

## 16<sup>th</sup> 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 event.

### Rules

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

### Entry Restrictions

In view of the fact that the event is subject to restricted pool time, the promoters will accept entries on a '**first come, first served**' basis. Once the meet is full, all additional entries will be rejected.

### 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. Where this occurs, for result purposes, the race will be classed as two separate events.

Swimmers will be allowed to enter a **maximum** of 4 races. For the 25m freestyle and backstroke, swimmers will be permitted to use a woggle if they wish.

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.

### Awards

Participation medals will be presented to all swimmers.

### 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 14<sup>th</sup> April 2018.

### 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

All photography must be in accordance with current ASA guidelines.

### 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 5.45pm. The promoters will take into consideration the time needed for swimmers to change before commencing the event.

### Spectators

Spectators will be able to use the balcony and the poolside seating areas - both are extremely hot, so please come prepared!

# 16<sup>th</sup> Suffolk Swimability Meet

Saturday April 28<sup>th</sup> 2018, 6.00 pm warm-up

Waterlane Leisure Centre, Lowestoft, Suffolk, NR32 2NH

(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	
Difficulty speaking/ being understood	Autistic spectrum disorder	
Mental health condition	Affected in some other way	

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.

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. If you have no time, just tick the event. Maximum 4 races (see programme of events).

Events	Butterfly	Backstroke	Breaststroke	Freestyle	Individual Medley
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

## 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 14<sup>th</sup> April 2018

Any queries, please contact:

Jill Walker 07796 181232  
[jillandandy@btinternet.com](mailto:jillandandy@btinternet.com)

or Ann Byrne 07742 618980  
[bfamily5@btinternet.com](mailto:bfamily5@btinternet.com)

Come and take part in our 16<sup>th</sup> County Event!

## **16<sup>th</sup> Suffolk Swimability Meet**

**Saturday April 28<sup>th</sup> 2018 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 Suffolk County ASA and kindly supported by  
Lowestoft Lions**



### **Programme of events**

Warm up 6.00pm

- |    |                              |      |
|----|------------------------------|------|
| 1  | Girls Individual Medley      | 100m |
| 2  | Boys Individual Medley       | 100m |
| 3  | Girls Freestyle (inc woggle) | 25m  |
| 4  | Boys Freestyle (inc woggle)  | 25m  |
| 5  | Girls Backstroke             | 50m  |
| 6  | Boys Backstroke              | 50m  |
| 7  | Girls Breaststroke           | 25m  |
| 8  | Boys Breaststroke            | 25m  |
| 9  | Girls Butterfly              | 50m  |
| 10 | Boys Butterfly               | 50m  |
| 11 | Girls Backstroke             | 100m |
| 12 | Boys Backstroke              | 100m |

### **Continued...**

- |    |                               |      |
|----|-------------------------------|------|
| 13 | Girls Breaststroke            | 100m |
| 14 | Boys Breaststroke             | 100m |
| 15 | Girls Backstroke (inc woggle) | 25m  |
| 16 | Boys Backstroke (inc woggle)  | 25m  |
| 17 | Girls Freestyle               | 50m  |
| 18 | Boys Freestyle                | 50m  |
| 19 | Girls Butterfly               | 25m  |
| 20 | Boys Butterfly                | 25m  |
| 21 | Girls Freestyle               | 100m |
| 22 | Boys Freestyle                | 100m |
| 23 | Girls Breaststroke            | 50m  |
| 24 | Boys Breaststroke             | 50m  |

**Presentations will finish at  
approximately 9.30pm**

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.