

CHESHAM SWIMMING CLUB CHAMPIONSHIPS - AUTUMN 2006

Tuesday 7 th November	6.30pm warm-up; 6.55pm start
Thursday 9 th November	7.15pm warm-up; 7.30pm start
Sunday 12 th November	5.00pm warm-up; 5.30pm start
Tuesday 14 th November	6.30pm warm-up; 6.55pm start
Friday 17 th November	6.30pm warm-up; 6.55pm start
Saturday 18 th November	5.00pm warm-up; 5.30pm start
Sunday 19 th November	5.00pm warm-up; 5.30pm start

All events to be swum at Chesham Leisure Centre.

PROGRAMME

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

PARENTAL INVOLVEMENT AND HELP

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

Please complete your personal details and dates offering to help on the bottom of the Entry Form.

If you are interested in learning more about what goes on poolside, or you would like to train as an official, please contact Sonja on 01494 785922.

PLEASE READ BEFORE COMPLETING YOUR ENTRY FORM.

EVENTS

This will be the sixth year Autumn Championships are based on the BAGCAT [British Age Group Categories] format for age groups A – F. As we include some additional events for each age group please read page 3 carefully to know which events make up BAGCAT in your age group.

All **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 19th 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 AND TROPHIES FOR SOME EVENTS.

ELIGIBILITY

Competitors for Autumn Club Championships must have been members of the Club prior to **1st September 2006**.

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:

- (a) Their annual subscription and/or squad fees are in arrears,
- (b) If you are 'first claim' to another club you 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 for family relay]**. **An additional £1.50 admin fee per swimmer** 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.

ENTRIES

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

Take note which Age Groups can enter each event.

Forms and entry fees should go to Sonja Ballingall - leave at the Club desk, hand over to Sonja or post to Sunnycourt, 69 Lye Green Road, Chesham, Bucks, HP5 3NB by latest, **Sunday 22nd October 2006**. **Late entries will NOT be accepted. Nil returns are required.**

Please note the Autumn Championships reflect the programme for the County Age Group Championships which start in Feb 2007 (entry times have to be achieved by January 2007).

PHOTOGRAPHS

We shall be taking some photographs during the Championships and intend to offer them for sale. If you do not want your child to be photographed please inform Nigel Brand Either by post at: 1 The Chase, Chesham, Bucks, HP5 2DW or via email at: nigel.brand@virgin.net, **in writing** by Sunday 22nd October



AGE GROUPS

Year of Birth	Age Group	Year of Birth	Age Group	Year of Birth	Age Group
1998 & later	A	1996	C	1994	E
1997	B	1995	D	1993	F
				1992 & later	G

WHAT TO ENTER

Age Group A 25m - all strokes 50m - all strokes 200m Freestyle 100m Individual Medley

'Best overall' performance will be determined from the **25m events only** -
- scoring points - 1st = 4, 2nd = 3, 3rd = 2, 4th = 1.

BAGCAT: Best 50m event, 200m Freestyle, 100 Individual Medley

Age Groups B – F All events except 25m.

Best overall performance measured using the British Age Group Points scored from your *'best event'* from each category. The table below shows the categories to score points in each age group.

CATEGORY	AGE GROUP Girls & Boys	
Individual Medley	B – 100m	C – F 200 & 400m
Distance Freestyle	B – 200m	C – F 200 & 400m
200m Form Stroke (Back, Breast, Fly)	B – F	
100m	Girls D – F	Boys E - F
50m	B – F	

British Age Group Points will be published throughout the Championships on the Notice Board and on the Club Website.

Age Group G All events (except 25m)

Best overall performance will be decided on Total British Points scored from *'best event'* in each of the 50m, 100m, 200m Form Stroke, 200m or 400m Individual Medley and 200m or 400m Freestyle categories.

Everyone should try to enter a mixture of strokes and distances. Swimmers in Age Groups B - F should aim to enter at least one, and preferably more than one, event 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. Look at the programme and enter a sensible number of events each evening.

Please 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 tackle the 400m Freestyle it is swum as the only event for Session 1, please make every effort to swim it.

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 one parent and two of their children (both children being members of the Club). The team to swim in the order of younger child, older child, parent. Please only **tick** the blank box on the **older child's entry form** regardless of whether Junior or Senior Family relay. One entry fee for the team.

CHESHAM SWIMMING CLUB AUTUMN CHAMPIONSHIPS 2006

Please read the Entry Notes before filling in your form

Name _____ Date of Birth _____ Age Group _____ Boy / Girl _____ please delete as appropriate

Swimmer's contact email address if not already held on Club records _____

Please complete the personal details at the top of this form.

Tick the box for each event you wish to enter.

Please refer to Entry Notes before ticking the boxes. Not all Age Groups can enter all the events

All entries **MUST** be on the official entry form [photocopies accepted]

Please return completed forms with the correct entry fees to:

Sonja Ballingall, either via the club shop or by post to 69 Lye Green Road, Chesham, Bucks, HP5 3NB

Sealed envelopes please, no loose change accepted.

CLOSING DATE SUNDAY 22nd OCTOBER 2006

cheques made payable to Chesham Swimming Club

	FREESTYLE					BACKSTROKE				BREASTSTROKE				BUTTERFLY				IND MEDLEY			FAMILY RELAY	TOTAL NUMBER EVENTS ENTERED
	25m A	50m A - G	100m B - G	200m A - G	400m C - G	25m A	50m A - G	100m B - G	200m B - G	25m A	50m A - G	100m B - G	200m B - G	25m A	50m A - G	100m B - G	200m B - G	100m A - G	200m B - G	400m C - G	older child's form	
EVENT																					

Parental help

Admin fee £1.50 plus £1.00 per event = TOTAL £

We cannot run these Championships without parental help and would appreciate parents offering to help for at least one session.

Tuesday 7th November	available on poolside at 6.30pm	yes	
Thursday 9th November	available on poolside at 7.15pm	yes	
Sunday 12th November	available on poolside at 5.00pm	yes	
Tuesday 14th November	available on poolside at 6.30pm	yes	
Friday 17th November	available on poolside at 6.30pm	yes	
Saturday 18th November	available on poolside at 5.00pm	yes	
Sunday 19th November	available on poolside at 5.00pm	yes	

Please tick when you would be able to help. Thank you

Name of helper _____

Contact email address _____
if not already held on Club records

PHOTOGRAPHS *We shall be taking some photographs during the Championships and intend to offer them for sale. If you do not want your child to be photographed please inform Nigel Brand Either by post at: 1 The Chase, Chesham, Bucks, HP5 2DW or via email at: nigel.brand@virgin.net, in writing by Sunday 22nd October*