Norfolk Masters

Masters & Senior Age Group Short Course Closed Competition

(Under Swim England Regulations and Technical Rules)
This competition is open to swimmers who are members of, and entered under a club affiliated to Swim England Norfolk, Swim England Suffolk, or Swim England Cambridgeshire.
Hosted by Swim England Norfolk
UEA Sportspark, Norwich Research Park, Norwich NR4 7TJ
The pool is 8 lane x 25m with electronic timing

Saturday 8th June, 2024

Closing date midnight 24th May 2024 for individual events, midnight 31st May for relays

Warm–up 5:00 – 5:30 pm	**Start 5:35 pm**
1 Female 4x25m Medley Relay	2 Open/Male 4x25m Medley Relay
3 Mixed 100m Individual Medley	4 Female 50m Freestyle
5 Open/Male 50m Freestyle	6 Female 50m Backstroke
7 Open/Male 50m Backstroke	8 Female 50m Butterfly
9 Open/Male 50m Butterfly	10 Female 50m Breaststroke
11 Open/Male 50m Breaststroke	12 Mixed 100m Freestyle
13 Female IM Skins	14 Open/Male IM Skins
15 Female 4x25m Freestyle Relay	16 Open/Male 4x25m Freestyle Relay

- There will be no sign in system, please contact the organiser before 9 am on Friday 7th June if you cannot attend.
- Heat sheets will be sent out to all swimmers on Friday 7th June.

MOBILE PHONES
The UEA Sportspark has a **no phones** policy on the poolside, in the spectator gallery and in the changing rooms.

PROMOTER
The promoter for this event is Tracey Spinner on behalf of SE Norfolk Masters Committee.

WHO CAN ENTER?
Entries will be accepted from swimmers who are a member of, and entered under, a club affiliated to SE Norfolk, SE Cambridgeshire or SE Suffolk. This competition is open to both Club Compete and Club Train (cat 2 and cat 1) swimmers.

EVENTS AND SEEDING
All events will be heat declared winners. Events will be swum slowest to fastest with all age groups swimming together. The last heat will be spearheaded.

AGE GROUPS
The senior age group is for swimmers 18 to 24 years. Senior swimmers must be 18 on, or before the date of the competition. Masters ages are as at 31st December in the year of competition.
Masters age groups are in 5 year age bands from 25 years old, as high as required. i.e 25-29, 30-34 etc.

RELAYS
Relay ages are 72-159, 160-239, 240+. Swimmers participating in relay events must be eligible to enter individual events. Relay ages are the combined age of team members, based on their age for this competition. The minimum age for an individual swimmer in any age group is 18. A swimmer can only swim for one team in an event. Relay declaration forms must include Swim England registration numbers for anyone not participating in an individual event. Relay declaration forms must be submitted 20 minutes before the start of the gala.

AWARDS
Awards will be made to the first three places, in each age group, in each event. There will be no award for the Skins event.

IM SKINS EVENT:

The fastest 8 Female overall and fastest 8 Open/Male overall from the 100m IM event will be invited to participate in the IM Skins event. If any swimmer chooses not to participate, then the next fastest swimmer will be invited and so on and so forth until a heat of 8 swimmers is formed unless there are no other entrants to invite.

The event will consist of 4 x 25m races where the order of stroke will be randomly selected on the day. Female and Open/Male heats will be alternated with the 2 slowest swimmers in each race dropping out until 2 are left for the last 25m race. The winner will be declared from the 4th 25m race.

ENTRIES

Entries will be accepted on a first come first serve basis.

Entries can be made online via

https://bsbasa.org/meet/NorfolkNM24

Entries can be confirmed via

https://bsbasa.org/entries/NorfolkNM24

ENTRY FEES

Entry fees are £7.50 per individual event and £10.00 per relay event. Entry fees will be payable via PayPal, this can be done with a normal credit or debit card without a paypal account. Entry fees will not be refunded for withdrawals after the closing date.

CLOSING DATE

Entries close at midnight 24th May 2024 for individual events

Entries close at midnight 31st May 2024 for relay events.

The promoter reserves the right to close all entries early should the event become oversubscribed.

YOUR DATA

Your data will be stored on computer for the smooth running of the meet. After the meet results will be published on the Swim England Norfolk website. Results will also be sent to Swim England for inclusion in masters rankings.

HEALTH AND SAFETY

By entering this event you confirm that the entered particulars are correct and that you are an eligible competitor in accordance with the regulations of Swim England and will abide by the conditions laid down by the promoter for this competition. You certify that to the best of your knowledge you are physically fit and able to take part in Masters training sessions and competitive events, and have not been advised otherwise by a Medical Adviser.

LIMIT OF LIABILITY

In the event of the meet being cancelled for whatever reason event entry fees will be refunded. The promoter accepts no responsibility for any consequential costs.

DISPUTES

Any matters not provided for in these conditions shall be decided by the Promoter and Referee.

If you have any queries, please contact the Meet Promoter:

Tracey Spinner, by email masters@norfolkswimming.org.uk

INDIVIDUAL CLOSING DATE midnight 24th May 2024. RELAY CLOSING DATE midnight 31st May 2024