

## Norfolk County Swimming Records

### 1. **Eligibility** - A competitor must be:-

- a. an amateur, registered as a swimmer with the ASA
- b. A member of a club affiliated to Norfolk ASA and eligible to swim for Norfolk.

### 2. **Events** - The following distances and strokes shall be recognised for Norfolk County Records, for men and women, junior and senior and short and long course.

- a. Backstroke 50, 100 and 200m
- b. Breaststroke 50, 100 and 200m
- c. Butterfly 50, 100 and 200m
- d. Freestyle 50, 100, 200, 400, 800 and 1500m
- e. IM 100(short course only), 200 and 400m
- f. Freestyle Team Relay 200m
- g. Medley Team Relay 200m

### 3. **Other Conditions**

- a. All record swims shall be made in still water. Any movement of water due to the normal operation of the filtration system may be disregarded.
- b. Short course records may only be made in pools of 25m in length
- c. Long course records may only be made in pools of 50m in length
- d. A Junior shall be one who has not attained their 17<sup>th</sup> birthday on the day of the competition.
- e. A record may be made in a scratch competition held in public or in an unpaced individual race against time provided the date and venue for the race have been fixed and advertised as such before the day of the event. In both cases the race must be held under ASA laws and technical rules and the officials must be registered with the ASA in the capacity in which they are officiating.

### 4. **Application and approval**

- a. Records made at the Norfolk County Championships shall be considered automatically by the Records Officer
- b. In all other cases written applications using the County Records Claim form, with supporting documentary evidence must be sent to the records officer within 90 days of the performance by the claimant or their representative.
- c. The Records officer will inform the Executive committee of any new records and maintain an up-to-date list of county Records.



Norfolk County Amateur Swimming Association  
(affiliated to the ASA EAST Region)

## County Record Claim Form

<b>Forename :</b>			
<b>Surname :</b>			
<b>Date of Birth:</b>		<b>Male or Female:</b>	
<b>Club:</b>		<b>ASA No:</b>	
<b>Address :</b>			
<b>e-mail address:</b>			
<b>Stroke:</b>	<b>Distance:</b>		<b>Time:</b>
Short course (25m)	Long course (50m)	Junior* Record Claimed	Senior Record claimed
<b>Tick (✓) above boxes as appropriate</b>			
<b>Date of Swim:</b>		<b>Venue:</b>	
<b>Event (Gala):</b> (eg. Regional championships)			
<b>AOE being used (Yes/No):</b>		<b>Date claim submitted:</b>	
<b>Signed (Club Secretary)</b>			

Please include supporting documentary evidence and post or e-mail completed forms to:

Robin Barrett 85 Nunnery Drive, Thetford, Norfolk, IP24 3EP  
Tel. 01842 754243 [robinbarrett85@gmail.com](mailto:robinbarrett85@gmail.com)

\* A Junior Competitor shall be one who has not attained their 17<sup>th</sup> birthday by the day of the competition.

Form updated January 2017