



NORFOLK COUNTY CHAMPIONSHIPS AND AGE GROUP COMPETITIONS 2022

(Held under Swim England Regulations and Technical Rules)
Licence numbers 1ER220115, 1ER220116, 1ER220117

Saturday 22nd / Sunday 23rd January – Distance Events – UEA Sportspark

Saturday 5th / Sunday 6th February – Main Events – UEA Sportspark

Saturday 12th / Sunday 13th February – Main Events + Skins + Relays – UEA Sportspark

Rules and Conditions

1. General

- a. The Championships will be held under Swim England (SE) Regulations, Technical Rules and to SE Open Meet Licensing Criteria.
- b. Entrants must qualify in accordance with Rule 1 of the Championship Rules, within the rules of Norfolk County ASA and must be registered with SE as a Category 2 swimmer.
- c. The Promoter is Liam Harvey on behalf of Norfolk County ASA. Email galas@norfolkswimming.org.uk for queries.
- d. 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.
 - e. *If Liam Harvey is not present, or is required to fulfil another duty, a Meet Director will be appointed and in such circumstances, the Meet Director will act as Promoter.*
- f. The pool is 50m, 8 lanes with anti-wave devices in place and AOE will be used. A secondary strobe for the starting system is available.
- g. The events will be swum in accordance with the attached schedule.
- h. The 800m/1500m sessions will be joint sessions with Swim England Suffolk. Swimmers from both counties will be seeded according to entry times for the events, however each county will make their own separate awards. Heats will be limited to 10 heats for the 800m and 7 heats for the 1500m events. If over-subscribed the promoter will reject swimmers equitable with a 50/50 allocation across counties and slower swimmers within each age group being rejected first.

2. Entries

- a. The deadline for entries is midday on Friday 17th December 2021
- b. The entry fee is £6.00 per event.
- c. Qualifying times for this competition are attached. Entry times must be on the British Rankings Database and from a Licensed Meet at levels 1-4 plus Level X. 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 SE 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 18th January 2020.**
- d. Swimmers whose SE Membership Record shows a Disability Class or are in possession of a Certificate of Swimming Disability will also swim under WPS Swimming Rules.
- e. 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.
- f. Swimmers may only enter events of the appropriate age group as listed on the programme of events.
- g. 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 SE Open Meet Licensing Criteria. This will be done by rejecting the slower swimmers in each age group first. Disability swimmers will not be rejected.
- h. 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, within two days, on the website and no further alterations will be made. If payment is not made in accordance with condition 2e, a club's entries will not appear in the Accepted Entries list.
- i. Competitors age as of 31st December 2022. A junior swimmer shall be a swimmer who has not attained their 17th birthday by 31st December 2022.
- j. A warm-up schedule and procedure will be published on the County's website before the first session.

3. Events/Awards

- 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.
- 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, 17/OV, Championship and Junior Championship.
- Finals will be held for the following age groups 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17/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.
- 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.
- 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.
- The last 3 heats of events with finals to be cyclically seeded, all other heats spearheaded.
- Trophies will be presented to the top three swimmers based on their FINA points score in accordance with the table below.

	MENS			WOMENS		
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 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		
17/OV 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		

- Awards will be available for collection approximately 15 minutes after the event has finished. All awards must be collected by the end of each day's competition. Any uncollected medals will not be given out during subsequent days of competition or given to clubs after the completion of the event.

4. Withdrawals

- It is the responsibility of the club to advise the gala organisers if they have swimmers not swimming 45 minutes before the first race of each session. This will prevent the gala running with empty lanes. Any deviations from this condition may only be at the discretion of the Promoter and/or Technical Director.
- If a swimmer is withdrawing on medical grounds, a medical withdrawal form must be completed and handed to the timing desk before the completion of that session. The Technical Director may require a swimmer who has withdrawn on medical grounds to withdraw from any further events during the same day. No fine will be imposed on medical withdrawals that are accepted by the Promoter.
- Withdrawals from a final must be made to the recorder within 15 minutes of the announcement of the finalists. At the end of this period reserves may ask the recorder whether they are required for the final or can be stood down.
- Swimmers who do not give notice of their intention to withdraw from a final will be fined £25. Withdrawals after the 15-minute deadline may only be made on medical grounds by completing a medical withdrawal form, and accepted by the Technical Director and/or promoter.

5. Refunds/Fines

- a. Refunds will only be issued where the competition is cancelled, or where there is a significant change to the schedule that results in a change of venue or session for the event entered, meaning that the competitor cannot swim. Refunds for medical withdrawals will only be made where a medical withdrawal form has been completed, submitted before the event(s) concerned and agreed by the Promoter and/or technical Director. Evidence of the medical withdrawal may be requested by the Promoter/Technical Director. This could include a positive PCR test.
- b. Any swimmer not present when required to swim shall incur a £5 penalty
- c. 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, and no medical withdrawal was made within the session. 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.

6. Poolside & lunch passes

- a. Poolside passes must be applied for in advanced using the forms below by the deadline. All coaches and team managers should be registered with Swim England, have the relevant coaching/team manager qualification, in addition to a safeguarding certificate and DBS check that expires after the last day of the Championships.
- b. 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.
- c. There is no fee for poolside passes.
- d. Subject to Covid-19 restrictions, lunch will be provided for 2 coaches/chaperones per club free of charge. Additional lunch passes may be purchased for coaches/team managers at an additional cost of £10 per person per day.
- e. No persons shall be permitted poolside without a poolside pass unless they are a swimmer, official or part of the technical team. All others will be asked to leave and may be refused readmission.

7. Health & Safety

- a. 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.
- b. In response to the COVID safety requirements in place at the time, Norfolk County ASA reserves the right to make any changes to these conditions that are necessary to comply with changing COVID guidance or restrictions. Should they be necessary, such changes will be published on the county website.

8. Other

- a. The promoter reserves 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.
- b. 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](#).
- c. 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 SE Regulations, Technical Rules and the SE Open Meet Licensing Criteria.

9. Entry procedure

- a. All entries from a club shall be consolidated and submitted electronically. ONE electronic payment or cheque shall be made as a consolidated payment of all the entries. Download and install the SPORTSYSTEMS Entry Manager V2.0 from www.sportsys.co.uk. If you have previously installed this program, ensure you check and download the latest version by using the 'Check for Updates' option.
- b. Only files exported from Sportssystem Entry Manager will be accepted. Files generated by other software or systems will not be accepted.
- c. Full instructions can be found within the program under Help and a quick start video is also available on the SPORTSYSTEM website. The only way to enter individual times is by using the 'Get Times' button ensuring the entered time satisfies the entry conditions. No other method of providing times will be accepted. Times retrieved from British Swimming (BS) rankings that do not satisfy the qualification time will be flagged with a yellow 'N' swim button. Times which satisfy the qualification time are shown with a green 'Y' swim button. Click any unrequired green 'Y' swim buttons.
- d. Clubs entering Swimmers whose SE Membership Record shows a Disability Class or are in possession of a Certificate of Swimming Disability should identify the correct S, SB & SM sport class in the drop-down boxes, if applicable. For an event to be entered, the swim button must be green 'Y'. Any events flagged yellow 'N' from times retrieved from BS rankings will require the swim button clicked until it changes to green 'Y' and the entry time shows 'YES' The Entry Administrator will convert these 'YES' entry times to the times in BS Rankings, detail the times you believe meet the requirements in the e mail submitting the entry. Note: if, after saving a swimmer's entry, the entry is reopened for editing, you must ensure any events entered have the swim button set to 'Y' again before saving.
- e. Use the report feature to calculate the total cost of your entries. Your payment should NOT be different than this calculated amount. After completing your entries, generate the export file as described in the help section and attach to an e-mail. Your e-mail will be acknowledged.

10. Skins events

- a. There will be two Skins events per gender, 10 to 13-year-olds and 14 and over. The eight fastest swimmers plus two reserves from swimmers aged 10 to 13 and swimmers aged 14 and over in the 200m IM will automatically be entered into the Skins event. Condition 4c will also apply to this event with the deadline for withdrawals being before the finals in session 9.
- b. The names of the fastest eight swimmers and a maximum of two reserves from swimmers aged 10 to 13 and swimmers aged 14 and over 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.
- c. 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.
- d. The Skins event will normally consist of seven rounds of 50m swims.
- e. All starts will be from the scoreboard end of the pool.
- f. 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 into the bag. The first draw will be made by the Technical Director. The remaining draws will be made by the eliminated swimmer.
- g. 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 referee shall give the swimmers a 10 second warning of the start signal by way of a long whistle. There will be no other command. It is the responsibility of the swimmers to be at their start position on time.
- h. The starting signal will be given every three minutes. For this competition the swimmers aged 10 to 13 will compete first. There 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). Once the 10 to 13-year-old swimmers have swum all the necessary rounds the 14 and over swimmers will compete with males starting first.
- i. The swimmer who finishes last in a round will take no further part in the event. Disqualified swimmers will also be eliminated and will take no further part in the event.
- j. In the case of a dead heat for last place, all affected swimmers will progress to the next round and then two or more swimmers will be eliminated from the next round (depending on how many swimmers were in the dead heat).
- k. In the last round if there is an equal first place the 2 swimmers shall swim again after an interval of 3 minutes.
- l. 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.
- m. Times achieved in the Skins events are not eligible for inclusion on the British Rankings Database.

Norfolk County Championships 2022 - Schedule of Events

Weekend 1

Day 1 – 22 nd January 2022		Day 2 – 23 rd January 2022	
Session 1 – WU 8:30am		Session 2 – WU 8:30am	
101	Womens 12/OV 800m Free	201	Mens 12/OV 800m Free
102	Mens 12/OV 1500m Free	202	Womens 12/OV 1500m Free

Weekend 2

Day 3 - 5 th February 2022				Day 4 - 6 th February 2022			
Session 3 – WU 8:30am		Session 4 – WU TBA		Session 5 – WU 8:30am		Session 6 – WU TBA	
301	Womens 200m Free	451	Mens 200m Free	501	Mens 12/OV 400m Medley	651	Womens 400m Free
302	Mens 100m Breast	452	Womens 100m Breast	502	Womens 50m Free	652	Mens 50m Free
303	Womens 50m Fly	453	Mens 50m Fly	503	Mens 100m Fly	653	Womens 100m Back
304	Mens 50m Back	454	Womens 50m Back	504	Womens 200m Breast	654	Mens 200m Breast
305	Womens 200m Medley	455	Mens 200m Medley				
Finals							
Finals	Mens 100m Breast	Finals	Womens 100m Breast	Finals	Mens 100m Fly	Finals	Womens 100m Back
Finals	Womens 50m Fly	Finals	Mens 50m Fly	Finals	Womens 50m Free	Finals	Mens 50m Free
Finals	Mens 50m Back	Finals	Womens 50m Back				

Weekend 3

Day 5 – 12 th February 2022				Day 6 – 13 th February 2022			
Session 7 – WU 8:30am		Session 8 – WU TBA		Session 9 – WU 8:30am		Session 10 – WU TBA	
701	Womens 12/OV 400m Medley	851	Mens 400m Free	901	Mens 200m Back	151	13/UN Mens Skins
702	Mens 100m Back	852	Womens 100m Free	902	Womens 100m Fly	152	13/UN Womens Skins
703	Womens 50m Breast	853	Mens 50m Breast	903	Mens 100m Free	153	14/OV Mens Skins
704	Mens 200m Fly	854	Womens 200m Fly	904	Womens 200m Back	154	14/OV Womens Skins
Finals							Top Swimmer Presentation
Finals	Womens 50m Breast	Finals	Mens 50m Breast	Finals	Mens 100m Free		
Finals	Mens 100m Back	Finals	Womens 100m Free	Finals	Womens 100m Fly		Relay Gala
							Relay Gala Presentations



**NORFOLK COUNTY CHAMPIONSHIPS AND AGE GROUP
COMPETITIONS 2022**
QUALIFYING TIMES – AGE AT 31st DEC 2022

Mens Short Course QT

EVENT		10 & 11	12	13	14	15	16	17/OV
50m	Freestyle	46.57	40.37	37.10	35.19	30.91	30.22	28.54
100m	Freestyle	1:46.71	1:29.07	1:22.19	1:19.06	1:08.72	1:05.92	1:00.39
200m	Freestyle	3:51.00	3:17.36	3:05.03	2:52.51	2:36.22	2:27.22	2:12.03
400m	Freestyle	7:30.00	7:04.34	7:34.19	6:37.57	5:45.00	6:18.58	4:49.09
800m	Freestyle		12:15.00	11:35.00	11:15.00	10:18.00	9:58.50	9:52.50
1500m	Freestyle		23:20.00	21:35.00	20:10.00	19:00.00	18:40.00	17:44.00
50m	Breaststroke	1:05.56	54.60	50.25	48.34	43.07	43.40	37.66
100m	Breaststroke	2:19.09	1:58.94	1:52.97	1:41.03	1:32.24	1:34.81	1:25.23
200m	Breaststroke	4:50.00	4:02.48	3:48.03	3:24.09	3:31.42	3:05.39	3:01.13
50m	Butterfly	1:09.50	51.47	44.40	43.66	35.28	36.69	30.76
100m	Butterfly	2:05.44	1:42.30	1:37.20	1:33.10	1:25.70	1:21.16	1:09.06
200m	Butterfly	4:20.00	4:08.20	3:59.17	3:29.07	3:19.77	3:15.40	2:30.17
50m	Backstroke	55.00	48.12	44.35	41.62	37.09	39.69	33.69
100m	Backstroke	1:52.35	1:47.12	1:33.75	1:29.57	1:18.71	1:19.72	1:11.82
200m	Backstroke	3:59.00	3:35.49	3:14.62	3:03.87	2:53.50	2:46.29	2:28.46
200m	IM	4:08.00	3:58.10	3:36.69	3:14.00	2:57.72	2:49.74	2:29.74
400m	IM		7:48.00	7:28.26	6:05.35	6:00.00	5:55.63	5:16.13

Womens Short Course QT

EVENT		10 & 11	12	13	14	15	16	17/OV
50m	Freestyle	49.63	40.94	35.91	34.44	32.66	32.31	29.92
100m	Freestyle	1:48.28	1:25.34	01:18.16	01:13.19	01:09.69	01:08.41	01:05.53
200m	Freestyle	3:50.00	3:23.50	2:59.26	2:34.57	2:28.37	2:29.25	2:22.47
400m	Freestyle	7:30.00	7:00.00	6:30.00	5:50.58	5:46.32	5:18.88	5:04.90
800m	Freestyle		12:38.70	12:00.00	11:10.00	10:52.00	10:40.00	10:20.90
1500m	Freestyle		23:00.00	21:47.00	20:40.00	19:55.00	19:30.10	18:57.40
50m	Breaststroke	1:11.75	53.53	44.53	41.85	40.41	39.32	38.53
100m	Breaststroke	2:25.00	1:57.18	1:41.03	1:36.10	1:34.53	1:31.88	1:25.23
200m	Breaststroke	4:40.00	4:14.83	3:38.90	3:26.34	3:21.13	3:09.36	3:01.13
50m	Butterfly	54.81	48.23	44.86	37.92	34.98	32.81	32.21
100m	Butterfly	2:03.56	1:51.48	1:42.79	1:30.921	1:28.53	1:23.28	1:19.69
200m	Butterfly	4:15.00	3:55.00	3:44.18	3:36.56	3:03.10	2:54.22	2:53.05
50m	Backstroke	59.68	47.93	42.62	39.72	39.40	38.10	34.95
100m	Backstroke	1:56.50	1:36.21	1:29.81	1:23.91	1:20.28	1:19.57	1:16.72
200m	Backstroke	3:52.30	3:37.50	3:11.04	3:03.80	2:47.88	2:47.88	2:39.10
200m	Medley	4:03.00	3:53.34	3:23.74	2:56.80	2:53.49	2:49.29	2:40.12
400m	Medley		7:20.00	6:53.50	6:19.09	6:05.00	5:55.00	5:40.00

Entry times must be on the Rankings Database and from a Licensed Meet at levels 1-4 plus Level X. Long Course converted times are acceptable. The conversion accepted is that built into the Sportsystems software. Times must have been achieved between 18th January 2020 and the closing date.

Norfolk County Championships & Age Groups 2022

CLUB DATA CAPTURE FORM

SURNAME:

Forename:

SE Reg No:

Date of birth:

Sex (M/F)

Please enter your entry times for the events in which you wish to compete, on the appropriate line below.

The County Closing date for the events below is Midday on Friday 17th December 2021

We require your form by _____ to enable us to process the entry in time.

50m	Freestyle		Notes: Swimmers must have achieved the qualifying times to enter the competition.
100m	Freestyle		
200m	Freestyle		
400m	Freestyle		
800m	Freestyle		
1500m	Freestyle		
50m	Backstroke		
100m	Backstroke		
200m	Backstroke		
50m	Breaststroke		
100m	Breaststroke		
200m	Breaststroke		
50m	Butterfly		
100m	Butterfly		
200m	Butterfly		
200m	Medley		
400m	Medley		

No: Events entered at £6 per event

Total payment due £

Submit completed forms with correct money to your club. Payment should be made to your club as they will make a bulk payment for all their entries.

Please enter me into the Norfolk County ASA Championships

I declare that I am an eligible competitor as defined by SE regulations, and by the rules of Norfolk County ASA and that I have reached the standard of the Swim England competitive start award.

I also agree to abide by the promoter's conditions and County rules for these galas.

Signed

PLEASE KEEP A COPY OF YOUR ENTRY FORM FOR REFERENCE.

Poolside Pass Application

Poolside passes must be applied for in advanced using the forms below by the deadline. All coaches and team managers must be Swim England members , have the relevant coaching/team manger qualification, a safeguarding certificate and DBS check that expires after the last day of the Championships

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.

No persons shall be permitted poolside without a poolside pass unless they are a swimmer, official or part of the technical team. All others will be asked to leave and may be refused readmission.

Name	SE Membership No

By submitting this formSwimming Club confirms that the individuals listed above have the relevant coaching/team manger qualification, a safeguarding certificate and DBS check that expires after the last day of the Championships

Lunch Pass Application

Subject to Covid-19 restrictions, lunch will be provided for 2 coaches/team managers per club free of charge. Additional lunch passes may be purchased for coaches/team managers at an additional cost of £10 per person per day. Please indicate in the yellow boxes below, how many extra lunch passes you require at £10 each.

Sat 5 th Feb		Sun 6 th Feb	
2 lunch passes @ £0.00	__ extra @ £10	2 lunch passes @ £0.00	__ extra @ £10
Sat 12 th Feb		Sun 13 th Feb	
2 lunch passes @ £0.00	__ extra @ £10	2 lunch passes @ £0.00	__ extra @ £10

Please list any dietary requirements for any of your coaches/team managers below

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