

## SWIMMING CHAMPIONSHIPS CONDITIONS

1. The Liverpool and District combined Age Group and Swimming Championships shall be open to all members of clubs affiliated to the Liverpool and District Swimming and Water Polo Association.
2. The Championships shall take place annually on dates and at venues agreed by the Executive Committee.
3. Entrance fees shall be as determined by the Executive Committee.
4. All entries must be made upon the official entry form of the Association to reach the Hon. Championship Secretary accompanied by a consolidated fee, at least twenty one clear days before the date of the first competition.
5. A competitor may represent one club only in the combined Age Group and Swimming Championships in the year of competition. The competition year shall be 1st January to 31st December.
6. The Open Championship shall be awarded to the fastest swimmer or team in each event. A trophy, if one has been allocated to the event, shall be awarded to the winner.
  - 6.1 The Individual Age Group Championship shall be awarded to the fastest swimmer in each event in each of the following age groups :-
    - 9 years in the years of competition
    - 10 years in the year of competition
    - 11 years in the year of competition
    - 12 years in the year of competition
    - 13 years in the year of competition
    - 14 years in the year of competition
    - 15 years in the year of competition
    - 16 years in the year of competition
    - 17 years and over in the year of competition
  - 6.2 Further awards will be made to those swimmers or teams who are placed second and third in each of the designated Age Groups. Such awards shall be as determined by the Executive Committee.
7. All events shall be decided on the declared heat winner principle. All heats shall be graduated with the fastest swimmers in the last heat from times submitted on the entry forms. A swimmer failing to submit an entry time will be placed in the earliest appropriate heat.
8. The Championship Hon. Secretary shall maintain a record of all results achieved in the combined Age Group and Swimming Championships.'
9. The Championship shall be held in pools of 25 metres, 33 1/3 metres or 50 metres in length.
10. In the event of a dead heat additional awards shall be given. In events where there is a trophy the clubs or individuals concerned shall hold the trophy jointly.
11. In team events each club shall be entitled to enter one team only.
12. In team events a completed team sheet shall be handed in to the Referee thirty minutes prior to the event taking place.
13. The team selected to represent the Association in the Inter Association Age Group Competition shall be selected in accordance with the conditions governing that competition
14. The combined Age Group and Swimming Championships shall comprise the following events and distances:-

|                          |  |
|--------------------------|--|
| <b>Individual Events</b> |  |
| 50 metres Backstroke     | male & female swimmers 9 years to 11 years |
| 100 metres Backstroke    | male & female swimmers 11 years & over     |
| 200 metres Backstroke    | male & female swimmers 9 years & over      |
| 50 metres Breaststroke   | male & female swimmers 9 years to 11 years |
| 100 metres Breaststroke  | male & female swimmers 11 years & over     |
| 200 metres Breaststroke  | male & female swimmers 9 years & over      |
| 50 metres Butterfly      | male & female swimmers 9 years to 11 years |
| 100 metres Butterfly     | male & female swimmers 11 years & over     |
| 200 metres Butterfly     | male & female swimmers 9 years & over      |
| 50 metres Freestyle      | male & female swimmers 9 years to 11 years |
| 100 metres Freestyle     | male & female swimmers 11 years & over     |
| 200 metres Freestyle     | male & female swimmers 9 years & over      |
| 400 metres Freestyle     | male & female swimmers 10 years & over     |
| 800 metres Freestyle     | female swimmers 11 years & over            |
| 1500 metres Freestyle    | male swimmers 12 years & over              |
| 200 metres Ind Medley    | male & female swimmers 9 years & over      |
| 400 metres Ind Medley    | male & female swimmers 12 years & over     |
| <b>Team Events</b>       |  |
| Mens Open                | 4 x 100 metres Freestyle                   |
| Mens Open                | 4 x 100 metres Medley                      |
| Ladies Open              | 4 x 100 metres Freestyle                   |
| Ladies Open              | 4 x 100 metres Medley                      |
15. The St. Helens Centenary Shield shall be awarded to the swimmers (male and female) who gain the most Bagcat points overall.

# LIVERPOOL & DISTRICT SWIMMING & WATER POLO ASSOCIATION

(Affiliated to the Lancashire County Water Polo & Swimming Association)

## AGE GROUP & SWIMMING CHAMPIONSHIPS 2013

### UNDER ASA LAWS & FINA TECHNICAL RULES

#### Gala 1 Saturday 2<sup>nd</sup> February 2013 – Licence Number 2NW3194

|                  |                       |                                      |
|------------------|-----------------------|--------------------------------------|
| <b>Session 1</b> | <b>Warm-up 8.00am</b> | <b>Start 8.30am - Finish 9.30am</b>  |
|                  | EVENT 1               | FEMALE 800m FREESTYLE                |
| <b>Session 2</b> | <b>Warm-up 9.30am</b> | <b>Start 10.30am - Finish 1.30pm</b> |
|                  | EVENT 2               | FEMALE 200m INDIVIDUAL MEDLEY        |
|                  | EVENT 3               | MALE 200m BREASTSTROKE               |
|                  | EVENT 4               | FEMALE 100m FREESTYLE                |
|                  | EVENT 5               | BOYS 50m FREESTYLE                   |
|                  | EVENT 6               | GIRLS 50m BUTTERFLY                  |
|                  | EVENT 7               | MALE 100m BACKSTROKE                 |
|                  | EVENT 8               | FEMALE 200m BACKSTROKE               |
|                  | EVENT 9               | MALE 400m MEDLEY TEAM                |
|                  | EVENT 10              | FEMALE 400m FREESTYLE TEAM           |
| <b>Session 3</b> | <b>Warm-up 2.00pm</b> | <b>Start 3.00pm - Finish 6.00pm</b>  |
|                  | EVENT 11              | MALE 400m INDIVIDUAL MEDLEY          |
|                  | EVENT 12              | FEMALE 100m BREASTSTROKE             |
|                  | EVENT 13              | MALE 100m BUTTERFLY                  |
|                  | EVENT 14              | FEMALE 400m FREESTYLE                |
|                  | EVENT 15              | BOYS 50m BACKSTROKE                  |
|                  | EVENT 16              | GIRLS 50m BREASTSTROKE               |
|                  | EVENT 17              | MALE 200m FREESTYLE                  |
|                  | EVENT 18              | FEMALE 200m BUTTERFLY                |

#### Gala 2 Saturday 9<sup>th</sup> February 2013 – Licence Number 2NW3195

|                  |                       |                                      |
|------------------|-----------------------|--------------------------------------|
| <b>Session 4</b> | <b>Warm-up 8.00am</b> | <b>Start 8.30am - Finish 9.30am</b>  |
|                  | EVENT 19              | MALE 1500m FREESTYLE                 |
| <b>Session 5</b> | <b>Warm-up 9.30am</b> | <b>Start 10.30am - Finish 1.30pm</b> |
|                  | EVENT 20              | MALE 200m INDIVIDUAL MEDLEY          |
|                  | EVENT 21              | FEMALE 200m BREASTSTROKE             |
|                  | EVENT 22              | MALE 100m FREESTYLE                  |
|                  | EVENT 23              | GIRLS 50m FREESTYLE                  |
|                  | EVENT 24              | BOYS 50m BUTTERFLY                   |
|                  | EVENT 25              | FEMALE 100m BACKSTROKE               |
|                  | EVENT 26              | MALE 200m BACKSTROKE                 |
|                  | EVENT 27              | FEMALE 400m MEDLEY TEAM              |
|                  | EVENT 28              | MALE 400m FREESTYLE TEAM             |
| <b>Session 6</b> | <b>Warm-up 2.00pm</b> | <b>Start 3.00pm - Finish 6.00pm</b>  |
|                  | EVENT 29              | FEMALE 400m INDIVIDUAL MEDLEY        |
|                  | EVENT 30              | MALE 100m BREASTSTROKE               |
|                  | EVENT 31              | FEMALE 100m BUTTERFLY                |
|                  | EVENT 32              | MALE 400m FREESTYLE                  |
|                  | EVENT 33              | GIRLS 50m BACKSTROKE                 |
|                  | EVENT 34              | BOYS 50m BREASTSTROKE                |
|                  | EVENT 35              | FEMALE 200m FREESTYLE                |
|                  | EVENT 36              | MALE 200m BUTTERFLY                  |

**VENUE:- EVERTON PARK**

**Liverpool & District Swimming & Water Polo Association**  
**Lower Limit Qualifying Times for the Age Groups & Championships 2013**  
**Swimmers must have achieved these times**

**Level 2 Meet in Short Course Pool**

| <b>BOYS</b>            |        |        |         |         |         |         |         |         |         |         |
|------------------------|--------|--------|---------|---------|---------|---------|---------|---------|---------|---------|
| EVENT                  | 9      | 10     | 11      | 12      | 13      | 14      | 15      | 16      | 17      | OPEN    |
| 50m Freestyle          | 41.4   | 39.3   | 37.2    |         |         |         |         |         |         |         |
| 100m Freestyle         |        |        | 1:20.6  | 1:15.7  | 1:11.1  | 1:07.3  | 1:04.6  | 1:02.6  | 1:01.4  | 1:00.2  |
| 200m Freestyle         | 3:22.8 | 3:06.0 | 2:54.8  | 2:44.7  | 2:35.0  | 2:26.6  | 2:20.8  | 2:16.3  | 2:13.8  | 2:12.9  |
| 400m Freestyle         |        | 6:31.8 | 6:06.0  | 5:46.0  | 5:26.8  | 5:10.4  | 4:57.5  | 4:48.7  | 4:42.5  | 4:42.5  |
| 1500m Freestyle        |        |        |         | 22:48.6 | 21:33.8 | 20:30.4 | 19:43.1 | 19:06.6 | 18:45.1 | 18:44.3 |
| 50m Breaststroke       | 54.6   | 51.3   | 48      |         |         |         |         |         |         |         |
| 100m Breaststroke      |        |        | 1:43.4  | 1:36.9  | 1:30.1  | 1:25.1  | 1:21.0  | 1:18.4  | 1:16.7  | 1:15.0  |
| 200m Breaststroke      | 4:17.8 | 3:59.0 | 3:42.4  | 3:29.2  | 3:15.3  | 3:03.9  | 2:55.8  | 2:50.7  | 2:46.3  | 2:42.3  |
| 50m Butterfly          | 46.4   | 43.8   | 41.0    |         |         |         |         |         |         |         |
| 100m Butterfly         |        |        | 1:30.4  | 1:24.6  | 1:19.1  | 1:14.4  | 1:10.7  | 1:08.8  | 1:07.0  | 1:05.1  |
| 200m Butterfly         | 4:08.3 | 3:37.3 | 3:18.2  | 3:06.6  | 2:54.7  | 2:44.7  | 2:35.5  | 2:31.7  | 2:26.9  | 2:24.4  |
| 50m Backstroke         | 47.7   | 45.1   | 42.5    |         |         |         |         |         |         |         |
| 100m Backstroke        |        |        | 1:30.5  | 1:25.2  | 1:19.7  | 1:15.0  | 1:11.5  | 1:09.3  | 1:07.6  | 1:05.4  |
| 200m Backstroke        | 3:43.8 | 3:26.7 | 3:13.3  | 3:02.6  | 2:51.1  | 2:41.4  | 2:34.3  | 2:29.8  | 2:27.0  | 2:22.9  |
| 200m Individual Medley | 3:49.7 | 3:32.2 | 3:17.6  | 3:06.8  | 2:55.8  | 2:45.3  | 2:38.2  | 2:33.7  | 2:30.5  | 2:27.6  |
| 400m Individual Medley |        |        |         | 6:34.3  | 6:12.0  | 5:50.3  | 5:34.6  | 5:25.4  | 5:18.7  | 5:14.9  |
| <b>GIRLS</b>           |        |        |         |         |         |         |         |         |         |         |
| EVENT                  | 9      | 10     | 11      | 12      | 13      | 14      | 15      | 16      | 17      | OPEN    |
| 50m Freestyle          | 42.1   | 39.9   | 37.7    |         |         |         |         |         |         |         |
| 100m Freestyle         |        |        | 1:21.3  | 1:16.6  | 1:13.5  | 1:11.3  | 1:09.9  | 1:08.7  | 1:08.4  | 1:07.1  |
| 200m Freestyle         | 3:24.5 | 3:06.8 | 2:55.4  | 2:44.9  | 2:38.0  | 2:33.5  | 2:30.2  | 2:28.0  | 2:26.4  | 2:26.1  |
| 400m Freestyle         |        | 6:35.7 | 6:04.9  | 5:43.7  | 5:29.8  | 5:20.8  | 5:13.8  | 5:10.2  | 5:07.2  | 5:07.2  |
| 800m Freestyle         |        |        | 12:34.3 | 11:50.8 | 11:17.3 | 10:57.8 | 10:46.5 | 10:37.8 | 10:34.5 | 10:29.5 |
| 50m Breaststroke       | 55.1   | 51.7   | 48.3    |         |         |         |         |         |         |         |
| 100m Breaststroke      |        |        | 1:43.5  | 1:37.3  | 1:32.3  | 1:28.7  | 1:27.1  | 1:26.2  | 1:24.9  | 1:23.2  |
| 200m Breaststroke      | 4:20.0 | 3:59.5 | 3:42.1  | 3:28.8  | 3:18.2  | 3:11.5  | 3:07.9  | 3:05.8  | 3:04.1  | 2:58.7  |
| 50m Butterfly          | 46.5   | 43.9   | 41.3    |         |         |         |         |         |         |         |
| 100m Butterfly         |        |        | 1:30.9  | 1:24.9  | 1:21.2  | 1:18.3  | 1:16.9  | 1:15.8  | 1:14.9  | 1:12.2  |
| 200m Butterfly         | 4:11.0 | 3:40.0 | 3:20.2  | 3:06.4  | 2:57.3  | 2:51.0  | 2:46.9  | 2:44.8  | 2:42.8  | 2:39.0  |
| 50m Backstroke         | 47.9   | 45.3   | 42.7    |         |         |         |         |         |         |         |
| 100m Backstroke        |        |        | 1:31.0  | 1:25.3  | 1:21.4  | 1:19.0  | 1:17.1  | 1:16.1  | 1:15.6  | 1:13.6  |
| 200m Backstroke        | 3:46.2 | 3:28.7 | 3:12.5  | 3:01.7  | 2:54.3  | 2:49.2  | 2:44.8  | 2:42.4  | 2:40.6  | 2:38.3  |
| 200m Individual Medley | 3:51.6 | 3:32.7 | 3:17.9  | 3:06.3  | 2:58.8  | 2:53.1  | 2:49.5  | 2:47.2  | 2:45.7  | 2:44.2  |
| 400m Individual Medley |        |        |         | 6:32.0  | 6:14.4  | 6:03.1  | 5:55.8  | 5:50.5  | 5:48.2  | 5:44.5  |

**LIVERPOOL & DISTRICT SWIMMING & WATER POLO ASSOCIATION  
CHAMPIONSHIPS & AGE GROUPS 2013  
INDIVIDUAL ENTRY FORM**

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ POST CODE \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

MALE/FEMALE (DELETE AS APPROPRIATE)      DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_

ASA REG NUMBER \_\_\_\_\_ AGE AT 09/02/13 \_\_\_\_\_

CLUB \_\_\_\_\_

| DISTANCE | STROKE            | ELIGIBLE AGE           | ENTRY TIME FROM A 25M POOL OR CONVERTED TO A 25 M TIME |
|----------|-------------------|------------------------|--|
| 50M      | FREESTYLE         | 9,10,11Yrs             |  |
| 100M     | FREESTYLE         | 11Yrs/Over             |  |
| 200M     | FREESTYLE         | 9Yrs/Over              |  |
| 400M     | FREESTYLE         | 10Yrs/Over             |  |
| 800M     | FREESTYLE         | 11Yrs/Over Female Only |  |
| 1500M    | FREESTYLE         | 12Yrs/Over Male Only   |  |
| 50M      | BACKSTROKE        | 9,10,11Yrs             |  |
| 100M     | BACKSTROKE        | 11Yrs/Over             |  |
| 200M     | BACKSTROKE        | 9Yrs/Over              |  |
| 50M      | BREASTSTROKE      | 9,10,11Yrs             |  |
| 100M     | BREASTSTROKE      | 11Yrs/Over             |  |
| 200M     | BREASTSTROKE      | 9Yrs/Over              |  |
| 50M      | BUTTERFLY         | 9,10,11Yrs             |  |
| 100M     | BUTTERFLY         | 11Yrs/Over             |  |
| 200M     | BUTTERFLY         | 9Yrs/Over              |  |
| 200M     | INDIVIDUAL MEDLEY | 9Yrs/Over              |  |
| 400M     | INDIVIDUAL MEDLEY | 12yrs/Over             |  |

FEES ENCLOSED \_\_\_\_\_ ENTRIES @ £4.50 £ \_\_\_\_\_

I certify that the above details are correct and comply with ASA regulations

Signed \_\_\_\_\_ Parent \_\_\_\_\_ Official \_\_\_\_\_

.PLEASE RETURN THIS FORM TO \_\_\_\_\_ Simon Deeley \_\_\_\_\_ BY \_\_\_\_\_ 17<sup>th</sup> December 2012 \_\_\_\_\_