

ASA South West Region 2010 Swimming Championships

YOUTH CHAMPIONSHIPS and Open Age Group and Boys 14yrs & Under and Girls 13yrs & Under time trials.

Licensed at Level 1. Age as on 20 June (except for National Relays where National date apply).

Incorporating Disability events **all HDW results based on improving entry time or +1 when more than 1 competitor.**

Individual events - entry fee £7.25 to include spectator admission, relays £12.50 per event.

Saturday 1 May Millfield Warm-up 9.00am Start 10.00am

111 Girls 100m Free – HEATS + MD S1-14
112 Boys 400m Free – HDW + MD S1-14 HDW
113 Girls 400m IM – HDW + MD SM5-14 HDW**
114 Boys 100m Back - HEATS + MD S1-14
114 Girls 100m Breast – HEATS + MD SB1-14
115 Boys 100m Breast – HEATS + MD SB1-14

30 minutes break and 2nd warm-up for 60 minutes

121 Girls 800m Free – HDW
122 Boys 200m IM – HEATS+ MD SM5-14 HDW
123 Girls 50m Fly -HEATS + MD S1-14
124 Boys 50m Fly - HEATS + MD S1-14
125 Girls 200m Back – HEATS + MD S1-14 HDW*
126 Boys 100 Free – HEATS+ MD S1-14
127 Girls 14-17 yrs 800m Free Team HDW
128 Boys 15-18 yrs 800m Free Team HDW

45 minute break followed by 45 minutes warm-up

Sunday 2 May Millfield Warm-up 9.00am Start 10.00am

211 Girls 200m Free – H + MD S1-14 HDW*
212 Boys 200m Breast – HEATS + MD SB4-9,11-14 HDW*
213 Girls 100m Back – HEATS + MD S1-14
214 Boys 200m Fly – HEATS + MD S1-14 HDW*
215 Girls 100m Fly – HEATS + MD S1-14
216 Boys 800m Free – HDW

30 minutes break and 2nd warm-up for 60 minutes

221 Girls 14- 17 yrs 400m Medley Team HDW
222 Boys 200 Free – HEATS + MD S1-14 HDW*
223 Girls 50m Breast – HEATS + MD SB1-14
224 Boys 50m Back - HEATS + MD S1-14
225 Girls 200m IM – HEATS + MD SM5-14 HDW
226 Boys 15-18 yrs 400m Medley Team HDW
227 Girls 1500m Free - HDW

45 minute break followed by 45 minutes warm-up

Monday 3 May Millfield Warm-up 9.00am Start 10.00am

311 Boys 100m Fly – HEATS + MD S1-14
312 Girls 200m Breast – HEATS + MD SB4-9,11-14 HDW*
313 Boys 200m Back – HEATS+ MD S1-14 HDW*
314 Girls 200m Fly – HEATS + MD S1-14 HDW*
315 Boys 50m Free – HEATS + MD S1-14
316 Girls 50m Back – HEATS +MD S1-14

30 minutes break and 2nd warm-up for 60 minutes

321 Boys 1500m Free – HDW
322 Girls 400m Free – HDW + MD S1-14 HDW
323 Boys 50m Breast – HEATS+ MD SB1-14
324 Girls 50m Free – HEATS+ MD S1-14
325 Boys 400m IM – HDW + MD SM5-14 HDW **
326 Girls 14-OV yrs 400m Free Team HDW
327 Boys 15-OV yrs 400m Free Team HDW

45 minute break followed by 45 minutes warm-up

131 Boys 15/16 yrs 100m Back Final
132 Boys 17/OV yrs 100m Back Final
133 Girls 14/15 yrs 100m Free Final
134 Girls 16/OV yrs 100m Free Final
135 Boys 15/16 yrs 100m Breast Final
136 Boys 17/OV yrs 100m Breast Final
137 Girls 14/15 yrs 100m Breast Final
138 Girls 16/OV yrs 100m Breast Final
139 Boys 15/16 yrs 200m I.M. Final
140 Boys 17/OV yrs 200m I.M. Final
141 Girls 14/15 yrs 200m Back Final
142 Girls 16/OV yrs 200m Back Final
143 Boys 15/16 yrs 50m Fly Final
144 Boys 17/OV yrs 50m Fly Final
145 Girls 14/15 yrs 50m Fly Final
146 Girls 16/OV yrs 50m Fly Final
147 Boys 15/16 yrs 100m Free Final
148 Boys 17/OV yrs 100m free Final

231 Girls 14/15 yrs 200m Free Final
232 Girls 16/OV yrs 200m Free Final
233 Boys 15/16 yrs 200m Breast Final
234 Boys 17/OV yrs 200m Breast Final
235 Girls 14/15 yrs 100m Back Final
236 Girls 16/OV yrs 100m Back Final
237 Boys 15/16 yrs 200m Fly Final
238 Boys 17/OV yrs 200m Fly Final
239 Girls 14/15 yrs 100m Fly Final
240 Girls 16/OV yrs 100m Fly Final
241 Boys 15/16 yrs 200m Free Final
242 Boys 17/OV yrs 200m Free Final
243 Girls 14/15 yrs 50m Breast Final
244 Girls 16/OV yrs 50m Breast Final
245 Boys 15/16 yrs 50m Back Final
246 Boys 17/OV yrs 50m Back Final
247 Girls 14/15 yrs 200m I.M. Final
248 Girls 16/OV yrs 200m I.M. Final

331 Boys 15/16 yrs 100m Fly Final
332 Boys 17/OV yrs 100m Fly Final
333 Girls 14/15 yrs 200m Breast Final
334 Girls 16/OV yrs 200m Breast Final
335 Boys 15/16 yrs 200m Back Final
336 Boys 17/OV yrs 200m Back Final
337 Girls 14/15 yrs 200m Fly Final
338 Girls 16/OV yrs 200m Fly Final
33.9 Boys 15/16 yrs 50m Free Final
340 Boys 17/ov yrs 50m Free Final
341 1Girls 14/15 yrs 50m Back Final
342 Girls 16/OV yrs 50m Back Final
343 Boys 15/16 yrs 50m Breast Final
344 Boys 17/ov yrs 50m Breast Final
345 Girls 14/15 yrs 50m Free Final
346 Girls 16/OV yrs 50m Free Final

* Only for those swimmers who have achieved the qualifying standard for the equivalent 100m event.

** Only for those swimmers who have achieved the qualifying standard for the 200m Ind. Medley

50m & 100m events pre seeded 200m & above competitors must sign in before warm-up for that event

ASA SOUTH WEST REGION AGE GROUP CHAMPIONSHIPS: Licensed Level 1. Age as on 20 June 2010.

Entry fee £7.25 per event to include spectator admission, relays £12.50 per event

All days: Warm-up 9.00am start 10.00am.

2nd warm-up after 4th event 15 minutes swim down and 30 minutes joint warm-up

Saturday 12 June – Millfield

HEATS

Boys 400m Freestyle HDW
Girls 11-13yrs 400m Medley Relay – HDW - For Nationals
Boys 100m Backstroke
Girls 100m Freestyle
Boys 200m Breaststroke
Girls 200m Backstroke
Boys 11-14yrs 400m Freestyle Relay – HDW - For Nationals

Sunday 13 June - Millfield

Girls 200m Butterfly
Boys 11-14yrs 400m Medley Relay – HDW - For National
Girls 400m Freestyle HDW
Boys 200m Butterfly
Girls 200m Breaststroke
Boys 100m Freestyle
Girls 11-13yrs 400m Freestyle Relay – HDW - For Nationals

Saturday 19 June - Millfield

Girls 200m Freestyle
Boys 200m IM
Girls 100m Butterfly
Boys 200m Backstroke
Girls 200m I.M.
Boys 200m Freestyle
Girls 800m Freestyle HDW

Sunday 20 June – Millfield

Boys 400m IM HDW
Girls 100m Backstroke
Boys 100m Breaststroke
Girls 100m Breaststroke
Boys 100m Butterfly
Girls 400m IM HDW
Boys 800m Freestyle HDW

Finals warm-up starts 45 minutes after end of morning heats for 45 minutes.

FINALS

Boys 800m Freestyle Relay for Nationals
Girls 10-11-12-13 100m Freestyle Finals
Boys 10-11-12-13-14 100m Backstroke Finals
Girls 10-11-12-13 200m Backstroke Finals
Boys 10-11-12-13-14 200m Breaststroke Finals
Girls 1500m Freestyle HDW

Girls 800m Freestyle Relay for Nationals
Boys 10-11-12-13-14 200m Butterfly Finals
Girls 10-11-12-13 200m Butterfly Finals
Boys 10-11-12-13-14 100m Freestyle Finals
Girls 10-11-12-13 200m Breaststroke Finals
Boys 1500m Freestyle HDW

Girls 10-11-12-13 200m Freestyle Finals
Boys 10-11-12-13-14 200m Backstroke Finals
Girls 10-11-12-13 100m Butterfly Finals
Boys 10-11-12-13-14 200m Freestyle
Girls 10-11-12-13 200m I.M. Finals

Girls 10-11-12-13 100m Backstroke Finals
Boys 10-11-12-13-14 100m Breaststroke Finals
Girls 10-11-12-13 100m Breaststroke Finals
Boys 10-11-12-13-14 100m Butterfly Finals

ASA SOUTH WEST REGION TEAM EVENTS: Age as on 16 May 2010.

Short Course (Entry fee £12.50 per team – does not include spectator admission).

Clubs may enter more than one team in each event.

Sunday 16 May – Millfield.

Doors 9.45am, warm-up 10.00am, start 11.00am.

Boys 9/10 yrs	200m	Freestyle Relay
Girls 9/10 yrs	200m	Freestyle Relay
Boys 11/12 yrs	200m	Freestyle Relay
Girls 11/12 yrs	200m	Freestyle Relay
Boys 13/14 yrs	200m	Medley relay
Girls 13/14 yrs	200m	Medley Relay
Boys 15/16yrs	200m	Medley Relay
Girls 15/16 yrs	200m	Medley Relay
Boys 17+ yrs	200m	Freestyle Relay
Girls 17+ yrs	200m	Freestyle Relay
Boys 9/10 yrs	200m	Medley Relay
Girls 9/10 yrs	200m	Medley Relay
Boys 11/12 yrs	200m	Medley Relay
Girls 11/12 yrs	200m	Medley Relay
Boys 13/14 yrs	200m	Freestyle Relay
Girls 13/14 yrs	200m	Freestyle Relay
Boys 15/16yrs	200m	Freestyle Relay
Girls 15/16 yrs	200m	Freestyle Relay
Boys 17+ yrs	200m	Medley Relay
Girls 17+ yrs	200m	Medley Relay

FINALS IN SAME ORDER –

ASA SOUTH WEST REGION SPRINT COMPETITION: Licensed Level 3. Age as on 4 July.

Only open to swimmers who have entered in an ASA SWRegion Age Group, Youth or Championship since October 1st 2009 but not for swimmers who have achieved any qualification for a National event. Swimmers will enter and swim all events and results will be decided on GB points gained in all 5 events.

Single band age groups from 10 yrs to 19 yrs+.

Entry fee £14.00 to cover all events and spectator admission.

Sunday 4 July Gloucester.

Warm-up 10.00am, start 11.00am

30 minutes break and 2nd warm-up for 30 minutes

<i>Girls</i>	50m	Backstroke	HDW
<i>Boys</i>	50m	Breaststroke	HDW
<i>Girls</i>	50m	Freestyle	HDW
<i>Boys</i>	50m	Butterfly	HDW
<i>Girls</i>	100m	Ind. Medley	HDW

<i>Boys</i>	50m	Backstroke	HDW
<i>Girls</i>	50m	Breaststroke	HDW
<i>Boys</i>	50m	Freestyle	HDW
<i>Girls</i>	50m	Butterfly	HDW
<i>Boys</i>	100m	Ind. Medley	HDW

Entries close	<i>Youth</i>	<i>April 12</i>
	<i>Relays</i>	<i>April 12</i>
	<i>Age Groups</i>	<i>May 24</i>
	<i>Sprints</i>	<i>June 21</i>
	<i>Championships</i>	<i>October 18</i>

Changes from last year in italics

ASA SOUTH WEST REGION QUALIFYING TIMES

“YOUTH AND 16/17+ CHAMPIONSHIPS MAY 2010”

Entry times must have been achieved in a licensed meets at level 1, 2 or 3 since October 1st 2009.

	Boys			Girls			
	14yrs & under	15/16 & 17+ years	Consideration	EVENTS	14/15 & 16+ years	Consideration	13yrs & under
Short Course	28.22 *	25.3	26.8	50m Freestyle	28.8	29.3	30.12 *
Short Course	1.00.71	56.2	57.6	100m Freestyle	1.02.0	1.04.6	1.05.77
Short Course	2.13.54	2.03.9	2.11.4	200m Freestyle	2.15.0	2.21.8	2.21.90
Short Course	4.36.32	4.23.1	4.40.0	400m Freestyle	4.43.1	4.55.4	4.51.94
Short Course		9.30.0	9.50.0	800m Freestyle	9.50.0	9.56.00	
Short Course		17.40.0	18.20.0	1500m Freestyle	18.50.0	19.10.00	
Short Course		30.8		50m Backstroke	34.4		
Short Course	1.10.38	1.06.4	1.08.80	100m Backstroke	1.11.9	1.14.0	1.14.94
Short Course	2.30.04	2.23.9	2.29.30	200m Backstroke	2.35.6	2.45.0	2.41.32
Short Course		33.5		50m Breaststroke	36.2		
Short Course	1.20.68	1.13.7	1.16.6	100m Breaststroke	1.20.50	1.25.70	1.25.49
Short Course	2.56.53	2.39.9	2.46.4	200m Breaststroke	2.53.7	3.04.4	3.03.37
Short Course		28.9		50m Butterfly	31.6		
Short Course	1.11.82	1.03.6	1.06.2	100m Butterfly	1.09.7	1.13.9	1.15.71
Short Course	2.44.40	2.22.1	2.26.9	200m Butterfly	2.33.5	2.42.6	2.56.99
Short Course	2.33.21	2.26.1	2.32.4	200m Ind. Medley	2.38.9	2.42.6	2.41.68
Short Course	5.20.73	5.10.5	5.23.1	400m Ind. Medley	5.33.6	5.50.5	5.46.06

* only for those swimmers who swim Age Groups in asa SWR events and change to Youth for National events

All entries must be made on short course times conversions may be made.

ASA SOUTH WEST REGION QUALIFYING TIMES

“BAGCAT CHAMPIONSHIPS JUNE 2010”

Entry times must have been achieved in a licensed meets at level 1, 2 or 3 since October 1st 2009.

BOYS

GIRLS

	10 YEARS	11 YEARS	12 YEARS	13 YEARS	14 YEARS	EVENT	10 YEARS	11 YEARS	12 YEARS	13 YEARS
Short Course	Need 200m QT	Need 200m QT	1.07.9	1.03.6	59.20	100M Freestyle	Need 200m QT	1.10.4	1.07.5	1.04.9
Short Course	2.46.5	2.29.2	2.24.5	2.18.2	2.10.0	200m Freestyle	2.50.0	2.34.02	2.25.2	2.20.48
Short Course	5.51.0	5.14.7	5.01.8	4.51.8	4.43.8	400m Freestyle	5.51.0	5.22.0	5.04.9	4.53.77
Short Course		10.30.0%	10.15.0%	9.40.0%	9.30.0%	800m Freestyle	** 10.50.0	10.50.0	10.20.0	9.50.0
Short Course		** 19.25.0	19.25.0	18.33.6	18.01.0	1500m Freestyle		20.50.0%	20.30.0%	19.30.0%
Short Course	Need 200m QT	Need 200m QT	1.18.3	1.13.9	1.10.6	100m Backstroke	Need 200m QT	1.23.0	1.19.3	1.16.3
Short Course	3.08.0	2.52.45	2.47.7	2.38.7	2.33.3	200m Backstroke	3.08.0	2.54.9	2.44.6	2.40.1
Short Course	Need 200m QT	Need 200m QT	1.27.6	1.22.4	1.19.3	100m Breaststroke	Need 200m QT	1.33.4	1.28.7	1.25.8
Short Course	3.37.6	3.23.5	3.10.0	2.59.7	2.52.1	200m Breaststroke	3.37.6	3.21.5	3.05.0	3.00.1
Short Course	Need 200m QT	Need 200m QT	1.16.5	1.12.0	1.08.7	100m Butterfly	Need 200m QT	1.21.5	1.17.8	1.15.0
Short Course	3.28.5	3.01.7	2.49.1	2.39.3	2.32.2	200m Butterfly	3.28.5	3.01.7	2.47.0	2.45.0
Short Course	3.08.0	2.59.5	2.46.0	2.37.8	2.30.6	200m Ind. Medley	3.08.0	2.54.4	2.46.7	2.41.8
Short Course	6.40.0	6.05.7	5.44.1	5.40.8	5.29.1	400m Ind. Medley	6.40.0	6.19.0	6.01.3	5.51.1

All entries must be made on short course times. % these times do not attract BAGCAT point.

** These times are only for swimmers whose birthday occurs between the 21st June and 2nd August and are unable to achieve a National Qualifying time due to change of Age Group between Regional Age Groups and National Championships, and will not attract BAGCAT points.

Entry times for 50m, 100m, 200m and 400m events must have been achieved at a Level 1, 2 or 3 licensed competitions. 800m and 1500m times may have been achieved in competition or Time Trials.

ASA South West Region Entry form for 2010 *RELAYS*
 Please note that times must be submitted for all events.

ENTRIES CLOSE 12th APRIL

CLUB

Male entries - *Millfield Sunday 16 May*

	9/10 years	11/12 years	13/14 years	15/16 years	17+ years
Short course 4 x 50m					
Freestyle 4 x 50m	_____	_____	_____	_____	_____
Medley 4 x 50m	_____	_____	_____	_____	_____

Female entries - *Millfield Sunday 16 May*

	9/10 years	11/12 years	13/14 years	15/16 years	17+ years
Short course 4 x 50m					
Freestyle 4 x 50m	_____	_____	_____	_____	_____
Medley 4 x 50m	_____	_____	_____	_____	_____

You may only enter *more than* one team in each of the above events. Age as on 16 May 2010.

Age Group events(June)

Relays for National Qualification - Male
 Long course. 11-14 years. Age as on 1 August 2010.

4 x 100m	
Freestyle 4 x 100m	_____
Medley 4 x 200m	_____
Freestyle 4 x 200m	_____

Youth events(May2-4)

These events are also ASA SWR Championships.
 15-18 years. Age as on 7 August 2010.

Relays for National Qualification - Female
 Long course. 11-13 years. Age as on 1 August 2010.

4 x 100m	
Freestyle 4 x 100m	_____
Medley 4 x 200m	_____
Freestyle 4 x 200m	_____

These events are also ASA SWR Championships.
 14-17 years. Age as on 7 August 2010.

SIGNATURE OF CLUB OFFICER THAT THE SWIMMERS ARE CAPABLE OF DIVING AS REQUIRED BY THE ASA COMPETITIVE START AWARD.

Signature _____ Name _____

Amount enclosed _____ Payable ASASWR £12.50 per event.

Address _____

Post Code _____ Phone _____

Email _____

Robert Margetts, 38 Burrigge Road, Torquay. TQ2 6LN. 01803 605932 or 07981 985956

Email: rmargetts@wcasa.co.uk