



Bedfordshire Amateur Swimming Association

(Affiliated to the ASA East Region)

The Bedfordshire County Age Group and County Championships (25m) – 2010

(Under ASA Laws & ASA Technical Rules)

Licensed Meet No. CC0041,2 & 3



(Incorporating 50m, 100m, 200m, 400m, 800m, 1500m, County, Junior & BAGCAT Championships)

The nine sessions comprising the 2010 Championships will be held at The Saxon Pool & Leisure Centre - Biggleswade. The County Junior (**under 16 years**) and Senior Championship titles will be decided from the fastest official times recorded in the heats. Junior athletes are eligible for senior titles. All events will be deck seeded on entry time and **Over the Top Starts** will be used except in Backstroke events. The 800m and 1500m freestyle will be swum as mixed gender events.

ELIGIBILITY

Entries will only be considered where achievement of the Qualifying times are attained in the six months prior to the start of the competition. This condition will NOT apply to Team events or to those athletes in possession of an ASA Certificate of Swimming Disability or a Functional Ability Card, however, entry times are required.

Athletes must be at least **9 years old**, as at **March 21st 2010**, registered as a Category Two member of the ASA and joined the Bedfordshire affiliated Club they represent 60 days before the first date of the competition.

SESSION DATES & TIMES

Dates and daily start times are as indicated on the schedule of events, where tba is shown, the times will be notified when the accepted entry listings are distributed.

WARM UP PROCEDURE

A controlled warm up system will be operated. The pool will be available for 45 minutes before the start of each session. There are no swim-down facilities. More details will be available in the programme.

WITHDRAWALS

There is **NO** secondary entry (card posting) in this competition, however, all events will be deck seeded. Notice of withdrawal, shall be reported to the Recorders, located on the pool deck, at least **45 minutes** before the **start of the Session**. Withdrawals after the 45 minute deadline may only be made on medical grounds and must be notified by the club coach to the Recorders. Failure to comply with these conditions shall result in a fine of £5, which must be paid before the athlete competes again in the Championships. All members of a relay team and their order of competing must be nominated at least **30 minutes** before the **start of the Session**.

SAFETY

Competitors and coaches should note that when diving into shallow water all competitors must have reached the standard of the asa Competitive Start Award. All athletes must be under the supervision of the Club Coach or a designated Club official at all times during the warm up, competition and in the vicinity of the pool.

PHOTOGRAPHY

Official photographs taken at this event will comply with ASA Child Protection policies. If you do not wish your child to be photographed please inform the promoter.

AWARDS

Gold, Silver and Bronze medals will be awarded to 1st, 2nd, and 3rd places in all events and may be collected from the medal table as soon as the official results are published. Junior and Senior Champions will be presented with a Trophy and a unique Bedfordshire ASA Gold medal, Silver and Bronze medals will be presented to 2nd and 3rd. places.

BAGCAT winners will be presented with a Trophy and a unique Bedfordshire ASA Age Group Gold medal, Silver and Bronze medals will be presented to 2nd and 3rd. places. The Lancer Boss Trophy will be presented to the youngest eligible athlete achieving a 2010 ASA East Region entry standard in these Championships.

The fastest eight BAGCAT athletes from each of the 200m Individual Medley events in Session Three and the fastest eight athletes from each of the 50m freestyle events in Session Nine, will be invited to participate in a SKINS event. The winner of these SKINS events will receive a £30 cash prize, in addition, second place will receive £20 and third place £10.

ENTRIES

All entries shall be consolidated and made electronically through a single club contact using the SPORTSYSTEMS Entry Manager V2.0. There is no need to return the entry forms although your club may require this. It should be noted electronic entrants are still bound by the conditions of entry even though a form is not signed.

FEES

Individual Events	£3-00 per event	Team Events	£6-00 per event
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Closing date for all entries is Midnight on January 31st. 2010

FDSC Entry Deadline: Wednesday 13 January or Sunday 24 January (at Biggleswade)



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British Age Group Categories (BAGCATS)

	Stroke Group	Boys	Girls
9 Years	Sprint	Best 50m	Best 50m
	Form [†]	Best 200m	Best 200m
	Distance	200m Freestyle	200m Freestyle
	I.M.	Best 100/200m I.M.	Best 100/200m I.M.
10 Years	Sprint	Best 50m	Best 50m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400m Freestyle	Best 200/400m Freestyle
	I.M.	Best 100/200/400m I.M.	Best 100/200/400m I.M.
11 Years	Sprint	Best 50m	Best 50m
	100s	Not available	Best 100m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400m Freestyle	Best 200/400/800/1500m Freestyle
	I.M.	Best 100/200/400m I.M.	Best 100/200/400m I.M.
12 Years	Sprint	Best 50m	Best 50m
	100s	Best 100m	Best 100m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400/800/1500m Freestyle	Best 200/400/800/1500m Freestyle
	I.M.	Best 100/200/400m I.M.	Best 100/200/400m I.M.
13 Years	Sprint	Best 50m	Best 50m
	100s	Best 100m	Best 100m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400/800/1500m Freestyle	Best 200/400/800/1500m Freestyle
	I.M.	Best 100/200/400m I.M.	Best 100/200/400m I.M.
14 Years	Sprint	Best 50m	Girls 14 & Over and Boys 15 & Over will start to specialize in individual events. There are no Categories for these Age Groups
	100s	Best 100m	
	Form [†]	Best 200m	
	Distance	Best 200/400/800/1500m Freestyle	
	I.M.	Best 100/200/400m I.M.	

[†]Form stroke is defined as being Backstroke, Breaststroke or Butterfly

Athletes may enter as many or as few of the available Category events they have qualified for as they like. Awards will be determined by the use of FINA Points Tables. FINA Points will be calculated using the official results for each event swum and the highest scoring event, within each stroke group, will contribute towards the overall BAGCAT score to determine the category winner. To maximise your overall scoring ability, you should enter at least one event in each group. i.e. Sprint, 100 (if applicable), Form, Distance and Medley.



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Individual Entry Form - Male

(Using the Correct Form will Ensure you Enter the Correct Events)

Please use BLOCK LETTERS and make sure that the form is complete and correct, otherwise your entry will not be accepted

ASA REGISTRATION NUMBER																			
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FAMILY NAME GIVEN NAME DATE OF BIRTH DD / MM / YYYY
(As appears on your asa ID Card)

CLUB AGE AT **21/03/2010**

HOME ADDRESS

POSTCODE HOME TELEPHONE No

Convert submitted times, where necessary, to 25 metres by use of the asa Equivalent Performance Tables. Second decimal places should be disregarded before conversion and the conversion made to one decimal place.

EVENT	9 Years [†]	10 & 11 Years [†]	12 Years & Over [†]
50m Freestyle			
100m Freestyle			
200m Freestyle			
400m Freestyle			
800m Freestyle			
1500m Freestyle			
50m Backstroke			
100m Backstroke			
200m Backstroke			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
50m Butterfly			
100m Butterfly			
200m Butterfly			
100m Individual Medley			
200m Individual Medley			
400m Individual Medley			

[†]Age at March 21st. 2010

Closing date for all entries is Midnight on January 31st. 2010

Total number of events entered = x £3.00 = £ Make Cheques payable to: **Flitwick Dolphins S.C.**

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the asa and will abide by the conditions laid down by the Association for this competition.

Signature of Competitor Date

Club Official's Signature Date



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Individual Entry Form - Female

(Using the Correct Form will Ensure you Enter the Correct Events)

Please use BLOCK LETTERS and make sure that the form is complete and correct, otherwise your entry will not be accepted

ASA REGISTRATION NUMBER																			
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FAMILY NAME GIVEN NAME DATE OF BIRTH DD / MM / YYYY
(As appears on your asa ID Card)

CLUB AGE AT **21/03/2010**

HOME ADDRESS

POSTCODE HOME TELEPHONE No

Convert submitted times, where necessary, to 25 metres by use of the asa Equivalent Performance Tables. Second decimal places should be disregarded before conversion and the conversion made to one decimal place.

EVENT	9 Years [†]	10 Years [†]	11 Years & Over [†]
50m Freestyle			
100m Freestyle			
200m Freestyle			
400m Freestyle			
800m Freestyle			
1500m Freestyle			
50m Backstroke			
100m Backstroke			
200m Backstroke			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
50m Butterfly			
100m Butterfly			
200m Butterfly			
100m Individual Medley			
200m Individual Medley			
400m Individual Medley			

[†]Age at March 21st. 2010

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Signature of Competitor

Date

Club Official's Signature

Date



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SCHEDULE OF EVENTS

SESSION 1

Saturday 27th February 2010 – Start 19:00

101 Mixed 1500m Freestyle

SESSION 2

Saturday 6th March 2010 – Start 13:00

201	Mixed	800m Freestyle
202	Female All Ages	200m Backstroke
203	Male All Ages	200m Backstroke
204	Female 11 & Over	100m Breaststroke
205	Male 12 & Over	100m Breaststroke
206	Female Open	4 x 50m Free Team
207	Male Open	4 x 50m Free Team

SESSION 3

Saturday 6th March 2010 – Start tba

301	Female All Ages	200m Individual Med
302	Male All Ages	200m Individual Med
303	Female 11 & Over	100m Freestyle
304	Male 12 & Over	100m Freestyle
305	Female All Ages	200m Butterfly
306	Male All Ages	200m Butterfly

SESSION 4

Sunday 7th March 2010 – Start 13:00

401	Male 13 & Under	200m Freestyle
402	Female 12 & Under	100m Individual Med
403	Male 13 & Under	50m Breaststroke
404	Female 12 & Under	50m Butterfly
405	Male 13 & Under	50m Butterfly
406	Female 12 & Under	50m Breaststroke
407	Male 10 & Under	4 x 50m Free Team
408	Female 10 & Under	4 x 50m Medley Team
409	Male 11 - 14	4 x 50m Medley Team
410	Female 11 - 13	4 x 50m Free Team
411	Round 1	Male Junior SKINS
	Round 1	Female Junior SKINS
	Round 7	Male Junior SKINS
	Round 7	Female Junior SKINS

SESSION 5

Sunday 7th March 2010 – Start tba

501	Male 15 - 18	4 x 50m Medley Team
502	Female 14 - 17	4 x 50m Medley Team
503	Male 14 & Over	200m Freestyle
504	Female 13 & Over	100m Individual Med
505	Male 14 & Over	50m Butterfly
506	Female 13 & Over	50m Breaststroke
507	Male 14 & Over	50m Breaststroke
508	Female 13 & Over	50m Butterfly

509	Male Open	4 x 100m Free Team
510	Female Open	4 x 100m Free Team

SESSION 6

Saturday 20th March 2010 – Start 13:00

601	Female 10 & Over	400m Individual Med
602	Male 10 & Over	400m Individual Med
603	Female 11 & Over	100m Butterfly
604	Male 12 & Over	100m Butterfly
605	Female All Ages	200m Breaststroke
606	Male All Ages	200m Breaststroke

SESSION 7

Saturday 20th March 2010 – Start tba

701	Male Open	4 x 100 Medley Team
702	Female Open	4 x 100 Medley Team
703	Male 10 & Over	400m Freestyle
704	Female 10 & Over	400m Freestyle
705	Male 12 & Over	100m Backstroke
706	Female 11 & Over	100m Backstroke

SESSION 8

Sunday 21st March 2010 – Start 13:00

801	Female 12 & Under	200m Freestyle
802	Male 13 & Under	100m Individual Med
803	Female 12 & Under	50m Backstroke
804	Male 13 & Under	50m Freestyle
805	Female 12 & Under	50m Freestyle
806	Male 13 & Under	50m Backstroke
807	Female 10 & Under	4 x 50m Free Team
808	Male 10 & Under	4 x 50m Medley Team
809	Female 11 - 13	4 x 50m Medley Team
810	Male 11 - 14	4 x 50m Free Team

SESSION 9

Sunday 21st March 2010 – Start tba

901	Male 15 - 18	4 x 50m Free Team
902	Female 14 - 17	4 x 50m Free Team
903	Male 14 & Over	100m Individual Med
904	Female 13 & Over	200m Freestyle
905	Male 14 & Over	50m Backstroke
906	Female 13 & Over	50m Freestyle
907	Male 14 & Over	50m Freestyle
908	Female 13 & Over	50m Backstroke
909	Male Open	4 x 50m Medley Team
910	Female Open	4 x 50m Medley Team
911	Round 1	Male Senior SKINS
	Round 1	Female Senior SKINS
	Round 7	Male Senior SKINS
	Round 7	Female Senior SKINS



**Bedfordshire Amateur Swimming
Association**
(Affiliated to the ASA East Region)
**The Bedfordshire County Age
Group and County Championships - 2010**
(Under ASA Laws & ASA Racing Technical Rules)
A Level Two Licensed Meet (CC9046/7/8)
Qualifying Times



BOYS								EVENT	GIRLS						
BAGCATS						YOUTH			BAGCATS					YOUTH	
9 [†] Years	10 [†] Years	11 [†] Years	12 [†] Years	13 [†] Years	14 [†] Years	15&16 [†] Years	17&OV [†] Years		9 [†] Years	10 [†] Years	11 [†] Years	12 [†] Years	13 [†] Years	14&15 [†] Years	16&OV [†] Years
43.7	40.9	38.6	36.3	34.2	32.2	30.6	29.0	50m Freestyle	44.2	41.4	39.1	36.9	35.3	34.1	32.8
-	-	-	1:18.4	1:13.5	1:09.3	1:06.3	1:02.7	100m Freestyle	-	-	1:24.3	1:19.2	1:15.8	1:13.3	1:10.4
3:30.6	3:13.9	3:01.8	2:50.9	2:40.4	2:31.0	2:24.4	2:16.8	200m Freestyle	3:32.5	3:14.5	3:01.7	2:50.6	2:42.9	2:37.7	2:31.6
-	6:48.7	6:20.6	5:59.0	5:38.3	5:19.6	5:05.3	4:48.9	400m Freestyle	-	6:52.3	6:18.6	5:55.7	5:40.1	5:29.8	5:17.9
-	-	-	12:30.4	11:38.5	10:59.0	10:28.3	10:25.1	800m Freestyle	-	-	12:41.2	11:45.1	11:07.7	10:51.6	10:41.7
-	-	-	23:11.6	21:25.6	20:16.8	19:35.0	19:05.0	1500m Freestyle	-	-	24:33.3	23:23.2	22:15.8	21:29.8	21:23.4
50.4	46.9	44.1	41.7	38.8	36.8	34.8	32.8	50m Backstroke	50.8	47.1	44.3	41.8	39.9	38.5	37.0
-	-	-	1:28.3	1:22.4	1:17.2	1:13.4	1:09.1	100m Backstroke	-	-	1:34.2	1:28.2	1:23.9	1:21.1	1:17.9
3:52.3	3:35.4	3:20.6	3:09.2	2:56.9	2:46.2	2:38.2	2:30.2	200m Backstroke	3:54.8	3:37.2	3:19.6	3:07.9	2:59.7	2:53.8	2:46.3
57.1	53.4	49.8	46.7	43.4	40.8	38.7	36.5	50m Breaststroke	58.1	53.7	50.0	46.8	44.5	43.0	41.2
-	-	-	1:40.3	1:33.1	1:27.6	1:23.1	1:18.4	100m Breaststroke	-	-	1:47.2	1:40.5	1:35.1	1:31.1	1:28.3
4:27.4	4:08.7	3:50.8	3:36.8	3:22.0	3:09.3	3:00.2	2:50.0	200m Breaststroke	4:29.5	4:09.1	3:49.9	3:35.8	3:24.2	3:16.7	3:10.2
49.3	45.6	42.5	40.1	37.5	35.3	33.3	31.4	50m Butterfly	49.7	45.6	42.8	40.3	38.4	37.1	35.5
-	-	-	1:27.7	1:21.8	1:16.5	1:12.5	1:08.5	100m Butterfly	-	-	1:34.1	1:27.8	1:23.6	1:20.3	1:17.6
4:16.3	3:45.8	3:25.8	3:13.5	3:00.6	2:49.5	2:39.5	2:30.2	200m Butterfly	4:19.6	3:48.2	3:27.3	3:12.6	3:02.8	2:55.6	2:48.8
1:51.3	1:43.6	1:37.5	1:31.9	1:25.9	1:20.3	1:16.6	1:11.9	100m I.M.	1:52.9	1:42.4	1:37.7	1:32.0	1:27.4	1:24.9	1:21.3
3:58.1	3:41.2	3:25.4	3:13.4	3:01.8	2:50.2	2:42.2	2:33.8	200m I.M.	4:00.5	3:41.2	3:25.2	3:12.7	3:04.3	2:58.0	2:51.3
-	7:54.7	7:16.1	6:49.0	6:24.9	6:00.7	5:43.3	5:25.7	400m I.M.	-	7:53.4	7:12.4	6:45.1	6:25.8	6:13.2	5:59.0

Ages as at March 21st 2010

The mixed gender 1500m freestyle will be limited to a total of 48 athletes