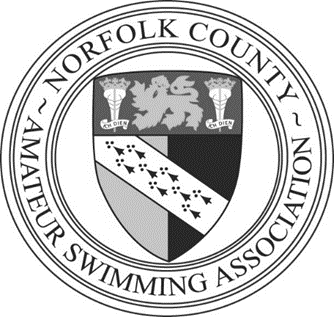
***NORFOLK COUNTY CHAMPIONSHIPS AND AGE GROUP COMPETITIONS 2019***

***(Held under ASA Laws and Regulations and ASA Technical Rules of Racing)***

***Licence numbers TBC***

*Saturday 19th/ Sunday 20th January – Distance Events – UEA Sportspark*

*Saturday 26th/ Sunday 27th January – Main Events – UEA Sportspark*

*Saturday 2nd / Sunday 3rd February – Main Events + Skins + Relays – UEA Sportspark*

**Key Information**

* ***CONSC Closing Date 8pm Tuesday 4th December***
* ***Age as at 31st December 2019***
* ***Entry fee is £6 per event***

**Rules and Conditions**

1. The Championships will be held under ASA Laws and Regulations, ASA Technical Rules of Racing and to ASA Open Meet Licensing Criteria.
2. Entrants must qualify in accordance with Rule 1 of the Championship Rules within the Rules of Norfolk County ASA and must be registered with the ASA as a Category 2 swimmer.
3. The Promoter is Liam Harvey on behalf of Norfolk County ASA. Email [galas@norfolkswimming.org.uk](mailto:galas@norfolkswimming.org.uk) for queries.
4. A Technical Director will be appointed as soon as entries open. The Technical Director will be a Referee who will then oversee all aspects of the Championships.
5. The events will be swum in accordance with the attached schedule.
6. The 800m/1500m sessions will be joint sessions with Suffolk County ASA. Swimmers from both counties will be seeded according to entry times for the events, however each county will make their own separate awards.
7. The entry fee is £6.00 per event.
8. Qualifying times for this competition are attached. Entry times must be on the ASA Rankings Database and from a Licensed Meet at levels 1-4. Long Course converted times are acceptable. The conversion accepted is that built into the Sportsystems software. Submitted times will be used for seeding purposes only. ENTRIES WITHOUT TIMES WILL NOT BE ACCEPTED. Swimmers whose ASA Membership Record shows a Disability Class or are in possession of a Certificate of Swimming Disability may enter without achieving the qualifying times stated for their age group. Times must have been achieved since 1 January 2018.
9. Swimmers whose ASA Membership Record shows a Disability Class or are in possession of a Certificate of Swimming Disability will also swim under WPS Swimming Rules.
10. Clubs must submit entries using Sportsystems Entry Manager submitting all entries to Liam Harvey by email by the closing date. Payment to be by BACS to the County Account. Clubs have two business days grace after the closing date to make the payment. After that a charge of 5% of the entry fee due will be made and if payment is not made within one week the charge will be increased to 10%. Entries will not be accepted until the fee and charge, if due, is paid. The Sportsystems entry file will be available on the County’s website [www.norfolkswimming.org.uk](http://www.norfolkswimming.org.uk).
11. A list of Received Entries will be published on the County’s website within one week of the closing date. Clubs will then have one week to report any errors. After that a list of Accepted Entries will be published on the website and no further alterations will be made. If payment is not made in accordance with condition 10 a club’s entries will not appear in the Accepted Entries list.
12. All heats will be seeded according to the submitted entry times (not by age). Results will be declared by the following age groups: 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/ov, Championship and Junior Championship.
13. Finals will be held for the following age groups 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/ov in the individual stroke events for 50m and 100m distances. The names of finalists and up to two reserves will be announced and published. Withdrawals must be made to the recorder within 30 minutes of the announcement. At the end of this period reserves may ask the recorder whether they are required for the final or can be stood down.
14. No finals will be held for the Championship or Junior Championship. Winners will be declared from the heats and any faster times achieved by swimmers in finals will be discounted.
15. Swimmers may only enter events of the appropriate age group as listed on the programme of events.
16. Competitors age as of 31st December 2019. A junior swimmer shall be a swimmer who has not attained their 17th birthday by 31st December 2019.
17. Medals will be awarded to the top 3 places in each age group. A perpetual trophy and gold medal will be presented to the first placed swimmer in the Championship events (Open and Junior) for each event.
18. Trophies will be presented to the top three swimmers based on their FINA points score in accordance with the table below.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **BOYS** | | **GIRLS** | |
| 10/11 Years | Sprints  100’s  Form  Free  Medley | Best 50m  Best 100m  Best 200m form stroke  Best 200/400m  200m IM | Sprints  100’s  Form  Free  Medley | Best 50m  Best 100m  Best 200m form stroke  Best 200/400m  200m IM |
| 12 Years | Sprints  100’s  Form  Free  Medley | Best 50m  Best 100m  Best 200m form stroke  Best 200/400/800/1500m free  Best 200/400m IM | Sprints  100’s  Form  Free  Medley | Best 50m  Best 100m  Best 200m form stroke  Best 200m/400m/800/1500m free  Best 200/400m IM |
| 13 Years | Sprints  100’s  Form  Free  Medley | Best 50m  Best 100m  Best 200m form stroke  Best 200/400/800/1500m free  Best 200/400m IM | Sprints  100’s  Form  Free  Medley | Best 50m  Best 100m  Best 200m form stroke  Best 200m/400/800/1500m free  Best 200/400m IM |
| 14 Years | Sprints  100’s  Form  Free  Medley | Best 50m  Best 100m  Best 200m form stroke  Best 200/400/800/1500m free  Best 200m/400m IM | Sprints  100’s  Form  Free  Medley | Best 50m  Best 100m  Best 200m form stroke  Best 200/400/800/1500m free  Best 200/400m IM |
| 15 Years | Sprints  100’s  Form  Free  Medley | Best 50m  Best 100m  Best 200m form stroke  Best 200/400/800/1500m free  Best 200m/400m IM | Sprints  100’s  Form  Free  Medley | Best 50m  Best 100m  Best 200m form stroke  Best 200/400/800/1500m free  Best 200/400m IM |
| 16/over  Years | Sprints  100’s  Form  Free  Medley | Best 50m  Best 100m  Best 200m form stroke  Best 200/400/800/1500m free  Best 200/400m IM | Sprints  100’s  Form  Free  Medley | Best 50m  Best 100m  Best 200m form stroke  Best 200/400/800/1500m free  Best 200/400m IM |

1. It is the responsibility of the club to advise the gala organisers if they have swimmers not swimming 45 minutes before the start of each session. Forms to do so will be provided. This will prevent the gala running with empty lanes. Any deviations from this condition may only be at the discretion of the Technical Director.
2. Any swimmer not present when required to swim shall incur a £5 penalty, unless the recorder had been notified, prior to the race, of medical grounds that prevented the swimmer taking part. After the championships the club, in whose name the competitor has entered the competition, will be invoiced for the fine and will have 28 days in which to make the payment. Swimmers not present will be identified from the results where “DNC” is recorded for them. If the payment is not made within the 28 days the fine will be increased to £25 per DNC and no entries will be accepted from the club for County events until the fine is paid.
3. A warm up schedule and procedure will be published on the County’s website at least a week before the first session.
4. The last 3 heats of events with finals to be cyclically seeded, all other heats spearheaded.
5. Swimmers are requested to report to the Marshals at least 1 event prior to their event. For the first event of each session they should report 10 minutes before it is scheduled to start.
6. Swimmers who do not give notice of their intention to withdraw from a final will be fined £25 and will not be allowed to swim in the Championships until the fine has been paid. Withdrawals after the 30-minute deadline may only be made on medical grounds.
7. The eight fastest swimmers plus two reserves, from all age groups, in the 200m IM will automatically be entered into the Skins event. Condition 24 will also apply to this event with the deadline being before the finals in session 9. Information on how the Skins events will run is an appendix to these conditions.
8. All clubs entering this gala are entitled to a minimum of 2 poolside coaches/chaperones poolside. The county requests that clubs have sufficient coaches/chaperones on poolside to maintain a ratio of 1 per 10 swimmers in a session. Clubs are not permitted to have coaches/chaperones poolside in a session where the 1 per 10 ratio would be exceeded. Lunch will be provided for 2 coaches/chaperones per club.
9. Entries must have been completed correctly, submitted by the specified date and accepted by the promoters for an entry to be valid. The promoters reserve the right to restrict the number of entries by event and/or session in order to meet the ASA Open Meet Licensing Criteria. This will be done by rejecting the slower swimmers first. Disability swimmers will not be rejected.
10. The promoters reserve the right to refuse admission to any competitor, coach or spectator. Anything not covered in the above rules will be at the discretion of the Technical Director and Promoter, who also reserves the right to make any changes that may be considered necessary for the smooth, effective and safe running of the meet.
11. Awards will be available for collection approximately 15 minutes after the event has finished.
12. 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.
13. Norfolk County ASA uses computers to manage entries and results. By submitting entries, consent is hereby given, as required under the Data Protection Act 1998, to the holding of personal information on a computer. Personal Data, including name, age, and submitted and recorded times, will be made public before and during the Championships.
14. 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 agreed with the Technical Director and be within ASA Laws and Regulations, ASA Technical Rules of Racing and the ASA Open Meet Licensing Criteria.

***Male 800m and Female 1500m Events***

Female athletes are eligible to compete in the 1500m Freestyle if they have achieved the 800m Freestyle qualifying time for their age group. Male athletes are eligible to compete in the 800m Freestyle if they have achieved the 400m Freestyle or 1500m Freestyle qualifying time for their age group. Qualifying times must have been achieved from 1 January 2018.

The Women’s 1500m Freestyle will be seeded by 800m Freestyle times. The Men’s 800m Freestyle will be seeded by 400m Freestyle times.

***Skins event***

The names of the fastest eight swimmers, and a maximum of two reserves, will be announced as soon as possible after the completion of the 200m IM heats. In the event of a need for a swim off this will take place at the end of the heats. Swimmers, and reserves, not intending to compete in the "Skins" event must advise the recorders before the start of warm up for session five.

The allocation of lanes for the first round of the Skins event will be based on the spearhead principle according to times achieved in the 200m IM heats swum. Swimmers will remain in the same lane for all except the final round of the event. In the final round the fastest remaining qualifier will swim in Lane 4 with the other swimmer in lane 5.

The Skins event will normally consist of seven rounds of 50m swims.

All starts will be from the scoreboard end of the pool.

Prior to the start of each Skins event eight items, two of each colour, will be placed in a bag; each colour will represent a stroke, either butterfly, backstroke, breaststroke or freestyle. The stroke to be swum will be determined by drawing a coloured item from the bag prior to the start of each round. The stroke drawn will be announced as soon as it is drawn and again immediately following the whistle prior to each round. The item that has been drawn will not go back in to the bag. The first draw will be made by the Technical Director. The remaining draws will be made by the eliminated swimmer.

The start of round 1 will be as normal. The starter will give the command "take your marks" followed by the starting signal. For subsequent rounds the starter will give the swimmers a 10 second warning of the start signal. There will be no other command. It is the responsibility of the swimmers to be at their start position on time.

The starting signal will be given every three minutes. For this Competition there will be a round for Males which will be followed by a round for Females (i.e. there will be a start every 1.5 minutes).

Disqualified swimmers will automatically be eliminated and will take no further part in the event. The swimmer who finishes last in a round will take no further part in the event.

Should there be an equal last place in a round no swimmer will be eliminated in that round but in the following round the number of swimmers to be eliminated shall be such that the number of swimmers in the next round is equal to the number that should be remaining in the ordinary course of events.

In the last round if there is an equal first place the 2 swimmers shall swim again after an interval of 3 minutes.

The winner of the event will receive a gold medal and a cash prize of £50, The runner up will receive a silver medal and a cash prize of £30 with the third-place swimmer receiving a bronze medal and a cash prize of £10.

Times achieved in the Skins events are not eligible for inclusion on the Rankings Database.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Norfolk County Championships 2019 - Schedule of Events** | | | | | | | |
|  | | | | | | | |
|  | | **Weekend 1 - 19/20th January 2019** | | | |
|  | | **Day 1 - Session 1 - WU 1pm** | | **Day 2 - Session 2 - WU 1pm** | |  | |
|  | | Women’s | 800m Free | Men’s | 800m Free |  | |
|  | | Men’s | 1500m Free | Women’s | 1500m Free |  | |
|  | | | | | | | |
| **Weekend 2 - 26/27th January 2019** | | | | | | | |
| ***Day 3 - 26th January 2019*** | | | | ***Day 4 - 27th January 2019*** | | | |
| ***Session 3 – WU 8:30am*** | | ***Session 4 – WU TBA*** | | ***Session 5 – WU 8:30am*** | | ***Session 6 – WU TBA*** | |
| Boys | 200m Free | Girls | 200m Free | Boys | 400m Free | Girls | 400m Medley |
| Girls | 100m Back | Boys | 100m Back | Girls | 50m Back | Boys | 200m Back |
| Boys | 50m Breast | Girls | 50m Breast | Boys | 100m Free | Girls | 100m Fly |
| Girls | 200m Fly | Boys | 200m Fly | Girls | 200m Breast | Boys | 50m Fly |
| Boys | 200m Medley | Girls | 200m Medley |  |  |  |  |
| **Finals** | | **Finals** | |  | | **Finals** | | **Finals** |
| Girls | 100m Back | Boys | 100m Back | Boys | 100m Free | Girls | 100m Fly |
| Boys | 50m Breast | Girls | 50m Breast | Girls | 50m Back | Boys | 50m Fly |

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| --- | --- | --- | --- | --- | --- | --- |
| **Weekend 3 - 2/3rd February 2019** | | | | | | |
| ***Day 5 - 2nd February 2019*** | | | | ***Day 6 - 3rd February 2019*** | | |
| ***Session 7 – WU 8:30am*** | | ***Session 8 – WU TBA*** | | ***Session 9 – WU 8:30am*** | | ***Session 10 – WU TBA*** |
| Girls | 400m Free | Boys | 400m Medley | Boys | 50m Back | Girls Skins  Boys Skins  Top Swimmer Presentation  Relay Gala  Relay Gala Presentation |
| Boys | 100m Fly | Girls | 200m Back | Girls | 50m Fly |
| Girls | 100m Free | Boys | 100m Breast | Boys | 50m Free |
| Boys | 200m Breast | Girls | 50m Free | Girls | 100m Breast |
|  |  |  |  |  |  |
| **Finals** | | **Finals** | | **Finals** | |
| Girls | 100m Free | Boys | 100m Breast | Boys | 50m Back |
| Boys | 100m Fly | Girls | 50m Free | Girls | 50m Fly |
|  |  |  |  | Boys | 50m Free |
|  |  |  |  | Girls | 100m Breast |

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**NORFOLK COUNTY CHAMPIONSHIPS AND AGE GROUP COMPETITIONS 2019 (Long Course)**

QUALIFYING TIMES 2019 – AGE AT 31st DEC 2019

*Boys Short Course QT*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| EVENT | | **10 & 11** | **12** | **13** | **14** | **15** | **16/OV** |
| 50m | Freestyle | 42.48 | 37.59 | 35.48 | 33.24 | 31.98 | 29.20 |
| 100m | Freestyle | 01:38.20 | 01:24.70 | 01:15.50 | 01:10.80 | 01:07.70 | 01:02.80 |
| 200m | Freestyle | 03:25.00 | 02:52.60 | 02:45.20 | 02:36.50 | 02:31.40 | 2.16.50 |
| 400m | Freestyle | 7:30.00 | 06:30.00 | 05:52.60 | 05:45.00 | 05:31.70 | 4.55.50 |
| 1500m | Freestyle |  | 23:00.00 | 22:00.00 | 21:00.00 | 20:00.00 | 19:30.00 |
| 50m | Breaststroke | 50.20 | 49.20 | 48.30 | 46.87 | 41.18 | 38.50 |
| 100m | Breaststroke | 01:59.50 | 01:52.70 | 01.45.50 | 01:39.20 | 01:32.60 | 01:22.50 |
| 200m | Breaststroke | 04:32.50 | 03:48.20 | 03:41.20 | 03:35.60 | 03:29.70 | 2.54.10 |
| 50m | Butterfly | 57.81 | 50.23 | 43.85 | 38.92 | 35.81 | 31.36 |
| 100m | Butterfly | 01:48.00 | 01:42.30 | 01:37.20 | 01:33.10 | 01:25.70 | 01:10.50 |
| 200m | Butterfly | 03:51.20 | 03:45.20 | 03:30.50 | 03:25.00 | 03:19.40 | 02:51.80 |
| 50m | Backstroke | 49.08 | 44.15 | 42.13 | 38.15 | 37.98 | 34.16 |
| 100m | Backstroke | 01:42.90 | 01:37.10 | 01:33.50 | 01:27.60 | 01:17.90 | 01:12.30 |
| 200m | Backstroke | 03:52.30 | 03:35.50 | 03:04.40 | 03:00.00 | 02:53.10 | 2.29.10 |
| 200m | IM | 03:56.50 | 03:30.70 | 03:04.60 | 03:00.00 | 02:52.00 | 2.33.60 |
| 400m | IM |  | 06:38.20 | 06:35.50 | 06:20.30 | 05:45.50 | 05:23.60 |

*Girls Short Course QT*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| EVENT | | **10 & 11** | **12** | **13** | **14** | **15** | **16/OV** |
| 50m | Freestyle | 41.08 | 38.45 | 35.71 | 33.48 | 31.98 | 29.84 |
| 100m | Freestyle | 01:36.60 | 1.23.70 | 01:14.50 | 01:11.50 | 01:07.70 | 1.04.00 |
| 200m | Freestyle | 03:24.50 | 02:50.60 | 02:43.20 | 02:36.50 | 02:31.40 | 2.21.70 |
| 400m | Freestyle | 07:30.00 | 06:30.00 | 05:40.30 | 05:30.20 | 05:25.00 | 05:00.40 |
| 800m | Freestyle |  | 12:38.70 | 11:35.50 | 10:51.30 | 10:34.40 | 10:30.90 |
| 50m | Breaststroke | 55.99 | 52.58 | 47.71 | 44.43 | 43.54 | 40.87 |
| 100m | Breaststroke | 2.01.00 | 01:52.80 | 01:37.20 | 01:33.10 | 01:31.70 | 01:25.20 |
| 200m | Breaststroke | 04:20.60 | 03:50.00 | 03:27.50 | 03:16.40 | 03:13.40 | 3.05.60 |
| 50m | Butterfly | 54.81 | 48.23 | 44.86 | 37.92 | 34.98 | 32.81 |
| 100m | Butterfly | 01:50.30 | 01:41.90 | 01:37.80 | 01:32.70 | 01:22.30 | 01:17.60 |
| 200m | Butterfly | 03:51.70 | 03:45.00 | 03:40.70 | 03:29.50 | 03:19.40 | 02:51.80 |
| 50m | Backstroke | 48.08 | 44.08 | 41.13 | 38.94 | 36.98 | 34.95 |
| 100m | Backstroke | 01:40.50 | 01:35.60 | 01:24.80 | 01.20.30 | 01:19.40 | 01:16.90 |
| 200m | Backstroke | 03:52.30 | 03:35.50 | 03:04.40 | 03:00.00 | 02:53.10 | 02:38.20 |
| 200m | Medley | 03:57.10 | 03:30.70 | 03:04.60 | 03:00.00 | 02:52.00 | 02:45.20 |
| 400m | Medley |  | 7.20.00 | 06:53.50 | 06:13.10 | 5.50.00 | 05:39.00 |

* Entry times must be on the ASA Rankings Database and from a Licensed Meet at levels 1-4. Long Course converted times are acceptable. The conversion accepted is that built into the Sportsystems software.
* Times must have been achieved since 1st January 2018 and the closing date.