

# THETFORD DOLPHINS

## Amateur Swimming Club

(Affiliated to Swim England, ASA East Region & Norfolk County A.S.A.)

Founded in 1971 at Staniforth High School by Tony Hegarty



# Nifty Fifties

## OPEN MEET September 9<sup>th</sup> 2018

Held under ASA Laws and Regulations, ASA Technical Rules of Racing and to ASA Open Meet Licensing Criteria

Level 3 Licence 3ER181756

At Waterworld, Croxton Road Thetford a 6x25m pool with Electronic timing.

### Schedule of Events

Session 1 Warm-up 0830				
1	Girls	9y & over	50m	Back
2	Boys	9y & over	50m	Breast
3	Girls	9y & over	50m	Fly
4	Boys	9y & over	100m	IM
5	Girls	9y & over	50m	Free

Age groups 9y 10y 11y 12y

Session 2 Warm-up 1230*				
6	Boys	9y & over	50m	Back
7	Girls	9y & over	50m	Breast
8	Boys	9y & over	50m	Fly
9	Girls	9y & over	100m	IM
10	Boys	9y & over	50m	Free

\* The warm up for session 2 will start

13y 14y 15 & Over approximately one hour after the completion of session 1 but no earlier than 1230

Awards to first 6 swimmers in each event/age group

Entry fees are £4.50 per event (swimmers may enter all 5 events in their age group for £20)

Closing date for DOSC entries is Sunday 22<sup>nd</sup> July 2018

For more information contact Robin Barrett

01842754273 Thetforddolphinsopenmeets@gmail.com

# THETFORD DOLPHINS OPEN MEET- SEPTEMBER 9th 2018

License 3ER181756 - closing date for entries August 10<sup>th</sup> 2018

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## CONDITIONS/INFORMATION FOR THE NIFTY 50,s 2018

1. This Competition is licensed by the ASA and will be held under ASA Laws and Regulations, ASA Technical Rules of Racing and to ASA Open Meet Licensing Criteria.
2. The Promoter is Karen Darton on behalf of Thetford Dolphins Swimming Club.
3. Entrants must be ASA Registered Category 2 members, belong to an affiliated club and enter in the name of one club only.
4. The competition will take place at the Waterworld pool, Thetford on September 9th 2018
5. Entry fees are £4.50 per event (swimmers may enter all 5 events in their own age group for £20).
6. Closing date for DOSC entries is Sunday 22<sup>nd</sup> July 2018.
7. Entry time must be slower than the cut-off times
8. Age as of September 9th 2018 .
9. Swimmers may only enter events, as listed in the schedule, in their own age group. The age groups are 9y 10y, 11y, 12y, 13y, 14y and 15y & over.
10. Events will be seeded based on entry times and swum as mixed age groups.
11. It is the responsibility of visiting clubs to ensure that all swimmers have reached the standard of the ASA Competitive Start Award. Over the top starting will be used on all strokes except backstroke.
12. Thetford Dolphins request that visiting clubs have sufficient chaperones on poolside and suggests 1 per 12 swimmers
13. Entries must have been completed correctly, submitted by the specified date and accepted by the promoters for an entry to be valid. Clubs entering more than 5 swimmers should submit a consolidated entry using the Sportsystem Entry Manger software. Payment by a single club cheque (payable to Thetford Dolphins) or BACS preferred.
14. Details of entries to the meet will be held on a computer and consent, as required by the Data Protection Act 1998 to the holding of personal information on computer, will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoter.
15. Entries will be accepted on a first come First Served Basis. The Promoter reserves the right to close entries early and/or to reject entries to ensure that the meet complies with the ASA Open Meet Licensing Criteria. An early closure will be announced on the club website. Rejections will start with the last club received and continue until the gala meets the criteria. The Promoter reserves the right to close entries or make rejections by event and or session.
16. Clubs are requested to nominate a member of the club to act as a contact in the event of any queries.
17. 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.
18. Competitors for the first event in each session should report to the stewards immediately after the warm-up. All others to report 1 event prior to their own. Competitors failing to report on time may be excluded from the event.
19. Results will be declared by age group from the heats. The fastest 6 swimmers in each age group will receive awards and will score points which will count towards the top visiting club trophy. Points will be awarded as follows. 1st – 6 points, 2nd – 5, 3rd – 4, 4th – 3, 5th – 2, 6th – 1
20. Poolside passes for coaches/team managers, which includes entry to the meet, tea or coffee on arrival and a programme are available for clubs at £10 each.
21. The warm up for session 2 which will start approximately 1 hour after the completion of session 1 but no earlier than 1230.
22. Waterworld is a 6x25m pool with Daktronics AOE. Depths. Deep end 1.8m-Shallow end 1.0m
23. Competitors must be suitably dressed when not on poolside. Swimwear is not allowed elsewhere in the building.
24. There will be an admission charge for spectators. Refreshments are available. Free car park adjacent to the pool. The pool area will be cleared between sessions. Results will be displayed at the pool and published on the club's website.
25. In accordance with the ASA child safeguarding policies and procedures any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as possible and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms. Should you have any concerns about photography or filming at this event then please bring them to the attention of the promoter. The rules on photography apply to swimmers, coaches, team managers, officials and volunteers as well as spectators, and to the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras. Note that any photography in the changing rooms is absolutely forbidden by both the club and the swimming pool management
26. The promoters reserve the right to refuse admission to any competitor, coach or spectator.
27. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing.

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## 2018 Nifty 50's - Cut Off Times

Swimmers may only enter the event if their times

are SLOWER than the cut off times LISTED BELOW

Boys	9y	10y	11y	12y	13y	14y	15y&O
50m Freestyle	34.2	31.8	30.2	28.5	27.1	26.1	24.8
50m Backstroke	39.8	36.7	34.8	32.9	31.0	29.9	27.9
50m Breaststroke	45.1	41.7	39.2	36.8	34.4	33.0	31.1
50m Butterfly	38.9	35.7	33.4	31.7	29.9	28.6	27.0
100m IM	87.7	80.8	76.6	72.4	68.4	65.2	61.4
Girls	9y	10y	11y	12y	13y	14y	15y&O
50m Freestyle	34.6	32.1	30.7	29.3	28.4	27.9	27.3
50m Backstroke	39.9	36.7	34.8	33.2	32.1	31.5	30.8
50m Breaststroke	45.9	41.8	39.3	37.2	35.9	35.1	34.5
50m Butterfly	39.4	35.6	33.8	32.0	31.1	30.4	29.7
100m IM	88.9	79.2	76.4	72.8	70.3	69.4	67.5

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## INDIVIDUAL ENTRY FORMS

Please note individual forms are not required if clubs submit entries electronically.

SURNAME:	
FORENAME:	Male/Female:
Date of Birth:	ASA No:
Club:	
Address:	
Post Code:	Tel No:
e-mail:	

	FREE	BACK	BREAST	FLY	IM
ENTRY TIMES					
Entry fees are £4.50 per event. Swimmers may enter all 5 events in their own age group for £20. Please return this form to Julie Munnings with a cheque made payable to <b>Diss Otters Swimming Club</b> or via <b>BACS</b> . <b>If your payment is not received at the time of entry (Sunday 22<sup>nd</sup> July) your entry will not be submitted.</b>				<b>MONEY ENCLOSED</b> £            + £5 DOSC Coaching fee Total =.....	

I declare that I am eligible as defined by the ASA law, have reached the standard of the competitive start award and that the above information is correct.

Signed (Swimmer): ..... Date: .....

Signed (Club Official): .. Position: .....