

# Havant and Waterlooville SC Club Championships 2010 Programme of Events

## Session 1. Saturday 15th January 2011 – Warm-up 12.30pm, Start 1pm, approximate end 7pm

Girls Event	Description	Age Group	Boys Event	Description	Age Group
30 Minute warm-up					
1	200m Freestyle	Open			
2	25m Breaststroke	Foundation	3	25m Breaststroke	Foundation
			4	200m Freestyle	Open
5	25m Butterfly	10/Under	6	25m Butterfly	10/Under
7	200m Butterfly	Open			
8	25m Backstroke	Foundation	9	25m Backstroke	Foundation
			10	200m Butterfly	Open
11	25m Freestyle	Foundation	12	25m Freestyle	Foundation
13	100m Backstroke	Open	14	100m Backstroke	Open
Presentations for 25m Free, Back, Breast - 30 Minute Break					
15	50m Butterfly	Open	16	50m Butterfly	Open
17	100m Freestyle	Open	18	100m Freestyle	Open
19	50m Breaststroke	Open	20	50m Breaststroke	Open
21	200m Individual Medley	Open	22	200m Individual Medley	Open

## Session 2. Wednesday 19th January 2011 – Warm-up 6.30pm, Start 7pm , approximate end 8.30pm

Girls Event	Description	Age Group	Boys Event	Description	Age Group
30 Minute warm-up					
23	400m Freestyle	Open	24	400m Freestyle	Open

## Session 3. Saturday 22nd January 2011 – Warm-up 12.30pm, Start 1pm, approximate end 7pm

Girls Event	Description	Age Group	Boys Event	Description	Age Group
30 Minute warm-up					
25	200m Backstroke	Open	26	200m Backstroke	Open
27	50m Freestyle	Open	28	50m Freestyle	Open
29	100m Breaststroke	Open	30	100m Breaststroke	Open
31	100m Butterfly	Open	32	100m Butterfly	Open
30 Minute Break					
33	50m Backstroke	Open	34	50m Backstroke	Open
35	200m Breaststroke	Open	36	200m Breaststroke	Open
37	100m Individual Medley	Open	38	100m Individual Medley	Open

## H&WSC CLUB CHAMPIONSHIPS 2010 ENTRY FORM

SWIMMERS NAME	DOB DD/MM/YY	SQUAD	BOY	GIRL

It is advised that swimmers (from squads above foundation) select at least 1 event from each category: Sprints, 100's, Distance, Form and Individual Medley. Overall winners are calculated on their performance across all categories.

Foundation & under 10's
25m Freestyle*
25m Breast*
25m Back*

SPRINTS
25m Butterfly*
50m Freestyle
50m Breast
50m Back
50m Butterfly

100's
100m Freestyle
100m Breast
100m Back
100m Butterfly

Distance
200m Freestyle
400m Freestyle

Form
200m Breast
200m Back
200m Butterfly

Individual Medley
100m I.M.
200m I.M.

EVENT	TICK	ENTRY TIME
25m Freestyle*		
50m Freestyle		
100m Freestyle		
200m Freestyle		
400m Freestyle		
25m Backstroke*		
50m Backstroke		
100m Backstroke		
200m Backstroke		

EVENT	TICK	ENTRY TIME
25m Breaststroke*		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
25m Butterfly**		
50m Butterfly**		
100m Butterfly		
200m Butterfly		
100m 4x25m I.M.		
200m 4x50m I.M.		

\* Only Foundation swimmers who are under 10 years may swim Free, Back and Breast 25s. There will be individual certificates for the top 3 swimmers in each 25m (Free, Back and Breast) Event. If entering a 25m (Free, Back, Breast) event you are not eligible to enter distances over 25m.

\*\* Only swimmers 10 years and under (any squad) may swim the 25m Fly, if they do so they may not enter the 50m Fly. Swimmers under 11 years may swim the 50m Fly instead, but should consult their coach.

**Entry Times:** Please enter times if you know them or enter an achievable estimate. If no time is entered you will be in the slowest heat.

**Ages:** As at 31<sup>st</sup> December 2010. Please ensure the correct date of birth is at the top of the form.

**Entry Fee:** Entry is £2.50 per Event  
(Late Entry is £3.50 per Event)

**Closing Date:** **MONDAY 13<sup>TH</sup> DECEMBER 2010 @ £2.50 per Event**  
**MONDAY 3<sup>rd</sup> JANUARY 2011 @ £3.50 per Event**

TOTAL NUMBER OF ENTRIES.....	TOTAL FEE PAID.....
<b>Please make your cheques payable to H&amp;WSC.</b>	
<b>PLEASE CHECK YOUR ENTRY FORM TO ENSURE ALL DETAILS ARE CORRECT.</b>	

## Promoter's Conditions

This competition is promoted by Havant and Waterlooville Swimming Club, which is affiliated to the Southern Counties ASA, and will be held under Amateur Swimming Association (ASA) laws and ASA Technical Rules of Racing

### ENTRIES

This is a licensed **level 3** competition.

All entrants must have been a member of Havant and Waterlooville SC.

Ages are as at midnight 31<sup>st</sup> December 2010. It is the swimmer's responsibility to ensure his/her eligibility for each event and all swimmers must be registered with the ASA. Swimmers will be distributed in heats from the submitted entry times. Improved times will not be accepted after the entries have been received. All Events will be swum on a heat declared winner (HDW) basis. Winners trophies shall be presented for all events except the 25m (Free, Back, Breast).

\* Only Foundation swimmers who are under 10 years may swim Free, Back and Breast 25s. There will be individual certificates for the top 3 swimmers in each 25m (Free, Back and Breast) event. If entering a 25m (Free, Back and Breast) event you are not eligible to enter distances over 25m.

\*\* Only swimmers 10 years and under (any squad) may swim the 25m Fly, if they do so they may not enter the 50m Fly. Swimmers under 11 years may swim the 50m Fly instead, but should consult their coach.

Points towards the overall trophies are calculated using the GB points system. The highest points score from each category: Sprints, 100's, Distance, Form and Individual Medley contributes to the individual total.

**NO ENTRY CARDS** will be used to regulate the operation of the meet. No entries meeting the required criteria shall be rejected.

**CLOSING DATE: MONDAY 13<sup>TH</sup> DECEMBER 2010 @ £2.50 per Event**  
**MONDAY 3<sup>RD</sup> JANUARY 2011 @ £3.50 per Event**

For any matters not covered by these conditions the meet promoter will make any decisions it deems necessary to provide for the satisfactory running of the competition. By submitting an entry, participants have deemed to agree to such decisions.

**THE PROMOTER RESERVES THE RIGHT TO AMEND THE PROGRAMME AND THESE CONDITIONS AT ANY TIME.**