



## 2018 Club Championships & Age Groups

### Level 4 Licensed Meet

(No: 4SW181541 & 4SW181542)

At the Link Centre & Marlborough College.

This competition is open to all Swindon Dolphin Swimmers, including those in Swim Skills Only, Dolphin Academy and Masters.

<b>Name</b> .....	<b>Male/Female</b>	<b>DOB</b> .....
<b>Total £</b> .....		

Please tick the events in which you wish to compete, adding your entry time. If you do not have a time for an event, then please speak to your coach who will be able to advise you of an estimated entry time.

Return your completed form (full payment to have been paid online),  
To either your Squad Administrator or Jacky Gardo.  
Closing date for entries Saturday 8<sup>th</sup> September 2018.

Any questions, please contact your coach or Jacky Gardo email: [competition@swindondolphin.co.uk](mailto:competition@swindondolphin.co.uk)

Medals will be awarded (at the club presentation night, ) for the top three in each age group plus a trophy for the winner, where one has been donated.

25m Events – Swim Skills Only 7/Un, 8, 9, 10, 11, 12/Over

100IM – Swim Skills Only 7/Un, 8, 9, 10, 11, 12/Over

50m Events – 15/U, 16-17, 18-24, 25-34, 35-49, 50+ Years and Overall Champion

100m events - 10/11, 12/13, 14/15, 16/18, 19/Over plus Overall Champion.

100 IM & 200m events – 9/Under, 10/11, 12/13, 14/15, 16/18, 19/Over plus Junior and Overall Champion.

400m events 10/11, 12, 13, 14/15, 16/18, 19/Over plus Junior and Overall Champion.

800m/1500m 11, 12, 13, 14/15, 16/18, 19/Over

(Ages are at 6<sup>th</sup> October 2018).

(Junior Champion is 16 years and under).

Masters age-groups: 18-24, 25-34, 35-49 & 50+ Years.

**Please use the entry form on Page 3 and keep Page 2 for your records.**

Note: Warm up times may change subject to entries.

## Programme of Events

### Session 1 Saturday 29<sup>th</sup> September The Link Centre 12:30 Warm Up 13:15 Start

Event 1 & 2	400m Freestyle (10 and over)
Event 3	25m Butterfly (Swim Skills Only)
Event 4 & 5	50m Breaststroke
Event 6 & 7	100m Butterfly (10 and over)
Event 8	25m Freestyle (Swim Skills Only)
Event 9 & 10	200m Backstroke

### Session 2 Saturday 29<sup>th</sup> September The Link Centre Warm Up 16:00

Event 11 & 12	200 Individual Medley
Event 13	25m Breaststroke (Swim Skills Only)
Event 14 & 15	100m Backstroke (10 and over)
Event 16	25m Backstroke (Swim Skills Only)
Event 17 & 18	50m Freestyle
Event 19 & 20	100m Individual Medley

### Session 3 Sunday 30<sup>th</sup> September The Link Centre 10:30 Warm Up 11:15 Start

Event 21 & 22	400m Individual Medley (10 and over)
Event 23 & 24	50m Butterfly
Event 25 & 26	100m Breaststroke (10 and over)
Event 27 & 28	200m Freestyle

### Session 4 Sunday 30<sup>th</sup> September The Link Centre Warm Up 14:30

Event 29 & 30	Medley Skins Finals
Event 31 & 32	50m Backstroke
Event 33 & 34	200m Breaststroke
Event 35 & 36	100m Freestyle (10 and over)
Event 37 & 38	200 Butterfly

### Session 5 Thursday 4<sup>th</sup> October Marlborough College Warm Up 18:00

Event 39	800m Freestyle (Girls 11 & Over)
Event 40	1500m Freestyle (Boys 11 & Over)

## Swindon Dolphin Club Championships and Age Groups 2018 Entry Form

<b>Name:</b>	<b>Male / Female</b>	<b>Your coach/teacher.</b>
<b>Tel.</b>	<b>DOB</b>	
<b>ASA registration No</b>	<b>Age at 4/10/2018 Years</b>	

**Entries to be handed in by Saturday 8<sup>th</sup> September 2018.**

Event	Entry Time
25m Freestyle (Swim Skills Only)	
50m Freestyle	
100m Freestyle (10+ Years)	
200m Freestyle	
400m Freestyle (10+ Years)	
800m Freestyle (Females Only 11+ Years)	
1500m Freestyle (Males Only 11+ Years)	
25m Backstroke (Swim Skills Only)	
50m Backstroke	
100m Backstroke (10+ Years)	
200m Backstroke	
25m Breaststroke (Swim Skills Only)	
50m Breaststroke	
100m Breaststroke (10+ Years)	
200m Breaststroke	
25m Butterfly (Swim Skills Only)	
50m Butterfly	
100m Butterfly (10+ Years)	
200m Butterfly	
100m Individual Medley	
200m Individual Medley	
400m Individual Medley (10+ Years)	

The entry fee is £2 for 25m Events, £3.50 for 50m, 100m, 200m & 400m Events & £4.50 for 800 & 1500m

Total entry fee £

Paid on line date: \_\_\_/\_\_\_/\_\_\_

Sort Code 20-84-58 Account Number 50953237

Account Name – Swindon Dolphin, Reference Swimmers Surname & code CC

*If any person is able to help or would like an introduction to timekeeping, team managing, coaching or any other voluntary role then the club championships are an ideal starting ground. Please add your name below so that we may contact you.*

Name, Tel and email	Interest i.e. Team manager, Timekeeper, Door/Raffle etc.
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# **SWINDON DOLPHIN ASC**

## **2018 CLUB CHAMPIONSHIPS & AGE GROUPS**

### COMPETITION RULES

1. This event is 'with only one club competing' and is therefore not subject to upper or lower cut-off times.
2. The competition will be held under ASA Law and Regulations and ASA Technical Rules of Racing and is designated by the ASA for entry into County Competitions, subject to County approval.
3. All entrants must be members of Swindon Dolphin ASC. ASA Registration numbers must be included on the entry form.
4. If events are over-subscribed, the promoter reserves the right to return entries based on first come first served basis.
  - i) Each individual age group will be seeded on fastest entry times.
  - ii) Each individual age group will be allocated a proportion of the event based on the number of valid entries received.
  - iii) Shortfalls in one age group will be made by acceptances from other age groups at the promoter's discretion.
  - iv) The latest received entries in each individual age group will be rejected at the promoter's discretion.
5. Entry must be confirmed at the help desk at least 45 minutes before the published start of each session. Failure to do so may result in a swimmer not being accepted for that event.
6. Entries confirmed after the start list has been produced will only be accepted at the discretion of the Meet Manager and will be subject to availability of empty lanes in the slowest heats.
7. Start list for each event will be sent directly to the stewards in the marshalling area for distribution to the coaches.
8. Competitors must report to the marshal's two heats before their own and must remain in the marshalling area until called to compete. For the first event at the start of each session, competitors should report to the marshals at the end of the warm up.
9. Entries will be seeded into heats from submitted times and the slowest heats swum first. The fastest heat in each event will be spearheaded.
10. All events are heat declared winners and awards will be made to the top three places in each of the designated age groups.

# **SWINDON DOLPHIN ASC**

## **2018 CLUB CHAMPIONSHIPS & AGE GROUPS**

### **COMPETITION CONDITIONS**

1. Entries should be returned on the attached forms (with the appropriate fee being paid online), to the promoter at the address below.
2. The entry fee is £2 for 25m Events, £3.50 for 50m, 100m, 200m & 400m Events and £4.50 for 800m & 1500m Events.
3. The correct entry fee must have been paid or they will be treated as incorrect.
4. No other form of entry will be accepted and no entries will be accepted after the advertised closing date of 8<sup>th</sup> September 2018.
5. The promoter reserves the right to refuse or restrict entries as required to meet ASA conditions of meet designation.
6. Only competitors and officials will be permitted on poolside. All coaches and chaperones must have relevant accreditation and be registered on the child protection database.
7. During warm up, swimmers must be supervised by their coach.
8. A warm up Protocol will be issued and coaches are required to ensure that their swimmers adhere to the warm up procedure as outlined in the protocol or they may be requested to leave the pool.
9. All competitors are required to observe all safety announcements and conduct themselves in an appropriate manner at all times.
10. All participants must observe the safety precautions in operation at the Link Centre.
11. The Referee may need to alter or amend the conditions during the meet if unforeseen circumstances arise that are out of our control. Any situation not covered by the above conditions or the rules will be handled at the discretion of the promoter. The Referee's decision shall be final.
12. By submitting entries, consent is thereby given as required by the data protection act 1998 to the holding of personal information on computer.
13. Neither the promoter nor Swindon Dolphin ASC will be responsible for any loss or damage occurring during the meet.
14. The use of all photographic equipment is controlled at this meet. Anyone wishing to use a device capable of photography or video recording must take careful note of the information posters. The full ASA Guidance on Photography can be found in Wavepower the ASA Child Safeguarding Policy and Procedures available at [www.swimming.org](http://www.swimming.org)
15. The ASA encoura

PROMOTER AND MEET MANAGER: Jacky Gardo. Swindon Dolphin ASC  
15 Bowood Road, Swindon, SN1 4LP

# **SWINDON DOLPHIN ASC**

## **2018 CLUB CHAMPIONSHIPS & AGE GROUPS**

### **Medley Skins Conditions**

The top 6 swimmers from the girls 200IM, Event 11 and top 6 swimmers from the boys 200IM, Event 12, will qualify for this event.

If you are not present at the advertised warm up time, your place in the Medley Skins, will be offered to the next reserve swimmer.

The referee will pick, at random, 1 stroke for the girls and then 1 stroke for the boys.

The girls will swim first and the boys will swim 1min 30sec after.

The slowest swimmer (as determined by the referee) will be eliminated from the event and will choose the stroke for the next heat. The girls will pick the girls stroke and the boys will pick the boys stroke. This will be repeated at the end of each heat.

There will be 3 minutes between each heat from the start for the girls and 3 minutes between each heat from the start of the boys.

This process will continue until a winner for each event has been declared.

The first heat for both the girls and boys, will be started under a normal race start and rules, the next and following heats, will be given a 10 second warning (normally a bell or a whistle) and then just the start signal only.

The referee's decision will be final.