



# SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & ASA East Region)

## RECESSION OPEN MEET

(Held Under ASA Law and Technical Rules)

**Saturday 24<sup>th</sup> OCTOBER 2009**

Kingfisher Leisure Centre, Sudbury



### **CONDITIONS OF ENTRY**

- 1 All entrants must be members of an ASA affiliated club.
- 2 Age as at date of gala (24<sup>th</sup> October 2009). Entries will be accepted for 9 year old Girls and Boys and 10 year old Boys in all events except for the 100m single stroke events.
- 3 The competition will be held under the 'One start Rule'. 'Over the top' starts will be used wherever possible.
- 4 Consideration times for entry will apply ie: **NO FASTER THAN** times (see enclosed charts). These are based on the 'A+' Grade qualifying times for each age group on the ASA Graded Swimming Tables.
- 5 Entries to be made on the enclosed form only (please feel free to photocopy) but only forms with original signatures will be accepted.
- 6 Submitted times **MUST** be shown for each entry and will be used for seeding purposes. The promoter reserves 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).
- 7 Entry fees will be £1.50 per event. Cheques should be made payable to Sudbury & District Swimming Club (S.D.S.C.) and sent with a **SAE** for entry confirmation to:  
Sarah Thomas, 9 Hall Rise, Sudbury, Suffolk. CO10 7NX
- 8 **CLOSING DATE FOR ENTRIES IS 30<sup>th</sup> SEPTEMBER 2009.**
- 9 All events will be Heat Declared Winner. There will be no prizes or medals.
- 10 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.
- 11 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 630mm. 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.
- 12 If the event is over subscribed, priority will be given in the following order: 1. Sudbury & District swimmers. 2. Swimmers from clubs who compete with the host club in both the Winter and Summer League. 3. Swimmers who have not already achieved a Suffolk County Championship qualifying time.
- 13 Coach Passes will be issued based on the number of swimmers competing, 1 pass for 1-10 swimmers, 2 passes for 11-20 swimmers, 3 passes for 21-30 swimmers and so on, these will be provided free of charge to include programme and results. Results can also be issued in electronic format (HTML) please provide suitable recording medium on the day of the meet, USB Memory sticks only, NO CD/DVD's.
- 14 **Clubs entering more than 6 swimmers should provide at least one official available to assist at both sessions.**
- 15 **SPECIAL NOTE: Times submitted must be for the events entered and be personal best times achieved in the last 12 months before the meet, no faster than the limits shown on the enclosed charts.**
- 16 This will be a carded meet. Entry cards will be sent to each competing club prior to the event. Please check entry cards for times and errors.
- 17 Any situation not covered by the above conditions will be at the discretion of the Promoters – Sudbury & District Swimming Club. The promoter's decision is final.
- 18 Any queries or problems, please contact the Meet Organiser: **Sarah Thomas – 07963 724580 or [dvst@abiv.fsnet.co.uk](mailto:dvst@abiv.fsnet.co.uk)**



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### **REMINDERS**

1. Please can we remind everyone that pool shoes or plastic covers are to be worn within the pool areas.
2. Sudbury & District Swimming Club and the Kingfisher Leisure Centre are not responsible for the safe keeping of personal property and valuables. Please use the lockers provided. Bags can be left in the beach area but at your own risk.
3. Whilst we have the use of the pool the Leisure Centre is still open to the public for use of the Gym and Sauna, please can we therefore ask that we respect their right to be there.
4. In line with ASA Child Protection Policy could all users of cameras, video cameras and camera phones register at the front desk and obtain the appropriate sticker.