitted time will be seeded as slowest. All heats will be 'spear headed'. When possible, 'over the top starts' may be used.
5. **HDW.** The Heat Declared Winner system will operate for each event and age group.
6. **Awards:** First 3 Male and Female swimmers in each age group and each event will receive an award. There will also be **Top Visiting Club, Top Male and Top Female** awards based on individual events only (6 points for first place, 5 for 2nd, 4 for 3rd, 3 for 4th, 2 for 5th and 1 point for 6th place).
7. Results will be available on our website [www.sudburyswimming.org.uk](http://www.sudburyswimming.org.uk)
8. **Entry Cards:** Cards to be posted at the designated point 30 minutes before the start of the first event
9. **Pool:** 25 Metre, 6 Lane Pool with Anti-turbulence Lane Ropes & Full Electronic Timing
10. **General:** Should the event be over subscribed, entries will be on a 'first come, first served' basis. Anything not covered by the above conditions will be at the discretion of the promoters: Sudbury & District Swimming Club.

## Event Schedule

SESSION ONE		SESSION TWO	
WARM UP 1230 - START 1315		WARM UP & START - TBA	
Event 1	200m Freestyle Female	Event 7	100m IM Female
Event 2	200m Freestyle Male	Event 8	100m IM Male
Event 3	50m Butterfly Female	Event 9	50m Breast Female
Event 4	50m Butterfly Male	Event 10	50m Breast Male
Event 5	50m Backstroke Female	Event 11	50m Freestyle Female
Event 6	50m Backstroke Male	Event 12	50m Freestyle Male