

FDSC Championships 2009



Entry Age as at 21/03/10

to allow Beds County Qualifying Times

27-Nov Bedford High School 6.00pm warm-up 7.00pm start

11 Mixed BAGCAT† 1500 m Freestyle

28-Nov Saxon Pool, Biggleswade 6.30pm warm-up 7.00pm start

21 Mixed 10 & over 400 m Individual Medley
22 Mixed All Ages 200 m Backstroke
23 Mixed BAGCAT† 100 m Butterfly
24 Mixed All Ages 200 m Breaststroke
25 Mixed BAGCAT† 100 m Freestyle

29-Nov Flitwick Leisure Centre 6.00pm warm-up 6.45pm start

31 Mixed All Ages 100 m Individual Medley
32 Mixed All Ages 200 m Butterfly
33 Mixed All Ages 50 m Breaststroke

04-Dec Bedford High School 6.00pm warm-up 7.00pm start

41 Mixed BAGCAT† 800 m Freestyle

05-Dec Saxon Pool, Biggleswade 6.30pm warm-up 7.00pm start

51 Mixed 10 & over 400m Freestyle
52 Mixed BAGCAT† 100 m Backstroke
53 Mixed All Ages 200 m Individual Medley
54 Mixed BAGCAT† 100 m Breaststroke
55 Mixed All Ages 50 m Butterfly

06-Dec Flitwick Leisure Centre 6.00pm warm-up 6.45pm start

61 Mixed All Ages 200 m Freestyle
62 Mixed All Ages 50 m Backstroke
63 Mixed All Ages 50 m Freestyle

† BAGCAT Events

Boys 12 & over

Girls 11 & over

or with special approval from your coach

Swimmers are encouraged to consider ALL events for which they are eligible. The entry form is pre-printed with eligible events.

In case of any doubt about whether to enter a particular event then consult your coach.

- The promoter is Flitwick Dolphins Swimming Club represented by its Committee.
- The promoter reserves the right to amend the programme to balance the running time for each session and to allow adequate recovery time between events.
- All events will be heat declared winner.
- The fastest three in each age group will be awarded medals.
- Late or incomplete entries may be accepted on a time-trial basis by the promoter.
- Over-the-top starts will be used throughout at the referee's discretion.
- Age groups: Boys/Girls U10, U12, U14, U16, 16+. Age at 31 December 2009.
- Events will be seeded as mixed in order to make efficient use of pool time however boys and girls results will be processed separately.
- Championship points will be awarded to the first six swimmers in each event in each age group (1st = 6 points, 2nd = 5 points etc) but only if all swimmers in the age group are eligible to swim that event.
- Large bags are discouraged on poolside and will be accepted only provided space remains to ensure safety.
- Registration at the entry desk is required before using any image-capturing device. This includes mobile phones.
- Swimmers must present themselves 30 minutes prior to the session start unless withdrawn via their coach.
- All other conditions will be at the discretion of the promoter. The referee's decision is final.