

Club Championships 2017

level 4 License 4ER171793

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

The competition is a level 4 licensed meet, held under ASA Laws and ASA Technical Rules.

The competition is only open to members of Colchester Swimming Club.

The Promoter is Helen Stephens on behalf of Colchester Swimming Club.

To enter: Download an entry form from: www.colchesterswimming.com

Who can enter?

All current Club swimmers from Academy top swimmer (with approval from Donna: Academy Manager), to Performance and Masters Squads.

When to enter: NOTE THESE DATES CAREFULLY

- The final closing date is Friday 15th September 2017.
- Late entries will not be permitted in any circumstances.
- Return your form to: Please deposit in the club post box, located next to the club shop cupboard in the corridor.

Any alterations to rules must be agreed by the Club Championship Sub Committee.

What Competitions are there?

- 50m all four strokes – Academy/Junior/Intermediate squads only.
- 100m all four strokes and 400m Freestyle
- 800m Freestyle (girls) and 1,500m Freestyle (boys)
- 200m & 400m Individual Medley

The pool is 25m and anti-wave devices will be in place. The AOE (Automatic Officiating Equipment) will be used when available.

Heats will be swum as mixed ages with swimmers seeded by entry times. Over the top starts will be used at the referee's discretion.

What events to enter:

Academy may enter any events they are deemed suitable for by Academy Manager.

Senior Development may enter any events they qualify for in events list.

Junior & Young Potential should enter as a minimum: 50m events

You can also enter any other events that you feel capable of. If in any doubt, talk to your Lane Coach.

Potential, Performance and Performance Plus squads should compete in at least: 3 x 100m events plus 1 x long distance freestyle event: 400m, 800m (girls) or 1500m (boys).

Youth Masters and Masters may enter any events they qualify for in events list.

What times to submit?

Submit your best time for each event.

Juniors/Young Potential who do not have a time for an event should email Michelle:

chief.coach@colchesterswimming.com for a time at least one week **IN ADVANCE** so that they may complete the form. It is the parents/swimmers responsibility to complete and submit the entry form before the closing date **Friday 15th September 2017**.

Entries for distance events may be restricted at Coaches' discretion to swimmers closest to Essex times. Distance swims, 800m and 1500m, that cannot be swam in the scheduled session, will be swam at the Garrison at a date to be announced; these will **not** be licensed swims.

For all events, age is the age you will be on 31 December 2017

Fees

- £3.00 per event for: 50, 100, 400 and IM
- £4.00 per event for: 800 and 1500m
- PLUS £4 ADMIN FEE

Please note that all swimmers are encouraged to enter as many races as they wish. To support the enthusiasm of the swimmer and to help family expenditure, entry costs will be capped at a maximum amount of £25.00. Irrespective of the number of events entered, you will not pay more than £25 for entries. You must then add your £4 administration fee, so a grand total of £29.

For smoother running of the events, please make every attempt to turn up for events you have entered.

Refunds will only be given if: events are not run due to pool closures, if entries are restricted and at Coaches discretion.

Photography

In order to comply with Leisure Worlds policy, the promoter is obliged to ensure that anyone who wishes to take photographs or video at the meet first signs to photography book at the entry desk. Anyone signing the book will be issued with a photograph sticker, which should be worn prominently. The rules on photography apply to swimmers, coaches, officials and volunteers as well as spectators, and the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras.

Please note that photography in the changing room, toilets and showers is absolutely **forbidden** by both the club and swimming pool management.

Safety

All participants must observe the safety precautions in operation at Leisure World. Neither the promoter nor Colchester Swimming Club will be responsible for any loss or damage occurring during this meet.

What happens next?

- Once entries have been processed, the final event schedule will be posted on www.colchesterswimming.com and the notice board.
- Swimmers may only swim on the dates and events allocated to them, even if different to those provisionally advised. No refunds will be given.
- A “signing-in” system will operate for each session, similar to an Open Meet.
- Swimmers must sign in before the stated time to be able to compete at that session.

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.

How winners are selected:

All events are swum as ‘heat declared winners’. That is, everyone swims the event in heats and the winners are decided from the times recorded for that swim. There are **NO** finals.

Special Events:

Individual Medley Competition

Each swimmer competes in a 200m and a 400m Individual Medley.

For swimmers who compete in both events, points are allocated according to placing at each distance:

6 points = 1st place,

5 points = 2nd place,

4 points = 3rd place,

3 points = 4th place

2 points = 5th place

1 point = 6th place.

Points for both events are then totalled to give final placing for the overall competition.

Only swimmers completing both events are included in the calculation.

Swimmers may compete in one event only on a time trial basis.

OLYMPIC CHALLENGE

The coaches invite you to enter our Olympic challenge. The start date will be from 1st November 2017 to run for one year, finishing on 31st October 2018. Awards will be given out at the following year’s presentation evening.

This event is aimed at Performance Plus, Performance, Potential, Young Potential, Senior Development, and Masters.

Swimmers – you must complete the following Olympic events. These may be swam at Colchester Swimming Club Championships and/or any other licensed meet. Each swim must be signed for by the attending Colchester club coach if present or event results presented to your coach for signature.

Successful swimmers will receive an Olympic challenge reward.

BOYS	GIRLS
50 m freestyle	50 m freestyle
100 m freestyle	100 m freestyle
200 m freestyle	200 m freestyle
400 m freestyle	400 m freestyle
1500 m freestyle	800 m freestyle
100 m backstroke	100 m backstroke
200 m backstroke	200 m backstroke
200 m individual medley	200 m individual medley
400 m individual medley	400 m individual medley
100 m breaststroke	100 m breaststroke
200 m breaststroke	200 m breaststroke
100 m butterfly	100 m butterfly
200 m butterfly	200 m butterfly

Entry forms may be downloaded from the club web site.

Trophies and Medals

50m events medals	Academy, Junior, Young Potential	
	Boys	Girls
Age groups		
9 years and under	1st, 2nd and 3rd for each stroke	1st, 2nd and 3rd for each stroke
10 years	1st, 2nd and 3rd for each stroke	1st, 2nd and 3rd for each stroke
11 years	1st, 2nd and 3rd for each stroke	1st, 2nd and 3rd for each stroke
12 years and over	1st, 2nd and 3rd for each stroke	1st, 2nd and 3rd for each stroke

100m events, 400m freestyle, 800m freestyle, 1500m freestyle, 200m and 400m Individual Medley medals	All squads	
Age groups	Boys	Girls
9/10 years	1st, 2nd and 3rd for each stroke	1st, 2nd and 3rd for each stroke
11/12 years	1st, 2nd and 3rd for each stroke	1st, 2nd and 3rd for each stroke
13/14 years	1st, 2nd and 3rd for each stroke	1st, 2nd and 3rd for each stroke
15 years and over	1st, 2nd and 3rd for each stroke	1st, 2nd and 3rd for each stroke

The following events also have a trophy/award presented in both a Junior and an Open category; this is in addition to the medals detailed in the table above. These events are:

- 1500m FC Boys Junior (13/U)
- 1500m FC Boys open (any age)
- 800m FC Girls Junior (13/U)
- 800m FC Girls Open (any age)
- 400m FC Junior (13/U)
- 400m FC Open (any age)
- 200m and 400m IM combined Junior (13/U)
- 200m and 400m IM combined Open (any age)
- 100m Butterfly, Backstroke, Breaststroke and Freestyle Junior (13/u)
- 100m Butterfly, Backstroke, Breaststroke and Freestyle Open (any age)

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.