1. The gala will be held under SE Laws and Regulations, SE Technical Rules of Racing and to SE Open Meet Licensing Criteria.
2. Entrants must be a member of a club affiliated to Norfolk County ASA and registered with SE 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 2020
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. 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.
2. The Promoter reserves the right to reject entries to ensure that the gala meets the SE 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
3. Events will be seeded based on entry times and swum as mixed age groups.
4. Results will be declared by age group from the heats.
5. The pool is 25m, 6 lanes with anti-wave devices in place and AOE will be used. A secondary strobe for the starting system is not available at this meet.
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. Entry Fees: - £5.00 per event. **Closing date for entries is 10th January 2020.**
9. The Promoters reserve the right to refuse admission to any competitor, coach or spectator.
10. 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.
11. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the meet and the submission of results to Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party such as a club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained. Further information can be found in our Data Privacy Statement found [here](http://www.norfolkswimming.org.uk/assets/files/NCASA%20Privacy%20Notice%20-%20Swim%20Meets.pdf)
12. 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 SE Laws and Regulations, SE Technical Rules of Racing and the SE Open Meet Licensing Criteria.

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| **Saturday 22/02/2020 Warm up 8:30am** | **Sunday 23/02/2020 Warm up 8:30am** |
| **Day 1 Session A** | **Day 2 Session C** |
| 101 | Girls | All ages | 200m | Back | 301 | Boys | All ages | 200m | Back |
| 102 | Boys | All ages | 200m | Breast | 302 | Girls | All ages | 200m | Breast |
| 103 | Girls | All ages | 50m | Free | 303 | Boys | All ages | 50m | Free |
| 104 | Boys | All ages | 50m | Back | 304 | Girls | All ages | 50m | Back |
| 105 | Girls | All ages | 100m | Breast | 305 | Boys | All ages | 100m | Breast |
| 106 | Boys | All ages | 100m | Fly | 306 | Girls | All ages | 100m | Fly |
| 107 | Girls | All ages | 200m | IM | 307 | Boys | All ages | 200m | IM |
| **Saturday 22/02/2020 Warm up TBA** | **Sunday 23/02/2020 Warm up TBA** |
| **Day 1 Session B** | **Day 2 Session D** |
| 201 | Boys | All ages | 200m | Free | 401 | Girls | All ages | 200m | Free |
| 202 | Girls | All ages | 200m | Fly | 402 | Boys | All ages | 200m | Fly |
| 203 | Boys | All ages | 50m | Fly | 403 | Girls | All ages | 50m | Fly |
| 204 | Girls | All ages | 50m | Breast | 404 | Boys | All ages | 50m | Breast |
| 205 | Boys | All ages | 100m | Back | 405 | Girls | All ages | 100m | Back |
| 206 | Girls | All ages | 100m | Free | 406 | Boys | All ages | 100m | Free |
| 207 | Boys | All ages | 100m | IM | 407 | 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 31-12-2020** | **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 | 5200m | 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 31-12-2020** | **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 |

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**CONSC Entry Form**

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| **INDIVIDUAL ENTRY FORM** |
| **FORENAME:** |  | **SURNAME:** |  |
| **CLUB:** |  | **AGE (@ 31/12/20):** |  |
| **SEX:** | **MALE/FEMALE** | **DATE OF BIRTH:** |  |
| **EMAIL ADDRESS:** |  | **DISABILITY CLASSIFICATION:** |  |
| **TELEPHONE NO:** |  | **SE REG NO** |  |  |  |  |  |  |  |
|  |  |  |  |  |
| **EVENT** | **COST PER EVENT** | **ENTRY TIME (SC)\*** | **TICK TO ENTER** |
| **50M FREESTYLE** | **£5.00** |  |  |
| **100M FREESTYLE** | **£5.00** |  |  |
| **200M FREESTYLE** | **£5.00** |  |  |
| **50M BACKSTROKE** | **£5.00** |  |  |
| **100M BACKSTROKE** | **£5.00** |  |  |
| **200M BACKSTROKE** | **£5.00** |  |  |
| **50M BREASTSTROKE** | **£5.00** |  |  |
| **100M BREASTSTROKE** | **£5.00** |  |  |
| **200M BREASTSTROKE** | **£5.00** |  |  |
| **50M BUTTERFLY** | **£5.00** |  |  |
| **100M BUTTERFLY** | **£5.00** |  |  |
| **200M BUTTERFLY** | **£5.00** |  |  |
| **100M IM** | **£5.00** |  |  |
| **200M IM** | **£5.00** |  |  |
| **TOTAL ENTRIES** |  | **£** |
| *CoNSC Swimmer Admin Fee* | **@ £5.00** | **£** |
| **Total** |  | **£** |

*\*If time not on Swim England database please state origin on reverse of form. City of Norwich Swimmers – just tick the box.*

**CLOSING DATE FOR ENTRIES IS Friday 10th January 2020**

Please return this form and/or an “Entries Summary Form” as appropriate, to Tracey Spinner, 16 Ethel Road, Norwich, NR1 4DB, with a cheque made payable to: **City of Norwich Swimming Club Ltd.** If you wish to pay by BACS transfer money to Acct: 59071068, Sort 30-96-17, quoting Ref **WT20** and the first 4 letters of your surname. Email tbirdspinner@gmail.com when payment has been made.