



# **Bedfordshire Amateur Swimming Association**

(Affiliated to the ASA East Region)

## **The Bedfordshire County Age Group and County Championships (50m) 2019**

(Under ASA Laws & Regulations and ASA Technical Rules)

Licensed Meet Nos. 1ER 190244/5/6



The 2019 Championships will be held at Inspire: Luton Sports Village. All events in these Championships will be held as long course (50m). The County Junior (**under 16 years**) and Senior Championship titles shall be decided from the fastest times recorded in the finals. When an event has no final, the fastest times recorded in the heats will be used to determine the Junior and Senior Champions. Junior swimmers are eligible for senior titles. All events shall be deck seeded and 'Over the Top Starts' may be used except in Backstroke events.

### **ELIGIBILITY**

Swimmers shall be at least **10 years old**, as at **31<sup>st</sup> December, 2019**.

Every swimmer's Swim England membership record must display a **Category Two** membership in addition to membership of the Bedfordshire ASA club in whose name he/she is entered, at the time of entry.

Entry will only be considered where achievement of the Minimum Qualification Standard is attained after January 1<sup>st</sup> 2018 and is recorded in the British Swimming Rankings Database at the time of entry. This condition will NOT apply to swimmers whose Swim England membership record includes a Para-swimmer Sport Class, swimmers in possession of an ASA Certificate of Swimming Disability or any Team event; however, entry times are required.

### **SESSION DATES & TIMES**

Dates and daily start times are as indicated on the schedule of events, where 'tba' is shown, the times will be notified when the accepted entry listings are published.

### **WARM UP PROCEDURE**

A controlled warm up system will be operated. The pool will be available for one hour before the start of each session. Details of the warm up procedures will be published on the Beds ASA web site at least one week before the first session and will be available in the programme.

### **WITHDRAWALS**

Every accepted entry is expected to swim unless the competitor withdraws. Notice of any withdrawal from a heat shall be reported to the Recorders, at least **45 minutes** before the start of the Session. Withdrawals after the 45 minute deadline may only be made on medical grounds and must be notified by the club coach to the official Recorders. Failure to comply with these conditions shall result in a £5 penalty which shall be paid before the swimmer competes again in the Championships. The club in whose name the competitor has been entered will be responsible for any penalties outstanding at the end of the Championships.

There will be no reserve swimmers for a final.

Requests to refund entry fees will only be considered when a swimmer medically withdraws from the entire Championships or all events during an entire weekend. Notification of any such withdrawal must be received by the Association at least one day before the start of each weekend.

### **TEAM EVENTS**

Relay Team Declaration Forms shall be submitted to the Recorders, at least **45 minutes** before the start of the relevant Session.

### **SAFETY**

All swimmers must be under the supervision of the Club Coach or a designated Club official at all times during the warm up, competition and in the vicinity of the pool.

In order to ensure the safety of competitors, only Inspire staff, swimmers and accredited coaches, team managers, officials and helpers will be allowed access to the Changing Village. Parents are requested **not** to enter the Changing Village and may be asked to leave the venue if they do not comply with this request.

Swimmers are requested to use the lockers provided in the changing village for clothes, valuables and other personal belongings to keep the pool deck area and ventilation vents clear.

Bedfordshire ASA accepts no responsibility for loss of any personal belongings or equipment.

### **PHOTOGRAPHY & SOCIAL NETWORKING**

Official photographs and any social networking feeds from this event will comply with the Swim England Photography or Social Networking Guidance's. Parents and carers who do not wish their child to be photographed must inform the Association in writing prior to the Championships.



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For the avoidance of doubt the photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording device. The social media guidance will apply if those images or recordings are being shared through any social media platform whether that sharing is happening instantaneously through live streaming or whether the material is being stored for sharing at a later time.

**Photography is prohibited in the changing village. Anyone not complying with these requirements will be asked to leave the venue immediately.**

### **AWARDS**

The results of all events shall be determined by finals. When an event has no final, the fastest times recorded in the heats shall be used (Timed Finals). Gold, Silver and Bronze medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each of the seven age groups, 10/11, 12, 13, 14, 15, 16 and 17&Over and may be collected from the medal table as soon as the official results are published. Junior and Senior Champions will be presented with a Trophy and a unique Bedfordshire ASA Gold medal, Silver and Bronze medals will be presented to 2<sup>nd</sup> and 3<sup>rd</sup> places.

The swimmer that scores the highest number of FINA points for a single individual swim will be declared the top swimmer in each of the following five age groups, 10, 11, 12, 13 and 14.

Winners will be presented with a Trophy and a unique Bedfordshire ASA Gold medal, Silver and Bronze medals will be presented to 2<sup>nd</sup> and 3<sup>rd</sup> places.

All Trophies are the property of Bedfordshire ASA, must be kept in good order and returned un-engraved no later than 21<sup>st</sup> November 2019. The Trophy policy can be viewed on the Beds ASA website.

### **ENTRIES**

All entries shall be consolidated and made electronically through a single club contact using the SPORTSYSTEMS Entry Manager V2.0. It should be noted entrants are still bound by the conditions of entry even though a form is not signed.

### **FEES**

Individual Events    £5.00 per event (800m or 1500m £10.00)

Team Events    £10.00 per event

Spectator Entry £5.00 per day (or part thereof), no charge for children aged 2 to 8 years

**Closing date for all entries is Midnight on 6<sup>th</sup> January, 2018**

**Please note that all information included in the entry pack, and supplementary information published by Beds ASA, form the conditions of the Championships**



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### SCHEDULE OF EVENTS

#### Session One

Saturday 19th January - Start 18:30

Mixed	1500m	Freestyle	TF
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#### Session Two

Friday 25th January - Start 18:30

Mixed	800m	Freestyle	TF
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#### Session Three

Saturday 26th January - Start 10:00

Men's	200m	Freestyle	TF
Women's	100m	Backstroke	Heats
Men's	50m	Breaststroke	Heats
Women's	200m	Butterfly	TF
Men's	400m	Individual Med	TF

Women's	100m	Backstroke	Finals
Men's	50m	Breaststroke	Finals

#### Session Four

Saturday 26th January - Start tba

Women's	100m	Butterfly	Heats
Men's	50m	Butterfly	Heats
Women's	200m	Individual Med	TF

Men's	50m	Butterfly	Finals
Women's	100m	Butterfly	Finals

Men's 10&11	4x50m	MedTeam	TF
Women's 10&11	4x50m	MedTeam	TF
Men's 12&13	4x50m	MedTeam	TF
Women's 12&13	4x50m	MedTeam	TF
Men's 14&15	4x50m	MedTeam	TF
Women's 14&15	4x50m	MedTeam	TF
Men's Open	4x50m	MedTeam	TF
Women's Open	4x50m	MedTeam	TF

#### Session Five

Sunday 27th January - Start 10:00

Women's	400m	Freestyle	TF
Men's	50m	Backstroke	Heats
Women's	100m	Freestyle	Heats
Men's	200m	Breaststroke	TF

Women's	100m	Freestyle	Finals
Men's	50m	Backstroke	Finals

#### Session Six

Sunday 27th January - Start tba

Men's	50m	Freestyle	Heats
Women's	100m	Breaststroke	Heats
Men's	200m	Backstroke	TF

Women's	100m	Breaststroke	Finals
Men's	50m	Freestyle	Finals

Women's Open	4x100	MedTeam	TF
Men's Open	4x100	MedTeam	TF

#### Session Seven

Saturday 2nd February - Start 10:00

Women's	200m	Freestyle	TF
Men's	100m	Backstroke	Heats
Women's	50m	Breaststroke	Heats
Men's	200m	Butterfly	TF
Women's	400m	Individual Med	TF

Men's	100m	Backstroke	Finals
Women's	50m	Breaststroke	Finals

#### Session Eight

Saturday 2nd February - Start tba

Men's	100m	Butterfly	Heats
Women's	50m	Butterfly	Heats
Men's	200m	Individual Med	TF

Women's	50m	Butterfly	Finals
Men's	100m	Butterfly	Finals

Women's 10&11	4x50m	FreeTeam	TF
Men's 10&11	4x50m	FreeTeam	TF
Women's 12&13	4x50m	FreeTeam	TF
Men's 12&13	4x50m	FreeTeam	TF
Women's 14&15	4x50m	FreeTeam	TF
Men's 14&15	4x50m	FreeTeam	TF
Women's Open	4x50m	FreeTeam	TF
Men's Open	4x50m	FreeTeam	TF

#### Session Nine

Sunday 3rd February - Start 10:00

Men's	400m	Freestyle	TF
Women's	50m	Backstroke	Heats
Men's	100m	Freestyle	Heats
Women's	200m	Breaststroke	TF

Men's	100m	Freestyle	Finals
Women's	50m	Backstroke	Finals

#### Session Ten

Sunday 3rd February - Start tba

Women's	50m	Freestyle	Heats
Men's	100m	Breaststroke	Heats
Women's	200m	Backstroke	TF

Men's	100m	Breaststroke	Finals
Women's	50m	Freestyle	Finals

Men's Open	4x100m	FreeTeam	TF
Women's Open	4x100m	FreeTeam	TF

Warm up will commence one hour before the start time shown in the Accepted Entry Listing

TF = Timed Final



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### ENTRY STANDARDS (25m)

Times to be achieved after January 1st 2018 and recorded in GB rankings

<b>BOYS</b>						<b>EVENT</b>	<b>GIRLS</b>					
10/11 <sup>†</sup> Years	12 <sup>†</sup> Years	13 <sup>†</sup> Years	14 <sup>†</sup> Years	15 <sup>†</sup> Years	16Years &Over <sup>†</sup>		10/11 <sup>†</sup> Years	12 <sup>†</sup> Years	13 <sup>†</sup> Years	14 <sup>†</sup> Years	15 <sup>†</sup> Years	16Years &Over <sup>†</sup>
39.2	36.7	35.4	32.8	31.6	27.5	50m Freestyle	39.4	37.1	34.2	32.2	31.3	29.8
1:29.0	1:23.0	1:18.4	1:13.5	1:09.3	1:00.0	100m Freestyle	1:32.5	1:23.0	1:16.0	1:11.0	1:09.0	1:05.0
3:13.9	3:01.8	2:50.9	2:40.4	2:31.0	2:24.4	200m Freestyle	3:14.5	3:01.7	2:45.0	2:35.0	2:31.0	2:25.0
6:48.7	6:20.6	5:59.0	5:38.3	5:19.6	5:05.3	400m Freestyle	6:52.3	6:18.6	5:55.7	5:40.1	5:29.8	5:17.9
-	12:30.4	11:38.5	10:59.0	10:28.3	10:25.1	800m Freestyle	-	12:41.2	11:45.1	11:07.7	10:51.6	10:41.7
-	25:02.0	23:11.6	21:25.6	20:16.8	19:35.0	1500m Freestyle	-	24:33.3	23:23.2	22:15.8	21:29.8	21:23.4
46.9	44.1	41.7	38.8	36.8	32.3	50m Backstroke	47.1	43.5	39.9	38.6	38.0	36.5
1:43.0	1:36.0	1:30.5	1:24.5	1:20.2	1:12.0	100m Backstroke	1:46.5	1:34.2	01:28.2	1:23.9	1:21.1	1:17.9
3:35.4	3:20.6	3:09.2	2:56.9	2:46.2	2:38.2	200m Backstroke	3:37.2	3:19.6	03:07.9	2:59.7	2:53.8	2:46.3
56.5	51.5	47.5	44.1	41.1	35.5	50m Breaststroke	53.7	50.0	46.8	44.5	43.8	41.2
1:56.0	1:49.0	1:42.0	1:35.0	1:29.0	1:23.1	100m Breaststroke	2:02.0	1:49.5	01:40.5	1:35.1	1:32.2	1:29.1
4:08.7	3:50.8	3:36.8	3:22.0	3:09.3	3:00.2	200m Breaststroke	4:09.1	3:49.9	03:35.8	3:24.2	3:16.7	3:10.2
48.5	44.3	41.8	38.8	36.2	30.8	50m Butterfly	48.1	44.5	41.5	38.8	37.2	34.5
2:00.0	1:38.5	1:29.8	1:23.4	1:17.8	1:10.5	100m Butterfly	2:00.0	1:37.5	01:28.5	1:24.5	1:22.5	1:20.5
3:45.8	3:25.8	3:13.5	3:00.6	2:49.5	2:39.5	200m Butterfly	3:48.2	3:27.3	03:12.6	3:02.8	2:55.6	2:48.8
3:41.2	3:25.4	3:13.4	3:01.8	2:50.2	2:42.2	200m I.M.	3:41.2	3:25.2	03:12.7	3:04.3	2:58.0	2:51.3
-	7:16.1	6:49.0	6:24.9	6:00.7	5:43.3	400m I.M.	-	7:12.4	06:45.1	6:25.8	6:13.2	5:59.0

<sup>†</sup> Ages as at 31<sup>st</sup> December 2019