

## CHESHAM SWIMMING CLUB CHAMPIONSHIPS - AUTUMN 2009

### PROGRAMME

All events to be swum at Chesham Leisure Centre.

<b>SESSION 1</b>	<b>Tuesday 3<sup>rd</sup> November</b>	<b>6.30pm warm-up; 6.55pm start</b> (Estimated finish 8.00pm)
Event 1	A Boys & Girls	25m Backstroke (Heats)
Event 2	C – G Boys & Girls	400m Freestyle
Event 3	A Boys & Girls	25m Butterfly (Heats)
<b>SESSION 2</b>	<b>Thursday 5<sup>th</sup> November</b>	<b>6.30pm warm-up; 7.15pm start</b> (Estimated finish 8.15pm)
Event 4	C – G Girls & Boys	400m Individual Medley [4 x 100m]
<b>SESSION 3</b>	<b>Saturday 7<sup>th</sup> November</b>	<b>5.00pm warm-up; 5.30pm start</b> (Estimated finish 8.30pm)
Event 5	B – G Boys & Girls	100m Individual Medley [4 x 25m]
Event 6	A – G Boys & Girls	50m Breaststroke
Event 7	A – G Boys & Girls	200m Freestyle
Event 8	A - G Boys & Girls	50m Butterfly
<b>SESSION 4</b>	<b>Sunday 8<sup>th</sup> November</b>	<b>5.00pm warm-up; 5.30pm start</b> (Estimated finish 8.30pm)
Event 9	A – G Boys & Girls	100m Backstroke
Event 10	A – G Boys & Girls	50m Freestyle
Event 11	B – G Boys & Girls	100m Breaststroke
Event 12	B - G Boys & Girls	200m Butterfly
<b>SESSION 5</b>	<b>Tuesday 10<sup>th</sup> November</b>	<b>6.30pm warm-up; 6.55pm start</b> (Estimated finish 8.30pm)
Event 13	A – G Boys & Girls	50m Backstroke
Event 14	B – G Boys & Girls	200m Breaststroke
<b>SESSION 6</b>	<b>Friday 13<sup>th</sup> November</b>	<b>6.30pm warm-up; 6.55pm start</b> (Estimated finish 8.00pm)
Event 15	A Boys & Girls	25m Freestyle (Heats)
Event 16	B – G Boys & Girls	200m Individual Medley [4 x 50m]
Event 17	A Boys & Girls	25m Breaststroke (Heats) to be swum during Medley so that swimmers can leave by 7.30pm
<b>SESSION 7</b>	<b>Sunday 15<sup>th</sup> November</b>	<b>5.00pm warm-up; 5.30pm start</b> (Estimated finish 8.30pm)
Event 18	B – G Boys & Girls	100m Butterfly
Event 19	B - G Boys & Girls	200m Backstroke
<b>FINALS</b>	A Boys & Girls	All strokes will be swum around Events 18 & 19
Event 20	B – G Boys & Girls	100m Freestyle
Event 21	A - G Boys & Girls	Family Relay [Junior & Senior}

Please note the Autumn Championships reflect the programme for the County Age Group Championships which start in Feb 2010 (entry times have to be achieved by January 2010).

### EVENTS

**PLEASE READ BEFORE COMPLETING YOUR ENTRY FORM.**

This will be the ninth year Autumn Championships are based on the BAGCAT [British Age Group Categories] format for age groups A – F. We include some additional events for each age group. To know which events make up BAGCAT for your age group, please read the next page.

All **25m** events [only age group A are eligible to enter 25m events] will have **heats** and **finals** provided more than 4 swimmers have entered the event. If 4 or fewer swimmers enter there will **only** be **finals** - swum on **Sunday 15<sup>th</sup> November**.

All other events will be **HDW** (i.e. Heat Declared Winner - results determined from times in the heats). The boys and girls events will be swum simultaneously with heats speed seeded across mixed age groups. The fastest 4 girls and boys in each age group will be awarded medals. **There are medals for all events, trophies for some events & trophies for the best overall performance in each age group.**

### AGE GROUPS

Age group	A	B	C	D	E	F	G
Year of birth	2001 or younger	2000	1999	1998	1997	1996	1995 or older

### ELIGIBILITY

Competitors for Autumn Club Championships must have been members of the Club prior to **1<sup>st</sup> September 2009**.

Swimmers joining the Club after this date are encouraged to take part in the events on a time-trial basis.

No member may take part in the Club Championships if their annual subscription and/or squad fees are in arrears.

Any swimmer who is 'first claim' to another club may only take part in Chesham Swimming Club Championships on a 'time trial' basis.

### ENTRY FEES

An entry fee of **£1.00 per event applies [one entry fee per family for the family relay]. An additional £2.00 admin fee per swimmer** [except the adult member of the family relay team unless they have entered in other events] should be added to help cover administrative costs. Please look at the programme carefully and decide sensibly how many events you can do on any night. If paying by cash please DO NOT pay with any coin smaller than £1.00. thank you

### CLOSING DATE

**Sunday 18<sup>th</sup> October 2009 at the latest. Late entries will NOT be accepted. Nil returns are required.**

## ENTRIES

All entries for the Autumn Championships should be made on the official form (**one form for each family please**).

**Please note which Age Groups can enter each event.**

**PLEASE NOTE ELECTRONIC [EMAIL] ENTRY IS THE PREFERRED WAY TO ENTER**

Send completed form as an attachment in an email to Sonja Ballingall – [volunteers@cheshamswimmingclub.org](mailto:volunteers@cheshamswimmingclub.org). and make internet payment to: **Barclays Bank, sort-code 20-02-06 Account name- Chesham Swimming Club**

**Account number 90251305. Please quote 'CC surname, oldest child's first name' as a reference**

*Please note this is for internet banking only and **NOT** over the counter payments*

If you do not have internet banking facilities email the form and leave a **cheque, payable to Chesham Swimming Club**, at the club shop or by post to Sonja Ballingall 69 Lye Green Road, Chesham, Bucks, HP5 3NB.

Alternatively please return this form completed along with the correct entry fees [**£2.00 admin fee per swimmer plus £1.00 per event**] to: Sonja Ballingall, either via the club shop or by post as above

## WHAT TO ENTER

**Everyone should try to enter a mixture of strokes and distances, even if they are not included in the BAGCAT points.** Swimmers in Age Groups B - F should aim to enter at least one, and preferably two or more, events from each category. Swimmers who cannot do the 200/400m Individual Medley should try to do at least one event from each of the other categories. Please enter a sensible number of events each evening. Don't be put off by 100m and longer swims; you all do them regularly in training and if you haven't raced them before, now is the time to try. To encourage you to try the 400m Freestyle it is the only event in Session 1.

### **THE TABLE BELOW SHOW THE CATEGORIES WHICH SCORE POINTS IN EACH AGE GROUP.**

**Age Group A** has two awards = **Best overall** performance which is determined from the **25m events only**  
scoring points - 1<sup>st</sup> = 4, 2<sup>nd</sup> = 3, 3<sup>rd</sup> = 2, 4<sup>th</sup> = 1.

**Age Group A – F = Best BAGCAT performance:** *Best event* from each category – see table below

**Age Group G** Best overall performance will be decided on Total British Points scored from *Best event* in each category – see table

<b>AGE GROUP A</b>	25m any stroke	50m any stroke			200m Freestyle	100m Individual Medley
<b>AGE GROUP B</b>		50m any stroke		200m form stroke	200m Freestyle	100m Individual Medley
<b>AGE GROUP C</b>		50m any stroke		200m form stroke	200m or 400m Freestyle	200m or 400m Individual Medley
<b>AGE GROUP D</b>		50m any stroke	100m any stroke [girls only]	200m form stroke	200m or 400m Freestyle	200m or 400m Individual Medley
<b>AGE GROUPS E, F, G</b>		50m any stroke	100m any stroke	200m form stroke	200m or 400m Freestyle	200m or 400m Individual Medley

British Age Group points will be published throughout the Championships on the Notice Board and on the Club website.

## FAMILY RELAY

This is divided into a Junior and a Senior event.

In the **Junior** event - the swimmers must both be in Age Groups A - D.

In the **Senior** event - one or both swimmers must be in Age Group E - G.

Each team to consist of two children (both children being members of the Club) and one of their parents. The team may swim in any order. There will be no diving at the shallow end of the pool. Where there are 3 or more children (all children being members of the Club) you may enter a second team. Please only mark the blank box on the **older child's entry line** [for each team entered] regardless of whether Junior or Senior Family relay.

## PARENTAL INVOLVEMENT AND HELP

To run the Championships we need around 30 adult officials and helpers each evening. Parents are asked to **help** for at least **one session**. If everyone helps the workload is shared more fairly.

Please show the sessions you are available to help by marking the boxes on the bottom of the Entry Form.

**CONFIRMATION** **Please note there will be no paper copy of entries given out this year**

**SWIMMERS [and parents]** Emails will be sent to individuals and all entries posted on the website after Monday 21<sup>st</sup> October to confirm your entry and further details about Club Championships, including how to 'sign in'.

Please note that it is the members' responsibility to check their entries are correct and notify Liz Waddy or Sonja Ballingall of any errors by **SUNDAY 25<sup>TH</sup> OCTOBER**. Corrections will NOT be made on any day of the championships.

**PARENTS** Please look at the website after Monday 26<sup>th</sup> October to check which poolside duties you have been allocated.

Large print versions of this information are available, for a copy please email Sonja