

Norfolk ASA Swimability Meet - Rules and Conditions

Eligibility

This competition is open to any swimmer with a disability - physical, sensory or learning. Swimmers should indicate on the entry form their British Swimming/IPC classification. Where swimmers have not been classified, please leave blank. It is not necessary for swimmers to have been formally classified in order to compete at this event.

Rules

Wherever possible the competition will be swum under ASA Technical Rules, including ASA Technical Rules of Disability Swimming.

Entry Restrictions

The promoters will accept entries on a '**first come, first serve**' basis.

Races

All individual races will be made up of swimmers with similar entry times, irrespective of their age, gender or disability. It is important therefore that accurate times are submitted on the entry form for all events. If no time is completed, then the swimmer will be placed in the slowest heat of that event. Swimmers requiring outside lanes may have to be swum out of time order to accommodate their needs.

Swimmers will be allowed to enter a maximum of 4 individual races. For the 25m races, flotation aids will be permitted.

Awards

Participation medals will be presented to all swimmers. There will be awards for placing in the relay events.

Entry Fees

The non-refundable entry fee is £2.00 per event; please ensure the correct fee is sent with your entry form. Team Managers, Spotters and Competitor Assistants may access the poolside, there is limited poolside spectator space for which there will be a small charge, further spectator facilities are at the end of the pool behind a glass wall for which there is no charge.

Epilepsy

Swimmers with epilepsy should ensure that this is indicated on the entry form. A responsible adult who knows the swimmer's condition should accompany them.

This person must act as a 'spotter' on the poolside while the swimmer is in the water.

Photography

In line with the recommendation in the ASA Child Protection Policy, the promoters of this event request that any person wishing to engage in any video, zoom or close range photography must register their details at the Meet Registration Desk before carrying out any such photography. This includes the use of a mobile telephone with an image capturing facility.

Responsibility

Parents/carers are responsible for swimmers whilst in the changing rooms. Swimmers must notify the referee if they are attending their first gala or using flotation aids so that adequate supervision may be provided. Swimmers and spectators are reminded that property should not be left unattended at any time. Could swimmers please use the lockers provided (20p non refundable). No bags, food or drink (except in plastic bottles) or outdoor shoes will be permitted poolside.

Lifeguard cover will be provided throughout the meet.

Promoters

The promoters have the right to refuse entries and to make any changes that may be considered necessary for the smooth running and discipline of the event.

Norfolk County ASA *Swimability* GALA 2017

Riverside Leisure Centre Norwich
Saturday 1st July 2017 – Warm up 6.00pm

RELAY ENTRY FORM

Name of Club.....

Please tick if you wish to enter the relay events

4 x 25 m Medley Relay – Open - Mixed Gender	
4 x 25m Freestyle Relay – Open - Mixed Gender	

There is no charge for relay entries – trophies will be awarded to winners

Norfolk County ASA '*Swimability*' GALA 2017

Riverside Swimming Centre, Norwich – Saturday 1st July 2017
Warm Up 6.00pm

1. 50m Backstroke
2. 25m Breaststroke
3. 100m Freestyle
4. 100m Medley Relay
5. 25m Freestyle
6. 50 m Butterfly
7. 100m Breaststroke
8. 25m Backstroke
9. 50m Freestyle
10. 100m Individual Medley
11. 25m Butterfly
12. 100m Backstroke
13. 50m Breaststroke
14. 100m Butterfly
15. 100m Freestyle Relay

- Individual entries are £2.00 for each event
- Competitors may enter a maximum of 4 individual events
 - Relay entries are free of charge
- Participation medals will be awarded to all competitors
- Certificates will be awarded recording times for each race
 - Trophies will be awarded to relay team winners

Entry Pack available from 29th April 2017

Closing date 23rd June 2017

Further information from Mr Anthony Moore at anthony.paola@btopenworld.com or
01493 732964 or 07766797712

Norfolk County ASA *Swimability* Gala 2017 – ENTRY FORM

Riverside Leisure Centre, Wherry Road, Norwich NR1 1WX – Saturday 1st July 2017 – Warm up 6.00pm

Name of Club _____

First Name:		Surname:	
Telephone no:	Date of Birth:	M	F
Address:			
Email:			
Nature of disability:			
British Swimming / IPC Classification (if applicable)			
Do you require the use of a hoist?		Yes/No	Do you require an outside lane?
			Yes/No
Do you have Epilepsy? Yes/No If Yes - Spotters Name Required			

Event	Entry Time	Event	Entry Time	Event	Entry Time
25m Freestyle		50m Freestyle		100m Freestyle	
25m Backstroke		50m Backstroke		100m Backstroke	
25m Breaststroke		50m Breaststroke		100m Breaststroke	
25m Butterfly		50m Butterfly		100m Butterfly	
				100m Individual Medley	

- Swimmers may enter 4 individual events plus relays
- The promoter has the right to restrict entries due to health and safety issues or overall timing

Signature of competitor/parent guardian of competitor under 18 yrs of age _____

Number of entries on this form.....@ £2.00 each race £..... enclosed.

Entries BY FRIDAY 23rd June 2017 to:

Anthony Moore - Boarded Barn Farm, Ormesby St. Margaret, Great Yarmouth, Norfolk, NR29 3QH

Email: anthony.paola@btopenworld.com

Cheques made payable to Norfolk County ASA, please Email for BACS details