



Norfolk County Challenge Gala 2022

(Held under Swim England Regulations and Technical Rules)

Licence numbers TBC

Saturday 25th / Sunday 26th June 2022

Dereham Leisure Centre

Rules and Conditions

1. General

- a. The gala will be held under Swim England (SE) Regulations, Technical Rules and to SE Open Meet Licensing Criteria.
- b. Entrants must be a member of a club affiliated to Norfolk County ASA and 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 competition. *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.*
- e. 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 available.
- f. The events will be swum in accordance with the attached schedule.

2. Entries

- a. The deadline for entries is **midday on 21st May 2022**
- b. Competitors age as of 31st December 2022.
- c. The entry fee is £5.50 per event.
- d. Both qualifying and Cut-off times for this competition are attached. Only swimmers who are faster than the Qualifying time AND 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. 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.
- e. Long Course converted times are acceptable.
- f. Clubs must submit entries to Liam Harvey by email by the closing date. Payment to be by BACS to the County Account (Sort Code 010628 Account No 44062311). 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.
- g. Entries must have been completed correctly, submitted by the specified date, and accepted by the promoters for an entry to be valid.
- h. A list of Received Entries will be published on the County's website following the deadline. 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 2e, a club's entries will not appear in the Accepted Entries list.
- i. 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. The promotor also reserves the right to make rejections by event and or session.

3. Events/Awards

- a. 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.
- b. All heats will be spearheaded according to the submitted entry times (not by age).
- c. All events will be head declared winners.
- d. Results will be declared by the following age groups: 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16/OV
- e. Medals will be awarded to the top 3 places in each age group
- f. Awards will be available for collection approximately 15 minutes after each 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.
- g. The top 6 places in each age group will score points which will count towards the County Challenge Trophy. Points will be awarded as follows. 1st – 6 points, 2nd – 5, 3rd – 4, 4th – 3, 5th – 2, 6th – 1

4. Withdrawals

- a. 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.
- b. 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.

5. Refunds

- 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 or lateral flow test.

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 competition.
- 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. Warm up

- a. 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.

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. 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
- c. 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. 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.

Schedule of Events

					Sunday 26/06/2022 Warm up 8:30am				
					Session 2				
					201	Boys	All ages	200m	Back
					202	Girls	All ages	200m	Free
					203	Boys	All ages	50m	Breast
					204	Girls	All ages	50m	Back
					205	Boys	All ages	50m	Free
					206	Girls	All ages	50m	Fly
					207	Boys	All ages	200m	Fly
					208	Girls	All ages	200m	Breast
209	Boys	All ages	100m	IM					
Saturday 25/06/2022 Warm up 2:00pm					Sunday 26/06/2022 Warm up TBA				
Session 1					Session 3				
151	Boys	All ages	200m	Medley	351	Girls	All ages	200m	Back
152	Girls	All ages	200m	Medley	352	Boys	All ages	200m	Free
153	Boys	All ages	100m	Back	353	Girls	All ages	50m	Breast
154	Girls	All ages	100m	Back	354	Boys	All ages	50m	Back
155	Boys	All ages	100m	Breast	355	Girls	All ages	50m	Free
156	Girls	All ages	100m	Breast	356	Boys	All ages	50m	Fly
157	Boys	All ages	100m	Fly	357	Girls	All ages	200m	Fly
158	Girls	All ages	100m	Fly	358	Boys	All ages	200m	Breast
159	Boys	All ages	100m	Free	359	Girls	All ages	100m	IM
160	Girls	All ages	100m	Free					

Qualifying Times

Swimmers may only enter the event if their time is
FASTER than the time listed below

Age as of 31 st December 2022			10y	11y	12y	13y	14y	15y	16 & Over
Girls	50m	Freestyle	49.63	49.63	40.94	35.91	34.44	32.66	32.31
Girls	100m	Freestyle	1:48.28	1:48.28	1:25.34	1:18.16	1:13.19	1:09.69	1:08.41
Girls	200m	Freestyle	3:50.00	3:50.00	3:23.50	2:59.26	2:34.57	2:28.37	2:29.25
Girls	50m	Breaststroke	1:11.75	1:11.75	53.53	44.53	41.85	40.41	39.32
Girls	100m	Breaststroke	2:25.00	2:25.00	1:57.18	1:41.03	1:36.10	1:34.53	1:31.88
Girls	200m	Breaststroke	4:40.00	4:40.00	4:14.83	3:38.90	3:26.34	3:21.13	3:09.36
Girls	50m	Butterfly	54.81	54.81	48.23	44.86	37.92	34.98	32.81
Girls	100m	Butterfly	2:03.56	2:03.56	1:51.48	1:42.79	1:30.91	1:28.53	1:23.28
Girls	200m	Butterfly	4:15.00	4:15.00	3:55.00	3:44.18	3:36.56	3:03.10	2:54.22
Girls	50m	Backstroke	59.68	59.68	47.93	42.62	39.72	39.40	38.10
Girls	100m	Backstroke	1:56.50	1:56.50	1:36.21	1:29.81	1:23.91	1:20.28	1:19.57
Girls	200m	Backstroke	3:52.30	3:52.30	3:37.50	3:11.04	3:03.80	2:47.88	2:47.88
Girls	100m	IM	2:00.00	2:00.00	1:50.00	1:35.00	1:32.00	1:30.00	1:15.00
Girls	200m	IM	4:03.00	4:03.00	3:53.34	3:23.74	2:56.80	2:53.49	2:49.29
Age as of 31 st December 2022			10y	11y	12y	13y	14y	15y	16 & Over
Boys	50m	Freestyle	46.57	46.57	40.37	37.10	35.19	30.91	30.22
Boys	100m	Freestyle	1:46.71	1:46.71	1:29.07	1:22.19	1:19.06	1:08.72	1:05.92
Boys	200m	Freestyle	3:51.00	3:51.00	3:17.36	3:05.03	2:52.51	2:36.22	2:27.22
Boys	50m	Breaststroke	1:05.56	1:05.56	54.60	50.25	48.34	43.07	43.40
Boys	100m	Breaststroke	2:19.09	2:19.09	1:58.94	1:52.97	1:41.03	1:32.24	1:34.81
Boys	200m	Breaststroke	4:50.00	4:50.00	4:02.48	3:48.03	3:24.09	3:31.42	3:05.39
Boys	50m	Butterfly	1:09.50	1:09.50	51.47	44.40	43.66	35.28	36.69
Boys	100m	Butterfly	2:05.44	2:05.44	1:42.30	1:37.20	1:33.10	1:25.70	1:21.16
Boys	200m	Butterfly	4:20.00	4:20.00	4:08.20	3:59.17	3:29.07	3:19.77	3:15.40
Boys	50m	Backstroke	55.00	55.00	48.12	44.35	41.62	37.09	39.69
Boys	100m	Backstroke	1:52.35	1:52.35	1:47.12	1:33.75	1:29.57	1:18.71	1:19.72
Boys	200m	Backstroke	3:59.00	3:59.00	3:35.49	3:14.62	3:03.87	2:53.50	2:46.29
Boys	100m	IM	2:00.00	2:00.00	1:48.00	1:30.00	1:25.00	1:18.00	1:10.00
Boys	200m	IM	4:08.00	4:08.00	3:58.10	3:36.69	3:14.00	2:57.72	2:49.74

Long Course converted times are acceptable. The conversion accepted is that built into the Sportsystems software. Entry times submitted must be the fastest times achieved by a swimmer in the 12 months preceding the deadline

Cut-off times

Swimmers may only enter the event if their time is
SLOWER than the time listed below

Age as of 31 st December 2022			10y	11y	12y	13y	14y	15y	16 & Over
Girls	50m	Freestyle	33.00	33.00	33.00	30.89	29.78	29.12	28.84
Girls	100m	Freestyle	1:13.50	1:13.50	1:13.50	1:07.62	1:04.47	1:03.00	1:02.50
Girls	200m	Freestyle	2:39.00	2:39.00	2:39.00	2:27.87	2:22.91	2:17.17	2:16.96
Girls	50m	Breaststroke	44.00	44.00	44.00	40.55	38.68	38.25	37.53
Girls	100m	Breaststroke	1:37.00	1:37.00	1:37.00	1:28.64	1:24.36	1:22.46	1:20.50
Girls	200m	Breaststroke	3:25.00	3:25.00	3:25.00	3:08.00	3:04.19	2:58.42	2:56.04
Girls	50m	Butterfly	38.50	38.50	38.50	34.72	33.37	32.03	31.75
Girls	100m	Butterfly	1:28.00	1:28.00	1:28.00	1:18.50	1:15.88	1:12.50	1:11.87
Girls	200m	Butterfly	3:45.00	3:45.00	3:45.00	3:15.00	2:55.00	2:50.00	2:45.00
Girls	50m	Backstroke	38.50	38.50	38.50	35.75	33.99	33.15	32.75
Girls	100m	Backstroke	1:24.50	1:24.50	1:24.50	1:16.00	1:13.34	1:11.53	1:11.19
Girls	200m	Backstroke	3:04.50	3:04.50	3:04.50	2:46.80	2:39.70	2:35.10	2:34.00
Girls	100m	IM	1:40.90	1:36.56	1:32.10	1:26.70	1:15.59	1:13.72	1:06.79
Girls	200m	IM	3:05.51	3:05.51	3:05.51	2:48.81	2:42.74	2:36.60	2:35.00
Age as of 31 st December 2022			10y	11y	12y	13y	14y	15y	16 & Over
Boys	50m	Freestyle	33.00	33.00	33.00	29.98	28.11	27.35	26.75
Boys	100m	Freestyle	1:13.50	1:13.50	1:13.50	1:07.00	1:01.50	59.15	57.59
Boys	200m	Freestyle	2:39.00	2:39.00	2:39.00	2:26.76	2:16.31	2:10.09	2:06.50
Boys	50m	Breaststroke	44.00	44.00	44.00	40.55	36.92	35.10	33.90
Boys	100m	Breaststroke	1:37.00	1:37.00	1:37.00	1:28.64	1:21.50	1:17.82	1:15.15
Boys	200m	Breaststroke	3:25.00	3:25.00	3:25.00	3:08.00	2:57.13	2:50.54	2:44.41
Boys	50m	Butterfly	38.50	38.50	38.50	33.84	31.29	30.07	28.82
Boys	100m	Butterfly	1:28.00	1:28.00	1:28.00	1:17.57	1:11.76	1:07.70	1:04.67
Boys	200m	Butterfly	3:45.00	3:45.00	3:45.00	3:15.00	2:55.00	2:36.00	2:25.00
Boys	50m	Backstroke	38.50	38.50	38.50	35.16	32.97	31.31	30.52
Boys	100m	Backstroke	1:24.50	1:24.50	1:24.50	1:16.00	1:12.09	1:08.00	1:06.50
Boys	200m	Backstroke	3:04.50	3:04.50	3:04.50	2:46.80	2:36.00	2:27.99	2:25.00
Boys	100m	IM	1:53.05	1:36.33	1:33.53	1:20.84	1:20.06	1:08.90	59.24
Boys	200m	IM	3:05.51	3:05.51	3:05.51	2:48.81	2:35.10	2:29.10	2:23.28

Long Course converted times are acceptable. The conversion accepted is that built into the Sportsystems software. Entry times submitted must be the fastest times achieved by a swimmer in the 12 months preceding the deadline

Club Data Capture Form

Forename:	Club:
Surname:	SE Reg No:
Date of birth:	Age as of 31 st Dec:
	Sex (M/F):

Please remember there are both qualifying and cut-off times for this competition. Only swimmers who are faster than the qualifying time AND 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

		Entry times (SC or LC converted)	
50m (All age groups)	Freestyle		Notes: The County Closing date for entries is midday on 21/05/22 We need your entries by XX/X/XXXX to enable us to process them in time.
100m (All age groups)	Freestyle		
200m (All age groups)	Freestyle		
50m (All age groups)	Backstroke		
100m (All age groups)	Backstroke		
200m (All age groups)	Backstroke		
50m (All age groups)	Breaststroke		
100m (All age groups)	Breaststroke		
200m (All age groups)	Breaststroke		
50m (All age groups)	Butterfly		
100m (All age groups)	Butterfly		
200m (All age groups)	Butterfly		
100m (All age groups)	IM		
200m (All age groups)	IM		

Total No. Events entered =	Total payment due at £5.50 per event = £
----------------------------	--

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.

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 promoters' conditions and County rules for these galas.

Signature of Competitor:	Signature of Club Official:
--------------------------	-----------------------------

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 competition.

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	DBS Number	DBS Expiry	Safeguarding Expiry

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 competition.

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.

Sun 26 th May	
2 lunch passes @ £0.00	__ extra @ £10

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

.....

.....

.....