

8th Suffolk 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 county event.

Rules

This competition will be swum under ASA Laws and Technical Rules, including ASA Technical Rules of Disability Swimming.

Races

All individual races will be made up of swimmers with similar entry times, irrespective of their age or disability. This is done in order to make races more competitive and increase the opportunity for swimmers to gain fast times. 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.

It may be necessary to swim male and female swimmers together in certain events (for example, events 1/2, 9/10, 21/22, 25/26). Where this occurs, for result purposes, the race will be classed as two separate events.

Swimmers will be allowed to enter a maximum of 3 races in each session.

Whilst we will try to have all starts from the deep end of the pool, the organisers reserve the right to move the start to the shallow end if competitors need the hoist to enter the water.

Woggle/Float Races

Woggle/float races are intended for those swimmers who require support whilst in the water. Swimmers entering these events must use some form of buoyancy aid, and can **only** enter these events.

Awards

Participation medals will be presented to all swimmers alongside certificates recording their performance at the 2009 Swim Meet.

Age will be taken as that on the day of competition.

Entry Fees

The non-refundable entry fee is £3.00 per swimmer, irrespective of the number of events entered. Please ensure the correct fee is sent with your entry form. Cheques should be made payable to **Suffolk County ASA**. All entries must be received by Saturday 28th January 2010.

Epilepsy

Swimmers with epilepsy should ensure that this is indicated on the entry form. A responsible adult who knows the swimmers 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 and on poolside prior to the start of the competition. Swimmers and spectators are reminded that property should not be left unattended at any time. Could swimmers please use the lockers provided. 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. There will be no access into the changing rooms or onto poolside before 1.45pm. The promoters will take into consideration the time needed for swimmers to change before commencing the event.

8th Suffolk Swimability Meet

Saturday February 6th 2010

Waterlane Leisure Centre, Lowestoft, Suffolk, NR32 2NH

2.00 - 8.30pm

(Under ASA Laws and Technical Rules, including ASA Technical Rules of Disability Swimming)

Please complete in CAPITALS

MALE/FEMALE (delete as appropriate)

Full Name..... Date of Birth...../...../.....

Address.....

..... Post Code.....

Telephone..... E-mail.....

British Swimming/IPC Classification if applicable.....

Impairment Category

Physical disability		Hearing impairment	
Visual impairment		Moderate/Severe Learning disability	

Name of school attending

Name of swimming club attending (if applicable).....

I declare that the above particulars are correct and agree to abide by the conditions laid down by the promoters (Suffolk Sport)

Signature of Swimmer

Parent/Guardian (if under 18) Date

Photographs may be taken at this event and used for publicity purposes. Please tick this box: if you do NOT wish your child's photograph to be taken.

Please enter **times** below, if known, for the individual events you wish to enter. State the times over the distance that you know. If you have no time, just tick the event. Maximum 3 races in each session (see programme of events).

Events	Butterfly	Backstroke	Breaststroke	Freestyle	Individual Medley
25m woggle					
25m					
50m					
100m					

Please circle:

Do you require any assistance with entering/exiting the pool? Yes/No

Do you require an outside lane? Yes/No

Do you have any of the following? - Epilepsy Yes/No Asthma Yes/No
Heart condition Yes/No

Equal Opportunities

What is the competitor's ethnicity? (Please tick one of the five main categories listed in bold. The descriptions below will help you decide which category best fits).

- White** British, Irish, any other white background
- Mixed** White & Black Caribbean, White & Black African, White & Asian, any other mixed background
- Asian or Asian British** Indian, Pakistani, Bangladesh, any other Asian background
- Black or Black British** Caribbean, African, any other Black background
- Chinese or other ethnic group** Chinese, any other ethnic group

HAVE YOU COMPLETED ALL THE SECTIONS?

Please make cheques (£3 per swimmer) payable to Suffolk County ASA, and send this completed entry form with a 9"x6" stamped addressed envelope (to receive your entry confirmation details) to:

Jill Walker, 7 Church Road, Kessingland, LOWESTOFT, NR33 7TH

Closing date for entries: Saturday 28th January 2010

Any queries, please contact:

Jill Walker 01502 740359

Jillandandy@btinternet.com

Come and take part in our 8th County Event!

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Saturday February 6th 2010
Waterlane Leisure Centre, Lowestoft, Suffolk, NR32 2NH

To be swum under ASA Laws and Technical Rules, including ASA
Technical Rules of Disability Swimming

Promoted by Active Waveney, WDC and Suffolk Sport and
supported by Lowestoft Lions



Waveney District Council
Serving the Community

Programme of events - Session 1

Warm up 2.00pm
Start 2.30pm

1	Girls Individual Medley	100m
2	Boys Individual Medley	100m
3	Girls Freestyle	25m
4	Boys Freestyle	25m
5	Girls Front woggle/float	25m
6	Boys Front woggle/float	25m
7	Girls Backstroke	50m
8	Boys Backstroke	50m
9	Girls Butterfly	50m
10	Boys Butterfly	50m
11	Girls Back woggle/float	25m
12	Boys Back woggle/float	25m
13	Girls Backstroke	100m
14	Boys Backstroke	100m

Programme of events - Session 2

Warm up 5.30pm
Start 6.00pm

15	Girls Breaststroke	100m
16	Boys Breaststroke	100m
17	Girls Backstroke	25m
18	Boys Backstroke	25m
19	Girls Breaststroke	50m
20	Boys Breaststroke	50m
21	Girls Butterfly	25m
22	Boys Butterfly	25m
23	Girls Freestyle	100m
24	Boys Freestyle	100m
25	Girls Breaststroke	25m
26	Boys Breaststroke	25m
27	Girls Freestyle	50m
28	Boys Freestyle	50m

Presentations will finish at
approximately 8.30pm

This meet provides an opportunity for all swimmers with a disability - physical, sensory, learning - to swim in a competitive setting over a range of distances and strokes, according to personal strengths and wishes.