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. The Promoter is Liam Harvey on behalf of Norfolk County ASA. Email galas@norfolkswimming.org.uk for queries.
4. Age as of 31st December 2019
5. Only swimmers whose times are SLOWER than the cut-off 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.
6. 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.
7. Age groups are 10y, 11y, 12y, 13y, 14y, 15y and 16y & over. Medals will be awarded to the top 3 places in each age group.

The top 6 places in each age group will score points which will count towards the Warwick Thompson Memorial Trophy. Points will be awarded as follows. 1st – 6 points, 2nd – 5, 3rd – 4, 4th – 3, 5th – 2, 6th – 1

1. Clubs must submit entries using Sportsystems Entry Manager submitting all entries to the Promoter Liam Harvey (galas@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). Clubs have two 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%. 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.
2. 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 8 a club’s entries will not appear in the Accepted Entries list.
3. 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
4. Events will be seeded based on entry times and swum as mixed age groups.
5. Results will be declared by age group from the heats.
6. 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.
7. 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.
8. 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)
9. Entry Fees: - £5.00 per event. **Closing date for entries 13th January 2019**
10. The Promoters reserve the right to refuse admission to any competitor, coach or spectator.
11. 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.
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. Entries to this meet will be held on a computer and consent, as required by the General Data Protection Regulations 2017, to the use of personal information will be deemed to have been given by the submission of the entry. Personal data will only be used for the purposes of making entries to the competition and the submission of results to Rankings and will be available for inspection during the Meet on application to the Promoter. Further information can be found in our Data Privacy Statement found [here](https://www.dropbox.com/s/7qnainesmagn3y0/NCASA%20Privacy%20Notice%20-%20Swim%20Meets.pdf?dl=0)

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| **Saturday 23/02/2019 Warm up TBC** | **Sunday 24/02/2019 Warm up TBC** |
| **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 | All ages | 200m | IM | 21 | Boys | All ages | 200m | IM |
| **Saturday 23/02/2019 Warm up TBA** | **Sunday 24/02/2019 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 | All ages | 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 | All ages | 100m | IM | 28 | Girls | All ages | 100m | IM |

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| **CUT-OFF TIMES**Swimmers may only enter the event if their time is **SLOWER** thanthe time listed below |
| **Age as of 31-12-2019** | **10y** | **11y** | **12y** | **13y** | **14y** | **15y** | **16 & Over** |
| Girls | 50m | Freestyle | 41.08 | 41.08 | 38.45 | 35.71 | 33.48 | 31.98 | 29.84 |
| Girls | 100m | Freestyle | 01:36.60 | 01:36.60 | 1.23.70 | 01:14.50 | 01:11.50 | 01:07.70 | 1.04.00 |
| Girls | 200m | Freestyle | 03:24.50 | 03:24.50 | 02:50.60 | 02:43.20 | 02:36.50 | 02:31.40 | 2.21.70 |
| Girls | 50m | Breaststroke | 55.99 | 55.99 | 52.58 | 47.71 | 44.43 | 43.54 | 40.87 |
| GirlsGirlsGirlsGirls | 100m | Breaststroke | 2.01.00 | 2.01.00 | 01:52.80 | 01:37.20 | 01:33.10 | 01:31.70 | 01:25.20 |
| Girls | 200m | Breaststroke | 04:20.60 | 04:20.60 | 03:50.00 | 03:27.50 | 03:16.40 | 03:13.40 | 3.05.60 |
| Girls | 50m | Butterfly | 54.81 | 54.81 | 48.23 | 44.86 | 37.92 | 34.98 | 32.81 |
| Girls | 100m | Butterfly | 01:50.30 | 01:50.30 | 01:41.90 | 01:37.80 | 01:32.70 | 01:22.30 | 01:17.60 |
| Girls | 200m | Butterfly | 03:51.70 | 03:51.70 | 03:45.00 | 03:40.70 | 03:29.50 | 03:19.40 | 02:51.80 |
| Girls | 50m | Backstroke | 48.08 | 48.08 | 44.08 | 41.13 | 38.94 | 36.98 | 34.95 |
| Girls | 100m | Backstroke | 01:40.50 | 01:40.50 | 01:35.60 | 01:24.80 | 01.20.30 | 01:19.40 | 01:16.90 |
| Girls | 200m | Backstroke | 03:52.30 | 03:52.30 | 03:35.50 | 03:04.40 | 03:00.00 | 02:53.10 | 02:38.20 |
| Girls | 100m | IM | 01:35.00 | 01:35.00 | 01:26.56 | 01:20.30 | 01:18.02 | 01:16.39 | 01:15.61 |
| Girls | 200m | IM | 03:57.10 | 03:57.10 | 03:30.70 | 03:04.60 | 03:00.00 | 02:52.00 | 02:45.20 |
| **Age as of 31-12-2019** | **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 | 01:38.20 | 01:38.20 | 01:24.70 | 01:15.50 | 01:10.80 | 01:07.70 | 01:02.80 |
| Boys | 200m | Freestyle | 03:25.00 | 03:25.00 | 02:52.60 | 02:45.20 | 02:36.50 | 02:31.40 | 2.16.50 |
| Boys | 50m | Breaststroke | 50.20 | 50.20 | 49.20 | 48.30 | 46.87 | 41.18 | 38.50 |
| Boys | 100m | Breaststroke | 01:59.50 | 01:59.50 | 01:52.70 | 01.45.50 | 01:39.20 | 01:32.60 | 01:22.50 |
| Boys | 200m | Breaststroke | 04:32.50 | 04:32.50 | 03:48.20 | 03:41.20 | 03:35.60 | 03:29.70 | 2.54.10 |
| Boys | 50m | Butterfly | 57.81 | 57.81 | 50.23 | 43.85 | 38.92 | 35.81 | 31.36 |
| Boys | 100m | Butterfly | 01:48.00 | 01:48.00 | 01:42.30 | 01:37.20 | 01:33.10 | 01:25.70 | 01:10.50 |
| Boys | 200m | Butterfly | 03:51.20 | 03:51.20 | 03:45.20 | 03:30.50 | 03:25.00 | 03:19.40 | 02:51.80 |
| Boys | 50m | Backstroke | 49.08 | 49.08 | 44.15 | 42.13 | 38.15 | 37.98 | 34.16 |
| Boys | 100m | Backstroke | 01:42.90 | 01:42.90 | 01:37.10 | 01:33.50 | 01:27.60 | 01:17.90 | 01:12.30 |
| Boys | 200m | Backstroke | 03:52.30 | 03:52.30 | 03:35.50 | 03:04.40 | 03:00.00 | 02:53.10 | 2.29.10 |
| Boys | 100m | IM | 01:45.00 | 01:36.08 | 01:28.52 | 1:25.00 | 1:23.00 | 1:20.00 | 1:08.36 |
| Boys | 200m | IM | 03:56.50 | 03:56.50 | 03:30.70 | 03:04.60 | 03:00.00 | 02:52.00 | 2.33.60 |