

# Colchester Swimming Club

## Club Championships 2009

Licensed at level 4; see date schedule for license numbers

### Who can enter?

All current Club swimmers from Improvers (as long as you can swim at least two lengths) to County squad.

### How to enter

- Get entry forms from Amanda or download from [www.colchester-swimming.org](http://www.colchester-swimming.org)
- Return entry forms to Amanda.

### When to enter - NOTE THESE DATES CAREFULLY

- Return your form to Amanda by **25th September**. This will avoid problems or unforeseen absences, and help with the considerable processing workload,
- The final closing date is **Friday 2nd October** and late entries after that date will not be permitted in any circumstances.
- Any alterations to the above must be agreed by the Sub Committee

### What Competitions are there?

- 50m & 4x25m Individual Medley - Junior & Intermediate squads only.
- 50m Sprint Championship - Senior, County & Masters squads only.
- 100m, 400m free, 800m free (girls) & 1,500m free (boys).
- Individual Medley competition over both 200m & 400m.
- 200m Championship (all four strokes must be completed).
- Time trials for 200m events, 800m free (boys) & 1,500m free (girls) - entry may be restricted, at coaches' discretion, to swimmers closest to Essex times.

### What to enter

- Junior & Intermediate Squads should enter the 50m events and the 4 x 25m Individual Medley. You can also enter any other events that you feel capable of; if in any doubt talk to your teacher or coach.
- Senior and County Squads must compete in at least the following:
  - 50m Sprint Championship
  - 3 x 100m events
  - 200m Championship or 2 x 200m time trials
  - 1 x long distance freestyle event: 400m, 800m (girls) or 1500m (boys).

### What times to submit?

Submit your best time for each event; Juniors/Intermediates who do not have a time for an event should tick the event box and write "Michelle to advise time."

## Fees

- The cost is £1 per entry, subject to a maximum of £20, towards the very significant cost of the additional pool hire required.
- Refunds will only be given if events are not run due to pool closures, or if "time trial" entries are restricted at coaches' discretion.

## Special Events

The Individual Medley competition, the 200m Championship and the 50m Sprint Championship have special rules:

- **Individual Medley Competition.**
  - Each swimmer competes in a 200m and a 400m Individual Medley.
  - For swimmers who compete in both events, points are allocated according to placing at each distance. E.g. 6 points = 1st place. Points for both events are then totalled to give final placing for the overall competition.
  - Swimmers may compete in one event on a time trial basis.
- **200m Championship.**
  - This is to determine the "best all round swimmer in the Club". It allows all age groups to compete on equal terms as it is a points based system which is related to National Age Group Qualifying times.
  - Each swimmer must compete in all strokes over 200m's in the following order Butterfly, Backstroke, Breaststroke and Front Crawl.
  - To be eligible for the Backstroke event the Butterfly must have been swum without disqualification and likewise for the other events until successful completion of the Front Crawl has been accomplished.
  - Entry will be allowed on a time trial basis in the event of disqualification in an earlier stroke.
- **50m Sprint Championship.**
  - This event is only open to Senior, County and Masters swimmers. Senior and County squads must enter all five events, Masters any they wish.
  - There are six age groups: 10 & under, 11, 12, 13, 14, 15 & over
  - Points are awarded 6,5,4,3,2,1 in each event in each age group and totalled across the five events
  - The swimmer in each age group with the highest points total wins a gold medal and the next highest scoring swimmer in each age group wins a silver medal.
  - All swimmers who successfully complete all five events win a medal (this includes those who complete the distance but are disqualified on a technicality)

## 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.
- For all events age is the age you will be on 31<sup>st</sup> December 2009.

## Trophies and Medals

### 50m & 4x25m Individual Medley: Junior & Intermediate Squads

Age Group	Boys	Girls
9 years and under	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> for each stroke and individual medley	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> for each stroke and individual medley
10 years	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> for each stroke and individual medley	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> for each stroke and individual medley
11/12 years and over	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> for each stroke and individual medley	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> for each stroke and individual medley

### 50m Sprint Championship: Senior, County & Masters Squads\*

Age Group	Boys	Girls
10 years and under	1 <sup>st</sup> , 2 <sup>nd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup>
11 years	1 <sup>st</sup> , 2 <sup>nd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup>
12 years	1 <sup>st</sup> , 2 <sup>nd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup>
13 years	1 <sup>st</sup> , 2 <sup>nd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup>
14 years	1 <sup>st</sup> , 2 <sup>nd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup>
15 years and over	1 <sup>st</sup> , 2 <sup>nd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup>

\*a medal is also awarded for successful completion of all 5 events

### Club Championships 100 metres and over

	Boys	Girls
100m		
Senior (All ages)	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> for each stroke	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> for each stroke
Junior (under 14 years)	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> for each stroke	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> for each stroke
Under 12 years	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> for each stroke	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> for each stroke
200m Championship	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>
200m - other	Time trials only	Time trials only
400m		
Senior (All ages)	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>
Junior (under 14 years)	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>
Under 12 years	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>
800m		
Senior (all ages)	Time trials only	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>
Junior (under 14 years)		1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>
Under 12 years		1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>
1500m		
Senior (all ages)	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>	Time trials only
Junior (under 14 years)	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>	
Under 12 years	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>	
Individual Medley competition		
Senior (All ages)	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>
Junior (under 14 years)	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup>

Trophies are awarded for many of these Championship events