



# County Championship Qualifying Times 2012 – Licensed Level 2

4<sup>th</sup> March – Corby; 10<sup>th</sup> and 17<sup>th</sup> March - Regional Pool, Peterborough; Sunday 11<sup>th</sup> - Parkside Pool Cambridge

Licence numbers CC2106, CC2107, CC2108, CC2109, CC2110



## Minimum Qualifying Times

FEMALE QUALIFYING TIMES									EVENT	MALE QUALIFYING TIMES								
Age as of March 17 <sup>th</sup> 2012										Age as of March 17 <sup>th</sup> 2012								
9	10	11	12	13	14	15	16	17+	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	50m Free	46.10	43.30	41.20	39.10	37.10	35.30	33.90	33.00	32.40
	<b>200 QT *</b>	1.25.30	1.20.60	1.17.50	1.15.30	1.13.90	1.12.70	1.12.40	100m Free		<b>200 QT*</b>	1:22.90	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	200m Free	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	400m Free	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
	13:34.80**	13:34.80	12:44.10	12:01.20	11:36.40	11:22.40	11:10.70	11:06.30	800m Free									
									1500m Free		24:42.70**	24:42.70	24:42.70	23:12.10	21:50.50	20:48.70	20:04.70	19:37.10
59.90	55.70	52.30	49.40	47.20	45.80	45.30	44.30	44.00	50m Breast	59.10	55.30	52.00	49.10	45.90	43.60	41.70	40.40	39.70
	<b>200 QT *</b>	1.47.50	1.41.30	1.36.30	1.32.70	1.31.10	1.30.20	1.28.90	100m Breast		<b>200 QT *</b>	1.46.20	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	200m Breast	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	50m Fly	51.40	47.80	45.00	42.80	40.40	38.30	36.50	35.50	34.70
	<b>200 QT *</b>	1.34.90	1.28.90	1.25.20	1.22.30	1.20.90	1.19.80	1.18.90	100m Fly		<b>200 QT *</b>	1.33.60	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	200m Fly	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	50m Back	52.60	49.10	46.50	44.30	41.60	39.80	37.90	34.60	32.10
	<b>200 QT *</b>	1.35.00	1.29.30	1.25.40	1.23.00	1.21.10	1.20.10	1.19.60	100m Back		<b>200 QT *</b>	1.34.00	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	200m Back	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	100m I.M.	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	200m I.M.	3.53.70	3.30.20	3.21.60	3.10.80	2.59.80	2.49.30	2.42.20	2.37.70	2.34.50
8.15.30	7.40.30	6.55.30	6.37.00	6.19.40	6.08.10	6.00.80	5.55.50	5.52.20	400m I.M.	8.20.60	7.40.60	7.05.70	6.40.30	6.20.00	5.55.30	5.40.60	5.27.70	5.19.70

- \*Any swimmer aged 10 on March 17<sup>th</sup> 2012 and aged 11 before midnight on June 10<sup>th</sup> 2012 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 2012. If applicable, and BAGCAT points WILL NOT be considered for BAGCAT awards.
- The above times are to be achieved in a 25m/50m pool and not converted using the ASA Equivalent Performance Tables. ALL TIMES TO BE ACHIEVED FROM 5<sup>th</sup> March 2011.
- Entry will be based on the above qualifying times and dependent on the number of entries, the slowest competitors may be rejected at the discretion of the promoter.

# Cambridgeshire A.S.A. County Championships 2012

## Programme of Events

### Day 1 - Sunday 4<sup>th</sup> March – Corby

#### Session 1 Warm-up TBC - Start @ 18:30

- 101 - Male 11 & over 1500m Freestyle
- 102 - Female 10 & over 800m Freestyle

### Day 2 - Saturday 10<sup>th</sup> March – Peterborough

#### Session 2 warm-up TBC - Start @ 09:30

- 201 - Male 200m Ind. Medley
- 202 - Female 11 & Over 100m Breaststroke
- 203 - Male 12 & Over 100m Backstroke
- 204 - Female 400m freestyle

#### Session 3 – TBC

- 301 - Male 200m Backstroke
- 302 - Female 200m Breaststroke
- 303 - Male 12 & over 100m Freestyle
- 304 - Female 11 & over 100m Butterfly

#### Session 4 – TBC

- 401 - Male 50m Freestyle
- 402 - Female 50m Butterfly
- 403 - Male 200m Butterfly
- 404 - Female 400m Ind. Medley
- 405 – 408 Male 50m Freestyle Finals
- 409 – 412 Female 50m Butterfly Finals

### Day 3 - Sunday 11<sup>th</sup> March – Cambridge

#### Session 5 warm-up TBC start @ 12:00

- 501 – Female 200m Ind Medley
- 502 – Male 12 & over 100m breaststroke
- 503 – Female 11 & over 100m backstroke
- 504 – Male 400m freestyle

#### Session 6 warm-up TBC

- 601 - Male 50m Backstroke
- 602 - Female 50m Breaststroke
- 603 - Male 100m Ind. Medley
- 604 - Female 100m Ind. Medley
- 605 – 608 Male 50m Backstroke Finals
- 609 – 612 Female 50m Breaststroke Finals

#### Session 7 – TBC

- 701 - Male 50m Breaststroke
- 702 - Female 50m Backstroke
- 703 - Male 200m Freestyle
- 704 - Female 200m Freestyle
- 705 – 708 Male 50m Breaststroke Finals
- 709 – 712 Female 50m Backstroke Finals

#### 10 minute Interval

Female 14+yrs Skins / Male 15+yrs Skins

### Day 4 - Saturday 17<sup>th</sup> March – Peterborough

#### Session 8 – TBC

- 801 - Female 200m Backstroke
- 802 - Male 200m Breaststroke
- 803 - Female 11 & over 100m Freestyle
- 804 - Male 12 & over 100m Butterfly

#### Session 9 – TBC

- 901 - Female 50m Freestyle
- 902 - Male 50m Butterfly
- 903 - Female 200m Butterfly
- 904 - Male 400m Ind Medley
- 905 – 908 Female 50m Freestyle Finals
- 909 – 912 Male 50m Butterfly Finals

#### Session 10 - TBC

- 01 Boys 11/Un 4x50 Freestyle Relay
- 02 Girls 11/Un 4x50 Freestyle Relay
- 03 Boys 13/Un 4x50 Medley Relay
- 04 Girls 13/Un 4x50 Medley Relay
- 05 Boys 15/Un 4x50 Freestyle Relay
- 06 Girls 15/Un 4x50 Freestyle 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 Freestyle Relay
- 12 Girls 13/Un 4x50 Freestyle Relay
- 13 Boys 15/Un 4x50 Medley Relay
- 14 Girls 15/Un 4x50 Medley Relay
- 15 Boys Open 4x50 Freestyle Relay
- 16 Girls Open 4x50 Freestyle Relay

# **Cambridgeshire A.S.A. County Championships 2012**

## **Individual Gala Conditions**

The Cambridgeshire County Championships shall be run under ASA Laws and FINA Technical Swimming Rules. Swimmers shall be members of an affiliated Cambridgeshire club and shall be registered with the ASA. ASA registration cards shall be available throughout the competition for inspection.

The age of each swimmer shall be as at the last day of competition, i.e. 17<sup>th</sup> March 2012.

A swimmer who has competed during 2012 in County Championships for any other English county may not take part in this competition.

Swimmers shall be registered with their competing club 90 days prior to the competition closing date. A swimmer who resigns from one Cambridgeshire club and joins another Cambridgeshire club after this date must immediately notify the promoter of any events that they have entered. Points scored shall be awarded to the original club. Thereafter, the swimmer may compete in individual events but will not score points for their new club. The swimmer may not swim in a relay team for their new club.

Questions and queries may be directed by email to the Meet Promoter Ian Knight at the following address [ian.knight@copsclub.co.uk](mailto:ian.knight@copsclub.co.uk).

The Cambridgeshire County Championships Committee shall decide any matter not provided for in these conditions and will determine the appropriate action against those concerned if any of these conditions are contravened.

### **How to enter**

The entry fee is £5.00 per individual event up to and including all 400m Events, and £7 per 800m or 1500m event.

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).

Entries must be submitted electronically via e-mail to the Meet Promoter Ian Knight.

The closing date is midnight 19th Feb 2012. Clubs are encouraged to submit electronic entries before the final closing date. No entry times will be updated after the closing date. Entries are not considered received until payment has been received.

Cheques, with entry summary form, should be sent to Mr Ian Knight. Cheques should be made payable to 'Cambridgeshire ASA'. Clubs submitting block entries shall provide the Cambridgeshire ASA a single cheque for the total amount.

Disability entries are welcomed and are subject to the general conditions and the Disability Swimming Conditions below.

## Meet programme

The competition shall take place over three weekends:

4<sup>th</sup> March 2012, East Midlands International Pool Corby (50m)

10<sup>th</sup> and 17<sup>th</sup> March 2012 Regional Pool Peterborough (25m)

11<sup>th</sup> March 2012 Parkside Pool Cambridge (25m)

Winners of events will be heat declared except the 50m events. Age Groups are as follows, (9, 10, 11, 12, 13, 14, 15, 16, and 17+).

Finals shall be swum for 50m events in the following age groups, 9/10, 11/12, 13/14, 15+ and will consist of the 6 fastest heat swimmers from each of the age groups defined. These events will not attract BAGCAT points and WILL NOT be considered for BAGCAT awards.

There shall be two open medley 'skins' events one for boys and one for girls held during the competition. Qualification for this event will be the six fastest swimmers overall in the 100m 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.

Warm-ups for each session will be up to a maximum of one hour.

Competitors must sign in for each event that they wish to take part in before the start of the warm-up for each session. Sign-in sheets will be closed at the start of each warm-up session. A swimmer who is late to sign in may be placed in an unoccupied lane at the discretion of the meet administrator, but this is not guaranteed.

### Entry times

All entry times must be equal to or faster than the qualifying times supplied as part of these conditions. Qualifying times are given as short course times for all events. If a competitor has achieved a faster time in a long-course pool than their short-course time, the long course time may be converted to a short-course time and used as the swimmer's entry time.

If the meet is over-subscribed, the promoter reserve 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.

### Verification of entry times

ALL entry times shall have been achieved at licensed meets.

ALL entry times shall have been achieved since the 5<sup>th</sup> March 2011.

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.

### **Medals, trophies and awards**

Medals shall be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place for each age group in each event. Medals shall be awarded following the posting of the results after the relevant event or final has taken place.

Medals and trophy points will not be awarded where the qualifying time, if one has been set, is not achieved in the event.

### **Registration and marshalling**

This is a card-less meet. Swimmers must sign in for every event before the start of the warm-up of every session in which they wish to compete. A swimmer who is late signing in may be placed in an unoccupied lane at the discretion of the Meet Promoter but this is not guaranteed.

**Swimmers must not be signed in unless they are actually present and intend to swim the event(s) they have entered for.**

All withdrawals after sign-in must be notified to the Meet Promotor as soon as possible. Any withdrawals not notified will be subject to a £10 fine, which must be paid prior to the competitor resuming participation in the championships. Any competitor that withdraws from an event on medical grounds will not be able to participate in any further events for the remainder of that session.

It is the responsibility of swimmers to check the heat lists and be at the marshalling area on time for their event, as instructed by the announcer.

### **Poolside access**

Access to poolside is not permitted without a poolside pass.

Four poolside passes shall be made available to each club and their coaches to ensure the safety and wellbeing of their swimmers. All swimmers must be supervised on poolside. Clubs must ensure there are enough adults on poolside with valid passes to provide adequate supervision.

Additional poolside passes are available to clubs at a cost £10 for the whole Championships. Poolside passes should be requested at the same time as entries are submitted.

The promoter reserves the right to request any person to leave poolside without having to give a reason.

### **Photography**

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.

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.

### **Technical and non-technical officials**

The Championships cannot run without people to fill both technical and non-technical roles on the day. With this in mind, clubs are expected to provide volunteers, both qualified officials and people to fill technical and non-technical roles such as selling programmes, marshalling, and electronic timing operation.

## 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 only be permitted for swimmers in the following classes: S1, S2, S3, S4, S5 and S11. A swimmer in any of these classes may have both a coach and a personal care attendant present.

### 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.

### Cambridgeshire ASA 2012 County Championships

(Under ASA Laws and ASA Technical Rules) - **Age as of the last day of Competition**

March 4<sup>th</sup> – Corby; March 10<sup>th</sup>, 17<sup>th</sup> - Regional Pool, Peterborough; March 11<sup>th</sup> - Parkside Pools, Cambridge

Surname:					First Name:							
D.o.B:				Address:								
ASA Reg.												
Tel:				Club:								
Age Group <b>as of 18 Mar 2012</b> (Please Circle)				9	10	11	12	13	14	15	16	17+
Event	Entry Time	Date / Venue (ALL TIMES TO BE ACHIEVED SINCE 5 <sup>th</sup> Mar 2011)										
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–Sunday 19 <sup>th</sup> Feb 12				Total Entries	@ £5.00 per Event = £							
Female 800m FREESTYLE												
Male 1500m FREESTYLE												
CLOSING DATE FOR ENTRIES–Sunday 19 <sup>th</sup> Feb 12				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												
Signature of Competitor: _____										Date: _____		
<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: _____												

# Cambridgeshire ASA RELAY TEAM SWIMMING CHAMPIONSHIPS CONDITIONS 2012

1. County Swimming Team Championships shall be competed for annually and each event shall be open to teams of four swimmers from clubs affiliated to the County. 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 that club shall be awarded points.
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 in the name of another team in the relay events. Individuals forming teams 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.
4. Entries shall be made by electronic entry. Team sheets shall be received with named individuals, with the fee not later than the advertised closing entry date of the Championship.
5. 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, may result in the suspension of all that club's teams for the remaining events in the meet.
9. The Championship shall be decided on heat declared winners. Points shall be awarded as follows 8,7,6,5,4,3,2,1 highest to lowest to the clubs in finish order as per rule 1.
10. Each member of the first, second and third teams in each championship shall receive a suitable award No reward shall be made to a reserve.
11. The winning club of the Championship Relays shall be entitled to hold the 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
12. Protests shall be made and dealt with as detailed in ASA Law, to the meet promoter which is the Cambridgeshire County Championship Committee.
13. Any questions arising, for which these conditions do not provide, shall be determined by the Cambridgeshire County Championships Committee.

