

Club Championships 2018

Level 4 License 4ER180896, 4ER180897, 4ER180898, 4ER180899, 4ER180900, 4ER180901, 4ER180902

Held under ASA Laws and Regulations and ASA Technical Rules of Racing and to the ASA Open Meet Licensing Criteria

The competition is a level 4 licensed meet, held under ASA Laws and ASA Technical Rules.

The competition is only open to members of Colchester Swimming Club.

The Promoter is Helen Stephens on behalf of Colchester Swimming Club.

To enter: Download an entry form from: www.colchesterswimming.com

Who can enter?

All current Club swimmers from the Academy top swimmers (with approval from Donna: Academy Manager) to Performance Plus and Masters Squad.

When to enter: NOTE THESE DATES CAREFULLY

- **The final closing date is Friday 14th September 2018.**
- **Late entries will not be permitted in any circumstances.**
- **Return your form to:**
Joanna Szpakowski, 21 Leonard Place, Clarendon Way, Colchester, Essex CO1 1AW
open.entries@colchesterswimming.com
or deposit in the club post box, located next to the club shop cupboard in the corridor.

Any alterations to rules must be agreed by the Club Championship Sub Committee.

What Competitions are there?

- 50m all four strokes – Academy/Junior/Young Potential squads only.
- 100m all four strokes
- 400m Freestyle 800m Freestyle and 1500m Freestyle
- 200m & 400m Individual Medley

The pool is 25m and anti-wave devices will be in place. The AOE (Automatic Officiating Equipment) will be used when available.

Heats will be swum as mixed ages with swimmers seeded by entry times. Over the top starts will be used at the referee's discretion.

What events to enter:

Academy may enter any events they are deemed suitable for by Academy Manager.

Senior Development may enter any events they qualify for in events list.

Junior & Young Potential should enter as a minimum: 50m events

You can also enter any other events that you feel capable of. If in any doubt, talk to your Lane Coach.

Potential, Performance and Performance Plus squads should compete in at least: 3 x 100m events plus 1 x long distance freestyle event: 400m, 800m or 1500m.

Youth Masters and Masters may enter any events they qualify for in events list.

What times to submit?

Submit your best time for each event.

Juniors/Young Potential who do not have a time for an event should email Michelle:

chief.coach@colchesterswimming.com for a time at least one week **IN ADVANCE** so that they may complete the form. It is the parents/swimmers responsibility to complete and submit the entry form before the closing date **Friday 14th September 2018**.

Entries for distance events may be restricted at Coaches' discretion to swimmers closest to Essex Age Group Championship times. Distance swims, 800m and 1500m, that cannot be swam in the scheduled session, will be swam at the Garrison at a date to be announced; these will **not** be licensed swims.

For all events, age is the age you will be on 31 December 2018

Fees

- £3.00 per event for: 50, 100, 400 and IM
- £4.00 per event for: 800m and 1500m
- PLUS £4 ADMIN FEE

Please note that all swimmers are encouraged to enter as many races as they wish. To support the enthusiasm of the swimmer and to help family expenditure, entry costs will be capped at a maximum amount of £25.00. Irrespective of the number of events entered, you will not pay more than £25 for entries. You must then add your £4 administration fee, so a grand total of £29.

For smoother running of the events, please make every attempt to turn up for events you have entered.

Refunds will only be given if: events are not run due to pool closures, if entries are restricted and at Coaches discretion.

Photography

In order to comply with the Swim England's child protection policy and the conditions of the meet licence, all members should ensure they familiarise themselves with the Club's Photography Policy found on our website before the meet. There is not a requirement to register your own phone, tablet or camera at this meet. However, all photos should only be taken in accordance with our Photography Policy, to ensure we continue to safeguard all our members. The rules on photography apply to swimmers, coaches, team managers, officials and volunteers as well as spectators, and to the use of mobile phones, tablets or other image-capturing electronic devices as well as cameras. Note that any photography in the changing rooms, toilets and showers is absolutely forbidden by both the club and the swimming pool management.

Safety

All participants must observe the safety precautions in operation at Leisure World. Neither the promoter nor Colchester Swimming Club will be responsible for any loss or damage occurring during this meet.

What happens next?

- Once entries have been processed, the final event schedule will be posted on www.colchesterswimming.com and the notice board.
- Swimmers may only swim on the dates and events allocated to them, even if different to those provisionally advised. No refunds will be given.
- A “signing-in” system will operate for each session, similar to an Open Meet.
- Swimmers must sign in before the stated time to be able to compete at that session.

Entries to the meet will be held on a computer and consent, as required by the Data Protection Act 1998, to the holding of personal information on computer, will be deemed to have been given by the submission of the entry. Personal data will be available for inspection during the Meet on application to the Promoter.

How winners are selected:

All events are swum as ‘heat declared winners’. That is, everyone swims the event in heats and the winners are decided from the times recorded for that swim. There are **NO** finals.

Club Championships' 50m Sprint and 200m records

For squads members who are not eligible to enter 50m events, club records may be set by swimming at any Colchester Swimming Club Open Meet, this includes swims as a time trial. An application for a new club record must be submitted by the swimmer to the club committee for validation. This also applies to 200m events which are no longer incorporated in the club championship schedule.

Special Events:

Individual Medley Competition

For those swimmers who compete in **both** the 200m and 400m Individual Medley, there is a junior and open age group trophy.

For swimmers who compete in both events, points are allocated according to placing of each distance:

- 3 points = 1st place,
- 2 points = 2nd place,
- 1 point = 3rd place,

Points for both events are then totalled to give final placing for the competition and the Junior and Open age group trophy winners

OLYMPIC CHALLENGE

The coaches invite you to enter our Olympic challenge. The start date will be from 1st November 2018 to run for one year, finishing on 31st October 2019. Awards will be given out at the following year's presentation evening.

This event is aimed at Performance Plus, Performance, Potential, Young Potential, Senior Development, and Masters.

Swimmers – you must complete the following Olympic events. These may be swam at Colchester Swimming Club Championships and/or any other licensed meet. Each swim must be signed for by the attending Colchester club coach if present or event results presented to your coach for signature.

Successful swimmers will receive an Olympic challenge reward.

BOYS	GIRLS
50 m Freestyle	50 m Freestyle
100 m Freestyle	100 m Freestyle
200 m Freestyle	200 m Freestyle
400 m Freestyle	400 m Freestyle
1500 m/800 m Freestyle	1500 m/800 m Freestyle
100 m Backstroke	100 m Backstroke
200 m Backstroke	200 m Backstroke
200 m Individual Medley	200 m Individual Medley
400 m Individual Medley	400 m Individual Medley
100 m Breaststroke	100 m Breaststroke
200 m Breaststroke	200 m Breaststroke
100 m Butterfly	100 m Butterfly
200 m Butterfly	200 m Butterfly

Entry forms may be downloaded from the club web site.

Trophies and Medals

50m events medals	Academy, Junior, Young Potential	
	Boys	Girls
Age groups		
9 years and under	1st, 2nd and 3rd for each event	1st, 2nd and 3rd for each event
10 years	1st, 2nd and 3rd for each event	1st, 2nd and 3rd for each event
11 years	1st, 2nd and 3rd for each event	1st, 2nd and 3rd for each event
12 years and over	1st, 2nd and 3rd for each event	1st, 2nd and 3rd for each event

100m events, 400m Freestyle, 800m Freestyle, 1500m Freestyle, 200m and 400m Individual Medley medals	All squads	
Age groups	Boys	Girls
9/10 years	1st, 2nd and 3rd for each event	1st, 2nd and 3rd for each event
11/12 years	1st, 2nd and 3rd for each event	1st, 2nd and 3rd for each event
13/14 years	1st, 2nd and 3rd for each event	1st, 2nd and 3rd for each event
15 years and over	1st, 2nd and 3rd for each event	1st, 2nd and 3rd for each event

The following events also have a trophy presented in both a Junior and an Open category; this is in addition to the medals detailed in the table above. These events are:

- 1500m Freestyle Boys Junior (13/U)
- 1500m Freestyle Boys open (any age)
- 800m Freestyle Girls Junior (13/U)
- 800m Freestyle Girls Open (any age)
- 400m Freestyle Junior (13/U)
- 400m Freestyle Open (any age)
- 200m and 400m IM combined Junior (13/U)
- 200m and 400m IM combined Open (any age)
- 100m Butterfly, Backstroke, Breaststroke and Freestyle Junior (13/u)
- 100m Butterfly, Backstroke, Breaststroke and Freestyle Open (any age)

Any matter not covered by these conditions will be determined by the Promoter and Referee, subject to ASA Laws, Regulations and the ASA Technical Rules of Racing.