



# WEST NORFOLK SWIMMING CLUB

Programme of Events for  
Autumn Open Sprint Meet  
Sunday 11th October 2009

At Downham Market Leisure Centre.



Session 1	
Event 1 Girls	100m Individual Medley
Event 2 Boys	50m Butterfly
Event 3 Girls	50m Freestyle
Event 4 Boys	50 Backstroke
Event 5 Girls	25m Freestyle
Event 6 Boys	25m Freestyle
Session 2	
Event 7 Boys	100m Individual Medley
Event 8 Girls	50m Butterfly
Event 9 Boys	50m Freestyle
Event 10 Girls	50m Backstroke
Event 11 Boys	50m Breaststroke
Event 12 Girls	50m Breaststroke

**Awards will be presented to the first 3 placed in all Age Groups.  
(9 yrs – 15yrs /Over)**

**9 year old age at 31.12.09 as per ASA rules 8 yr olds can then swim if not yet 9.**

**Heats will be seeded on submitted times, Final Heat will be spearheaded.**

(No entries will be accepted without submitted times)

Any obviously false times submitted will result in disqualification.

**Age on day of Open Meet.**

The pool has 5 lanes with electronic timing.

All events will be heat declared winners.

Entry Fee - £3.75 per event. Coach Passes - £10.00 Each.

**ENTRY CLOSING DATE 11<sup>th</sup> September 2009**

(Entries will be limited and allocated on a 'First come, first served' basis)

If you have any officials travelling with you, that would like to help poolside please attach a contact telephone number to the entry form.

**Spectator seating at the pool is limited. Tickets will be issued to each club depending on the number of entries.**



**Please return forms to:**

70 Landseer Drive, Downham Market, Norfolk, PE38 9NG  
[www.kingslynnwarriors.org](http://www.kingslynnwarriors.org)



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## Officials Reply Sheet

If you are a qualified official and would be willing to help at the above Meet, the club would be most grateful for any assistance.

Meal and refreshments will be provided to all those who help.

NAME	QUALIFICATION	Tel Number	Available Session 1	Available Session 2

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## Entry Form

Name		Surname	
Address			
Post Code		Tel No	
Date of Birth		Club	
ASA No		Sex	M / F

Session 1		Warm-up 09.15 for start at 10:00			
Event	Sex	Age	Stroke	Submitted Time	Cost per event £3.75
Event 1 Girls			100m Individual Medley		
Event 2 Boys			50m Butterfly		
Event 3 Girls			50m Freestyle		
Event 4 Boys			50 Backstroke		
Event 5 Girls			25m Freestyle		
Event 6 Boys			25m Freestyle		

Session 2		Warm-up 13:30pm for start at 14:15			
Event	Sex	Age	Stroke	Submitted Time	Cost per event £3.75
Event 7 Boys			100m Individual Medley		
Event 8 Girls			50m Butterfly		
Event 9 Boys			50m Freestyle		
Event 10 Girls			50m Backstroke		
Event 11 Boys			50m Breaststroke		
Event 12 Girls			50m Breaststroke		

Total Entry @ £3.75/ event \_\_\_\_\_ Coaches Passes \_\_\_\_ @ £10 each. Total Cost \_\_\_\_\_

ALL CHEQUES TO BE MADE PAYABLE TO: WEST NORFOLK SWIMMING CLUB

I certify that the above particulars are correct and the competitor is eligible under ASA law & Technical rules to compete.

Please send a large S A E with this completed form for return of cards.

Signed Club Coach or Club Official.....

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### MEET RULES AND INFORMATION

1. The Meet shall be held under A.S.A. Laws and Technical Rules.
  2. All entrants must be members of an A.S.A. affiliated club.
  3. Ages on day of Open Meet , 9 year old age at 31.12.09 as per ASA rules 8 yr olds can then swim if not yet 9.
  4. There will be two sessions with events as shown in the programme. All events will be heat declared winners.
  5. All competitors' cards must be posted in the boxes provided 45 minutes before the start of each session.
  6. All swimmers bags to be put in lockers or designated area, not on poolside.
  7. Heats will be seeded on submitted times. The Final heat will be spearheaded.
  8. The pool is 5 lanes, 25m, with electronic timing.  
The depth is 0.9m at shallow end. Starts will be from deep end except 25m Sprint which will start at shallow end.
  9. Swimmers must collect their cards from the Competitor Stewards. Swimmers for the first two events in each session should report to the Competitor Stewards five minutes before the start of the session.
  10. Any swimmer not reporting on time for the collection for their cards or their heat will be excluded from the event.
  11. Warm up
    - a. Girls only to be on poolside before warm ups, NO BOYS on poolside. (due to Leisure Centre regulations -restricted numbers
    - b. Girls will warm-up promptly at the beginning of 1st session, Boys at the beginning of 2<sup>nd</sup>
    - c. Boys must not enter the pool until the girls have cleared the pool completely.
    - d. In the warm up odd numbered lanes to swim clockwise even numbered lanes to swim anticlockwise
    - e. Coaches / Team Managers are responsible for their swimmers during the warm-up..
  12. Any swimmer not reporting on time for the collection for their cards or their heat will be excluded from the event.
  13. Awards will be presented to the first three fastest swimmers in each event in each age group at the end of each session.
  14. In the event of a tie, a swim off will be held at the discretion of the Promoters.
  15. Admission for spectators will be charged at
    - a. £2.50 per session including programme.
    - b. Concessions and Under 16's £1.50 entry including programme.
  16. The pool and spectators area will be cleared between sessions and all spectators, swimmers and Coaches are requested to take their belongings with them. This is a request from the pool management.
  17. West Norfolk Swimming Club cannot be held responsible for unattended or lost belongings.
  18. The promoters reserve the right to refuse admission to any person.
  19. The promoters reserve the right to extend the warm-up session to prevent overcrowding.
  20. Anything not covered within the Meet Rules to be at the discretion of the Promoters,
- WEST NORFOLK SWIMMING CLUB.