

UEA CITY OF NORWICH SWIMMING CLUB

EASTER LONG COURSE MEET LEVEL 1 LICENSED MEET

License No . 1ER0186

(Under ASA Laws and Technical Rules)

at the UEA Sportspark, UEA, Norwich 2nd 3rd & 4th April 2010

(Affiliated to East Region ASA)

MEET RULES AND INFORMATION

1) This Competition is licensed by the ASA for entry into National and Regional Competitions and will be held under ASA Laws and ASA Technical Rules.

2) Entries will be accepted initially provided the swimmer meets the qualifying time achieved in a 50m pool. If there is genuinely no 50m pool time available then a converted time using the ASA comparative performance tables can be submitted but must be indicated as such on the entry form. NB: If the meet is over subscribed then entries with the slowest time will be rejected even if they meet the qualifying times. All entries must be made both on the paper entry form and using the current 'Sportssystem' electronic files which are downloadable from the clubs website "www.ueacityofnorwichsc.co.uk". Entries not complying with these requirements will not be accepted.

3) The Competition will be run as a cardless meet. The list of accepted and rejected entries will be published/available for download on the club website approximately four weeks prior to the competition. It is the competing club/swimmer's responsibility to check this list for accuracy and advise immediately of any mistakes or changes that are required.

4) Swimmers wishing to withdraw must do so in writing prior to commencement of warm up for each session in which they were due to compete, if not they will be deemed to be competing rule (5) applies.

5) Failure to comply with rule (4) will incur a £10 fine on each occasion. Neither swimmer nor their club will be allowed to participate further in the meet until paid. The primary reason for this is to minimize empty lanes.

6)The pool length is 50 metres, 8 lanes with anti wave ropes and Omega electronic timing. The depth of the pool is 1.8m.

7)The age groups are 9/10yrs 11/12yrs, 13/14 yrs, 15yrs and over. Ages as at midnight on 4th April 2010.

8)Apart from 100, 400, 800, 1500m and 200 fly events which will not have a 9/10yr group, the other events will incorporate all age groups. Winners for all age groups in the 50, 200, 400, 800 and 1500m events will be on a heat declared winner basis but the 100m events will have age group finals.

9) All team relay events will be open age group

10) All events will be seeded on submitted times and all heats will be spearheaded.

- 11) The first three swimmers in each event in each age group will receive awards.
- 12) There will be an award for the top visiting club and points will be awarded as follows for the top 8 places 8,7,6,5,4,3,2 and 1.
- 13) It is the swimmers duty to inspect the events list that will be posted at poolside and report to the Competitors Stewards when instructed to do so. Any competitor not reporting in time may be excluded and rule 4&5 apply.
- 14) Finalists and reserves for a final must report 20 minutes before the event, failure to do so will result in the waiting reserve being offered their place. Finalists reporting late will be deemed excluded – you have been warned.
- 15) A maximum of 2 Team Managers/Coaches per Club will be allowed on poolside. Passes can be requested with the entry forms and will be £10.00 per person covering all three days or £25.00 (inc food each day)
- 16) The promoters reserve the right to refuse admission to any person.
- 17) The promoters reserve the right in the interests of time, to operate 'OVER THE TOP' starts.
- 18) Lockers are available in the changing rooms and no valuables should be left unattended. The promoters cannot accept liability for any losses or damage that may occur.
- 19) Any situation not covered by the above will be at the discretion of the promoters, who also reserve the right to make any changes that may be considered necessary for the smooth running and discipline of the event.