

# Cambridgeshire A.S.A. County Championships 2018

## 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 2018 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](http://www.cambsasa.co.uk) and via email from the promoter.
8. Entries must be submitted electronically via e-mail to the Promoter via [CASAcampsec@gmail.com](mailto:CASAcampsec@gmail.com). The closing date is midnight December 22<sup>nd</sup> 2017. 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 5th January 2018 and start lists will be shown on the Cambs ASA website for confirmation by midnight 10<sup>th</sup> January 2018.
10. All swimmers informed of having accepted entries will be deemed as competing unless they have informed the promoter via [withdrawals@cambsasa.co.uk](mailto:withdrawals@cambsasa.co.uk) by midnight Friday 12th January 2018 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, 17 over). Awards will be made to 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> 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, 17/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 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> 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. PHOTOGRAPHY & SOCIAL NETWORKING  
Official photographs and any social networking feeds from this event will comply with the ASA Photography or Social Networking Guidance's. Parents and carers who do not wish their child to be photographed must inform the Association in writing prior to the Championships.  
For the avoidance of doubt the photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording device. The social media guidance will apply if those images or recordings are being shared through any social media platform whether that sharing is happening instantaneously through live streaming or whether the material is being stored for sharing at a later time. Photography is prohibited in the changing village. Anyone not complying with these requirements will be asked to leave the venue immediately.  
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.
19. Disability entries are welcomed and are subject to the general conditions and the Disability Swimming Conditions below.
20. 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](mailto: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 31<sup>st</sup> December 2018



BOYS						EVENT	GIRLS					
10/11	12	13	14	15	16 & 17 Over		10/11	12	13	14	15	16 & 17 Over
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 1<sup>st</sup> January 2017

## County Championships 2018

Day 1 Saturday 13 <sup>th</sup> January Whittlesey Manor Leisure Session 1 Warm-up 13:00 - Start 14:00				Day 2 Sunday 14 <sup>th</sup> January Whittlesey Manor Leisure Session 3 Warm-up 8:30 - Start 9:30				Day 3 Saturday 20 <sup>th</sup> January Corby – 50m Pool Session 5 Warm-up 18:30 - Start 19:00				Day 5 Saturday 24 <sup>th</sup> February Cambridge - Parkside Pool Session 8 Warm-up 13:00 - Start 14:00			
101	M	100	Backstroke	301	M	400	Freestyle	501	F	800	Freestyle	801	F	50	Freestyle
102	F	50	Breaststroke	302	F	400	Freestyle	502	M	1500	Freestyle	802	M	50	Freestyle
103	M	200	Butterfly	303	M	100	Breaststroke	Day 4 Saturday 27 <sup>th</sup> January Cambridge – Parkside Pool Session 6 Warm-up 12:30 – Start 13:30	803	F	100	IM			
104	F	400	IM	304	F	100	Butterfly		804	M	100	IM			
105	M	200	Freestyle	305	M	50	Butterfly		805-809	F	50	Freestyle Finals			
10min Break				20min Break					810-814	M	50	Freestyle Finals			
106-110	F	50	Breaststroke Finals	306-308	M	100	Breaststroke Finals	Session 9 Warm-up 16:30 – Start 17:30							
111-113	M	100	Backstroke Finals	309-311	F	100	Butterfly Finals	M/F 50 Skins							
Session 2 Warm-up 17.30 – Start 18:30				Session 4 Warm-up 14:00 – Start 15:00											
201	F	100	Backstroke	401	F	100	Freestyle	901	M/F	4x50	Freestyle Relay				
202	M	50	Breaststroke	402	M	200	Breaststroke	902	M/F	4x50	Medley Relay				
203	F	200	Butterfly	403	F	200	Backstroke	903	M	4x50	11/UN Freestyle Relay				
204	M	400	IM	404	M	50	Backstroke	904	F	4x50	11/UN Freestyle Relay				
205	F	200	Freestyle	10min Break				905	M	4x50	13/UN Medley Relay				
10min Break				405-407	F	100	Freestyle Finals	906	F	4x50	13/UN Medley Relay				
206-210	M	50	Breaststroke Finals	408-412	M	50	Backstroke Finals	907	M	4x50	15/UN Freestyle Relay				
211-213	F	100	Backstroke Finals	Session 7 Warm-up 17:00– Start 18:00				908	F	4x50	15/UN Freestyle Relay				
												909	M	4x50	Open Medley Relay
				701	M	100	Freestyle					910	F	4x50	Open Medley Relay
								911	M	4x50	11/UN Medley Relay				
								702	F	200	Breaststroke	912	F	4x50	11/UN Medley Relay
								913	M	4x50	13/UN Freestyle Relay				
								703	M	200	Backstroke	914	F	4x50	13/UN Freestyle Relay
								915	M	4x50	15/UN Medley Relay				
								704	F	50	Backstroke	916	F	4x50	15/UN Medley Relay
								917	M	4x50	Open Freestyle Relay				
								10min Break				918	F	4x50	Open Freestyle Relay
								919	F/M	8x50	Canon Freestyle Relay				
								705-707	M	100	Freestyle Finals	Girl/Boy each age group 11/UN to Open			
								708-712	F	50	Backstroke Finals				

**Cambridgeshire ASA 2018 County Championships**  
 (Under ASA Laws and ASA Technical Rules) - **Age as of the 31<sup>st</sup> December 2018**  
 Counties - Parkside Pool, Cambridge & Manor Leisure Whittlesey

Surname:					First Name:							
Dob:			Address:									
ASA Reg.												
Tel:					Club:							
Age Group <i>as of 31 Dec 2018</i> (Please Circle)					10	11	12	13	14	15	16	17 +

**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 <sup>st</sup> January 2017)	
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– 22 <sup>nd</sup> December 2017		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: \_\_\_\_\_