

Cambridgeshire A.S.A. County Championships 2017

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 2017 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. Only Licensed Times can be used, as per ASA competition pathway.
5. 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). No Time 'NT' **WILL NOT** be accepted.
6. The entry fee is £5.75 per individual event. **All entries and correspondence must be submitted by a club affiliated with C.A.S.A. Any entries sent individually will be returned.**
7. Clubs should ensure that swimmers and parents complete the entry form and give to the clubs meet coordinator, for the club to then process all entries 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.cambsasa.co.uk and via email from the promoter.
8. Entries must be submitted electronically via e-mail to the Promoter via chairman@cambsasa.co.uk. The closing date is midnight December 23rd 2016. 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 all their club's entries.
9. Full entry lists confirming each swimmers entry will be sent to their clubs contact email address by Monday 9th January 2017 and start lists will be shown on the Cambs ASA website for confirmation by midnight 23rd January 2017.
10. All swimmers informed of having accepted entries will be deemed as competing unless they have informed the promoter via withdrawals@cambsasa.co.uk by midnight Monday 16th January 2017 stating the event number, full name, Date of Birth and entry time. Acknowledgment of the withdrawal will be made to both the concerned club contact and by reply to the email received. Any competitor that subsequently withdraws from an event on medical grounds will not be able to participate in any further events for the remainder of that session.
11. Winners of events will be heat declared; Age Groups are as follows, (10/11, 12, 13, 14, 15, 16/over). Awards will be made to 1st 2nd and 3rd Medals and Top Boy / Top Girl points will not be awarded where the qualifying time, if one has been set, is not achieved in the event. Top Boy / Top Girl trophies will be presented to the overall winners of each age group.
12. Finals shall be swum for 50m freestyle, backstroke, breaststroke and butterfly events in the following age groups, 10/11, 12, 13, 14, 15, 16/over. Finals will also be swum for 100m freestyle, backstroke, breaststroke and butterfly events in the following age groups, 12/Under, 13/14, 15/Over and will consist of the fastest heat swimmers from each of the age groups defined with up to 8 swimmers for finals. Awards will be presented to 1st 2nd and 3rd within these age groups.
13. Admission Charges per Session: £4.00. 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
14. 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. Poolside access will be

restricted to swimmers, officials, Cambridgeshire ASA helpers and those with coaches' passes or personal care attendant passes.

15. 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.
16. 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.
17. 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 MARSHALLING AREA IN TIME FOR THEIR EVENT.
18. In accordance with ASA Child Protection policy, all image capturing devices, 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.
19. 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.
20. Disability entries are welcomed and are subject to the general conditions and the Disability Swimming Conditions below.
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.

Each participating Cambs ASA club must make one payment to cover all their clubs entries. No individual entries from Parents or Swimmers will be accepted.

Clubs paying by cheque, please make the cheque payable to 'Cambridgeshire ASA' please also include a copy of the entry summary and post everything to Stuart Tawn at the address below.

Clubs paying electronically, please use the bank details below and email stuarttawn@btinternet.com with the date paid, amount paid and an electronic version of the entry summary.

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, 400m, 800m and 1500m

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 ensure referee are aware of their exception codes.

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.

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 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.



CAMBS COUNTY CHAMPIONSHIP QUALIFYING TIMES

(Times must be equal to or faster than these)

AGE AS AT 31st December 2017



BOYS						EVENT	GIRLS					
10/11	12	13	14	15	16+		10/11	12	13	14	15	16+
40:68	36:98	35:22	32:02	31:08	29:89	50m Freestyle	41:54	38:64	36:80	35:05	34:03	32:72
1.25:00	1.21:46	1.16:34	1.11:85	1.07:37	1.05:25	100m Freestyle	1.27:00	1.23:75	1.17:01	1.14:78	1.11:62	1.09:92
3.13:59	2.58:04	2.45:78	2.32:37	2.24:99	2.21:12	200m Freestyle	3.13:70	2.59:44	2.45:32	2.36:53	2.34:05	2.28:56
6.37:23	6.04:91	5.44:40	5.27:14	5.16:26	5.06:36	400m Freestyle	6.42:63	6.11:34	5.50:15	5.39:93	5.33:28	5.32:28
						800m Freestyle		12.32:00	12.00:00	11.30:00	11.16:00	11.14:00
	24.25:00	23.00:00	22.00:00	21.15:00	20.45:00	1500m Freestyle						
56.55	47.13	44.88	42.74	40.71	38.77	50m Breaststroke	54.59	49.63	47.27	45.02	42.87	40.83
1.50.00	1.47:38	1.38:12	1.29:99	1.25:27	1.22:01	100m Breaststroke	1.52:00	1.45:91	1.38:54	1.31:92	1.31:22	1.27:93
4.10:40	3.49:78	3.31:62	3.15:53	3.03:79	2.55:28	200m Breaststroke	4.07:18	3.49:11	3.33:60	3.18:89	3.15:26	3.12:70
47.80	42.49	38.52	35.93	35.05	32.46	50m Butterfly	49.49	43.99	40.92	38.07	37.14	35.37
1.35:00	1.30:10	1.24:59	1.18:06	1.14:48	1.10:51	100m Butterfly	1.37:00	1.32:29	1.26:50	1.22:74	1.19:26	1.16:97
3.51:16	3.21:36	3.15:88	2.58:84	2.51:04	2.44:67	200m Butterfly	3.47:56	3.24:23	3.18:72	3.12:68	2.59:87	2.55:62
46.85	41.64	39.66	36.89	35.14	34.28	50m Backstroke	46.65	43.40	41.33	39.36	37.49	36.57
1.35:00	1.30:61	1.25:32	1.18:53	1.17:24	1.12:30	100m Backstroke	1.35:00	1.30:68	1.27:29	1.20:78	1.18:45	1.16:55
3.37:59	3.18:10	3.03:88	2.50:13	2.40:07	2.34:21	200m Backstroke	3.30:33	3.12:94	3.04:85	2.55:08	2.48:48	2.44:78
3.41:33	3.20:60	3.08:72	2.52:48	2.46:06	2.39:46	200m IM	3.37:57	3.24:06	3.09:38	2.56:71	2.54:18	2.49:39
	7.02:61	6.36:49	6.01:48	5.48:90	5.42:19	400m IM		7.12:28	6.41:38	6.13:02	6.06:52	6.00:34
1.45:13	1.35:28	1.29:64	1.21:92	1.18:87	1.15:74	100m IM	1.43:34	1.36:92	1.29:95	1.23:93	1.22:73	1.20:46

The above times are to be achieved in a 25m or 50m pool. ALL TIMES TO BE ACHIEVED FROM 1st January 2016

County Championships 2017

Day 1 Friday 27th January Cambridge - Parkside Pool Session 1 Warm-up 18:30 - Start 19:00	Day 3 Sunday 29th January Cambridge - Parkside Pool Session 4 Warm-up 12:30 - Start 13:30	Day 4 Saturday 25th February Whittlesey Manor Leisure Session 6 Warm-up 8:30 - Start 9:30	Day 5 Sunday 26th February Whittlesey Manor Leisure Session 8 Warm-up 8:30 - Start 9:30
101 F 800 Freestyle 102 M 1500 Freestyle	401 F 50 Freestyle 402 M 50 Freestyle 403 F 100 IM 404 M 100 IM	601 M 100 Backstroke 602 F 50 Breaststroke 603 M 200 Butterfly 604 F 400 IM 605 M 200 Freestyle	801 M 400 Freestyle 802 F 400 Freestyle 803 M 100 Breaststroke 804 F 100 Butterfly 805 M 50 Butterfly
Day 2 Saturday 28th January Cambridge – Parkside Pool Session 2 Warm-up 12:30 – Start 13:30	10min Break 405-410 F 50 Freestyle Finals 411-416 M 50 Freestyle Finals	10min Break 606-611 F 50 Breaststroke Finals 612-617 M 100 Backstroke Finals	20min Break 806-811 M 100 Breaststroke Finals 812-817 F 100 Butterfly Finals 818-823 M 50 Butterfly Finals
201 F 100 Breaststroke 202 M 100 Butterfly 203 F 200 IM 204 M 200 IM 205 F 50 Butterfly 20min Break 206-211 F 100 Breaststroke Finals 211-216 M 100 Butterfly Finals 217-222 F 50 Butterfly Finals	M/F 50 Skins 501 M/F 4x50 Freestyle Relay 502 M/F 4x50 Medley Relay 503 M 4x50 11/UN Freestyle Relay 504 F 4x50 11/UN Freestyle Relay 505 M 4x50 13/UN Medley Relay 506 F 4x50 13/UN Medley Relay 507 M 4x50 15/UN Freestyle Relay 508 F 4x50 15/UN Freestyle Relay 509 M 4x50 Open Medley Relay 510 F 4x50 Open Medley Relay 511 M 4x50 11/UN Medley Relay 512 F 4x50 11/UN Medley Relay 513 M 4x50 13/UN Freestyle Relay 514 F 4x50 13/UN Freestyle Relay 515 M 4x50 15/UN Medley Relay 516 F 4x50 15/UN Medley Relay 517 M 4x50 Open Freestyle Relay 518 F 4x50 Open Freestyle Relay 519 F/M 8x50 Canon Freestyle Relay	Session 7 Warm-up 13:00 – Start 14:00 701 F 100 Backstroke 702 M 50 Breaststroke 703 F 200 Butterfly 704 M 400 IM 705 F 200 Freestyle 10min Break 706-711 M 50 Breaststroke Finals 712-717 F 100 Backstroke Finals	Session 9 Warm-up 14:00 – Start 15:00 901 F 100 Freestyle 902 M 200 Breaststroke 903 F 200 Backstroke 904 M 50 Backstroke 10min Break 905-910 F 100 Freestyle Finals 911-916 M 50 Backstroke Finals
Session 3 Warm-up 17:00 – Start 18:00			
301 M 100 Freestyle 302 F 200 Breaststroke 303 M 200 Backstroke 304 F 50 Backstroke 10min Break 305-310 M 100 Freestyle Finals 311-316 F 50 Backstroke Finals			

Girl/Boy each age group 11/UN to Open

Cambridgeshire ASA 2017 County Championships
 (Under ASA Laws and ASA Technical Rules) - **Age as of the 31st December 2017**
 Counties - Parkside Pool, Cambridge & Manor Leisure Whittlesey

Surname:					First Name:				
Dob:			Address:						
ASA Reg.									
Tel:			Club:						
Age Group as of 31 Dec 2017 (Please Circle)			10	11	12	13	14	15	16+

All times must be equal to or faster than the published qualifying times – LICENSED MEETS ONLY

Event	Entry Time	Date / Venue	
		(ALL TIMES TO BE ACHIEVED SINCE 1 st January 2016)	
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.			(Age 12 and over only)
Female 800m FREESTYLE			(Age 12 and over only)
Male 1500m FREESTYLE			(Age 12 and over only)
CLOSING DATE FOR ENTRIES– 23 rd December 2016		Total Entries	@ £ 5.75 per Event = £

Please return this form and make your entry payment to **your club** who will in turn pay the county in a single payment.

CERTIFICATION: 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

Signature of Competitor: _____ **Date:** _____

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.

Signed by Club Official: _____ Date: _____
 Position in Club: _____