**Swim England South West Region Short Course Winter Championships 2018**

 **Millfield: Age as on 31st December 2018.**

**Friday 2 November**

Warm up and withdrawals 5.45 Start 6.30

*1500m Freestyle HDW Male*

*800m Freestyle HDW Female*

**Saturday 3 November – morning session**

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)

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

Finals in order 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**

*120. Female 100m Ind. Medley*

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

205minutes interval to prepare finalist sheets and presentation of 400m IM.

Finals in order Open, Junior and B

*130. Female 100m Ind. Medley*

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

*Cyclic seeding will be used the last 3 heats of all events with finals*

Timings will be finalised once entries have been received.

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 31/12/18, based on the results in finals.

*4 heats will be accepted for the 800/1500m events with 32*

*Boys and 32 Girls will accepted on Ranked times for these events, with a minimum of 16 juniors in each event.*

**Sunday 4 November – morning session**

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

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

Finals in order 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**

*220. Male 100m Ind. Medley*

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

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

Finals in order Open, Junior and B

*230. Male 28 100m Ind. Medley*

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 Wednesday 17 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 on the entry file.

**Qualifying Times: Entry times must have been achieved in a licensed meets at level 1, 2 or 3 since January 1 2018 and are on ASA Rankings, LC 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 |
| SC | 25.10 | 26.00 | 50mFreestyle | 28.00 | 28.50 |
| SC | 54.50 | 56.50 | 100m Freestyle | 1.00.80 | 1.02.00 |
| SC | 1.59.00 | 2.04.00 | 200m Freestyle | 2.11.00 | 2.15.00 |
| SC | 4.15.20 | 4.30.00 | 400m Freestyle | 4.35.00 | 4.40.00 |
| SC | \*\* | \*\* | 800m Freestyle | \*\* | \*\* |
| SC | \*\* | \*\* | 1500m Freestyle | \*\* | \*\* |
| SC | 28.50 | 30.00 | 50m Backstroke | 31.50 | 32.50 |
| SC | 1.00.40 | 1.03.00 | 100m Backstroke | 1.07.20 | 1.09.50 |
| SC | 2.15.00 | 2.21.00 | 200m Backstroke | 2.24.00 | 2.30.00 |
| SC | 32.50 | 34.00 | 50m Breaststroke | 36.10 | 37.00 |
| SC | 1.10.10 | 1.13.00 | 100mBreaststroke | 1.17.70 | 1.20.00 |
| SC | 2.32.00 | 2.40.00 | 200m Breaststroke | 2.48.00 | 2.52.00 |
| SC | 27.50 | 28.30 | 50m Butterfly | 30.00 | 31.00 |
| SC | 1.01.00 | 1.04.00 | 100m Butterfly | 1.07.80 | 1.09.20 |
| SC | 2.20.00 | 2.24.00 | 200m Butterfly | 2.30.00 | 2.38.80 |
| SC | 1.02.80 | 1.06.00 | 100m Ind. Medley | 1.09.00 | 1.12.00 |
| SC | 2.12.00 | 2.20.00 | 200m Ind. Medley | 2.27.50 | 2.31.00 |
| SC | 4.53.00 | 5.00.00 | 400m Ind. Medley | 5.15.00 | 5.20.50 |

All entries must be made on ranking 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 31/12/18.

\*\* 4 heats will be accepted for the 800/1500m events.

*The management committee reserve the right to reject swimmers with a QT if the sessions will over run the maximum time allowed by licensing regulations.*

**Finals** Will be swam 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 awards for the B Final. 4 reserves will be announced for the A & B finals and 2 for the Juniors.

Juniors will be accepted before 16+ swimmers with a CT if there is a need for rejection.

SC – Short 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 [exceptSB10]

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.

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#### Swim England 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: ……………………………………………..****CLASSIFICATION: Registration No. - Competitors must be British Swimming registered****S( ) SM( ) SB( )**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |

**Email address confirmation to be sent to** **……………………………………………………………………………………………………………………** |
| Please make cheques payable to ASASWR. Completed entries to be returned to**Robert Margetts, 38 Burridge Road, Torquay. TQ2 6LN. 01803 605932****rmargetts@wcasa.co.uk**CLOSING DATE FOR ENTRIES: Wednesday 17 October 2018. |
| **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-SB14Except 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 2017 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 |