

Havant and Waterlooville SC Club Championships 2009 Programme of Events

Session 1. Saturday 16 January 2010 – 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	10/U & Imp 3	3	25m Breaststroke	10/U & Imp 3
			4	200m Freestyle	Open
5	25m Butterfly	10/U & Imp 3	6	25m Butterfly	10/U & Imp 3
7	200m Butterfly	Open			
8	25m Backstroke	10/U & Imp 3	9	25m Backstroke	10/U & Imp 3
			10	200m Butterfly	Open
11	25m Freestyle	10/U & Imp 3	12	25m Freestyle	10/U & Imp 3
13	100m Backstroke	Open	14	100m Backstroke	Open
Presentations for Improver 3 - 30 Minute Break					
15	50m Butterfly	11/Over	16	50m Butterfly	11/Over
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 20 January 2010 – 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 23 January 2010 – 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 2009 ENTRY FORM

SWIMMERS NAME	DOB	SQUAD	BOY	GIRL

It is advised that swimmers 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.

SPRINTS
25m Freestyle
25m Breaststroke
25m Backstroke
25m Butterfly
50m Freestyle
50m Breaststroke
50m Backstroke
50m Butterfly

100's
100m Freestyle
100m Breaststroke
100m Backstroke
100m Butterfly

Distance
200m Freestyle
400m Freestyle

Form
200m Breaststroke
200m Backstroke
200m Butterfly

Individual Medley
100m 4x25m I.M.
200m 4x50m 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 10 & under swimmers and/or Foundation and Intermediate swimmers may swim 25s

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 31st December 2009. Please ensure the correct date of birth is at the top of the form.

Entry Fee: Entry is £2.50 per Event

Closing Date: MONDAY 7th DECEMBER 2009. NO LATE ENTRIES WILL BE ACCEPTED.

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

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 from before 1 July 2009. Members joining the club after this date are entitled to enter for time trials only.

Ages are as at midnight 31st December 2009. 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.

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

CLOSING DATE for entries is Monday 7th December 2009.

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.