

Suffolk County ASA  
Championship Conditions 2019

Held under ASA Laws and Regulations and ASA Technical Rules of Racing and to the ASA Open Meet Licensing Criteria

**LEVEL 1 Licence**  
**19<sup>th</sup>/20<sup>th</sup> January 2018**  
**UEA Sportspark, Norwich**

**LEVEL 2 Licence**  
**2<sup>nd</sup>, 3<sup>rd</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 24<sup>th</sup> February 2018**  
**Crown Pools, Ipswich**

**Meet Rules and Conditions**

1. The long distance events will be licensed at Level 1. All other events will be licensed at Level. All events are held under ASA Laws and Technical Rules.
2. The competition is only open to Category 2 member of clubs which are affiliated to Suffolk County ASA. A swimmer who enters or takes part in these Championships must not represent another county or compete in or have competed in another County's Championships in the same calendar year.
3. The promoter is the Championship Secretary (Sarah Elmer) on behalf of Suffolk County ASA.
4. Age groups for qualifying are 10/11; 12; 13; 14; 15; 16; 17 and over.
5. Age groups for results are 10/11; 12; 13; 14; 15; 16; 17 and over.
6. A medal will be awarded to the first 3 swimmers in each results age group in each event (HDW and final).
7. Where events have finals (50m all strokes; 100m all strokes except 100m IM), the finals will be 10/11; 12; 13; 14; 15 and 16 & over. All other events (including 100m IM) will be HDW.
8. An award will be made to the top three swimmers in each age group of the Championships based on the highest number of FINA points achieved from five separate non-specified events (Heat, Final or HDW). In the case of a tie, there will be joint Champions. A trophy will be award to the highest place swimmer in each age group.
9. Age for the Championships will be age at 31<sup>st</sup> December 2019.
10. Events will be 50m all strokes; 100m all strokes and IM; 200m all strokes and IM; 400m freestyle and IM; 800m freestyle and 1500m freestyle.
11. The Skins event in the final session will be freestyle with the fastest 8 swimmers from the heats of 50m Freestyle invited to participate.
12. Age groups for relay events will be 10/11; 12/13; 14/15; Open. All relay events will be 4x50m. Open relay events are open to all swimmers; swimming up is not allowed in other age groups. The names and dates of birth of swimmers in relay events must be supplied to the Championship Secretary before the start of warm-up for the Relay session. Swimmers must swim in the ordered declared. Clubs are only allowed one relay team per event. The closing date for relay entries is
13. UEA Sportspark is 50m, Crown Pools is 25m and anti-wave devices will be in place. AOE will be used at both locations.
14. Heats will be swum as mixed age with swimmers seeded by entry times. Where events have finals, the last 3 heats will be cyclically seeded. All other events will be spearheaded.
15. Over the top starts will be used at the referee's discretion.
16. Entry times must meet the published qualifying times and have been achieved at a licensed meet included on the British Rankings database. Conversions from long course times are permissible. Times should have been achieved on or after 1<sup>st</sup> March 2018. We reserve the right to reject the slowest time by event or session.

17. Female athletes are eligible to compete in the 1500m Freestyle if they have achieved the 800m Freestyle qualifying time for their age group. Male athletes are eligible to compete in the 800m Freestyle if they have achieved the 400m Freestyle or 1500m Freestyle qualifying time for their age group. Qualifying times must have been achieved since 1<sup>st</sup> March 2018.  
The Female 1500m Freestyle will be seeded by 800m Freestyle times. If an athlete is not entering the 800m Freestyle separately, evidence of the 800m qualifying time must be provided.  
The Male 800m Freestyle will be seeded by 400m Freestyle times. If an athlete is not competing in the 400m Freestyle or 1500m Freestyle events, evidence of the relevant qualifying time should be provided. Regardless of the qualifying time achieved, evidence of swimmer's 400m time must be provided. If a swimmer does not have a ranked time for 400m, the relevant qualifying time for that age group will be used as the seed time for that swimmer.
18. The cost per individual entry will be £4; the cost per relay entry will be £10. Entry files will be available from the Suffolk County ASA website after in early December. Electronic entries for long distance events must reach the Championship Secretary by midnight on 4<sup>th</sup> January 2019. All other entries, including relay entries with seed times, must reach the Championship Secretary by midnight on 18<sup>th</sup> January 2019.
19. Details of received entries will be confirmed with clubs within one week of the closing date. Clubs should notify the Championship Secretary as soon as possible and within one week of receipt of the information. Confirmed entries will then be published on the Suffolk County ASA website. No changes, errors or omissions will be accepted after this date, except due to an error by the Championship Secretary.
20. Details of warm-ups will be circulated to clubs as soon as possible after the closing date. Lanes may be allocated to a single club or shared between a number of clubs. Where shared lanes are allocated, coaches/team managers are requested to liaise with other clubs to balance the number and ages of swimmers across the lanes.
21. All participants must observe the safety precautions in operation at Sportspark, UEA and Crown Pools. Neither the Promoter nor Suffolk County ASA will be responsible for any loss or damage occurring during this meet.
22. Entries to the meet will be held on a computer and consent, as required by the Data Protection Act 1998 to the holding of personal information on computer, will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoter.
23. In accordance with the ASA Child Safeguarding Policies and Procedures any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and to avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms.
24. Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing.

Sarah Elmer  
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Championship Secretary  
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