

# Cambridgeshire A.S.A. County Championships 2013

## Individual Gala Conditions

1. The Cambridgeshire County Championships shall be run under ASA Laws and FINA Technical Swimming Rules.
2. Swimmers shall be members of an affiliated Cambridgeshire club and shall be registered with the ASA. A swimmer who has competed during 2013 in County Championships for any other English county may not take part in this competition.
3. Swimmers shall be registered with their competing club throughout the duration of the Championships. A swimmer who resigns from one Cambridgeshire club and joins another Cambridgeshire club after submitting their entry must immediately notify the promoter of any events that they have entered. Points scored shall be awarded to the current club.
4. Entry times should be equal to or faster than the qualifying time and should be taken from the A.S.A. rankings database, or verified meets held under ASA Laws, for example JFL, Arena League. (With the exception of the long course events 701 +702 where times may be used from time trials or unlicensed meets. Club coaches are responsible for checking that the times are appropriate for the swimmer. All times are to be 25m times (long course conversions can be accepted).
5. The entry fee is £5.00 per individual event with the exception of Event 701 and 702 the 1500m and 800m long course events which are £7. **All entries and correspondence must be submitted by a club affiliated with the C.A.S.A. entries sent individually will be returned.**
6. Entries will be processed electronically using Sportsystems Meet Organisation Software. Entry into this competition implies acceptance that only necessary personal data will be stored electronically and used for the purposes of administering the meet and the results. Sportsystems entry files and instructions will be made available on the Cambridgeshire ASA website [www.Cambs-swimming.org.uk](http://www.Cambs-swimming.org.uk).
7. Entries must be submitted electronically via e-mail to the Meet Promoter, Ian Knight. The closing date is midnight Monday 4<sup>th</sup> February 2013. Clubs are encouraged to submit electronic entries before the final closing date. No entry times will be updated after receipt. Entries are not considered received until payment has been received. Clubs should provide the Cambridgeshire ASA with a single payment for their clubs entries.
8. The gala will be cardless and all swimmers will be deemed to have withdrawn from the gala unless they have signed in before the start of the warm up of the session, or such time as published by the Promoter.
9. Winners of events will be heat declared; Age Groups are as follows, (9, 10, 11, 12, 13, 14, 15, 16, and 17+). Awards will be made to 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup>. Medals and trophy points will not be awarded where the qualifying time, if one has been set, is not achieved in the event.
10. Finals shall be swum for 50m freestyle, backstroke, breaststroke and butterfly events in the following age groups, 9/10, 11/12, 13/14, 15+ and will consist of the fastest heat swimmers from each age range defined to a maximum of 6 swimmers for finals at Peterborough and 8 swimmers for finals at Cambridge. These events will not attract BAGCAT points and WILL NOT be considered for BAGCAT awards. Awards will be presented to 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> within each defined age range.
11. Finals shall also be swum for 100m freestyle, backstroke, breaststroke and butterfly events in the following age groups, 10, 11/12, 13/14, 15+ and will consist of the fastest heat swimmers from each age range defined to a maximum of 6 swimmers for finals at Peterborough and 8 swimmers for finals at Cambridge. These events will not attract BAGCAT points and WILL NOT be considered for BAGCAT awards. Awards will be presented to 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> within each defined age range.
12. Admission Charges per Session: £3.00. Children under 16 and Senior Citizens FREE. Swimmers will be allowed on the balconies free provided they are dry, fully clothed and wearing suitable footwear. Spectators will be asked to clear the balcony in between sessions. Access to poolside is not permitted without a coaches or poolside pass. All swimmers must be supervised on poolside. Clubs must ensure there are enough adults on poolside with valid passes to provide adequate supervision
13. Coaches' Passes are available at a charge of £10.00 per day, which includes food between sessions and a programme. Coach passes with no food may also be requested for no charge. There will be no charge for

coach passes at Corby and no food provided. Poolside access will be restricted to swimmers, officials, Cambridgeshire ASA helpers and those with coaches' passes or personal care attendant passes.

14. All clubs participating in the Championships are expected to provide officials and helpers so that the competition can run smoothly. The promoter reserves the right to cancel the gala if there are not sufficient officials or helpers making themselves available in good time before the gala.
15. Session Times may be subject to change dependent on entries received, warm up will begin 55 minutes before the session start and will be of the duration of at least 40 minutes. A Chief Warm-Up Steward will be provided by C.A.S.A. Swimmers cannot commence warm up until their coach is present at the allocated lane.
16. Fifteen minutes prior to the start of the session, or one event prior to the one in which they are competing swimmers should present themselves, to the Competitors Steward. IT IS THE RESPONSIBILITY OF THE SWIMMER TO BE AT THE WHIPPING AREA IN TIME FOR THEIR EVENT.
17. In accordance with ASA Child Protection policy, all photographic equipment, including mobile phones with cameras, must be registered at each session. This includes mobile phones and cameras that are used on poolside by competitors. A photography log book will be made available for spectators and at the announcer's table for those on poolside.
18. Photographs of the meet may be taken by representatives of the promoters of the event and may be used for promotional purposes. Entry into the competition implies acceptance of this condition.
19. Disability entries are welcomed and are subject to the general conditions and the Disability Swimming Conditions below.
20. If the meet is over-subscribed, the promoter reserves the right to reject entries based on the submitted entry times. The fastest swimmers in each age group will be given priority. Clubs will be informed as soon as possible after the closing date of any swimmers whose entries have had to be rejected and entry fees will be returned in full.
21. By submitting entries to the Meet Promoter, club representatives are declaring that entry times submitted meet the stated criteria. In the event that a submitted entry time is found not to comply with the conditions, the entry fee will be forfeit and the swimmer will not be allowed to compete in that event. The Cambridgeshire County Championship Committee also reserves the right to impose a fine of £10 per instance on any club that submits unsubstantiated entry times where no valid explanation can be provided. If clubs are found to have submitted unsubstantiated entry times after the event has been swum, the Meet Promoter reserves the right to remove any awards or points that may have been awarded for the swim in question. Clubs that are found to have entered unsubstantiated entry times will be referred to the Cambridgeshire County Championship Committee for disciplinary action.

Payment can be made by Cheque, made payable to 'Cambridgeshire ASA', or BACS.

Clubs paying electronically should email [stuart.jill@blueyonder.co.uk](mailto:stuart.jill@blueyonder.co.uk) with the date paid amount paid and an electronic version of the entry summary. Postal Payment please include a copy of the entry summary and Send to Stuart Tawn at the address below

Stuart Tawn  
27 Smeeth Road,  
Marshland St James,  
Wisbech,  
PE14 8JF.

Bank - NatWest, 1 Market Place, Wisbech,  
PE13 1DT  
Sort Code - 55-81-28  
Account Name - Cambridgeshire Amateur  
Swimming Association  
Account No - 07205031

## Disability Swimming Conditions

The conditions for the Cambridgeshire County Championships shall apply to the Disability Swimming events except where varied by any of the following conditions.

### Events

Freestyle 50m, 100m, 200m and 400m

Backstroke 50m, 100m and 200m

Butterfly 50m, 100m and 200m

Breaststroke 50m, 100m and 200m

Individual Medley 100m, 200m and 400m

### Eligibility

Swimmers with S1- S15 classifications will be accepted.

All swimmers must have an internationally authorised classification and a Functional Ability Card (FAC), a copy of which must be submitted with their entry. This FAC must also be presented to the referee before the start of each session in which the competitor is entered.

An FAC can be obtained via an application to the FAC co-ordinator, who can be contacted via British Swimming. Competitors must be registered members of the ASA.

The championships do not have disability consideration times, however the organisers reserve the right to reject swimmers after the closing date if demand exceeds the time available in the galas.

### Personal Care Attendants

Personal care attendants will be permitted for swimmers with a disability if appropriate for the disability. Personal Care Assistant Passes will be available at no cost if a request is made to the promoter in advance of the event.

### Competition Format

The competition format will be based on disability inclusion within the able-bodied programme. Swimmers will be integrated on a time-banded basis in all events.

Placing shall be determined by achieving a time better than or closest to, the equivalent World record relevant to their own classification.

Disability swimmers will be included but not placed within the results for the appropriate age group in the able-bodied competition unless their entry times meet the qualifying times for the able-bodied competition. They will also be included in the Multi Disability results and placed within those results according to their equivalent times.

Winners of all events will be heat declared.

### Competition to be run under IPC Swimming swim rules.

An official who holds the qualification of ASA Disability Official will act as a technical advisor in each of the sessions where disability athletes are entered, if available.

### Medals

Medals shall be awarded on a multi-disability basis to 1st, 2nd and 3rd place in each event. Medals shall be awarded following the posting of the results after the relevant event has taken place.

## Medley Skins Event, held outside of licensed conditions

There shall be two open medley 'skins' events, one for boys and one for girls held during the competition, and these are out outside of licensed conditions. Qualification for this event will be the eight fastest swimmers overall in the 200m Individual Medley events. The competition shall consist of a series of knockout rounds with the slowest swimmer in each round being eliminated. In the event of a dead heat between the two slowest swimmers no elimination is made in that round. The final round shall be the last two remaining swimmers and the winner of the event shall be the fastest swimmer of the final round. The stroke to be used in the first round shall be determined by the meet promoter drawing lots. The stroke to be used in all subsequent rounds shall be determined by the eliminated swimmer in each round drawing lots

## Cambridgeshire ASA Relay Team Swimming Championships Conditions 2013

1. County Swimming Team Championships shall be competed for annually and each event shall be open to teams of four swimmers from clubs that are affiliated to Cambridgeshire County ASA. Each Swimmer shall be a member of the club and eligible within the meaning of ASA Law. Each club may only enter a maximum of two teams in an event, however only the highest placed team for a club shall be awarded points towards the championship title.
2. The age groups for teams shall be: 11yrs & under; 13yrs & under; 15yrs & under; Open
3. A swimmer entered in the name of one club in the individual events may not compete for a different club in the relay events unless the club is composed of a federation of clubs formed for team galas, such teams must be registered with the ASA.
4. Swimmers must have been members of the club in whose name they are entered and registered as such with the ASA at least 90 days prior to the first day of the competition. Swimmers will compete in their own age groups as defined within this document.
5. Entries shall be made by electronic entry, as per entry into the main championships
6. Each competing club shall deliver to the meet recorder any revisions to the list of swimmers at least 45 minutes before the advertised time for the commencement of the session on the form provided
7. In any event where the entry of a team has been received, notice of withdrawal shall be reported to the meet manager at least 30 minutes before the start of the event. Withdrawals after the 30 minutes deadline may only be made on medical grounds.
8. Failure to comply with these conditions shall result in a fine of £10 for which the club shall be responsible. Failure to pay the fine may at the discretion of the meet promoter result in the suspension of all that club's teams for the remaining events in the meet.
9. Each event shall be decided on heat declared winners.
10. The total points to be awarded for each event shall correspond to the total number of clubs entered into the competition. Points shall be awarded highest to lowest to the clubs in their finishing order in each event subject to rule 1. No points shall be awarded to a club that does not enter a team into an event.
11. The winning club of the Championship Relays shall be determined by the total number of points over Events 1 to 16. In the event of a tie the winning club shall be determined by the relative positions of the tied clubs in the Cannon Relay. If there is still a tie the winning club shall be determined by the total number of wins for the tied clubs over events 1 to 16. The winning club shall be entitled to hold the Championship Relays trophy until the event is next swum. The club representative shall give a receipt for it and an undertaking that reasonable care will be taken of it and that it will be returned when required. Medals will not be awarded for individual events but a medal shall be awarded to all team members of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed teams.
12. The winning club of the Cannon Relay Event 17 shall be entitled to hold the Cannon Relay trophy until the event is next swum. The club representative shall give a receipt for it and an undertaking that reasonable care will be taken of it and that it will be returned when required.13. Protests shall be made and dealt with as detailed in ASA Law, to the meet promoter which is the Cambridgeshire County Championship Committee. Any questions arising, for which these conditions do not provide, shall be determined by the Cambridgeshire County Championships Committee.

**Any question arising, for which these conditions do not answer,  
shall be determined by the Executive.**



## County Championship Qualifying Times 2013 – Licensed Level 2



10<sup>th</sup> March – Corby;  
2<sup>th</sup> and 9<sup>th</sup> March - Regional Pool, Peterborough;  
Sunday 17<sup>th</sup> - Parkside Pool Cambridge

### Minimum Qualifying Times

Boys									AGE AS OF MARCH 17th 2013	Girls								
9 yrs.	10 yrs.	11 yrs.	12 yrs.	13 yrs.	14 yrs.	15 yrs.	16 yrs.	17/over		9 yrs.	10 yrs.	11 yrs.	12 yrs.	13 yrs.	14 yrs.	15 yrs.	16 yrs.	17/over
45.01	41.68	38.21	36.18	34.26	33.22	32.51	31.81	31.17	50m Free	46.60	43.14	39.55	37.45	36.24	35.73	35.38	35.03	34.93
	200 QT*	1:19.60	1:15.38	1:11.38	1:09.21	1:07.74	1:06.26	1:04.94	100m Free		200 QT*	1:22.39	1:18.03	1:15.50	1:14.44	1:13.71	1:12.98	1:12.76
3:23.70	3:08.61	2:52.89	2:43.73	2:35.18	2:30.10	2:27.06	2:24.03	2:21.63	200m Free	3:28.35	3:12.92	2:56.84	2:47.46	2:42.23	2:39.96	2:38.29	2:36.61	2:35.96
7:08.46	6:36.72	6:03.66	5:44.38	5:27.41	5:17.38	5:11.36	5:05.35	5:00.96	400m Free	7:16.20	6:43.89	6:10.23	5:50.60	5:40.61	5:35.03	5:31.59	5:28.16	5:27.31
									800m Free		12:28.61**	12:28.61	11:50.15	11:27.97	11:19.81	11:16.69	11:13.56	11:10.93
	23:46.07**	23:46.07	22:32.80	21:25.86	20:45.86	20:30.67	20:15.48	20:12.10	1500m Free									
58.27	53.96	49.46	46.84	43.78	42.33	41.27	40.20	39.36	50m Breast	59.28	54.89	50.31	47.65	46.00	45.26	44.79	44.32	44.16
	200 QT*	1:43.04	1:37.58	1:31.20	1:28.19	1:25.97	1:23.75	1:22.00	100m Breast		200 QT*	1:44.82	1:39.26	1:35.84	1:34.29	1:33.31	1:32.34	1:32.00
4:22.52	4:03.07	3:42.82	3:31.00	3:18.83	3:11.88	3:07.36	3:02.84	2:59.05	200m Breast	4:24.24	4:04.67	3:44.28	3:32.39	3:25.81	3:23.03	3:21.30	3:19.58	3:18.64
51.22	47.42	43.47	41.17	38.36	36.86	35.94	35.02	34.33	50m Fly	52.09	48.23	44.21	41.87	40.43	39.65	39.21	38.76	38.59
	200 QT*	1:30.57	1:25.76	1:19.93	1:16.80	1:14.88	1:12.96	1:11.51	100m Fly		200 QT*	1:32.11	1:27.23	1:24.24	1:22.61	1:21.68	1:20.75	1:20.39
3:56.75	3:39.21	3:20.94	3:10.29	2:57.56	2:50.10	2:45.86	2:41.61	2:38.80	200m Fly	4:00.08	3:42.29	3:23.77	3:12.96	3:04.39	3:01.30	2:58.97	2:56.64	2:56.10
51.25	47.46	43.50	41.20	38.78	37.31	36.44	35.57	34.97	50m Back	52.01	48.16	44.14	41.80	40.45	39.73	39.30	38.87	38.65
	200 QT*	1:30.63	1:25.83	1:20.79	1:17.74	1:15.93	1:14.11	1:12.86	100m Back		200 QT*	1:31.96	1:27.09	1:24.26	1:22.78	1:21.88	1:20.98	1:20.53
3:48.09	3:31.19	3:13.59	3:03.32	2:53.04	2:47.41	2:43.74	2:40.08	2:37.76	200m Back	3:51.29	3:34.16	3:16.31	3:05.90	2:59.85	2:57.28	2:55.24	2:53.21	2:52.66
1:51.60	1:43.33	1:34.72	1:29.70	1:24.79	1:22.01	1:20.21	1:18.42	1:17.29	100m I.M.	1:53.15	1:44.77	1:36.04	1:30.95	1:28.34	1:26.96	1:26.06	1:25.16	1:24.79
3:52.50	3:35.28	3:17.34	3:06.88	2:56.64	2:50.85	2:47.11	2:43.38	2:41.03	200m I.M.	3:55.74	3:38.28	3:20.09	3:09.47	3:04.04	3:01.18	2:59.30	2:57.43	2:56.65
8:12.11	7:35.66	6:57.69	6:35.54	6:14.33	6:02.86	5:54.53	5:46.19	5:42.74	400m I.M.	8:17.57	7:40.71	7:02.32	6:39.93	6:26.91	6:21.73	6:18.27	6:14.81	6:13.28

\*Any swimmer aged 10 on March 17<sup>th</sup> 2013 and aged 11 before midnight on June 10<sup>th</sup> 2013 shall be able to enter the 100m events either with the 100m qualifying time or the 200m qualifying time for the same stroke. These events will be seeded by time, therefore 200m times will be seeded in the slower heats.

\*\*The qualifying time for the 800m & 1500m Freestyle events for 10 year olds who will be 11 by June 10th 2013. BAGCAT points WILL NOT be considered for BAGCAT awards in these two instances.

The above times are to be achieved in a 25m or 50m pool. ALL TIMES TO BE ACHIEVED FROM 5<sup>th</sup> March 2012

## Programme of Events.

### Day 1

#### Saturday 2nd March Peterborough

##### Session 1

warm-up 08:35 - Start 09:30

- 101 - Male 200m I.M.
- 102 - Female 10 & Over 100m Breast
- 103 - Male 10 & Over 100m Back
- 104 - Female 400m Free
- 105-108 Female 100m Breast Finals
- 109-112 Male 100m Back Finals

##### Session 2

Warm-up 12:05 - Start 13:00

- 201 - Male 200m Back
- 202 - Female 200m Breast
- 203 - Male 10 & over 100m Free
- 204 - Female 10 & over 100m Fly
- 205-208 Male 100m Free Finals
- 209-212 Female 100m Fly finals

##### Session 3

Warm up 15:20 - Start 16:15

- 301 - Male 50m Free
- 302 - Female 50m Fly
- 303 - Male 200m Fly
- 304 - Female 400m I.M.
- 305 - 308 Male 50m Free Finals
- 309 - 312 Female 50m Fly Finals

### Day 2

#### Saturday 9th March Peterborough

##### Session 4

warm-up 08:35 start @ 09:30

- 401 - Female 200m I. M.
- 402 - Male 10 & over 100m Breast
- 403 - Female 10 & over 100m Back
- 404 - Male 400m Free
- 405-408 Female 100m Back finals
- 409-412 Male 100m Breast finals

##### Session 5

Warm-up 12:05 - Start 13:00

- 501 - Male 50m Back
- 502 - Female 50m Breast
- 503 - Male 100m I.M.
- 504 - Female 100m I.M.
- 505 - 508 Male 50m Back Finals
- 509 - 512 Female 50m Breast Finals

##### Session 6

Warm up 15:20 - Start 16:15

- 601 - Male 50m Breast
- 602 - Female 50m Back
- 603 - Male 200m Free
- 604 - Female 200m Free
- 605 - 608 Male 50m Breast Finals
- 609 - 612 Female 50m Back Finals

### Day 3

#### Sunday 10th March Corby

##### Session 7

Warm-up 18:00 - Start @ 18:30

- 701 - Male 10 & over 1500m Free
- 702 - Female 10 & over 800m Free

### Day 4

#### Sunday 17th March Cambridge

##### Session 8

Warm up 08:35- Start 09:30

- 801 - Female 200m Back
- 802 - Male 200m Breast
- 803 - Female 10 & over 100m Free
- 804 - Male 10 & over 100m Fly
- 805-808 Female 100m Free finals
- 809-812 Male 100m Fly finals

##### Session 9

Warm-up 12:05 - Start 13:00

- 901 - Female 50m Free
- 902 - Male 50m Fly
- 903 - Female 200m Fly
- 904 - Male 400m I.M.
- 905 - 908 Female 50m Free Finals
- 909 - 912 Male 50m Fly Finals

### Day 4

#### Sunday 17th March Cambridge

##### Session 10

Warm up 15:20 - Start 16:30

- IM Skins male and female  
(based on fastest times from 200IM)

### BAGCAT Presentations

- 01 Boys 11/Un 4x50 Free Relay
- 02 Girls 11/Un 4x50 Free Relay
- 03 Boys 13/Un 4x50 Medley Relay
- 04 Girls 13/Un 4x50 Medley Relay
- 05 Boys 15/Un 4x50 Free Relay
- 06 Girls 15/Un 4x50 Free Relay
- 07 Boys Open 4x50 Medley Relay
- 08 Girls Open 4x50 Medley Relay
- 09 Boys 11/Un 4x50 Medley Relay
- 10 Girls 11/Un 4x50 Medley Relay
- 11 Boys 13/Un 4x50 Free Relay
- 12 Girls 13/Un 4x50 Free Relay
- 13 Boys 15/Un 4x50 Medley Relay
- 14 Girls 15/Un 4x50 Medley Relay
- 15 Boys Open 4x50 Free Relay
- 16 Girls Open 4x50 Free Relay
- 17 Cannon Free Relay 1x25, 6x50, 1x25

### Relay Presentations

### Cambridgeshire ASA 2013 County Championships

(Under ASA Laws and ASA Technical Rules) - **Age as of the 17<sup>th</sup> of March 2013**

March 10<sup>th</sup> – Corby; March 2<sup>nd</sup>, 9<sup>th</sup> - Regional Pool, Peterborough; March 17<sup>th</sup> - Parkside Pools, Cambridge

Surname:					First Name:							
Dob:				Address:								
ASA Reg.												
Tel:				Club:								
Age Group <b>as of 17 Mar 2013</b> (Please Circle)				9	10	11	12	13	14	15	16	17+
Event	Entry Time	Date / Venue <small>(ALL TIMES TO BE ACHIEVED SINCE 5<sup>th</sup> Mar 2012)</small>										
50m FREESTYLE												
100m FREESTYLE												
200m FREESTYLE												
400m FREESTYLE												
50m BACKSTROKE												
100m BACKSTROKE												
200m BACKSTROKE												
50m BREASTSTROKE												
100m BREASTSTROKE												
200m BREASTSTROKE												
50m BUTTERFLY												
100m BUTTERFLY												
200m BUTTERFLY												
100m I.M.												
200m I.M.												
400m I.M.												
CLOSING DATE FOR ENTRIES–January 31 <sup>st</sup> 2013				Total Entries		@ £5.00 per Event = £						
Female 800m FREESTYLE												
Male 1500m FREESTYLE												
CLOSING DATE FOR ENTRIES– January 31 <sup>st</sup> 2013				Total Entries		@ £ 7.00 per Event = £						
Please make all cheques payable to <b>Cambridgeshire ASA</b> or check your own club's requirement												
<b>CERTIFICATION:</b> I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the Laws of the ASA and will abide by the conditions laid down by Cambridgeshire County ASA for this competition												
<b>Signature of Competitor:</b> _____ <b>Date:</b> _____												
<small>PLEASE NOTE: Photographs may be taken at this competition and used for publicity purposes subject to ASA Regulations concerning the use of video, close range or zoom photography. If Parents / Guardians of competitors under the age of 18 DO NOT wish such photographs to be published, they should notify the Meet Promoter in writing.</small>												
Signed by Club Official: _____ Date: _____ Position in Club: _____												