



SUDBURY & DISTRICT SWIMMING CLUB
(Affiliated to Suffolk County ASA & ASA East Region)
17th Masters & Senior Age Group (16-24)
Valentines Open Meet
(Held Under ASA Law and Technical Rules)



17th Masters & Senior Age Group Valentines Open Meet

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

Sunday 19th February 2012



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 17th Sudbury Masters & Senior Age Group Valentines Open Meet incorporating the Suffolk County ASA Masters & Senior Age Group Championships for 2012, to be held at the Kingfisher Leisure Pool, Sudbury, Suffolk.

All Suffolk swimmers 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.

This year we have moved the gala to a Sunday as it gives us more pool time and we hope you like the addition of the four 100m single stroke events to the programme.

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

Karen Bedford

Email: karen.bedford@talktalk.net



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Conditions

- 1 All entrants must be members of an ASA affiliated club.
- 2 Age as at 31st December in the year of competition.
- 3 All entries will be accepted on a 'first come – first served' basis, based on day of receipt.
- 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. 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 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.
- 8 The competition will be held under the 'One start Rule'. 'Over the top' starts will be used wherever possible.
- 9 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.
- 10 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.
- 11 Entry fees will be **£4.00** 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.
- 12 Entries to be made on the enclosed form only (please feel free to photocopy) but only forms with original signatures will be accepted.
- 13 **CLOSING DATE FOR ENTRIES IS FRIDAY JANUARY 20th 2012.**
- 14 Confirmed entries will be posted on the club's website soon after the closing date. Confirmation of entries will be by email, if you have no email address then an SAE must be included.
- 15 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.

Programme of Events

Session 1

WARM UP	10.30am	START	11.00am
Event 1	Male	200m	Freestyle
Event 2	Female	200m	Freestyle
Event 3	Male	50m	Backstroke
Event 4	Female	50m	Backstroke
Event 5	Male	100m	Breaststroke
Event 6	Female	100m	Breaststroke
Event 7	Male	50m	Butterfly
Event 8	Female	50m	Butterfly
Event 9	Male	100m	Freestyle
Event 10	Female	100m	Freestyle

Session 2

WARM UP & START	- TBA
Event 11	Male 100m Individual Medley
Event 12	Female 100m Individual Medley
Event 13	Male 50m Freestyle
Event 14	Female 50m Freestyle
Event 15	Male 100m Butterfly
Event 16	Female 100m Butterfly
Event 17	Male 50m Breaststroke
Event 18	Female 50m Breaststroke
Event 19	Male 100m Backstroke
Event 20	Female 100m Backstroke



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Entry Form

Name (As registered with the ASA).....
 Address.....
 Town County Post Code.....
 Telephone Number..... Date of Birth/...../.....
 ASA Reg No..... CLUB

Email.....

MALE / FEMALE (Delete as applicable)

Event No		Distance/Stroke	Please enter a realistic time
M	F		
1	2	200m Freestyle	
3	4	50m Backstroke	
5	6	100m Breaststroke	
7	8	50m Butterfly	
9	10	100m Freestyle	

Event No		Distance/Stroke	Please enter a realistic time
M	F		
11	12	100m I.M.	
13	14	50m Freestyle	
15	16	100m Butterfly	
17	18	50m Breaststroke	
19	20	100m Backstroke	

No of Entries		@ £4.00	£	:	Cheques payable to SDSC
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IMPORTANT – PLEASE READ THIS STATEMENT CAREFULLY BEFORE SIGNING.

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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 together with an SAE, if you have no email address, to:-

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

CLOSING DATE Friday 20th January 2012