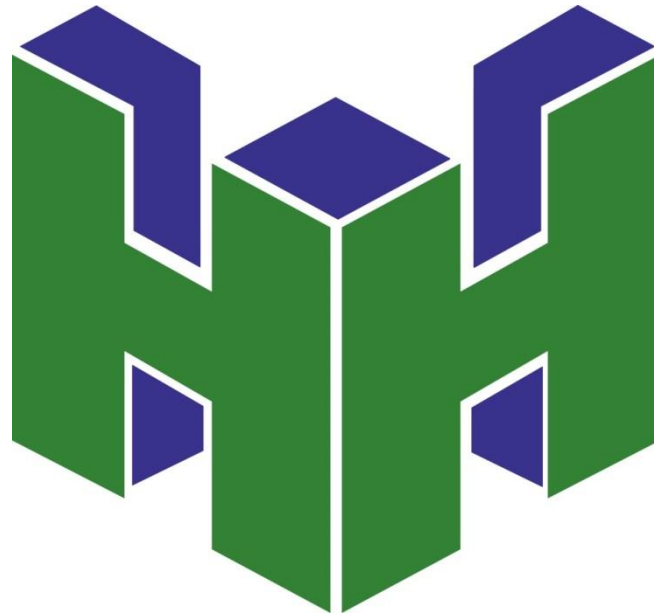


Haden Hill Swimming Club Club Championship Sprints 2017



Entry Pack

Saturday 15th July 2017
Haden Hill Leisure Centre

License:

Website: <http://www.hadenhillswimmingclub.co.uk/>

Facebook: <https://www.facebook.com/HadenHillSwimmingClub>

Twitter: <https://twitter.com/HadeHillSwim>

Email: info@hadenhillswimmingclub.co.uk

Heats & Live Results: <http://www.hadenhillswimmingclub.co.uk>
(Mobile Platforms) <http://results.hadenhillswimmingclub.co.uk>

Admission

| | |
|-------------------|--|
| Adults: | £2.00 |
| Children: | £FoC (7yrs/Un) |
| Programme: | Programmes will be available for download only |

Warm-Up Procedure

Warm-Up: Warm-up will be under coach's discretion. Maximum time allowed shall be 20 minutes.

Warm-up will be at 5.00pm. Entry to changing rooms from 4.45pm

Please see your coach information on the day.

Age Group Categories

- **25m:** 6yrs, 7yrs, 8yrs, 9yrs/Ov
- **50m:** 9yrs, 10yrs, 11yrs, 12yrs 13yrs, 14yrs, 15yrs, 16yrs, 17/Ov
- **100m:** 10yrs, 11yrs, 12yrs 13yrs, 14yrs, 15yrs, 16yrs, 17/Ov

Note for 9 year olds:

- A 9 year old can only enter a 25m event if they are in the Skill Development Group or lower.
- A 9 year old can only enter a 50m event if they are in the Junior Group or higher.

All results declared on a HDW (heat declared winner basis)
Heats may have 'over the top' starts

Medals & Skins Prize

Medals for 1st, 2nd & 3rd will be awarded for each age group category per qualifying event.

Skins

The winner in the Skins event (males & female) will receive:

£25 Amazon Voucher for 1st place
£10 Amazon Voucher for 2nd place



Programme of Events

Age at 31st December in the year of Competition

Session 1 – Saturday 15th July 2017 @ 5.25pm

| | | | | | | | |
|-----|----------------|-----|------------|-----|-----------------|-----|--------------|
| 101 | Boys 9's/Under | 25m | Backstroke | 102 | Girls 9's/Under | 25m | Breaststroke |
| 103 | Boys 9's/Over | 50m | Freestyle | 104 | Girls 9's/Over | 50m | Breaststroke |
| 105 | Boys 9's/Over | 50m | Backstroke | 106 | Girls 9's/Over | 50m | Freestyle |
| 107 | Boys 9's/Under | 25m | Butterfly | 108 | Girls 9's/Under | 25m | Freestyle |
| 109 | Boys 9's/Over | 50m | Butterfly | 110 | Girls 9's/Over | 50m | Backstroke |

15 Minute Rest Period Before Session 2

Session 2 – Saturday 15th July 2017

| | | | | | | | |
|-----|----------------|------|--------------|-----|-----------------|------|------------|
| 201 | Boys 9's/Un | 25m | Breaststroke | 202 | Girls 9's/Under | 25m | Backstroke |
| 203 | Boys 10/Over | 100m | 4x25m IM | 204 | Girls 10/Over | 100m | 4x25m IM |
| 205 | Boys 9's/Under | 25m | Freestyle | 206 | Girls 9's/Under | 25m | Butterfly |
| 207 | Boys 9's/Over | 50m | Breaststroke | 208 | Girls 9's/Over | 50m | Butterfly |

15 Minutes Reset Period Before Skins

Points

Points will be awarded in the following events:

These will be the qualifying events for the Skins competition.

- Event: 103 Boys 9's/Over 50m Freestyle
- Event: 106 Girls 9's/Over 50m Freestyle
- Event: 203 Boys 9's/Over 4x25m IM
- Event: 204 Girls 9's/Over 4x25m IM

Scoring

- 6 points for 1st place
- 5 points for 2nd place
- 4 points for 3rd place
- 3 points for 4th place
- 2 points for 5th place
- 1 points for 6th place



Haden Hill Swimming Club Club Championship Sprints 2017 Entry Form



(under A.S.A. laws and A.S.A. technical rules)

v-1.2

Name:

D.O.B:

A.S.A. No:

Telephone No:

Email:

Male **Female**

Club:

Age as 31-12-17: 7/Un 8 9 10 11 12 13 14 15 16+

Group: Skill Dev Junior B Junior A Competitive Performance Other

Entry Fee: £3 per event with a maximum cost of £12

IMPORTANT: A 9 year old can only enter a 25m event if they are in the Skill Development Group or lower. A 9 year old can only enter a 50m event if they are in the Junior Group or higher.

Please enter a valid time and do not tick the time box. Swimmers without a time please enter speak to your coach to obtain a time.

| Session 1 – Saturday 15 th July 2017 @ 5.25pm | | | | | | | |
|--|----------------|------|-------------------|-------|-----------------|------|-------------------|
| Event | Age Group | Time | Distance & Stroke | Event | Age Group | Time | Distance & Stroke |
| 101 | Boys 9's/Under | | 25m Backstroke | 102 | Girls 9's/Under | | 25m Breaststroke |
| 103 | Boys 9's/Over | | 50m Freestyle | 104 | Girls 9's/Over | | 50m Breaststroke |
| 105 | Boys 9's/Over | | 50m Backstroke | 106 | Girls 9's/Over | | 50m Freestyle |
| 107 | Boys 9's/Under | | 25m Butterfly | 108 | Girls 9's/Under | | 25m Freestyle |
| 109 | Boys 9's/Over | | 50m Butterfly | 110 | Girls 9's/Over | | 50m Backstroke |
| Session 2 – Saturday 15 th July 2017 | | | | | | | |
| Event | Age Group | Time | Distance & Stroke | Event | Age Group | Time | Distance & Stroke |
| 201 | Boys 9's/Un | | 25m Breaststroke | 202 | Girls 9's/Under | | 25m Backstroke |
| 203 | Boys 10/Over | | 4x25m IM | 204 | Girls 10/Over | | 4x25m IM |
| 205 | Boys 9's/Under | | 25m Freestyle | 206 | Girls 9's/Under | | 25m Butterfly |
| 207 | Boys 9's/Over | | 50m Breaststroke | 208 | Girls 9's/Over | | 50m Butterfly |

All results declared on a HDW (heat declared winner basis).

Closing date for entries to your club representative (Amanda Taylor-Seal) by: 9th July 2017 (No Late Entries Will Be Accepted). By entering your HHSC annual membership must be paid up.

Age Group Categories: Medals will be awarded for the top 3 swimmers in the age categories as below, per event.

- **25m:** 6yrs, 7yrs, 8yrs, 9yrs/Ov
- **50m:** 9yrs, 10yrs, 11yrs, 12yrs 13yrs, 14yrs, 15yrs, 16yrs, 17/Ov
- **100m:** 10yrs, 11yrs, 12yrs 13yrs, 14yrs, 15yrs, 16yrs, 17/Ov

Please complete:

Total Events:

Cost:£

(Max £12)

Signed:

Worcester County Swimming Association Qualifying Times 2018



WORCESTER COUNTY SWIMMING ASSOCIATION

Qualifying Times - County Championships 2018

| Boys Events | 10/11 | 12 | 13 | 14 | 15 | 16/0 | 25+ |
|------------------------|---------|----------|----------|----------|----------|----------|------|
| 50m Freestyle | 37.30 | 33.70 | 31.80 | 30.20 | 29.70 | 29.10 | NoQT |
| 100m Freestyle | 1:27.70 | 1:18.20 | 1:13.80 | 1:09.00 | 1:05.70 | 1:03.50 | |
| 200m Freestyle | 3:10.00 | 2:57.10 | 2:43.00 | 2:30.90 | 2:21.00 | 2:17.60 | |
| 400m Freestyle | 6:17.80 | 5:52.70 | 5:33.90 | 5:16.30 | 4:58.30 | 4:48.50 | |
| 800m Freestyle | | | | | | | |
| 1500m Freestyle | | 22:05.00 | 21:45.00 | 20:00.00 | 19:25.00 | 19:25.00 | |
| 50m Breaststroke | 49.00 | 45.90 | 43.60 | 40.40 | 37.50 | 36.80 | NoQT |
| 100m Breaststroke | 1:49.60 | 1:40.60 | 1:34.60 | 1:27.70 | 1:23.40 | 1:18.80 | |
| 200m Breaststroke | 4:01.50 | 3:40.50 | 3:25.10 | 3:10.80 | 2:57.30 | 2:47.60 | |
| 50m Butterfly | 41.80 | 39.60 | 37.50 | 34.60 | 33.40 | 31.70 | NoQT |
| 100m Butterfly | 1:38.50 | 1:28.20 | 1:21.70 | 1:17.20 | 1:11.80 | 1:09.00 | |
| 200m Butterfly | 3:47.70 | 3:16.90 | 2:58.10 | 2:47.00 | 2:39.50 | 2:32.40 | |
| 50m Backstroke | 43.50 | 41.20 | 39.00 | 36.40 | 34.80 | 33.00 | NoQT |
| 100m Backstroke | 1:35.40 | 1:28.40 | 1:23.20 | 1:18.00 | 1:13.60 | 1:09.90 | |
| 200m Backstroke | 3:31.30 | 3:15.90 | 3:00.50 | 2:46.60 | 2:32.60 | 2:31.10 | |
| 100m Individual Medley | 1:40.20 | 1:28.00 | 1:23.20 | 1:18.10 | 1:12.90 | 1:10.40 | |
| 200m Individual Medley | 3:26.80 | 3:12.90 | 3:00.30 | 2:51.40 | 2:41.70 | 2:34.90 | |
| 400m Individual Medley | | 6:43.50 | 6:19.20 | 6:03.60 | 5:34.70 | 5:14.90 | |

| Girls Events | 10/11 | 12 | 13 | 14 | 15 | 16/0 | 25+ |
|------------------------|---------|----------|----------|----------|----------|----------|------|
| 50m Freestyle | 37.70 | 35.00 | 33.40 | 32.00 | 31.70 | 31.70 | NoQT |
| 100m Freestyle | 1:24.30 | 1:18.70 | 1:14.10 | 1:11.50 | 1:09.50 | 1:08.30 | |
| 200m Freestyle | 3:10.50 | 2:52.40 | 2:41.20 | 2:34.30 | 2:30.50 | 2:27.80 | |
| 400m Freestyle | 6:21.50 | 5:48.90 | 5:32.00 | 5:14.70 | 5:12.50 | 5:05.60 | |
| 800m Freestyle | | 12:05.00 | 11:30.00 | 10:45.00 | 10:40.00 | 10:40.00 | |
| 1500m Freestyle | | | | | | | |
| 50m Breaststroke | 50.00 | 46.70 | 44.00 | 42.10 | 40.70 | 39.80 | NoQT |
| 100m Breaststroke | 1:49.60 | 1:41.10 | 1:35.00 | 1:29.80 | 1:27.10 | 1:25.50 | |
| 200m Breaststroke | 3:59.90 | 3:38.20 | 3:23.90 | 3:12.00 | 3:07.90 | 3:04.20 | |
| 50m Butterfly | 43.00 | 40.10 | 37.90 | 36.10 | 35.20 | 34.10 | NoQT |
| 100m Butterfly | 1:37.20 | 1:28.80 | 1:23.10 | 1:19.70 | 1:16.80 | 1:15.50 | |
| 200m Butterfly | 3:37.90 | 3:17.20 | 3:02.40 | 2:52.30 | 2:46.30 | 2:40.00 | |
| 50m Backstroke | 43.80 | 41.40 | 39.20 | 37.70 | 36.50 | 35.90 | NoQT |
| 100m Backstroke | 1:37.60 | 1:28.80 | 1:23.50 | 1:19.80 | 1:17.10 | 1:15.80 | |
| 200m Backstroke | 3:26.10 | 3:06.10 | 2:57.70 | 2:49.40 | 2:44.30 | 2:41.60 | |
| 100m Individual Medley | 1:38.00 | 1:28.10 | 1:25.30 | 1:21.50 | 1:19.20 | 1:15.40 | |
| 200m Individual Medley | 3:29.60 | 3:13.80 | 3:01.10 | 2:55.20 | 2:49.40 | 2:46.40 | |
| 400m Individual Medley | | 6:45.00 | 6:15.10 | 6:01.00 | 5:51.50 | 5:48.30 | |

The Promoter reserves the right to further restrict entries for good Gala Management

Age as at 31st December 2018

Times must have been achieved between 1st April 2017 & 10th December 2017. All times must have been achieved in a Licensed Meet from any Open Competition, Club Competition and are on The ASA Ranking List before the published closing date. 800 & 1500m Times to be achieved Between 1st January & 10th December 2017

Closing Date - For Championship entries is 15th December 2017. All entries must be submitted through your Club's Swimming Representative.

Skins Event: What is a Skins event?

In simple terms, a Skins event is a knockout competition! There will be 5 swimmers who qualify from the Sprints events to go through in each gender. Swimmers will qualify from combined points in the 50m Freestyle and the 100m IM events and be given a chance to claim the £25 Amazon voucher for the winner. Tactics will play a key part in winning the event.

INTRODUCTION FROM THE ASA

- 1.1. In recent years the concept of 'Skins' events has been introduced into swimming competitions held in England under ASA Swimming Rules. This has led to some misunderstanding as, depending upon the format some 'Skins' events by their nature contravene ASA Swimming Rules.
- 1.2. Whilst there are many variations a 'Skins' event is generally a continuous competition whereby competitors race against themselves over a number of rounds, each starting after a fixed time from the start of the previous round. A swimmer, (generally the slowest in a race) or swimmers being eliminated in each round, until an eventual winner is found. The number of available lanes in the pool normally governs the number of competitors.
- 1.3. A popular format being, for example, the contest involving races starting at 3 minute intervals, a warning signal (whistle) given at 2 minute 50 seconds and the start signal being given at 3 minutes – no voice commands given. This clearly contravenes the ASA Swimming Rules regarding the Start of a race.
- 1.4. Often separate competitions for female and male competitors are held concurrently resulting in a race starting in the pool every 1 minute 30 seconds in the case of 3 minute starts for both male and female competition.
- 1.5. The 'Skins' concept provides for exciting competition and is growing in its use throughout the Country. Due to the format, in most cases as described, the competitions sit outside ASA Swimming Rules, it is necessary therefore to provide guidance to event Promoters in order to ensure clarity and fairness to all concerned in running such competitions.
- 1.6. Such guidance will not inhibit the imagination of those hosting the 'Skins' event. It will provide a structure whereby the rules of an individual competition will be clear to all persons involved either as a competitor or official.
- 1.7. The guidance that follows is in the format of conditions which have to be considered, together with areas for consideration and potential options. The overriding requirement is that all matters relating to the running of a competition are clear and known to all parties before entries are considered. It is imperative that the Promoter Conditions are clear and concise. The alternative is that Promoters will find themselves exposed to grounds for a Protest which could have been avoided if sufficient consideration had been given to the prevailing conditions prior to advertising the competition.
- 1.8. It is accepted that conditions are unlikely to cover all eventualities, however if the following guidance is considered the potential for misunderstanding will be reduced.
- 1.9. A set of sample Promoters Conditions have been included with this paper as an indication as to the range of areas which need to be considered and covered in order to ensure that all parties are aware of the nature of the competition.

Haden Hill Terms & Conditions for Skins

1. This 'Skins Event' will be a continuous competition commencing with 5 competitors and over a continuous series of races over a distance of 50m. One or more competitors to be eliminated in each round until a winner is determined. Races in each competition will take place following an interval of 3 minutes from the start of the previous race a warning signal being given 10 seconds prior to the start of each round.
2. The Event shall take place at Haden Hill Leisure Centre, on the 1st July.
3. Skins competitions will be held for:
 - a. Boys 9 years and over
 - b. Girls 9 years and over

Events (a) and (b) will swim concurrently with a separation of 90 seconds between boys and girls races. Boy's competition starts first.
4. The event is open to all swimmer who have not achieved a Swim England West Midlands qualifying time.
5. First place prize for each event will be: £25 Amazon voucher and the runner up will receive a £10 Amazon voucher.
6. The competitors for each event shall be the five swimmers with the highest number of accumulated gala points determined by the published results from the qualifying events. The qualifying events shall be; 50m Freestyle and 100m IM during the 'Haden Hill Swimming Club Sprint Meet 2017'. Should a qualifying swimmer not wish to compete then the next highest points scorer will be invited to compete.
7. Lanes will be allocated on the basis of 'spearheading' in accordance with FINA swimming rule SW312. The highest point scoring swimmer occupying the centre lane. Swimmers are required to swim in their allocated lane whilst they remain in the competition until the final race. The remaining two swimmers will occupy the centre lanes. The highest point qualifying swimmer occupying Lane 3 and the second swimmer in Lane 2.
8. The stroke for each individual race will by random draw from a choice of Freestyle, Breaststroke, Butterfly and Backstroke. The draw for the stroke to be contested in the first round to be undertaken by the swimmer with the highest qualifying score in the Event. Draws for subsequent rounds will be by the swimmer eliminated from the previous round. If more than one swimmer is eliminated in a round, the draw will be by the first swimmer eliminated, or by decision of the Referee if eliminated at the same time.
9. The first race in each Event will commence in accordance with ASA Swimming Rules governing the Start of the selected stroke. Each race shall be over a distance of 50m.
10. Subsequent rounds will start at the starting end of the pool, following an interval of 3 minutes from the previous Start. A warning whistle will be blown 10 seconds prior to the Starting signal being sounded. No verbal commands will be given. Competitors' feet, or hands in the case of Backstroke must be in contact with the Starting Platform or Grips when the Start Signal is given. For Backstroke rounds competitors will start in the water with both hands holding the starting grips. For forward starts swimmers are required to have at least one foot at the front of the Starting Platform.
11. In all races swimmers are required to comply with the FINA Swimming Rules regarding Stroke and Finish conditions. Failure to do so will lead to elimination by disqualification.
12. The slowest competitor in each round shall be eliminated unless a competitor has been eliminated by disqualification, in which case the slowest competitor remains in the competition.
13. Apart from the first round, times achieved by swimmers are not to be used for any other purpose. Determination of the slowest swimmer will be by the Referee utilising either Automatic Officiating Equipment (AOE) or manual Finish Judges, in accordance with FINA Swimming Rules governing placing. Should AOE be used the Referee shall determine whether it operated correctly.

14. In the case of more than one swimmer being disqualified, or a dead heat for the slowest swimmer all affected swimmers are eliminated and the accumulated prize money for the positions divided equally between the relevant swimmers.
15. Should for any reason the competition have to be halted before its conclusion it shall restart with a re-swim of the round halted or subsequent round if halted following the correct completion of a round. The Start of the recommencement of the competition will be in accordance with the FINA Swimming Rules of the relevant stroke.
16. In the case of a dead heat in the final race, it will be re-swum as an additional round in accordance with the Event conditions. Determination of the result following a subsequent dead heat maybe determined by any means agreed by the affected swimmers.

Terms & Conditions

1. Entry forms can be obtained from the club's website <http://www.hadenhillswimmingclub.co.uk>. Entries must be submitted electronically using the SportsSystem by a duly appointed club representative to the following address: hhcc@hadenhillswimmingclub.co.uk. Forms must be submitted to your club representative Amanda Taylor-Seal no later than Sunday 9th July 2017.
2. Individual entry is £3 per event with a maximum cost of £12 for all events.
3. The meet is licensed by the ASA at Level 4. Licensed Reference:
4. Events will be swum as on the programme. All events will be heat declared winner where the final heat in each event will be spearheaded.
5. Ages as at end of year of competition: 31st December 2017.
6. All swimmers must be a paid up member of The Club for with active membership. Swimmers without paid up membership will be subject to disqualification.
7. Principles for acceptance of entries:
 - a. The Promoters reserve the right to refuse any entry. Incorrect entries will not be accepted. Any entries that are not accepted will be returned with the entry fee. Entries are accepted on the understanding that the competitor accepts the Promoter's Conditions.
 - b. No refunds will be made to competitors who withdraw after the closing date for submission of entries or who withdraw after advice of acceptance.
8. Heats may have 'over the top' starts.
9. Entries will be seeded into heats from submitted times, with the slowest heat first. Swimmers will be seeded one week after the closing date and displayed on the HHSC website.
10. There will be 4 event age groups eligible for Level 4 licensing in the following events: 10yrs, 11yrs, 12yrs 13yrs, 14yrs, 15yrs, 16yrs, 17/Ov for 50m and 100m events. No other age groups will be licensed
11. There will be 4 event age groups for 25m events: 6yrs, 7yrs, 8yrs and 9yrs/Ov.
12. A 9 year old can only enter a 25m event if they are in the Skill Development Group or lower. A 9 year old can only enter a 50m event if they are in the Junior Group or higher.
13. An award will be made to the fastest three swimmers in each age group category in each event.
14. Medals will be awarded for swimmers 1st, 2nd and 3rd place in each age group in each event.
15. A £25 voucher will be awarded for the winner in each age group in each gender for the Skins event with a second prize of £10 voucher in each gender.
16. Any competitor disqualified will not receive an award for that event including Skins event.
17. The Promoters reserve the right to amend these conditions as necessary with approval from the licensing officer. All participants will be informed of any alterations.
18. The competition will be held under A.S.A. Laws and Technical Rules, and the ASA Laws on Open Competitions shall cover any laws not covered by the Promoter's Conditions.