

# NORFOLK COUNTY CHALLENGE GALA

At Thetford 23<sup>rd</sup> & 24<sup>th</sup> June 2018

Licence TBA

- The gala will be held under ASA Laws and Regulations, ASA Technical Rules of Racing and to ASA Open Meet Licensing Criteria.
- Entrants must be a member of a club affiliated to Norfolk County ASA and registered with the ASA as a Category 2 swimmer.
- Age as of 31st December 2018
- Only swimmers whose times are SLOWER than the cut-off times but FASTER than or equal to the qualifying times may enter. Entry times submitted must be the fastest times achieved by a swimmer in the 12 months preceding the deadline. Entries will be rejected if there are no entry times submitted.
- If false entry times are submitted disciplinary action will be taken against the swimmer and/or club. Any awards won will be forfeited if competitors are found to be ineligible.
- Age groups are 10y, 11y, 12y, 13y, 14y, 15y and 16y & over.
- Clubs must submit entries using Sportsystems Entry Manager submitting all entries to Liam Harvey ([liam@norfolkswimming.org.uk](mailto:liam@norfolkswimming.org.uk)) by email no later than the deadline. Payment to be by BACS to the County Account or club cheque (1 per club). Cheques must be sent to the Hon. Treasurer, 9 Meadow View, Brundall, Norwich NR13 5RR. The County Bank details are Sort Code 010628 Account No 44062311.
- The Promoter reserves the right to reject entries to ensure that the gala meets the ASA Open Meet Licensing Criteria. **Rejections will start with the slowest swimmer in each age group and continue until the gala meets the criteria.** The Promoter reserves the right to make rejections by event and or session
- Events will be seeded based on entry times and swum as mixed age groups.
- Results will be declared by age group from the heats.
- It is the responsibility of the club to advise the gala organisers if they have swimmers not swimming either before the day of the meet in writing or via e-mail or on the day by completing a withdrawal form before the warm up for the session starts. This will prevent the gala running with empty lanes. Any deviations from this condition may only be at the discretion of the Lead referee and/or Promoter.
- The fastest 3 swimmers in each age group will receive awards and will score points which will count towards the top club trophy. Points will be awarded as follows. 1<sup>st</sup> – 6 points, 2<sup>nd</sup> – 5, 3<sup>rd</sup> – 4, 4<sup>th</sup> – 3, 5<sup>th</sup> – 2, 6<sup>th</sup> – 1
- The time allocated for the warm up at the start of each session may be extended to prevent overcrowding. This may lead to the advertised start times being changed. Competitors are requested to report to the Chief Marshall when called.
- All clubs entering this gala are entitled to a minimum of 2 poolside passes for coaches/team managers. Additional passes (1 per 10 swimmers) for clubs with more than 20 swimmers will be issued as appropriate. The county requests that clubs have sufficient coaches/team managers on poolside (and recommends 1 per 10 swimmers)
- Entry Fees: - £5.00 per event. Closing date for entries is Midday on 26<sup>th</sup> May 2018**
- The Promoters reserve the right to refuse admission to any competitor, coach or spectator.
- The Promoter reserves the right to decide on any point not covered by these conditions and to make any changes necessary for the smooth running of the gala. Any changes will be within ASA Laws and Regulations, ASA Technical Rules of Racing and the ASA Open Meet Licensing Criteria.
- All participants must observe the safety precautions in operation at the pool. Norfolk County ASA is not responsible for any loss, damage or injury occurring during this meet.

Saturday 23/06/18 - Warm up 0830					Sunday 24/06/18 - Warm up 0830				
Day 1 Session A					Day 2 Session C				
1	Girls	All ages	200m	Back	15	Boys	All ages	200m	Back
2	Boys	All ages	200m	Breast	16	Girls	All ages	200m	Breast
3	Girls	All ages	50m	Free	17	Boys	All ages	50m	Free
4	Boys	All ages	50m	Back	18	Girls	All ages	50m	Back
5	Girls	All ages	100m	Breast	19	Boys	All ages	100m	Breast
6	Boys	All ages	100m	Fly	20	Girls	All ages	100m	Fly
7	Girls	12/OV	200m	IM	21	Boys	12/OV	200m	IM
Saturday 23/06/18 - Warm up TBA					Sunday 24/06/18 - Warm up TBA				
Day 1 Session B					Day 2 Session D				
8	Boys	All ages	200m	Free	22	Girls	All ages	200m	Free
9	Girls	12&OV	200m	Fly	23	Boys	All ages	200m	Fly
10	Boys	All ages	50m	Fly	24	Girls	All ages	50m	Fly
11	Girls	All ages	50m	Breast	25	Boys	All ages	50m	Breast
12	Boys	All ages	100m	Back	26	Girls	All ages	100m	Back
13	Girls	All ages	100m	Free	27	Boys	All ages	100m	Free
14	Boys	11/UN	100m	IM	28	Girls	11/UN	100m	IM

# NORFOLK COUNTY CHALLENGE GALA

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## CUT OFF TIMES

Swimmers may only enter the event if their time is  
**SLOWER** than the cut-off times listed below

Age as of 31/12/2018			10y	11y	12y	13y	14y	15y	16 & Over
Girls	50m	Freestyle	33.81	33.81	32.81	30.18	29.81	29.41	28.71
Girls	100m	Freestyle	1:14.11	1:14.11	1:13.11	1:06.13	1:05.41	1:03.31	1:01.94
Girls	200m	Freestyle	2:43.51	2:43.51	2:45.31	2:23.51	2:20.91	2:15.99	2:13.41
Girls	50m	Breaststroke	43.21	43.21	41.21	40.01	38.03	38.71	37.54
Girls	100m	Breaststroke	1:37.01	1:37.01	1:34.71	1:27.61	1:23.84	1:24.01	1:21.66
Girls	200m	Breaststroke	3:37.41	3:37.41	3:26.11	3:06.71	2:58.95	2:58.51	2:55.28
Girls	50m	Butterfly	38.01	38.01	37.61	33.54	32.41	31.77	31.58
Girls	100m	Butterfly	1:31.71	1:31.71	1:26.91	1:17.00	1:17.71	1:12.71	1:11.88
Girls	200m	Butterfly	3:47.31	3:47.31	3:31.41	3:03.61	3:11.61	2:45.43	2:43.81
Girls	50m	Backstroke	37.91	37.91	38.01	34.67	34.21	33.61	32.45
Girls	100m	Backstroke	1:21.91	1:21.91	1:24.01	1:18.21	1:15.91	1:12.91	1:09.77
Girls	200m	Backstroke	3:00.31	3:00.31	2:59.81	2:43.71	2:43.71	2:37.81	2:30.88
Girls	100m	IM	N/A	N/A					
Girls	200m	IM			3:05.01	2:47.11	2:41.01	2:36.81	2:32.17
Age as of 31/12/2018			10y	11y	12y	13y	14y	15y	16 & Over
Boys	50m	Freestyle	34.81	34.81	31.51	29.62	27.91	27.02	26.07
Boys	100m	Freestyle	1:17.91	1:17.91	1:12.21	1:06.71	1:02.10	58.46	57.26
Boys	200m	Freestyle	2:52.71	2:52.71	2:33.51	2:22.91	2:16.81	2:08.91	2:04.67
Boys	50m	Breaststroke	46.91	46.91	41.66	38.53	37.31	35.26	34.51
Boys	100m	Breaststroke	1:42.51	1:42.51	1:37.31	1:26.18	1:23.41	1:16.83	1:14.91
Boys	200m	Breaststroke	3:33.01	3:33.01	3:27.71	3:08.46	3:14.31	2:45.82	2:41.44
Boys	50m	Butterfly	40.21	40.21	35.41	32.83	31.34	30.08	28.83
Boys	100m	Butterfly	1:34.51	1:34.51	1:23.71	1:27.71	1:12.41	1:06.71	1:04.68
Boys	200m	Butterfly	3:49.01	3:49.01	3:27.21	3:01.34	3:00.91	2:44.71	2:28.12
Boys	50m	Backstroke	41.01	41.01	38.21	34.91	33.71	31.32	30.53
Boys	100m	Backstroke	1:28.81	1:28.81	1:24.31	1:14.73	1:12.31	1:07.47	1:05.36
Boys	200m	Backstroke	1:19.51	1:19.51	3:09.31	2:43.11	2:37.01	2:25.51	2:20.10
Boys	100m	IM	N/A	N/A					
Boys	200m	IM			2:56.61	2:44.41	2:34.01	2:26.04	2:21.86

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## QUALIFYING TIMES

Swimmers may only enter the event if their time is  
**FASTER** or **EQUAL** to the qualifying time listed below

Age as of 31/12/2018			10y	11y	12y	13y	14y	15y	16 & Over
Girls	50m	Freestyle	42.58	42.58	39.95	37.21	34.98	32.98	30.84
Girls	100m	Freestyle	1:40.60	1:40.60	1:25.70	1:16.50	1:13.50	1:09.70	1:05.00
Girls	200m	Freestyle	3:27.50	3:27.50	2:52.60	2:45.20	2:39.50	2:34.40	2:21.70
Girls	50m	Breaststroke	55.99	55.99	52.58	47.71	44.43	43.54	40.87
Girls	100m	Breaststroke	2:01.00	2:01.00	1:52.80	1:37.20	1:33.10	1:31.70	1:25.20
Girls	200m	Breaststroke	4:20.60	4:20.60	3:50.00	3:27.50	3:16.40	3:13.40	3:05.60
Girls	50m	Butterfly	57.81	57.81	50.23	45.86	38.92	35.98	32.81
Girls	100m	Butterfly	1:50.30	1:50.30	1:41.90	1:37.80	1:32.70	1:22.30	1:17.60
Girls	200m	Butterfly	3:51.70	3:51.70	3:45.00	3:40.70	3:29.50	3:19.40	2:51.80
Girls	50m	Backstroke	49.08	49.08	45.08	42.13	39.94	37.98	35.95
Girls	100m	Backstroke	1:40.50	1:40.50	1:35.60	1:24.80	1:20.30	1:19.40	1:16.90
Girls	200m	Backstroke	3:52.30	3:52.30	3:35.50	3:04.40	3:00.00	2:53.10	2:38.20
Girls	100m	IM	1:35.00	1:35.00					
Girls	200m	IM			3:30.70	3:04.60	3:00.00	2:52.00	2:45.20
Age as of 31/12/2018			10y	11y	12y	13y	14y	15y	16 & Over
Boys	50m	Freestyle	42.48	42.48	37.59	35.48	33.24	31.98	29.20
Boys	100m	Freestyle	1:38.20	1:38.20	1:24.70	1:15.50	1:10.80	1:08.80	1:04.80
Boys	200m	Freestyle	3:25.00	3:25.00	2:52.60	2:45.20	2:36.50	2:34.40	2:19.50
Boys	50m	Breaststroke	50.20	50.20	49.20	48.30	46.87	41.18	38.50
Boys	100m	Breaststroke	1:59.50	1:59.50	1:52.70	1:45.50	1:39.20	1:32.60	1:22.50
Boys	200m	Breaststroke	4:32.50	4:32.50	3:48.20	3:41.20	3:35.60	3:29.70	2:54.10
Boys	50m	Butterfly	57.81	57.81	50.23	43.85	38.92	35.81	31.36
Boys	100m	Butterfly	1:48.00	1:48.00	1:42.30	1:37.20	1:33.10	1:25.70	1:10.50
Boys	200m	Butterfly	3:51.70	3:51.70	3:45.20	3:30.50	3:25.00	3:19.40	2:51.80
Boys	50m	Backstroke	49.08	49.08	44.15	42.13	38.15	37.98	35.16
Boys	100m	Backstroke	1:42.90	1:42.90	1:37.10	1:33.50	1:27.60	1:17.90	1:12.30
Boys	200m	Backstroke	3:52.30	3:52.30	3:35.50	3:04.40	3:00.00	2:53.10	2:29.10
Boys	100m	IM	1:45.00	1:45.00					
Boys	200m	IM			3:30.70	3:04.60	3:00.00	2:52.00	2:33.60

# NORFOLK COUNTY CHALLENGE GALA

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## CLUB DATA CAPTURE FORM

SURNAME:		Club:
Forename:		ASA Reg No:
Date of birth:	Age on day: (as of 31/12/2018)	Sex (M/F):
Address:		
Address:		
Address:		
Post code:		Telephone:
E-mail:		

Please remember there are both **QUALIFYING TIMES** and **CUT OFF TIMES**, only swimmers whose times are SLOWER than the cut-off times and faster than or equal to the qualifying times may enter. Entry times submitted must be the fastest times achieved by a swimmer in the 12 month preceding the deadline. Entries will be rejected if there are no entry times submitted.

			Entry times	Please return this form to Julie Munnings with a cheque made payable to Diss Otters Swimming Club or via BACS. If your payment is not received at the time of entry (Sunday 20 <sup>th</sup> May) your entry will not be submitted.
50m	(All age groups)	Freestyle		
100m	(All age groups)	Freestyle		
200m	(All age groups)	Freestyle		
50m	(All age groups)	Backstroke		
100m	(All age groups)	Backstroke		
200m	(All age groups)	Backstroke		
50m	(All age groups)	Breaststroke		
100m	(All age groups)	Breaststroke		
200m	(All age groups)	Breaststroke		
50m	(All age groups)	Butterfly		
100m	(All age groups)	Butterfly		
200m	(All age groups)	Butterfly		
100m	(11 years & Under)	IM		
200m	(12 years & Over)	IM		

Total No. Events entered =	Total payment due at £5.00 per event = £	Plus £5 DOSC Coaching Fee
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I declare that I am an eligible competitor as defined by A.S.A. law and by the rules of the Norfolk County A.S.A. and that I have reached the standard of the A.S.A. competitive start award.  
I agree to abide by the promoters conditions and County rules for these galas.

Signature of Competitor:	Signature of Club Official:
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