

**Southwold Swimming Club**  
**Club Championships 2009 Entry Form**

<b>Name</b>		<b><u>Please Note</u></b>
Date of Birth		
Age at 15th Nov 09		
Male (M) or Female (F)		
Total Entry Fee		
Swimmer Signature		

- Fee =£2.00 per race, up to £20.00 max. i.e. you only pay for your first 10 events!
- Age at 15<sup>th</sup> November 09
- Closing date is **18th September 09**
- **Cheques only** ; made payable to: "Southwold Swimming Club"
- Events in order shown

<b>Session 1 : 3rd October (Saturday) 6pm-9.00pm at Easton</b>			
Event No.	Event	Entry(Tick)	Entry Time (Min:Secs)
1/2	400IM Open		
5/6	50m FREE Open		
9/10	50m BACK Open		
11/12	200m BREAST Open		
<b>Session 2 : 4th October (Sunday) 6pm-9.00pm at Yate</b>			
Event No.	Event	Entry(Tick)	Entry Time (Min:Secs)
13/14	400 FREE Open		
17/18	50m BREAST Open		
21/22	50m FLY Open		
23/24	200 BACK Open		
<b>Session 3 : 11th October (Sunday) 6pm-9.00pm at Yate</b>			
Event No.	Event	Entry(Tick)	Entry Time (Min:Secs)
25/26	200m FREE Open		
27/28	100IM Open		
29/30	100m BACK Open		
31/32	200m FLY Open		
<b>Session 4 : 31st October (Saturday) 6pm-8.00pm at Yate</b>			
Event No.	Event	Entry(Tick)	Entry Time (Min:Secs)
15/16	25m Breast 9&U		
7/8	25m Back 9&U		
3/4	25m Free 9&U		
19/20	25m Fly 9&U		
<b>Session 5 : 15<sup>th</sup> November (Sunday) 6pm-9.00pm at Yate</b>			
Event No.	Event	Entry(Tick)	Entry Time (Min:Secs)
33/34	200IM Open		
35/36	100m Breast Open		
37/38	100m Free Open		
39/40	100m Fly Open		

**A Guide to Entries**

Group	Ages	Suggested Events
Swim Development	All	All 25s (9 & unders), Speak to coach about 50s
D	9+	All 25s, All 50s, 100IM and 200 in your best stroke
C/B/A/Seniors	9	All 25s, All 50s, 100IM and 200 in your best stroke
C/B/A/Seniors	10	All 50s/100s/200s (200 fly optional!) and 400 free
C/B/A/Seniors	11+	All events (can drop 100/200 of weakest stroke and 400 IM)

Please speak to one of the coaches if you need further guidance.

# Southwold Swimming Club

## Form Return

Please return your entry form with a **cheque** for the race entry fees to Sue Robinson or Sarah Bennett by Friday 18<sup>th</sup> September (**please note tight deadline for organisers so please try to get your entries in EARLY!!**). **NB If there are no entry fees with your entry form your entry will be REJECTED.**

### Conditions

- The event is run under ASA Laws and ASA Technical Rules, and any laws or rules not covered by the Conditions shall be covered by the ASA Laws on Open Competitions.
- Entry fees are £2.00 per event up to a maximum of £20.00, no restriction on the number of events entered. **Payment must be made by cheque in a sealed envelope, with the swimmer's name, age and sex clearly written.**
- To be eligible for the Southwold S.C. Championships and Age Group competition, entrants must be members of Southwold S.C. or in one of the Swim Development groups.
- Entries will not be accepted from swimmers who have taken part in another swimming club's championship and age group competition within that championship year, except at the discretion of the Management Committee of Southwold S.C.
- The Club reserves the right to refuse any application to enter the Championships and Age Group competition subject to any conditions laid down by the A.S.A. laws.
- The programme of events will be published on the notice board and web site. Competitors will be seeded according to times as written on the entry form and those held in the club performance database. A list of all entered events will be published, approximately one week before the first event, on both the notice board and the club web site. (www.southwoldswimmingclub.com).
- Entry is based on age at 15<sup>th</sup> November 2009.
- A computer will be used to help with entries and results; by accepting these conditions a swimmer is agreeing to data (e.g.name, age, times) being held in the computer and released before, during and after the event.
- All events will be heat declared winner except 9&U 25m races where fastest 6 qualifiers in each stroke from the heats will go through to a final.
- The club reserves the right to alter these conditions as may be deemed necessary.

### Overall Points Awards :

At the Club Presentation Evening, BAGCAT certificates for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> for each Age prizes for each age will be awarded. This will be based on BAGCAT Points for Boys aged 9-14 and Girls aged 9--13. There will be a combined Youth and Senior points award based on GB points for Boys aged 15+ and for Girls aged 14+

Boys 9-14, Best 50, Best 200 Form, Best IM, Best Distance FC (200 or 400), use BAGCAT Points  
Girls 9-13, Best 50, Best 200 Form, Best IM, Best Distance FC (200 or 400), use BAGCAT Points  
Boys 15+, Best 50, Best 100, Best 200 Form, Best IM, Best Distance FC (200 or 400), Use GB Points  
Girls 14+, Best 50, Best 100, Best 200 Form, Best IM, Best Distance FC (200 or 400), Use GB Points

### Individual Race Prizes:

Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> will be available to winners of each event in the age groups shown below:  
Medals will be available for collection at the end of the relevant session.

Trophies will be presented for the winners of the **highlighted races** at the Club Presentation Evening.

Event	Award Categories				
	9u	10/11	12/13	14/15	Open
25m (all)	✓				
50m (all)		✓	✓	✓	✓
100m IM	✓	✓	✓	✓	✓
Other 100m		✓	✓	✓	✓
200m (all)	✓	✓	✓	✓	✓
400m (all)			✓	✓	✓

### The Timbrell Trophies : 200s (Boys and Girls)

Points : 3pts for 1<sup>st</sup>, 2pts for 2<sup>nd</sup>, 1 pt for 3<sup>rd</sup>. The Trophy is awarded to the swimmer with most points over all 4 strokes and the IM. In the event of a tie – GB pts will be used.