



Rugby Swimming Club Annual Club Championships 2016
Sunday 11th Sept, Sunday 18th Sept, Sunday 25th Sept, Sunday 9th October
Licensed to Level 4 (license no. 4WM1611784-7)

CHAMPIONSHIP CONDITIONS

1. These Championships are open to all members of Rugby Swimming Club.
2. The Promoter of the Rugby Swimming Club Annual Club Championships 2016 is the Rugby Swimming Club Committee.
3. The competition will be held under A.S.A. Law & A.S.A. Technical Rules.
4. Age groups will be:
Girls & Boys – 8/under, 9/10 years, 11/12 years, 13/14 years, 15/over.
200m, 400m, 800m and 1500m events will be Junior (13/under) & Senior (14/over)
Age is at 9/10/2016.
5. 100m events are not permitted for 8/under & 9 years, except 100m IM.
6. Awards will be made to the first six swimmers in the 8/under, 9/10, 11/12, 13/14 and 15/over age groups, except in the 200m, 400m, 800m and 1500m events where awards will be made to the first three swimmers in the Junior (13/under) & Senior (14/over) age groups.
7. 25m events are for 8/under and 9 years only.
8. There are no qualifying times for the club championships.
9. Entry fee - **£3.50 per event or £20 for 6 events or more**. This fee is to accompany the entry form and will be non-returnable. (Cheques to be made payable to 'Rugby Swimming Club').
10. The closing date for entries is midnight on **Sunday 7th August 2016.**
11. All details of entries will be posted on the club website, www.rugbyswimmingclub.co.uk and no details will be sent by post. This event will not have entry cards. All details must be checked and any changes notified immediately to the email address membership@rugbyswimmingclub.co.uk.
12. A results service will be operated.
13. Competitors not reporting in time for an event may be excluded from that event.
14. Over the top and side by side (for backstroke) starts may be used.
15. No entries will be accepted on the days of the club championships.
16. Times are as stated on the programme of events but may vary and changes will be notified on the club website.
17. Any item not covered within these conditions will be at the sole discretion of the Promoter.
18. Annual trophies must be signed for by the winner or the winners parent / guardian if under 18 years of age.
19. All events, except the skins events, will be swum as heat declared winners (there will not be heats and finals)
20. The Mum's & Dad's Dash and Parents relays events are fun events for parents / guardians of swimmers who are members of Rugby Swimming Club (Cost of entry – FREE!)
21. Annual awards (**trophies**) shall be made as described below under Annual Awards.
22. Swimmers can swim any number of events per night.
23. Selection for the boys and girls skins events is detailed at the end of this document.
24. Times from skins events, Mum's & Dad's dash and coaches' relay will not be submitted to the ASA.



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FORENAME(S)..... SURNAME

DATE OF BIRTH AGE AS AT **9/10/2016**.....

Email address Gender - Male / Female

TEL. No:

Session 1.
Sunday 11th Sept, 4.00pm warm up, 4.15 start.

Event	Tick to Enter
1 Boys 100 FR 10yrs over	
2 Girls 100 FR 10yrs over	
3 Boys 25m BR 8 and 9yrs	
4 Girls 25m BR 8 and 9 yrs	
5 Boys 50m Fly 9yrs over	
6 Girls 50m Fly 9yrs over	
7 Boys 200m IM 9yrs over	
8 Girls 200m IM 9yrs over	
9 Boys 25m FR 8 and 9 yrs	
10 Girls 25m FR 8 and 9 yrs	
11 Boys 100m BK 10 yrs over	
12 Girls 100m BK 10yrs over	
13 Boys 200 BR 9yr over	
14 Girls 200 BR 9yrs over	
Boys Skins	Qualification
Girls Skins	Qualification

Session 3.
Sunday 25th Sept, 4.00pm warm up, 4.15 start.

Event	Tick to Enter
29 Girls 400 IM 12yrs over	
30 Boys 400 IM 12yrs over	
31 Girls 50 BK 9yrs over	
32 Boys 50 BK 9yrs over	
33 Girls 100 BR 10yrs over	
34 Boys 100 BR 10yrs over	
35 Girls 200 BK 9yrs over	
36 Boys 200 BK 9yrs over	
37 Girls 100 Fly 10yrs over	
38 Boys 100 Fly 10yrs over	
39 Girls 50m FR 8yrs over	
40 Boys 50m FR 8yrs over	
Mum's / Dad's Dash	
Coaches' Relay	

Session 2.
Sunday 18th Sept, 4.00pm warm up, 4.15 start.

Event	Tick to Enter
15 Girls 400m FR 10yrs over	
16 Boys 400m FR 10yrs over	
17 Girls 25m Fly 8 and 9 yrs	
18 Boys 25m Fly 8 and 9 yrs	
19 Girls 100m IM 8yrs over	
20 Boys 100m IM 8yrs over	
21 Girls 200 Fly 9yrs over	
22 Boys 200 Fly 9yrs over	
23 Girls 25m BK 8 and 9 yrs	
24 Boys 25m BK 8 and 9 yrs	
25 Girls 50m BR 9 yrs over	
26 Boys 50m BR 9yrs over	
27 Girls 200m FR 9yrs over	
28 Boys 200m FR 9yrs over	

Session 4.
Sunday 9th October, 4.00pm warm up, 4.15 start.

Event	Tick to Enter
41 Girls 800m FR 12yrs over	
42 Boys 1500m FR 12yrs over	

Please note the annual awards and scoring events for overall best swimmer awards sections on page 3 of this information pack before selecting your events.

Age is at 9/10/2016.

£3.50 per event or £20 for six or more events. No. of events entered: _____ Total cost: _____
 Cheques to be made payable to 'Rugby Swimming Club'. Entry fee must accompany entry form.

This entry form / page to be returned to: Club Championships Secretary, 22, Shenstone Avenue, Rugby, CV22 5BJ by 7 August 2016. Alternatively, hand the entry form and payment to Sandra Kelleher, Club Champs Secretary, before the closing date.

I wish to enter the above events and agree to abide by the Championship Conditions .

Signed:



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ANNUAL AWARDS

Events relating to trophies awarded for first place are ticked ✓ below. In the 200m and 400m events marked ✓* trophies will be awarded to the first placed swimmers in the Junior (13/under) & Senior (14/over) age groups.

NA: Not Applicable (cannot be swum)

Years	25m events	50m events	100m events	200m events	400 FS	100 IM	200 IM	400 IM	800m FS	1500m FS
8 & under	✓	50m FS only	NA	NA	NA		NA	NA	NA	NA
9	✓	50m FS only	NA	✓*	NA	✓		NA	NA	NA
10	NA	✓		✓*	✓*	✓		NA	NA	NA
11/12	NA		✓	✓*	✓*		✓	12/over ✓*	12/over ✓* Girls	12/over ✓* Boys
13/14	NA		✓	✓*	✓*		✓	✓*	✓* Girls	✓* Boys
15/over	NA		✓	✓*	✓*		✓	✓*	✓* Girls	✓* Boys

Scoring events for overall best swimmer and most improved swimmer awards

Swimmers will be able to achieve points in the following events, boys and girls:

8/under: 25m freestyle, best 25m *form* stroke, 50m freestyle.

9 years: 25m freestyle, best 25m *form* stroke, 50m freestyle, 100m IM.

10 years: Best 50m swim, best 100m *form* stroke, 100m freestyle, 100m IM.

11, 12 years: 50m freestyle, best 50m *form* stroke, best 100m swim, 200m freestyle, 200m IM.

13, 14, 15/over: Best 50m swim, best 100m swim, best 200m swim, 200m IM, best 400m or over swim.

The swimmers with the highest total points score shall win the overall best swimmer annual award trophies. (You probably have to enter all scoring events above to stand a chance of winning).

The most improved swimmer is one award for boys and one for girls (ie not split down into age categories). It will be based on the swimmer getting the largest points increase between this year and last year, but also subject to the head coach's discretion. It may not be won by a swimmer getting a "best swimmer" award.

For ages 9 and under, points will be awarded from 6 points down to 1 point for the first six places. All other age groups FINA points will be awarded.

Annual awards for overall best swimmer will be awarded for performance at the Annual Club Championships, as detailed below.

- Donnachie Trophies** - Best 15/over Girl and Boy
- Dixon Cup** - Best 14 year old Girl
- Ferris Cup** - Best 14 year old Boy
- Smith Trophy** - Best 13 year old Girl
- Box Trophy** - Best 13 year old Boy
- Rugby Swimming Club Cups** - Best 12 year old Girl and Boy
- Rugby Market Traders Cup** - Best 11 year old Girl
- Rugby Swimming Club Shield - Rebecca Cup** - Best 11 year old Boy
- Rugby Swimming Club Shield - Allan Wood Novice Cups** - Best 10 year old Girl
- Rugby Cement Cups** - Best 10 year old Boy
- Merryweather Cup** - Best 9 year old Girl and Boy
- Coats Cup** - Best 8 year old Girl and Boy
- Winner of the Mums Dash
- Winner of the Dads Dash



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SPONSORSHIP

In an effort to offset the costs of running the club championships, sponsorship is requested. If you are able to assist in sponsoring an event or are able to obtain sponsorship from a local business or contact for an event please contact the Club Secretary, Head Coach, Chairman or Treasurer. Your help will be much appreciated by the swimmers.

INFORMATION

LOCATION: The club championships will take place at The Queens Diamond Jubilee Centre, Bruce Williams Way, Rugby CV22 5LJ

The length of the pool is 25m (eight lanes). The depth of water at the shallow end is 1 metre and at the deep end is 2.5 metres. There is a large car park at the Centre.

GALA OFFICIALS: The Club Championships cannot be run without the required number of officials, so please volunteer as soon as possible, notifying your availability to the email address membership@rugbyswimmingclub.co.uk.

SPECTATORS: There is a large spectator balcony at the Centre.

MEET

MANAGEMENT: SportSystems meet management system will be used to run the club championships.

TIMING: Quantum electronic timing shall be used on one or more of the sessions, otherwise manual timing will be used to record times at the club championships.

NO ENTRIES (INCLUDING TIME ONLY) WILL BE ACCEPTED ON THE DAYS OF THE CLUB CHAMPIONSHIPS

IMPORTANT

Accepted entries will be posted on the club website, www.rugbyswimmingclub.co.uk, after the closing date – it is the swimmers or parents / guardians responsibility to check that these details are correct. Please notify any changes to the email address membership@rugbyswimmingclub.co.uk

The lane draw will be done at midday on the day of the session, so please notify membership@rugbyswimmingclub.co.uk of any withdrawals at least two hours before that time. No changes can be made after the lane draw.

BOYS & GIRLS SKINS EVENTS

The 8 fastest boys and the 8 fastest girls in the 100m FS (irrespective of age group) shall qualify to enter the skins events. The 8 swimmers shall swim against each other and the **two** swimmers finishing last in a heat shall be eliminated from continuing to the next heat, until there are two (or three) swimmers left. At this point one swimmer is eliminated per race. The stroke for each heat shall be determined by the drawing of 1 of 4 balls from a bag such that either FS or BC or BR or FLY stroke could be drawn for any of the heats. The swimmer who wins the last heat wins the skins event. The heats shall be swum as 50m events at 3 minute intervals. Girls / boys heats may be run alternately at 90 s intervals. A trophy shall be awarded to the first boy and girl in the skins events.