

SHROPSHIRE COUNTY AGE GROUP CHAMPIONSHIPS

PROMOTERS RULES AND CONDITIONS

1: DATES AND VENUES:

The dates and venues of the competition shall be decided and approved by the Executive Committee

2: ENTRIES:

Entries for the Competition together with the entry fee must reach the Honorary Gala Coordinator by midnight of the closing date as specified by the Executive Committee.

All entries shall be made on the Official Entry Disk.

The Declaration of Certification of Club entries must be signed by a previously nominated representative of the Club as being correct.

Entry times must be **equal to or faster** than the Qualifying times published for each event.

All submitted entries will be deemed correct and not open to alteration.

The number of entries to the Championships may be limited under the following conditions:

a: there will be **no refund** of entry fees for any entry submitted with a time outside the published qualifying times.

b: the slowest entries within the qualifying times may be rejected at the discretion of the Promoter to comply with designation criteria.

Late entries will not be accepted.

3: ENTRY CARDS:

These Championships will be run on a no entry card system, whereby all swimmers are deemed to be competing and must withdraw from an event by a specified time.

A Schedule of accepted and rejected entries will be sent to each Club.

Withdrawals from events must be made in writing by either the relevant Club coach or nominated representative by the time specified by the promoter, and posted in the box provided for that event. One withdrawal form per event

Any swimmer that qualifies for the Skins events must withdraw by the specified time. If the swimmer withdraws through illness or any other reason on the day of the Skins event they will not be allowed to swim in any other events.

Decisions on late withdrawals and penalties will be at the discretion of the Promoter.

Failure by a swimmer to withdraw by the specified time will result in the swimmer being excluded from any remaining events they may be entered for.

There will be no Time Only Swims.

4: COMPETITORS:

All competitors must wear costumes which conform to ASA Laws and Technical Rules.

Swimmers are expected to conduct themselves in a correct manner and display a good standard of behaviour both on and off poolside.

5: ELIGIBILITY:

Competitors must have been a bona fide member of a Club affiliated to Shropshire County ASA for a period of not less than 30 days prior to the first date of competition and be registered in accordance with ASA Laws.

A swimmer who enters or takes part in these Championships must not represent another County or compete in or have competed in another Counties Championships in the same calendar year. Should a swimmer be found to have broken this rule, their recorded times shall be removed from the results and any medals won shall be returned to the promoter.

A swimmer can only swim for one Club in individuals and relays.

6: RELAYS:

Team lists must be completed by each club prior to the event.

7: OFFICIALS:

All officials will be drawn from the District or WASA lists.

8: EVENTS:

Entry acceptance is based upon the Qualifying times as published.

All events shall be seeded on submitted entry times and seeded fastest to slowest.

The fastest heat of all Heat Declared events will be arranged on the spearhead principle.

9: PROTESTS AND COMPLAINTS:

These will only be accepted by the Referee in accordance with ASA Laws and Technical Rules, and, where possible will be dealt with by the Referee or Jury of Appeal, if one is appointed.

10: PROGRAMME OF EVENTS:

For practical purposes of expediency the Promoter reserves the right to change the order of events in the programme with the concurrence of the Referee and the competitors or their representatives.

11: COUNTY AGE GROUP RECORDS:

County Age Group Records are times set in the County Age Group Championships only and may be achieved in any of the events in the programme.

Times achieved in official county trials or at any other event will not constitute a County Age Group Record.

12: MEDALS AND TROPHIES:

Awards will be made to the first, second and third placed swimmers in each age group of each event.

Certificates will be awarded to all swimmers placed fourth, fifth and six and to all BAGCAT swimmers.

Shropshire Star Trophies will be awarded to the Top 10 year old girl and boy.

The Shropshire Star Record Breaker Trophy will be contested by all swimmers during the Championships and will be presented to the swimmer who breaks the most records. In the event of a tie, the points system will come into effect.

Trophies donated for certain other events will also be presented.

Presentations will be made to the top boy and girl in each age group based on position points. In the event of a tie, the result will be decided by count back of the number of first, second and third places to decide an overall winner.

13: PROMOTER:

The Executive committee shall be the Promoter.

For the practical purposes of administration the Honorary Gala Coordinator(s) shall be deemed the Promoter on the day.

Any matter not covered above will be dealt with at the discretion of the Promoter.

14: AGE ON DAY:

These Championships will be swum Age on Day which will be deemed to be the last day of the Championships.

15: FINES & PENALTIES:

A decision will be made after the results have been checked for swimmers recording times outside the qualifying time for the events entered. **The Club may be fined at the digression of the Shropshire County Executive**

The penalty for a swimmer failing to withdraw by the specified time will be as follows:

a: the club will pay a £10 penalty

b: the swimmer will be excluded from the remaining Championship events.

16: WARM UP

The use of **Training Aids** are not permitted during the **WARM UP**

Shropshire County Age Group Championships Programme 2009

All Gala's will be at Market Drayton Swimming Pool
All events are Heat Declared Winners

Gala 1

Saturday Feb 28th

Warm Up 09.00

Start 10.00

1. Boys	100m Breaststroke	12 yrs & Over	30 mins
2. Girls	100m Backstroke	11 yrs & Over	30 mins
3. Boys	200m Ind Medley	9 yrs & Over	45 mins
4. Girls	200m Freestyle	9 yrs & Over	1.25 hrs

Lunch 1 hour

Warm up ½ hour

5. Mixed	800m Freestyle	Girls 11 & over, Boys 15 & Over	1.5hrs
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Gala 2

Sunday Mar 1st

Warm Up 09.00

Start 10.00

6. Boys	100m Backstroke	12 yrs & Over	15 mins
7. Girls	100m Butterfly	11 yrs & Over	15 mins
8. Boys	200m Breaststroke	9 yrs & Over	50 mins
9. Girls	200m Breaststroke	9 yrs & Over	1 hr 5 mins
10. Boys	200m Butterfly	9yrs & Over	20 mins

Lunch 1 hour

Warm up ½ hour

11. Mixed	1500m Freestyle	Girls 11 years & Over, Boys 12 years & over	
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2 hrs 15 mins

Timings on right hand side are approximate
timings based on entries for 2008 Championships

Shropshire County Age Group Championships Programme 2009

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Gala 3

Saturday March 14th

Warm Up 0900

Start 10.00

12. Boys	100m Freestyle	12 yrs & Over	25 mins
13. Girls	100m Breaststroke	11 yrs & Over	25 mins
14. Boys	200m Backstroke	9 yrs & Over	40 mins
15. Girls	200m Ind Medley	9 yrs & Over	1 hr

Lunch 1 hour

Warm Up 1 hour

16. Mixed	400m Freestyle	10 & Over	2 hrs
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Gala 4

Sunday March 15th

Warm Up 09:00

Start 10:00

17. Girls	100m Freestyle	11 yrs & Over	40 mins
18. Boys	100m Butterfly	12 yrs & Over	20 mins
19. Girls	200m Butterfly	9 yrs & Over	30 mins
20. Boys	200m Freestyle	9 yrs & Over	1 hr
21. Girls	200m Backstroke	9 yrs & Over	45 mins

Lunch 1 hour

Warm Up $\frac{3}{4}$ hour

22. Mixed	400m Ind Medley	12 yrs & Over	45 mins
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timings based on entries for 2008 Championships

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Gala 5

Saturday March 28th

Warm Up 08:30

Start 10.00

23. Boys	50m Freestyle	9 yrs & Over	40 mins
24. Girls	50m Butterfly	9 yrs & Over	30 mins
25. Boys	50m Backstroke	9 yrs & Over	30 mins
26. Girls	50m Breaststroke	9 yrs & Over	40 mins

Interval 10 minutes

Swimmers for skins event will be selected from 200 I/M

27. Boys	Medley Skins	14 yrs & Under	10 mins
28. Girls	Medley Skins	13 yrs & Under	10 mins
29. Boys	Medley Skins	15 yrs & Over	10 mins
30. Girls	Medley Skins	14 yrs & Over	10 mins

Lunch 1 hour

Warm Up 1 ½ hrs

31. Boys	50m Butterfly	9 yrs & Over	30 mins
32. Girls	50m Backstroke	9 yrs & Over	30 mins

33. Boys	50m Breaststroke	9 yrs & Over	30 mins
34. Girls	50m Freestyle	9 yrs & Over	40 mins

Timings on right hand side are approximate
timings based on entries for 2008 Championships

Shropshire County Age Group Championships Programme 2009

All Gala's will be at Market Drayton Swimming Pool
All events are Heat Declared Winners

Sunday March 29th

Warm Up 08:30

Start 10.00

35. Boys	100m Ind Medley	12 yrs & Over	45 mins
36. Girls	100m Ind Medley	11 yrs & Over	45 mins

Interval 10 minutes

37. Boys	Freestyle Skins	15 yrs & Over	10 mins
38. Girls	Freestyle Skins	15 yrs & Over	10 mins
39. Boys	Freestyle Skins	14 yrs & Under	10 mins
40. Girls	Freestyle Skins	14 yrs & Under	10 mins

Lunch 1 hour

Warm Up 1 hour

Team Events will be Heat Declared Winners

41. Girls	Freestyle Team	4 X 50m	Open	6 mins
42. Boys	Freestyle Team	4 X 50m	Open	6 mins
43. Girls	Freestyle Team	4 X 50m	10 & Under	6 mins
44. Boys	Freestyle Team	4 X 50m	10 & Under	6 mins
45. Girls	Freestyle Team	4 X 50m	12 & Under	6 mins
46. Boys	Freestyle Team	4 X 50m	12 & Under	6 mins
47. Boys	Freestyle Team	4 X 50m	14 & Under	6 mins
48. Girls	Freestyle Team	4 X 50m	14 & Under	6 mins
49. Boys	Freestyle Team	4 X 50m	16 & Under	6 mins
50. Girls	Freestyle Team	4 X 50m	16 & Under	6 mins
51. Boys	Medley Team	4 X 50m	Open	6 mins
52. Girls	Medley Team	4 X 50m	Open	6 mins
53. Boys	Medley Team	4 X 50m	10 & Under	6 mins
54. Girls	Medley Team	4 X 50m	10 & Under	6 mins
55. Boys	Medley Team	4 X 50m	12 & Under	6 mins
56. Girls	Medley Team	4 X 50m	12 & Under	6 mins
57. Boys	Medley Team	4 X 50m	14 & Under	6 mins
58. Girls	Medley Team	4 X 50m	14 & Under	6 mins

**Timings on right hand side are approximate
timings based on entries for 2008 Championships**

Shropshire County Age Group Championships Programme 2009

All Gala's will be at Market Drayton Swimming Pool

All events are Heat Declared Winners

59. Boys	Medley Team	4 X 50m	16 & Under	6 mins
60. Girls	Medley Team	4 X 50m	16 & Under	6 mins
61. Mixed	Freestyle Team	10 X 50m	One boy & One Girl from each age group	15 mins

Timings on right hand side are approximate
timings based on entries for 2008 Championships

GIRLS		County Qualifying Times			Short Course Pool				2009	
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	47.8	42.7	39.1	36.4	34.5	33.6	33.1	32.9	32.9	31.7
100m Freestyle			1:24.3	1:18.0	1:14.1	1:12.0	1:11.2	1:10.7	1:10.6	1:09.2
200m Freestyle	3:50.0	3:19.8	3:02.1	2:48.6	2:39.1	2:35.5	2:33.2	2:32.1	2:30.9	2:30.8
400m Freestyle	8:22.1	7:02.1	6:19.6	5:50.7	5:32.4	5:24.2	5:19.7	5:18.6	5:16.2	5:16.2
800m Freestyle			13:06.1	12:03.5	11:23.0	11:05.8	10:58.4	10:55.2	10:53.4	10:50.8
1500m Freestyle			25:20.6	24:00.1	22:45.9	21:56.6	21:55.6	21:49.8	21:42.0	20:53.4
50m Breaststroke	1:02.2	55	50.1	46.1	43.5	42.2	41.5	41.3	41.2	39.7
100m Breaststroke			1:47.5	1:38.9	1:32.9	1:29.5	1:28.7	1:28.4	1:27.6	1:25.8
200m Breaststroke	4:52.0	4:15.9	3:50.2	3:31.9	3:19.0	3:13.0	3:11.3	3:10.2	3:09.5	3:03.9
50m Butterfly	53.7	46.8	43	39.9	37.7	36.5	35.9	35.8	35.5	34.1
100m Butterfly			1:34.3	1:26.7	1:21.8	1:19.0	1:18.4	1:18.0	1:17.3	1:14.9
200m Butterfly	4:41.8	3:55.2	3:28.6	3:10.9	2:59.2	2:52.8	2:50.1	2:50.1	2:48.4	2:44.6
50m Backstroke	55	48.3	44.4	41.3	39.1	37.9	37.5	37.1	37	35.7
100m Backstroke			1:34.7	1:27.0	1:22.1	1:20.1	1:18.7	1:18.3	1:17.7	1:16.4
200m Backstroke	4:14.3	3:42.6	3:20.1	3:05.8	2:56.1	2:50.9	2:48.1	2:46.9	2:46.0	2:43.7
200m Individual Medley	4:19.3	3:46.9	3:24.8	3:09.8	3:00.3	2:55.0	2:52.6	2:52.1	2:50.9	2:48.8
400m Individual Medley		8:05.8	7:14.2	6:39.9	6:18.4	6:08.4	6:02.3	6:01.3	5:57.8	5:55.6
100m Individual Medley			1:37.6	1:30.8	1:25.8	1:23.6	1:22.4	1:21.5	1:21.3	1:18.9

BOYS County Qualifying Times Short Course Pool 2009

EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	48.6	44.1	40.4	36.7	33.8	31.8	30.4	29.9	29.6	28.5
100m Freestyle				1:19.3	1:12.6	1:08.4	1:05.7	1:04.7	1:03.9	1:02.8
200m Freestyle	3:55.9	3:29.8	3:10.8	2:52.9	2:38.7	2:28.6	2:22.9	2:21.1	2:19.4	2:18.5
400m Freestyle	8:34.3	7:21.2	6:39.1	6:01.9	5:34.0	5:14.8	5:02.2	4:58.1	4:54.3	4:53.9
800m Freestyle			14:53.9	12:55.1	11:57.3	11:14.2	10:41.3	10:36.4	10:38.4	10:15.7
1500m Freestyle			26:57.3	23:59.3	22:01.1	20:46.1	20:00.2	19:43.5	19:29.9	19:29.9
50m Breaststroke	1:03.2	57.2	51.9	47	42.7	40.1	38.2	37.6	37.1	35.8
100m Breaststroke				1:40.8	1:31.8	1:26.2	1:22.3	1:20.9	1:19.9	1:18.0
200m Breaststroke	4:58.8	4:28.3	4:02.0	3:38.5	3:19.1	3:06.5	2:58.4	2:56.8	2:53.5	2:49.3
50m Butterfly	54.5	49	44.7	40.7	37.2	34.8	33.1	32.5	32	30.8
100m Butterfly				1:29.0	1:20.9	1:15.5	1:12.0	1:11.0	1:09.8	1:07.8
200m Butterfly	4:48.8	4:05.9	3:38.1	3:16.5	2:58.8	2:47.0	2:38.4	2:36.5	2:33.1	2:30.8
50m Backstroke	55.9	50.7	46.2	42	38.5	36.3	34.5	33.8	33.4	31.8
100m Backstroke				1:29.1	1:21.4	1:16.1	1:12.8	1:11.8	1:10.6	1:08.6
200m Backstroke	4:20.6	3:55.3	3:31.1	3:11.2	2:55.1	2:44.2	2:37.0	2:35.2	2:33.0	2:30.1
200m Individual Medley	4:27.1	3:58.6	3:35.4	3:15.7	2:59.4	2:47.9	2:40.6	2:38.7	2:36.5	2:34.5
400m Individual Medley		8:38.8	7:39.3	6:53.3	6:19.0	5:56.4	5:40.9	5:36.3	5:32.3	5:28.3
100m Individual Medley				1:33.3	1:25.0	1:19.4	1:15.9	1:14.4	1:13.6	1:11.5

**SHROPSHIRE ASA
COUNTY CHAMPIONSHIPS 2009 ENTRY FORM**

Affiliated to the West Midland Region
Under ASA Laws and Technical Rules

Swimmers must be ASA registered to be eligible to compete in the Championships

NAME:	
CLUB:	
Date of Birth	Age Group: 9 – 10 – 11 – 12 – 13 – 14 – 15 – 16 – 17 - Open CIRCLE AGE GROUP
Male – Female DELETE ONE	ASA Registration No:

Insert current best times for events selected in boxes below

Event	Submitted Time	Event	Submitted Time
1500m Freestyle		200m Backstroke	
800m Freestyle		100m Backstroke	
400m Freestyle		50m Backstroke	
200m Freestyle		200m Butterfly	
100m Freestyle		100m Butterfly	
50m Freestyle		50m Butterfly	
200m Breaststroke		400m Ind Medley	
100m Breaststroke		200m Ind Medley	
50m Breaststroke		100m Ind Medley	

Total Events Entered		Entry Fees @ £3.00 per event	
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PLEASE MAKE CHEQUES PAYABLE TO: OAKENGATES ASC

Closing date for entries: 19 December 2008

Please give **correctly** filled in entry form and money to:
Club Desk (Oakengates, Friday Night)

REMEMBER

Entry times must be equal to or better than the qualifying times.
The event is age on day.

**YOUR AGE IS HOW OLD YOU ARE ON THE LAST DAY OF THE
COMPETITION**

Any questions or queries call

**PLEASE PRINT NAMES & SUBMITTED TIMES CLEARLY IN
BLOCK CAPITALS**

Entries to be submitted through club only.

Individual entries will not be accepted, entry must come through the club