

ASA South West Region Long Course Winter Championships 2017 Millfield: Age as on 31st December 2017.

Friday 3 November

Warm up and withdrawals 5.45 Start 6.30

Female 800m Freestyle HDW 4 heats

Male 1500m Freestyle HDW 4 heats

Saturday 4 November – morning session

Withdrawals 8.45

Warm up 8.45 Start 9.45

101. Male	200m	Ind. Medley (inc Para)
102. Female	200m	Backstroke
103. Male	200m	Breaststroke
104. Female	100m	Breaststroke (inc Para)
105. Male	100m	Backstroke (inc Para)
106. Female	50m	Butterfly (inc Para)
107. Male	50m	Freestyle (inc Para)
108. Female	400m	Freestyle HDW (inc Para)

20 minutes interval to prepare finalist sheets and presentation of 400m

Finals: Open, Junior and B

111. Male	200m	Ind. Medley
112. Female	200m	Backstroke
113. Male	200m	Breaststroke

Presentations 111 - 113

114. Female	100m	Breaststroke
115. Male	100m	Backstroke

Presentations 114-115

116. Female	50m	Butterfly
117. Male	50m	Freestyle

Presentations 116 – 117

Afternoon session – timings depending upon entries accepted

121. Male	200m	Freestyle (inc Para)
122. Female	200m	Butterfly
123. Male	100m	Butterfly (inc Para)
124. Female	100m	Freestyle (inc Para)
125. Male	50m	Breaststroke (inc Para)
126. Female	50m	Backstroke (inc Para)
127. Male	400m	Ind. Medley HDW

20 minutes interval to prepare finalist sheets and presentation of 400m IM.

Finals: Open, Junior and B

131. Male	200m	Freestyle
132. Female	200m	Butterfly

Presentations 130 - 132

133. Male	100m	Butterfly
134. Female	100m	Freestyle

Presentations 133 - 134

135. Male	50m	Breaststroke
136. Female	50m	Backstroke

Presentations 135 – 136

Competitors must have been members of the club they are entered by and have been resident in Swim England South West Region for 60 days prior to the competition.

Timings will be finalised once entries have been received.

For these Championships withdrawals from finals must be made 10 minutes after the finish of the last event with a final.

Junior Champions will be declared in all events, all competitors must be under the age of 16 on 31/12/16.

4 heats will be accepted for the 800/1500m events with a proviso that that no more than 50% are Juniors in each event.

Sunday 5 November – morning session

Withdrawals 8.45

Warm up 8.45 Start 9.45

201. Female	200m	Ind. Medley (inc Para)
202. Male	200m	Backstroke
203. Female	200m	Breaststroke
204. Male	100m	Breaststroke (inc Para)
205. Female	100m	Backstroke (inc Para)
206. Male	50m	Butterfly (inc Para)
207. Female	50m	Freestyle (inc Para)
208. Male	400m	Freestyle HDW (inc Para)

20 minutes interval to prepare finalist sheets and presentation of 400m

Finals: Open, Junior and B

211. Female	200m	Ind. Medley
212. Male	200m	Backstroke
213. Female	200m	Breaststroke

Presentations 211 - 213

214. Male	100m	Breaststroke
215. Female	100m	Backstroke

Presentations 214 - 215

216. Male	50m	Butterfly
217. Female	50m	Freestyle

Presentations 216 – 217

Afternoon session – timings depending upon entries accepted

221. Female	200m	Freestyle (inc Para)
222. Male	200m	Butterfly
223. Female	100m	Butterfly (inc Para)
224. Male	100m	Freestyle (inc Para)
225. Female	50m	Breaststroke (inc Para)
226. Male	50m	Backstroke (inc Para)
227. Female	400m	Ind. Medley HDW

20 minutes interval to prepare finalist sheets and presentation of 400m IM.

Finals: Open, Junior and B

231. Female	200m	Freestyle
232. Male	200m	Butterfly

Presentations 230 - 232

233. Female	100m	Butterfly
234. Male	100m	Freestyle

Presentations 233 - 234

235. Female	50m	Breaststroke
236. Male	50m	Backstroke

Presentations 235 – 236

Entry fee £8.00 Individual event to include spectator admission, entries close on Monday 16 October. Please make payment once entries have been accepted.

For these Championships: Over-the-top starts will be used during the heats.

Entries to be made by SportSystems file which will be sent to clubs or available from rmargetts@wcasa.co.uk, times from ASA Rankings cannot be altered.

Qualifying Times: Entry times must have been achieved in a licensed meets at level 1, 2 or 3 since January 1 2017 and are on ASA Rankings, SC times will be converted by the computer programme.

Male

Female

	Senior QT	Junior QT and Open CT	EVENTS	Senior QT	Junior QT and Open CT
LC	25.50	26.70	50m Freestyle	28.30	28.80
LC	55.00	57.90	100m Freestyle	1.00.80	1.02.50
LC	2.00.00	2.08.00	200m Freestyle	2.11.00	2.15.00
LC	4.17.20	4.30.00	400m Freestyle	4.39.00	4.41.60
LC			800m Freestyle	**	**
LC	**	**	1500m Freestyle		
LC	29.50	30.00	50m Backstroke	32.50	33.00
LC	1.02.80	1.07.50	100m Backstroke	1.08.70	1.10.00
LC	2.17.00	2.21.60	200m Backstroke	2.27.00	2.30.00
LC	32.50	34.50	50m Breaststroke	36.30	37.00
LC	1.11.50	1.15.00	100m Breaststroke	1.18.40	1.20.00
LC	2.35.00	2.43.50	200m Breaststroke	2.48.00	2.52.00
LC	27.50	28.30	50m Butterfly	30.50	31.00
LC	1.01.00	1.04.00	100m Butterfly	1.07.80	1.09.20
LC	2.20.00	2.24.00	200m Butterfly	2.30.00	2.38.80
LC	2.15.00	2.23.00	200m Ind. Medley	2.27.50	2.31.00
LC	4.55.00	5.05.00	400m Ind. Medley	5.15.00	5.25.50

All entries must be made on long course times; conversions may be made using ASA Equivalent Performance tables and must appear on ASA Ranking tables.

Junior Champions will be declared in all events, all competitors must be under the age of 16 on 31/12/17.

** 4 heats will be accepted for each of the 800/1500m events with a proviso that that no more than 50% are Juniors in each event unless insufficient Seniors wish to enter.

Finals In the order Open, Junior and B in all non HDW events. The fastest 8 swimmers will contest the Open [A] final, the Junior final will be for the next 8 fastest Junior swimmers and the B Final the next 8 swimmers. Juniors must compete in their allocated Final to qualify for the medals and trophies, and the result will be declared only on the results from the A and Junior finals and not the heats or B final.

There will be no rewards for the B Final. 4 reserves will be announced for the A & B finals and 2 for the Juniors.

Juniors with a QT will be accepted before 16+ swimmers with a CT.

LC – Long Course

QT – Qualifying time

CT – Consideration time

Supplementary Para Swimming Conditions

These supplementary conditions are to be adhered to in conjunction with the general conditions for the Regional Championships.

The Events: Men's and Women's

50m Freestyle S1 - S14, Backstroke S1 – S5, Breaststroke SB1 – SB3, Butterfly S2 – S7

100m Freestyle S1 – S14, Backstroke S1 – S2 & S6 – S14, Butterfly S8 – S14, Breaststroke SB4–SB14 [except SB10]

200m Individual Medley SM5-SM14

200m Freestyle S1- S5, S14

400m Freestyle S6 – S14

Eligibility

All swimmers must have an authorized ASA/IPC Swimming classification.

Qualifying standards shall apply and all swimmers may qualify with either a Long Course (50m) or Short Course (25m) entry time. Entry times must have been achieved in the twelve months immediately preceding the championship closing date. .

Accreditation

ALL coaches and personal care attendants must have an accreditation. Personal care attendants will only be permitted, in accordance with IPC guidelines, for swimmers in the following classes S1, S2, S3 and S11. Such attendants will be excluded from any restrictions and will be given the same accreditation as the swimmer for whom they have personal care responsibilities.

A swimmer in the above classifications may have both a coach and a personal care attendant in attendance.

Heats

The organisers will combine the events with able bodied events and results will be from heat declared winners.

Medals

Medals shall be awarded on a multi disability point's basis to 1st, 2nd and 3rd place in each event. If less than four swimmers participate in any event then a minus one ruling shall apply. If only one swimmer participates in any event, then the swimmer shall be awarded a medal providing he/she improves upon their ranking entry time.

.

ASA South West Region PARA SWIMMING ENTRY FORM

Entries must be made on this form or by email as they will not be accepted by Sportsystems unless the times are within AB QTs.

FULL NAME (IN CAPITALS)									
Club									
ADDRESS									
..... POST CODE:									
MALE/FEMALE DOB CLUB: (IN FULL)									
CLASSIFICATION: S() SM() SB()	Registration No. - Competitors must be British Swimming registered <table border="1" style="display: inline-table; border-collapse: collapse; width: 100px; height: 15px; vertical-align: middle;"> <tr> <td style="width: 20px; height: 15px;"></td> <td style="width: 20px; height: 15px;"></td> <td style="width: 20px; height: 15px;"></td> <td style="width: 20px; height: 15px;"></td> <td style="width: 20px; height: 15px;"></td> <td style="width: 20px; height: 15px;"></td> <td style="width: 20px; height: 15px;"></td> <td style="width: 20px; height: 15px;"></td> </tr> </table>								
Email address confirmation to be sent to									

Please make cheques payable to ASASWR.

Completed entries to be returned to

Robert Margetts, 38 Burrigde Road, Torquay. TQ2 6LN. 01803 605932
rmargetts@wcasa.co.uk

CLOSING DATE FOR ENTRIES: Monday 16 October 2017.

ENTRY £8.00 PER INDIVIDUAL EVENT This includes spectator admission	ENTRY TIME LONG COURSE TIMES TO BE USED	
50M FREESTYLE S1-S14		
100M FREESTYLE S1-S14		
200M FREESTYLE S1- S5 & S14		
400M FREESTYLE S6-S14		
50M BACKSTROKE S1-S5		
100M BACKSTROKE S1-S2 & S6-S14		
50M BUTTERFLY S2-S7		
100M BUTTERFLY S8-S14		
50M BREASTSTROKE SB1-SB3		
100M BREASTSTROKE SB4-SB14 Except SB10		
200M IND. MEDLEY SM5-SM14		

Signature of Competitor.....Date:.....

I certify that the above information is correct :.....(signed Club Secretary or coach).

Email contact details.....

Para-swimmer Qualifying Times

All times must have been achieved between since November 4 2016 at a Level 1, 2 or 3 Licensed Meet. Times may be achieved in either a long course or a short course pool.

		Freestyle				Back		Fly			Breast			IM
		50m	100m	200m	400m	50m	100m	50m	100m		50m	100m		200m
S1	Boys	02:22.9	04:19.1	12:11.8		02:15.8	04:39.1			SB1	03:26.3			
	Girls	02:14.6	06:39.4	10:35.9		03:37.5	07:10.9				03:37.3			
S2	Boys	01:39.3	03:55.1	07:02.7		01:36.9	03:29.2	03:50.7		SB2	01:36.9			
	Girls	02:05.3	05:47.5	10:14.2		01:47.7	04:02.2	03:43.7			02:17.6			
S3	Boys	01:13.0	02:43.0	05:44.3		01:21.8		02:18.6		SB3	01:21.6			
	Girls	01:31.1	02:49.8	06:24.4		01:31.4		02:07.5			01:41.1			
S4	Boys	01:03.4	02:19.1	04:59.2		01:13.0		01:14.3		SB4		02:37.4		
	Girls	01:21.1	02:49.0	06:15.6		01:26.0		02:44.3				03:13.3		
S5	Boys	00:55.8	02:02.7	04:23.7		01:03.4		00:58.5		SB5		02:30.9	SM5	05:39.4
	Girls	01:01.7	02:14.4	04:53.7		01:12.4		01:14.7				03:01.3		05:53.9
S6	Boys	00:48.3	01:48.5		08:18.0		01:59.9	00:50.0		SB6		02:13.0	SM6	04:18.9
	Girls	00:55.6	02:00.1		09:13.8		02:20.4	01:01.1				02:39.4		05:07.7
S7	Boys	00:45.4	01:41.2		07:57.8		01:58.4	00:48.8		SB7		02:06.1	SM7	04:16.7
	Girls	00:53.9	01:56.8		08:40.0		02:15.8	00:59.2				02:36.2		04:59.0
S8	Boys	00:43.7	01:33.6		07:18.4		01:45.5		01:41.1	SB8		01:55.7	SM8	03:55.0
	Girls	00:50.6	01:48.7		08:02.7		02:07.7		01:58.7			02:11.2		04:34.3
S9	Boys	00:42.2	01:31.4		07:00.0		01:44.4		01:37.2	SB9		01:50.4	SM9	03:46.3
	Girls	00:47.1	01:42.4		07:43.2		01:53.1		01:51.7			02:07.3		04:14.3
S10	Boys	00:37.9	01:25.1		06:44.9		01:38.5		01:32.1				SM10	03:32.0
	Girls	00:44.8	01:38.0		07:27.4		01:49.5		01:51.0					04:03.2
S11	Boys	00:42.9	01:35.9		07:36.7		01:51.3		01:41.0	SB11		01:59.5	SM11	04:01.8
	Girls	00:51.0	01:54.8		09:01.8		02:16.3		02:24.3			02:28.1		04:42.9
S12	Boys	00:38.9	01:25.2		06:46.1		01:38.2		01:33.3	SB12		01:49.6	SM12	03:36.6
	Girls	00:45.3	01:37.8		07:33.6		01:59.2		01:49.9			02:18.0		04:21.3
S13	Boys	00:38.8	01:25.1		06:45.8		01:37.8		01:33.5	SB13		01:49.2	SM13	03:36.4
	Girls	00:45.4	01:37.5		07:29.0		01:56.6		01:50.8			02:08.7		04:03.7
S14	Boys	00:40.6	01:28.9	03:07.3	06:57.4		01:36.7		01:36.9	SB14		01:48.8	SM14	03:37.3
	Girls	00:45.7	01:37.6	03:21.0	08:05.1		01:46.8		01:52.0			02:04.9		03:53.3

