

# THETFORD DOLPHINS

## Amateur Swimming Club

(Affiliated to the Midland District & Norfolk County A.S.A.)

**President Mr T. Gale**

Founded in 1971 at Staniforth High School by Tony Hegarty



### THETFORD DOLPHINS FEBRUARY OPEN MEET 2010

85, Nunnery Drive  
Thetford, Norfolk  
IP24 3EP  
01842 754243

[robinbarrett85@googlemail.com](mailto:robinbarrett85@googlemail.com)

Dear Colleagues

Please find enclosed details and entry forms for our next open meet to be held at Waterworld, Thetford on Sunday February 7<sup>th</sup> 2010. We hope you will be able to support this event. Should you require additional entry forms photocopies would be acceptable.

We will be looking for some assistance from referees, starters, judges and timekeepers and would ask you to complete the form below if you are able to help, We will advise you of the actual appointments prior to the meet. Refreshments will be provided for the officials.

Yours sincerely on behalf of the Thetford Dolphins Open Meet Committee

*Robin*

Robin Barrett

Please complete and reply to Dianne Barrett at the above address.

I would like to help at the Open meet on Sunday February 7<sup>th</sup> 2010. I am available for the following sessions.

<b>Name:</b>	<b>Club:</b>	<b>Telephone:</b>
<b>Address:</b>		

Please tick as appropriate	Helper	Timekeeper	Judge	Starter	Referee
<b>Morning session</b>					
<b>Afternoon Session</b>					

# **Rules/Information for the Thetford Dolphins 2010 Open Meet**

1. The competition will take place at the Waterworld pool, Thetford on February 7<sup>th</sup> 2010
2. Entry fees are £4.00 per event. Closing date for entries is January 4<sup>th</sup> 2010
3. The competition will be held under ASA law and technical rules.
4. The competition is open to eligible swimmers only (as defined by ASA law).
5. Age as of February 7<sup>th</sup> 2010. **Swimmers may only enter events in their own age group.**
6. It is the responsibility of visiting clubs to ensure that all swimmers have reached the standard of the ASA Competitive Start Award.
7. Over the top starting will be used on all strokes except backstroke.
8. Entry forms must have been completed correctly, submitted by the specified date and accepted by the promoters for an entry to be valid. **Entries will be accepted on a first come First Served Basis.** For the safety and comfort of the swimmers and spectators the promoters reserve the right to limit the number of entries by rejecting entries. All events will have heat declared winners. Heats will be seeded based on the submitted entry times with the fastest heat in each event spearheaded.
9. **Clubs are requested to nominate a member of the club to receive the cards and act as a contact in the event of any queries.**
10. Entry will be by the secondary card system. Competitor's cards to be posted in the re-entry box prior to the warm up at the start of each session. Failure to make this secondary entry within the stipulated time will cancel your automatic right to compete. Any deviations from this condition may only be at the discretion of the Lead referee.
11. Competitors for the first event in each session should report to the stewards immediately after the warm-up to collect their cards. All others to report 1 event prior to their own. Competitors failing to report on time may be excluded from the event.
12. Awards will be given for the first 6 places for each age group in each event.
13. A maximum of 3 Coach passes per club are available for clubs as follows:-  
£9 for the first pass, which includes entry to the meet, programmes and a set of results, additional passes (without sets of results) are available at £4 each
14. The warm up for session 2 which will start approximately 1 hour after the completion of session 1 but no earlier than 1300.
15. Waterworld is a 6x25m pool with Daktronics AOE. Depths. Deep end 1.8m-Shallow end 1.0m
16. Competitors must be suitably dressed when not on poolside. Swimwear is not allowed elsewhere in the building.
17. There will be an admission charge for all spectators.
18. Refreshments are available. Free car park adjacent to the pool.
19. **The pool area will be cleared between sessions.**
20. A perpetual trophy will be awarded annually to the club gaining the highest number of points.
21. Sets of results may be purchased for posting on a later date.
22. The promoters reserve the right to refuse admission to any competitor, coach or spectator. Anything not covered in the above rules will be at the discretion of the promoters, who also reserve the right to make any changes that may be considered necessary for the smooth and safe running of the open meet.

## THETFORD DOLPHINS - FEBRUARY 7th 2010 OPEN MEET

Session 1 Warm-up 0830					Session 2 Warm-up no earlier than 1300*				
1	Boys	12y & Over	100m	Back	11	Girls	12y & Over	100m	Back
2	Boys	11y & under	50m	Back	12	Girls	11y & under	50m	Back
3	Girls	12y & Over	100m	Breast	13	Boys	12y & Over	100m	Breast
4	Girls	11y & under	50m	Breast	14	Boys	11y & under	50m	Breast
5	Boys	12y & Over	100m	Fly	15	Girls	12y & Over	100m	Fly
6	Boys	11y & under	50m	Fly	16	Girls	11y & under	50m	Fly
7	Girls	12y & Over	100m	Free	17	Boys	12y & Over	100m	Free
8	Girls	11y & under	50m	Free	18	Boys	11y & under	50m	Free
9	Boys	12y & Over	200m	IM	19	Girls	12y & Over	200m	IM
10	Boys	11y & under	100m	IM	20	Girls	11y & under	100m	IM

\* The warm up for session 2 will start approximately one hour after the completion of session 1 but no earlier than 1300.

### Age groups

9y 10y 11y 12y 13y 14y 15 & Over

Age as of February 7th 2010

**Closing date for entries - 4th January 2010**

# THETFORD DOLPHINS - FEBRUARY 7th 2010 OPEN MEET

## ENTRY FORM (Age as of 7th February 2010)

**SURNAME:** .....

**Forename:** .....

**Date of birth:** ..... **Age on Day:** .....

**Sex (M/F)** ..... **Club:** .....

**ASA Number:** .....

**Address:** .....

**Address:** .....

**Address:** .....

**Post code:** ..... **Telephone** .....

**E-mail** .....

Please print details

	FREE	BACK	BREAST	FLY	IM
<b>ENTRY TIMES</b>					

Entries £ 4.00 per event

**Total monies enclosed = £**

Payment by cheque only made payable to Thetford Dolphins

I declare that I am eligible as defined by ASA law, have reached the standard of the Competitive Start Award and that the above information is correct.

Signed (Swimmer): .....

Signed (Club Official): ..... Position: ..... Date: .....

**Please return completed forms and appropriate moneys to Robin Barrett,**

**85 Nunnery Drive, Thetford, NORFOLK, IP24 3EP**

**Closing date for entries - 4th January 2010**

# THETFORD DOLPHINS - FEBRUARY 7th 2010 OPEN MEET

Club: ..... Club Contact Name: .....  
 Address: ..... Telephone: .....

BOYS ENTRIES		e-mail				ENTRY TIMES				
SURNAME	FORENAME	ASA REG. No.	Date Of Birth	FREE	BACK	BREAST	FLY	IM		
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										

..... Entries at £4.00 per event = £  
 Coach passes (subject to rule 13) One at £9 + ..... at £4 = £  
**Total monies enclosed = £**

Payment by cheque only made payable to Thetford Dolphins  
 I declare that the above named swimmers are eligible as defined by ASA law, have reached the standard of the Competitive Start Award and that the above information is correct.

Signed (Club Official): \_\_\_\_\_ Position: \_\_\_\_\_ Date: \_\_\_\_\_

**Please return completed forms and appropriate moneys to Robin Barrett, 85 Nunnery Drive, Thetford, NORFOLK, IP24 3EP**

Closing date for entries - 4th January 2010

**Please note, individual swimmer forms are not required if clubs are using the above club entry form.  
 Clubs must nominate a club contact on the form.**

# THETFORD DOLPHINS - FEBRUARY 7th 2010 OPEN MEET

Club: ..... Club Contact Name: .....  
 Address: ..... Telephone: .....

GIRLS ENTRIES		ENTRY TIMES						
SURNAME	e-mail FORENAME	ASA REG. No.	Date Of Birth	FREE	BACK	BREAST	FLY	IM
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
				Entries at £4.00 per event =	£			
				Coach passes (subject to rule 13) One at £9 + ..... at £4 =	£			
				<b>Total monies enclosed</b> =	<b>£</b>			

Payment by cheque only made payable to Thetford Dolphins

I declare that the above named swimmers are eligible as defined by ASA law, have reached the standard of the Competitive Start Award and that the above information is correct.

Signed (Club Official): \_\_\_\_\_ Position: \_\_\_\_\_ Date: \_\_\_\_\_

**Please return completed forms and appropriate moneys to Robin Barrett, 85 Nunnery Drive, Thetford, NORFOLK, IP24 3EP**

Closing date for entries - 4th January 2010

**Please note, individual swimmer forms are not required if clubs are using the above club entry form.  
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