



# Development Championship Qualifying Times 2010

November 21<sup>st</sup> Regional Pool, Peterborough, Licensed at Level 3



## UPPER QUALIFYING TIMES

<i>FEMALE QUALIFING TIMES</i>									<i>Age as of December 31<sup>st</sup> 2010</i>									<i>MALE QUALIFIING TIMES</i>								
9	10	11	12	13	14	15	16	17+	EVENT	9	10	11	12	13	14	15	16	17+								
46.60	43.90	41.70	39.70	38.30	37.30	36.50	36.00	35.90	<i>50m Free</i>	46.10	43.30	41.20	39.10	37.10	35.30	33.90	33.00	32.40								
	<b>1.31.60</b>	1.25.30	1.20.60	1.17.50	1.15.30	1.13.90	1.12.70	1.12.40	<i>100m Free</i>			<b>1.24.60</b>	1.19.70	1.15.10	1.11.30	1.08.60	1.06.60	1.05.20								
3.28.50	3.10.80	2.59.40	2.48.90	2.42.00	2.37.50	2.35.20	2.32.00	2.30.40	<i>200m Free</i>	3.26.80	3.10.00	2.58.80	2.48.70	2.39.00	2.30.60	2.24.80	2.20.30	2.17.80								
7.29.40	6.39.70	6.08.90	5.47.70	5.33.80	5.24.80	5.17.80	5.14.20	5.11.20	<i>400m Free</i>	7.24.60	6.35.80	6.10.00	5.50.00	5.30.80	5.14.40	5.01.50	4.52.70	4.46.50								
59.90	55.70	52.30	49.40	47.20	45.80	45.80	44.30	44.00	<i>50m Breast</i>	59.10	55.30	52.00	49.10	45.90	43.60	41.70	40.40	39.70								
	<b>1.57.50</b>	1.47.50	1.41.30	1.36.30	1.32.70	1.31.10	1.30.20	1.28.90	<i>100m Breast</i>			<b>1.47.40</b>	1.40.90	1.34.10	1.29.10	1.25.00	1.18.40	1.16.70								
4.24.00	4.03.50	3.46.10	3.32.80	3.22.20	3.15.50	3.11.90	3.09.80	3.08.10	<i>200m Breast</i>	4.21.80	4.03.00	3.46.40	3.33.20	3.19.30	3.07.90	2.59.80	2.50.70	2.46.30								
51.90	47.90	45.30	43.10	41.30	40.10	39.20	38.70	38.60	<i>50m Fly</i>	51.40	47.80	45.00	42.80	40.40	38.30	36.50	35.50	34.70								
	<b>1.43.30</b>	1.34.90	1.28.90	1.25.20	1.22.30	1.20.90	1.19.80	1.18.90	<i>100m Fly</i>			<b>1.34.40</b>	1.28.60	1.23.10	1.18.40	1.14.70	1.12.80	1.11.00								
4.15.00	3.44.00	3.24.20	3.10.40	3.01.30	2.55.00	2.50.90	2.48.80	2.46.80	<i>200m Fly</i>	4.12.30	3.41.30	3.22.20	3.10.60	2.58.70	2.48.70	2.39.50	2.35.70	2.30.90								
52.90	49.30	46.70	44.50	42.70	41.50	40.80	40.10	39.80	<i>50m Back</i>	52.60	49.10	46.50	44.30	41.60	39.80	37.90	34.60	32.10								
	<b>1.42.50</b>	1.35.00	1.29.30	1.25.40	1.23.00	1.21.10	1.20.10	1.19.60	<i>100m Back</i>			<b>1.34.50</b>	1.29.20	1.23.70	1.19.00	1.15.50	1.12.30	1.07.60								
3.50.20	3.32.70	3.16.50	3.05.70	2.58.30	2.53.20	2.48.80	2.46.40	2.46.60	<i>200m Back</i>	3.47.80	3.30.70	3.17.30	3.06.60	2.55.10	2.45.40	2.38.30	2.32.80	2.27.00								
1.52.80	1.42.50	1.38.20	1.33.10	1.28.90	1.27.60	1.24.90	1.23.40	1.22.90	<i>100m I.M.</i>	1.51.40	1.42.60	1.37.90	1.32.70	1.27.10	1.22.10	1.18.70	1.15.80	1.14.30								
3.57.60	3.36.70	3.21.90	3.10.30	3.02.80	2.57.10	2.53.50	2.51.20	2.49.70	<i>200m I.M.</i>	3.53.70	3.3.20	3.21.60	3.10.80	2.59.80	2.49.30	2.42.20	2.37.70	2.34.50								

The above times are to be achieved in a 25m pool or 50m pool but not converted using the ASA Equivalent Performance Tables. Entry will be based on the above qualifying times and dependent on the number of entries, the fastest competitors may be rejected at the discretion of the promoter.

**400m Freestyle will be limited to a maximum of 10 heats**

# Programme of Events for Development Championships

## Sunday 21<sup>st</sup> November – Peterborough

### Session 1 8:30 Warm-up Start 09:25

Girls 9/Over 200m Backstroke  
Boys 9/Over 200m Breaststroke  
Girls 10/Over 100m Freestyle  
Boys 11/Over 100m Butterfly  
Girls 9/Over 50m Backstroke  
Boys 9/Over 50m Butterfly  
Girls 10/Over 100m Breaststroke  
Boys 9/Over 100m Ind. Medley  
Girls 9/Over 200m Butterfly  
Boys 9/Over 400m Freestyle

### Session 2 Times TBA

Girls 9/Over 200m Breaststroke  
Boys 9/Over 200m Backstroke  
Girls 10/Over 100m Butterfly  
Boys 11/Over 100m Backstroke  
Girls 9/Over 50m Freestyle  
Boys 9/Over 50m Freestyle  
Girls 10/Over 100m Backstroke  
Boys 11/Over 100m Freestyle  
Girls 10/Over 400m Freestyle  
Boys 9/Over 200m Ind. Medley

### Session 3 Times TBA

Girls 9/Over 200m Ind. Medley  
Boys 9/Over 200m Butterfly  
Girls 9/Over 50m Butterfly  
Boys 9/Over 50m Breaststroke  
Girls 10/Over 100m Ind. Medley  
Boys 11/Over 100m Breaststroke  
Girls 9/Over 50m Breaststroke  
Boys 9/Over 50m Backstroke  
Girls 9/Over 200m Freestyle  
Boys 9/Over 200m Freestyle

# Cambridgeshire A.S.A. Individual Gala Conditions

1. The County Swimming Gala shall be competed for annually and subject to any standard the executive may impose. The Gala shall be open to any registered swimmer of a club affiliated to Cambridgeshire ASA who is eligible within the meaning of the ASA law.

The age groups of competitors shall be:	9 years of age	14 years of age
	10 years of age	15 years of age
	11 years of age	16 years of age
	12 years of age	17+ years of age
	13 years of age	

1. A swimmer must have been a member of the club in whose name he is entered and registered as such with the ASA 90 days prior to the closing date of the competition.
2. Entry times for 50m, 100m and 200m events may be achieved in competitions or time trials. All times must have been achieved within the qualifying dates shown on the entry forms. All times to be converted, to 25m times, by use of the ASA Equivalent Performance Tables. Second decimal places will be disregarded before conversion and conversion will be to one decimal place. The committee reserve the right to ask for proof of entry time. Subsequent improved times will not be accepted.
3. Entries shall be made on the official entry forms. Completed forms, signed by a club official, shall reach the named individual at the address on the form, accompanied by the fee, not later than the advertised closing date of entry for the championship. Acknowledgement and acceptance of a correctly submitted entry shall be by return of a draft programme to a club official, at the discretion of the Championship Secretary.
4. Dependant on the number of entries, the promoter reserves the right to reject the **slowest** competitors.
5. A swimmer failing to comply with any of the foregoing conditions shall not be allowed to compete in the championship.
6. In any event where the card for an individual has been posted, notice of withdrawal shall be reported to the meet manager at least 30 minutes before the start of the event. Withdrawal after the 30 minute deadline may only be made on medical grounds. Failure to comply with these conditions shall result in a fine of £10, which must be paid before the swimmer competes again in the Gala. In the event of a swimmer not paying the fine, the club of which the swimmer is a member shall be responsible for payment.
7. All events will be heat declared winners. The first three swimmers in all the age groups will be awarded medals.
8. Protests shall be made and dealt with as detailed in ASA Law. **The promoter is the Cambridgeshire Championship Committee.**
9. Any question arising, for which these conditions do not provide, shall be determined by the Executive.

# Cambridgeshire Swimming Championships

## General Information

### Entries

1. Closing date for entry forms is midnight **Friday 5<sup>th</sup> November 2010**.
2. Ages for all age groups will be age as **31<sup>st</sup> December 2010**.

### Admission Charges

Session Ticket: £3.00 (no refund given)  
All Day Pass: £8.00 (no refund given)  
Concessions for 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.

### Session Times

Sunday - first session will commence at 09.25hrs.

### Photography

Anyone who wishes to use cameras, recorders or mobile phones capable of taking still or moving photography must first register at the entrance table.

### Mobile Telephones & Video Images

The Association is becoming increasingly concerned about the new wave of **mobile telephones with a photographic capability** of both static and moving images. In the right hands they are, nothing more than an opportunity to have fun with friends and family, by capturing images and mailing them within your circle of friends. However like many new things, camera phones need to be used responsibly and children in particular need to be careful they don't misuse them or allow others to exploit them in any way. Used responsibly, such devices are perfectly safe, but sharing images widely may betray a confidence or even an identity and such information may help those who might want to harm children. The use of such equipment is difficult to control but we can all be vigilant and **if you have any concerns in this area, please bring them to our attention**- either direct or through your team managers.

### Warm Up Session Times

1. On all occasions warm up will begin 55 minutes before the session start and will be of the duration of at least **40 minutes**.
2. A Chief Warm-Up Steward will be provided by C.A.S.A.
3. Swimmers cannot commence warm up until their coach is present at the allocated lane.

Fifteen minutes prior to the start of the session, or one event prior to the one in which you are competing you should present yourself, to the Competitors Steward.

**IT IS THE RESPONSIBILITY OF THE SWIMMER TO BE AT THE START IN TIME FOR THEIR EVENT.**

### **Swim Down**

Swim down facilities will be available. Swimmers are requested to ensure that they use this facility sensibly and for the sole purpose of swim down during competition time only. Abuse of the use of this facility may result in the withdrawal of its use.

### **Results**

Result Sheets will be available at the entrance tables at 20p per sheet.

### **Medals**

1. Event winners will be announced and all results will be displayed on poolside.
2. Each club medal co-ordinator will be required to collect their medals may be collected from the Trophy Secretary.
3. At the end of each session of the gala the club medal co-ordinator is requested to collect all outstanding medals from that session.

### **Meals**

1. Meals are available at the gala for officials, helpers and a coach from each club.
2. Siblings and children in the care of the afore mentioned are welcome in the eating areas, but must provide their own food and ensure suitable and correct behaviour at all times.

### **Poolside**

1. Coaches will be provided with two programmes and details of warm-up procedures for the competitions.
2. Each club is permitted a maximum of four helpers. These to comprise of coach, medal co-ordinator, one male chaperone and one female chaperone.
3. During each session the start/finish area of the pool will be restricted to gala officials and competitors only.

## Cambridgeshire ASA 2010 Development Championships

(Under ASA Laws and ASA Technical Rules) - **Age as of 31<sup>st</sup> December 2010**

November 21<sup>st</sup> Regional Pool, Peterborough, Licensed at Level 3

Please ensure all details are entered clearly and in BLOCK CAPITALS

Surname:					First Name:							
D.o.B:				Address:								
ASA Reg.												
Tel:				Club:								
Age Group (Please Circle) <b>As of 31 Dec 10</b>				9	10	11	12	13	14	15	16	17+

Event	Entry Time	Date / Venue										
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.												

CLOSING DATE FOR ENTRIES – Friday 5 <sup>th</sup> Nov 10	Total Entries	@ £ 4.25 per Event = £
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All Cheques made Payable to Cambridgeshire ASA

**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 and that I conform to the residential qualifications (Championship Rule 1).

**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 Championships Secretary in writing.

Signed by Club Official: \_\_\_\_\_ Date: \_\_\_\_\_

Position in Club: \_\_\_\_\_