1. The gala will be held under ASA Laws and Regulations, ASA Technical Rules of Racing and to ASA Open Meet Licensing Criteria.
2. Entrants must be a member of a club affiliated to Norfolk County ASA and registered with the ASA as a Category 2 swimmer.
3. Age as of 31st December 2018
4. 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.
5. 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.
6. Age groups are 10y, 11y, 12y, 13y, 14y, 15y and 16y & over.
7. 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
8. Events will be seeded based on entry times and swum as mixed age groups.
9. Results will be declared by age group from the heats.
10. 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.
11. 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. 1st – 6 points, 2nd – 5, 3rd – 4, 4th – 3, 5th – 2, 6th – 1
12. 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.
13. 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)
14. Entry Fees: - £5.00 per event. **Closing date for entries is Midday on 12th May 2018.**
15. The Promoters reserve the right to refuse admission to any competitor, coach or spectator.
16. 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.
17. 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.

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| **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 |

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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  Girls  Girls  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  Girls  Girls  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 |