

# NORFOLK COUNTY CHAMPIONSHIPS AND AGE GROUP COMPETITIONS 2012

(Held under A.S.A. Laws & Technical Rules)

## A. General

- All swimmers who are members of a Norfolk affiliated club may compete in these championships. See County Handbook for full Championship/Age group rules.
- This competition is a 'BAGCATS' competition. Overall awards for swimmers in the age groups listed below will be based on the British Age Group Categories. Details below.

British Age Group Categories (BAGCATS)				
	BOYS		GIRLS	
9 years	Sprint Form Distance IM	Best 50m Best 200m form stroke 200m free Best 100m/200m IM	Sprint Form Distance IM	Best 50m Best 200m form stroke 200m free Best 100m/200m IM
10 years	Sprint Form Distance IM	Best 50m Best 200m form stroke 200m/400m free Best 100m/200m IM	Sprint Form Distance IM	Best 50m Best 200m form stroke 200m/400m free Best 100m/200m IM
11 years	Sprint Form Distance IM	Best 50m Best 200m form stroke Best 200/400/800/1500m free Best 100m/200m IM	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 100m/200m IM
12 years	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 100m/200m/400m IM	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 100m/200m/400m IM
13 years	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 100m/200m/400m IM	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 100m/200m/400m IM
14 years	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200/400/800/1500m free Best 100m/200m/400m IM		

- ASA License applied for
- Competition Dates:- 11<sup>th</sup> & 18<sup>th</sup> February at UEA and 3<sup>rd</sup>, 4<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup> March 2012 at Thetford. The 800/1500m events gala will be a joint gala with Suffolk. Swimmers from both counties will be seeded according to entry times for the races, however each county will make their own (separate) awards.
- The County requests that Clubs display the County Championship details on their notice boards and make entry forms available to ALL eligible swimmers.
- The closing date for the 800m & 1500m Freestyle events at UEA is January 20<sup>th</sup> 2012. The closing date for all other events is February 2<sup>nd</sup> 2012.
- The entry fee is £5.00 per event for the 800m & 1500m races and £4 per event for all other events. Payment by cheque only, payable to Norfolk County ASA.
- Qualifying times for this competition are attached. Entry times submitted must be the fastest times achieved by a swimmer in the preceding 12 months. Submitted times will be used for seeding purposes only. Entry times must be verified by the clubs and may be subject to investigation. ENTRIES, WITHOUT ENTRY TIMES WILL NOT BE ACCEPTED. Swimmers who are in possession of a Certificate of swimming disability or a functional ability card may enter without achieving the qualifying times stated for their age group
- Clubs must submit entries using the Sportsystem Disc entry process to Robin Barrett, 85 Nunnery Drive, Thetford, IP24 3EP. Tel: 01842754243, e-mail [robinbarrett85@googlemail.com](mailto:robinbarrett85@googlemail.com). Payment should be by club cheque.
- All heats will be seeded according to the submitted entry times (not by age). Results will be declared by the following age groups. 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs & Over, Championship and Junior Championship.
- Swimmers may only enter events of the appropriate age group as listed on the programme of events.

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12 Swimmers whose birthdays fall between the qualifying dates for the County and Regional competitions may enter the events which they will compete in at regional level but are not able to enter at county level on a time only basis. No awards will be given and no BAG points accrued. This option is only available for swimmers whose club coach has expectations that the swimmer can achieve a regional or National qualifying time. A written request from the coach must accompany the entry form.

## B. General Requirements

- 1 All competitors must be registered with the A.S.A.
- 2 All competitors must be eligible to compete in this competition as per the County Championship rules.
- 3 Competitors age as of 11<sup>th</sup> March 2012. A junior swimmer shall be a swimmer who has not attained their 17<sup>th</sup> birthday by 11<sup>th</sup> March 2012.

## C. Championship Competition

- 1 Junior Championship places will be decided on the times achieved in the heats
- 2 Awards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> placed swimmers plus a perpetual trophy for 1<sup>st</sup> will be presented to swimmers in the Championship events (Senior and Junior) for each event.
- 3 Finals will be swum for the following events. 50m and 100m backstroke, breaststroke, butterfly and freestyle

## D. Age Groups

- 1 Awards for the first 6 places will be given to swimmers in each of the age groups 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16yrs & over for the individual events.
- 2 Finals will be swum for the following events. 50m and 100m backstroke, breaststroke, butterfly and freestyle
- 3 Trophies will be presented to the top swimmer based on their BAGCATS points score in each of the age groups 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs (boys only)
- 4 Trophies will be presented to the top swimmer based on their position points score, in each of the age groups 14yrs (girls only) and 15yrs.

## E. General Conditions

- 1 The championships and Age Groups will be run as a cardless gala. It is the responsibility of the club to advise the gala organizers if they have swimmers not swimming either before the day of the meet in writing or via e-mail or on the day by completing a withdrawal form before the warm up for the session starts. This will prevent the gala running with empty lanes. Any deviations from this condition may only be at the discretion of the Lead referee and/or promoter
- 2 The fastest heats for 200m or longer events and all finals will be spearheaded. To allow sufficient rest time for finalists the faster heats may be held first.
- 3 The time allocated for the warm up at the start of each gala may be extended to prevent over crowding in the pool. This will lead to the advertised start time being changed.
- 4 Swimmers are requested to report to the Chief Marshal at least 1 events prior to their event.
- 5 Swimmers who do not give a minimum of 30 minutes notice of their intention to withdraw from a final will be fined £25
- 6 All clubs entering this gala are entitled to a minimum of 2 poolside passes for coaches/chaperones. Additional passes (1 per 10 swimmers) for clubs with more than 20 swimmers will be issued as appropriate. The county requests that clubs have sufficient coaches/chaperones on poolside (and recommends 1 per 10 swimmers).
- 7 Entries must have been completed correctly, submitted by the specified date and accepted by the promoters for an entry to be valid. **The promoters reserve the right to restrict the number of entries if necessary.**
- 8 The promoters reserve the right to refuse admission to any competitor, coach or spectator. Anything not covered in the above rules will be at the discretion of the promoters, who also reserve the right to make any changes that may be considered necessary for the smooth, effective and safe running of the meet

## F. Presentations

- 1 Awards will be available for collection approximately 15 minutes after the event has finished.

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<b>Day 1</b>	<b>Gala A at UEA (50m format)</b>				<b>Saturday</b>	<b>11/02/2012</b>	<b>Warm up 1600</b>
	Girls	11y & over	800m	Freestyle			
	Boys	11y & over	1500m	Freestyle			
<b>Day 2</b>	<b>Gala B at UEA (50m format)</b>				<b>Saturday</b>	<b>18/02/2012</b>	<b>Warm up 1600</b>
	Boys	11y & over	800m	Freestyle			
	Girls	11y & over	1500m	Freestyle			
<b>Day 3</b>	<b>Gala C at Thetford</b>				<b>Saturday</b>	<b>03/03/2012</b>	<b>Warm up 0830</b>
	Girls	11y & over	100m	Breaststroke			
	Boys	9y & over	50m	Backstroke			
	Girls	12y & over	400m	IM			
	Boys	9y & over	100m	IM			
<b>Finals</b>	Girls	100m	Breaststroke	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Finals</b>	Boys	50m	Backstroke	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Day 3</b>	<b>Gala D at Thetford</b>				<b>Saturday</b>	<b>03/03/2012</b>	<b>Warm up 1300</b>
	Boys	11y & over	100m	Butterfly			
	Girls	9y & over	50m	Freestyle			
	Boys	9y & over	200m	Freestyle			
	Girls	9y & over	200m	Backstroke			
<b>Finals</b>	Boys	100m	Butterfly	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Finals</b>	Girls	50m	Freestyle	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Day 4</b>	<b>Gala E at Thetford</b>				<b>Sunday</b>	<b>04/03/2012</b>	<b>Warm up 0830</b>
	Boys	11y & over	100m	Backstroke			
	Girls	9y & over	50m	Breaststroke			
	Boys	10y & over	400m	Freestyle			
	Girls	9y & over	200m	Butterfly			
<b>Finals</b>	Boys	100m	Backstroke	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Finals</b>	Girls	50m	Breaststroke	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Day 4</b>	<b>Gala F at Thetford</b>				<b>Sunday</b>	<b>04/03/2012</b>	<b>Warm up 1300</b>
	Girls	11y & over	100m	Freestyle			
	Boys	9y & over	50m	Butterfly			
	Girls	9y & over	200m	IM			
	Boys	9y & over	200m	Breaststroke			
<b>Finals</b>	Girls	100m	Freestyle	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Finals</b>	Boys	50m	Butterfly	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Day 5</b>	<b>Gala G at Thetford</b>				<b>Saturday</b>	<b>10/03/2012</b>	<b>Warm up 0830</b>
	Boys	11y & over	100m	Breaststroke			
	Girls	9y & over	50m	Backstroke			
	Boys	12y & over	400m	IM			
	Girls	9y & over	100m	IM			
<b>Finals</b>	Boys	100m	Breaststroke	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Finals</b>	Girls	50m	Backstroke	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Day 5</b>	<b>Gala H at Thetford</b>				<b>Saturday</b>	<b>10/03/2012</b>	<b>Warm up 1300</b>
	Girls	11y & over	100m	Butterfly			
	Boys	9y & over	50m	Freestyle			
	Girls	9y & over	200m	Freestyle			
	Boys	9y & over	200m	Backstroke			
<b>Finals</b>	Girls	100m	Butterfly	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Finals</b>	Boys	50m	Freestyle	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Day 6</b>	<b>Gala I at Thetford</b>				<b>Sunday</b>	<b>11/03/2012</b>	<b>Warm up 0830</b>
	Girls	11y & over	100m	Backstroke			
	Boys	9y & over	50m	Breaststroke			
	Girls	10y & over	400m	Freestyle			
	Boys	9y & over	200m	Butterfly			
<b>Finals</b>	Girls	100m	Backstroke	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Finals</b>	Boys	50m	Breaststroke	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Day 6</b>	<b>Gala J at Thetford</b>				<b>Sunday</b>	<b>11/03/2012</b>	<b>Warm up 1300</b>
	Boys	11y & over	100m	Freestyle			
	Girls	9y & over	50m	Butterfly			
	Boys	9y & over	200m	IM			
	Girls	9y & over	200m	Breaststroke			
<b>Finals</b>	Boys	100m	Freestyle	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O			
<b>Finals</b>	Girls	50m	Butterfly	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O			

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## Qualifying times for 2012

### BOYS ( Short Course Times)

EVENT		9	10	11	12	13	14 & Over
50m	Freestyle	53.7	47.8	42.8	38.2	34.8	32.6
100m	Freestyle			1:27.6	1:22.7	1:15.0	1:10.3
200m	Freestyle	4:11.0	3:40.0	3:17.2	2:56.5	2:41.3	2:31.5
400m	Freestyle		7:42.8	6:52.2	6:11.0	5:39.3	5:20.1
800m	Freestyle			12:45.0	11:50.0	11:05.0	10:25.0
1500m	Freestyle			24:52.0	22:12.0	20:11.0	18:55.0
50m	Breaststroke	1:09.3	1:01.6	54.9	48.6	43.9	41.2
100m	Breaststroke			1:51.4	1:44.8	1:34.8	1:28.6
200m	Breaststroke	5:15.9	4:40.4	4:10.5	3:43.4	3:22.4	3:08.9
50m	Butterfly	1:00.3	53.0	47.5	42.3	38.4	35.7
100m	Butterfly			1:38.1	1:32.8	1:23.5	1:17.8
200m	Butterfly	5:00.0	4:18.6	3:46.3	3:20.9	3:00.8	2:49.0
50m	Backstroke	1:01.8	54.5	48.8	43.6	39.7	37.3
100m	Backstroke			1:38.4	1:32.7	1:24.3	1:18.4
200m	Backstroke	4:37.1	4:05.5	3:38.5	3:15.3	2:58.5	2:45.3
100m	IM	2:16.7	2:01.2	1:48.7	1:37.0	1:27.8	1:21.5
200m	IM	4:32.0	4:10.0	3:43.4	3:20.2	3:01.8	2:51.0
400m	IM				6:40.0	6:17.5	5:55.6

### GIRLS ( Short Course Times)

EVENT		9	10	11	12	13	14 & Over
50m	Freestyle	51.7	44.9	40.6	37.5	35.5	34.5
100m	Freestyle			1:27.6	1:20.5	1:16.1	1:14.2
200m	Freestyle	4:03.2	3:26.6	3:06.6	2:51.8	2:41.3	2:37.9
400m	Freestyle		7:15.6	6:29.8	5:58.4	5:37.6	5:29.0
800m	Freestyle			12:29.0	11:16.0	10:36.0	10:18.0
1500m	Freestyle			23:28.0	23:02.0	21:07.0	20:21.0
50m	Breaststroke	1:07.0	57.7	52.0	47.6	44.7	43.2
100m	Breaststroke			1:51.4	1:41.9	1:35.6	1:32.2
200m	Breaststroke	5:10.0	4:20.3	3:53.5	3:33.9	3:21.6	3:16.2
50m	Butterfly	57.7	49.0	44.5	41.0	38.6	37.3
100m	Butterfly			1:38.1	1:29.7	1:24.2	1:21.6
200m	Butterfly	4:55.0	4:00.1	3:34.1	3:14.9	3:02.1	2:55.0
50m	Backstroke	59.4	50.9	46.1	42.6	40.2	39.0
100m	Backstroke			1:38.4	1:29.8	1:24.8	1:22.3
200m	Backstroke	4:30.1	3:48.7	3:22.0	3:10.0	2:59.0	2:53.7
100m	IM	2:12.0	1:53.2	1:42.0	1:33.8	1:28.3	1:25.8
200m	IM	4:28.4	3:53.0	3:30.3	3:14.4	3:01.2	2:57.3
400m	IM				6:35.0	6:15.5	6:00.5

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ENTRY FORM		
SURNAME:		Club:
Forename:		ASA Reg No:
Date of birth:	Age on 11/03/2012	Sex (M/F)
Address:		
Address:		
Address:		
Post code:		Telephone
E-mail		

Please enter your entry times for the events in which you wish to compete, on the appropriate line below.

		Entry times	<p><b>Notes:</b> Swimmers must have achieved the qualifying times to enter the competition (see general condition 8)</p> <p style="text-align: center;">Age as of March 11th 2012</p> <p style="text-align: center;"><b>Closing date for entries</b></p> <table style="width:100%; border: none;"> <tr> <td style="width: 70%;"><b>800m/1500m Freestyle</b></td> <td style="text-align: right;"><b>20/01/2012</b></td> </tr> <tr> <td><b>All other events</b></td> <td style="text-align: right;"><b>02/02/2012</b></td> </tr> </table> <p style="text-align: center;">Payment by cheque ONLY, payable to <b>Norfolk ASA</b></p>	<b>800m/1500m Freestyle</b>	<b>20/01/2012</b>	<b>All other events</b>	<b>02/02/2012</b>
<b>800m/1500m Freestyle</b>	<b>20/01/2012</b>						
<b>All other events</b>	<b>02/02/2012</b>						
50m	Freestyle						
100m	Freestyle						
200m	Freestyle						
400m	Freestyle						
800m (£5 entry fee)	Freestyle						
1500m (£5 entry fee)	Freestyle						
50m	Backstroke						
100m	Backstroke						
200m	Backstroke						
50m	Breaststroke						
100m	Breaststroke						
200m	Breaststroke						
50m	Butterfly						
100m	Butterfly						
200m	Butterfly						
100m	IM						
200m	IM						
400m	IM						

No: Events entered at £5 per event	No: Events entered at £4 per event
<b>Total payment due £</b>	

Submit completed forms with correct money, through your club to :-

Robin Barrett, 85 Nunnery Drive, Thetford, Norfolk, IP24 3EP (01842 754243)

I declare that I am an eligible competitor as defined by A.S.A. law and by the rules of the Norfolk County A.S.A. and that I have reached the standard of the A.S.A. competitive start award.

I agree to abide by the promoters conditions and County rules for these galas.

Signatures Competitor:

Club Official:

**PLEASE KEEP A COPY OF YOUR ENTRY FORM FOR REFERENCE.**