



NORFOLK COUNTY CHAMPIONSHIPS AND AGE GROUP COMPETITIONS 2014

(Held under ASA Laws & Technical Rules)

Licence numbers CC4106, CC4107, CC4108, CC4109

Saturday 15th February – 800/1500m – UEA Sportspark

Saturday 22nd February – 400m – Wymondham

Saturday 1st/Sunday 2nd March – Main Events - Thetford

Saturday 8th/Sunday 9th March – Main Events – Thetford

Key Information

- Closing date for 400m/800m/1500m is **Midnight on Friday 31st January 2014**
- Closing date for main events is **Midnight on Friday 7th February 2014**
- Age as of 9th March 2014
- Awards for the first 6 places will be given to swimmers in each of the age groups 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs & 16yrs/ov
- Entry fee is £6.00 per event for the 800/1500 and £5.00 per event for all others
- Contact for queries – Liam Harvey Tel: 07969592724 E-Mail: liam.harvey4@btinternet.com

Rules and Conditions

A. General

1. All swimmers who are members of a Norfolk affiliated club may compete in these championships. See county handbook for full Championship/Age group rules.
2. 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 Best 100m/200m IM	Sprint Form Distance IM	Best 50m Best 200m form stroke 200m/400m Best 100m/200m IM
11 Years	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200m/400m/1500m free Best 100m/200m IM	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200m/400m/800m free Best 100m/200m IM
12 Years	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200m/400m/1500m free Best 100m/200m/400m IM	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200m/400m/800m free Best 100m/200m/400m IM
13 Years	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200m/400m/1500m free Best 100m/200m/400m IM	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200m/400m/800m free Best 100m/200m/400m IM
14 Years	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200m/400m/1500m free Best 100m/200m/400m IM	Sprint 100's Form Distance IM	Best 50m Best 100m Best 200m form stroke Best 200m/400m/800m free Best 100m/200m/400m IM

3. ASA Licence applied for
4. Competition dates: Sat 15th Feb at UEA, Sat 22nd Feb at Wymondham, and 1st/2nd & 8th/9th March at Thetford.
The 800m/1500m event 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.
5. The county requests that clubs display the County Championship details on their notice boards and make entry forms available to ALL eligible swimmers.
6. The closing date for the 400m, 800m & 1500m events is midnight on Friday 31st January 2014. The closing date for all other events is midnight on Friday 7th February 2014
7. The entry fee is £6.00 per event for the 800m & 1500m races and £5.00 per event for all others.
8. Qualifying time 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 clubs and may be subject to investigation. ENTRIES WITHOUT 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.
9. Clubs must submit entries using the Sportssystem entry process submitting all entries to Liam Harvey by email no later than the deadline. Payment should be by club cheque or BACS.
10. 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/ov, Championship and Junior Championship.
11. Swimmers may only enter events of the appropriate age group as listed on the programme of events.
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 BAGCATS 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 ASA
2. All competitors must be eligible to compete in this competitions as per the County Championship rules.
3. Competitors age as of 9th March 2014. A junior swimmer shall be a swimmer who has not attained their 17th birthday by 9th March 2014.

C. Championship Competition

1. Junior Championship places will be decided on the times achieved in the heats.
2. Awards will be made for the top 6 places plus a perpetual trophy for 1st 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 &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, 16yrs/ov and for the individual events.
2. Finals will be swum for the following events - 50m &100m Backstroke, Breaststroke, Butterfly and Freestyle.
3. BAGCATS 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
4. Trophies will be presented to the top swimmer (based on their FINA points scores) in each of the age groups 15yrs and 16yrs/ov.

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 before the time announced for withdrawals for each session. Forms to do so will be provided and “Nil Returns” are required. 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 overcrowding 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.

G. Entry Procedure

1. A data capture form is provided to assist clubs enter data into Entry Manager.
2. Two versions of the Sportsystems Entry File are provided, an “Early” one for the 400/800/1500m events and a “Main” one for all the other events.
3. In Entry Manager an N in a red block means the swimmer has not been entered. A green block means the swimmer’s time meets the qualifying criteria. A Yellow block means the time is slower than the Qualifying time and an entry cannot be made. If this happens for a swimmer who is in possession of a certificate of swimming disability or a functional ability card click the swim button until it changes to green ‘Y’ and the entry time shows ‘YES’. When submitting your entry file detail all these instances together with the appropriate time and the organisers will make the appropriate changes when processing the entries.
4. A list of provisional entries will be published on the Norfolk County ASA website no more than seven days after the close date. Clubs will then have at least seven days to notify the organisers of any errors. Late entries will not be permitted.

Programme of Events

Day 1		Gala A at UEA (50m Format)			Saturday	15/02/2014	
	Girls	11y & over	800m	Freestyle	Warm up 13:00		
	Boys	11y & over	1500m	Freestyle	Warm up not before 15:30		
Day 2		Gala B at Wymondham			Saturday	22/02/2014	
	Girls	10y & over	400m	Freestyle	Warm up 17:30		
	Boys	10y & over	400m	Freestyle	Warm up not before 19:20		
Day 3		Gala C at Thetford			Saturday	01/03/2014	Warm up 0830
	Girls	11y & over	100m	Breaststroke			
	Boys	9y & over	50m	Backstroke			
	Girls	12y & over	400m	IM			
	Boys	9y & over	100m	IM			
Finals		Girls	100m	Breaststroke	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Finals		Boys	50m	Backstroke	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Day 3		Gala D at Thetford			Saturday	01/03/2014	Warm up 1300
	Boys	11y & over	100m	Butterfly			
	Girls	9y & over	50m	Freestyle			
	Boys	9y & over	200m	Freestyle			
	Girls	9y & over	200m	Backstroke			
Finals		Boys	100m	Butterfly	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Finals		Girls	50m	Freestyle	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Day 4		Gala E at Thetford			Sunday	02/03/2014	Warm up 0830
	Boys	11y & over	100m	Backstroke			
	Girls	9y & over	50m	Breaststroke			
	Boys	9y & over	200m	Breaststroke			
	Girls	9y & over	200m	Butterfly			
Finals		Boys	100m	Backstroke	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Finals		Girls	50m	Breaststroke	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Day 4		Gala F at Thetford			Sunday	02/03/2014	Warm up 1300
	Girls	11y & over	100m	Freestyle			
	Boys	9y & over	50m	Butterfly			
	Girls	9y & over	200m	IM			
Finals		Boys	50m	Butterfly	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Finals		Girls	100m	Freestyle	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Day 5		Gala G at Thetford			Saturday	08/03/2014	Warm up 0830
	Boys	11y & over	100m	Breaststroke			
	Girls	9y & over	50m	Backstroke			
	Boys	12y & over	400m	IM			
	Girls	9y & over	100m	IM			
Finals		Boys	100m	Breaststroke	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Finals		Girls	50m	Backstroke	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Day 5		Gala H at Thetford			Saturday	08/03/2014	Warm up 1300
	Girls	11y & over	100m	Butterfly			
	Boys	9y & over	50m	Freestyle			
	Girls	9y & over	200m	Freestyle			
	Boys	9y & over	200m	Backstroke			
Finals		Girls	100m	Butterfly	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Finals		Boys	50m	Freestyle	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Day 6		Gala I at Thetford			Sunday	09/03/2014	Warm up 0830
	Girls	11y & over	100m	Backstroke			
	Boys	9y & over	50m	Breaststroke			
	Girls	9y & over	200m	Breaststroke			
	Boys	9y & over	200m	Butterfly			
Finals		Girls	100m	Backstroke	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Finals		Boys	50m	Breaststroke	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Day 6		Gala J at Thetford			Sunday	09/03/2014	Warm up 1300
	Boys	11y & over	100m	Freestyle			
	Girls	9y & over	50m	Butterfly			
	Boys	9y & over	200m	IM			
Finals		Girls	50m	Butterfly	Championship, 9y, 10y, 11y, 12y, 13y, 14y, 15y, & 16y&O		
Finals		Boys	100m	Freestyle	Championship, 11y, 12y, 13y, 14y, 15y, & 16y&O		

Qualifying times for 2014

BOYS (Short Course Times)

EVENT		9	10	11	12	13	14 & Over
50m	Freestyle	53.70	47.80	42.80	38.20	34.80	32.60
100m	Freestyle			1:28.5	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
1500m	Freestyle			24:52.0	22:12.0	20:11.0	18:55.0
50m	Breaststroke	1:09.3	1:01.6	54.90	48.60	43.90	41.20
100m	Breaststroke			1:53.8	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	53.00	47.50	42.30	38.40	35.70
100m	Butterfly			1:41.1	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	54.50	48.80	43.60	39.70	37.30
100m	Backstroke			1:41.1	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	51.70	44.90	40.60	37.50	35.50	34.50
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
50m	Breaststroke	1:07.0	57.70	52.00	47.60	44.70	43.20
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	57.70	49.00	44.50	41.00	38.60	37.30
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	59.40	50.90	46.10	42.60	40.20	39.00
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

Norfolk County Championships & Age Groups 2014

CLUB DATA CAPTURE FORM

SURNAME:

Forename:

ASA Reg No:

Date of birth:

Sex (M/F)

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

The County Closing date for the events below is 31st January 2014.

We require your form by _____ to enable us to process the entry in time.

		Entry times
400m	Freestyle	
800m (£6 entry fee)	Freestyle	
1500m (£6 entry fee)	Freestyle	

The County Closing date for the events below is 7th February 2014.

We require your form by _____ to enable us to process the entry in time.

50m	Freestyle		Notes: Swimmers must have achieved the qualifying times to enter the competition (see general condition 8)
100m	Freestyle		
200m	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 £6 per event

No: Events entered at £5 per event

Total payment due £

Submit completed forms with correct money to your club. Cheques should be payable to your club as they will make a bulk payment for all their entries.

Please enter me into the Norfolk County ASA Championships

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.

Signed

PLEASE KEEP A COPY OF YOUR ENTRY FORM FOR REFERENCE.