

## 2015 Liverpool and District Age Group and Swimming Championships Conditions

### **1. Introduction**

1.1 The Liverpool and District Age Group and Swimming Championships (hereafter 'the Championships') shall be competed for annually on dates decided by the Liverpool and District Swimming and water association committee (hereinafter called 'the committee' ) and in accordance with the Rules of the L&DSWA, ASA Laws and ASA Technical Rules.

1.2 The organisation of the Championships shall be managed by the L&D SWA committee with powers delegated to a Championship Manager(s)

1.3 The entry fees will be set annually by the committee

1.4 Coaches requiring access to the poolside must be in possession of a Pass issued by L&D SWA.

The fee for 17/10/15 & 24/05/15 is £ 5.00 per person, per pass, per day

It is mandatory that all Coaches comply with the relevant ASA Child Protection Procedures and have an up to date CRB certificate. (See also section 14 below.)

1.5 Any question or dispute arising from these conditions or disputes related to a matter not covered in these conditions shall be determined by the Championship Manager and may be referred to the committee at a later date.

1.6 ASANWR encourage disability swimmers to compete in these championships subject to their satisfying the conditions set out sections 3 and 4 below.

### **2. 2014 Championships**

2.1 The Championships will be held at the Everton Park Sports centre on Saturday 17<sup>th</sup> October 2015 and Saturday 24<sup>th</sup> October 2015

2.2 The closing date for entries will be 18th September 2015

2.3 Entries (for both individual entries and for teams) must be returned no later than this date accompanied by the appropriate fee.

2.4 A swimmer may compete in only one age group in the swimming year the swimming year shall be 1 January to 31 December.

2.4.1 Minimum Age: 10 years if age as at 31st December, or 9 years if age on the last day of the Competition 24th October 2015

2.5 Entry fees shall be as follows (see also section 7):

· Individual via Sportsystems Entry Manager: £5.00; ·

Teams via Sportsystems Entry Manager: £6.00

·  
NO entries will be accepted after the closing date.

2.6 Cheques should be made payable to: Liverpool and District SWA and Paper copies are to be sent to: Neil White (Championship Secretary)

7 Mossgate Grove

Liverpool, L14 0JT.

### **3. Eligibility for entry**

#### **Individuals**

3.1 The Championships shall be open to eligible swimmers, as defined by the ASA, who are members of clubs affiliated to the Liverpool and District Swimming and Waterpolo association.

3.2 A swimmer must be registered category 2 and have been a member of the club in whose name he is entered, and registered as such with the ASA at the closing date for entries.

#### **Teams**

3.3 Team events shall be open to all clubs affiliated to the L&DSWA.

3.4 All teams shall consist of four members

3.5 A swimmer entered in the name of one club in the individual events may not compete in the name of another club in the teams events.

3.6 Clubs may enter one or more teams, but members shall swim for one team only.

3.7 For team events a swimmer's age shall be determined as in condition 2.4 above.

#### **4. Disability competitors**

4.1 The general conditions for the L& D Championships shall apply to disability competitors except where varied by any of the following conditions.

4.2 Swimmers (boys and girls) with the indicated classifications will be accepted for the following events.

- Freestyle 50m, 100m, 200m (S1 to S14); 400m (S6 to S14)
- Backstroke 50m (S1 to S14), 100m (S6 to S14)
- Butterfly 50m (S2 to S14), 100m (S8 to S14)
- Breaststroke 50m (SB1 to SB9 and SB11 to SB14), 100m (SB4 to SB9 and SB11 to SB14)
- Individual Medley 200m (SM5 to SM4), 400m (SM5 to SM14)

4.3 All swimmers must:

- Hold a valid British Swimming Functional Ability Card (FAC) OR a valid Certificate of Disability issued by the ASA at the time of entry.
- The FAC or the Certificate of Disability must be presented to the referee before the start of the race in which the competitor is entered. Failure to do so will result in the swimmer being liable to disqualification for non-compliance with the rules for a particular stroke.

4.4 Qualifying times for disability competitors:

- With a FAC are shown in section 13.
- With the Certificate of Disability are the times shown in section 12.

4.5 Personal Care Attendants/Coaches:

- Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4 and S11.
- A swimmer in any of these classes may have both a coach and a personal care attendant present. No charge will be applied for personal care attendant poolside passes (see section 14).

- All coaches, chaperones and personal care attendants must conform with the ASA child protection procedures.

4.6 Competition format:

- The competition format will be based on disability inclusion within the able bodied programme.
- All swimmers will be seeded in the heats according to their entry times.
- Disability competitors will be included within the results for their age group.
- There will be no separate disability awards.

5. **The Events**

5.1 The combined Age Group and Swimming Championships shall comprise the following events and distances:-

**Individual Events**

50 metres Backstroke male & female swimmers 9 years to 11 years  
 100 metres Backstroke male & female swimmers 9 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 9 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 9 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 9 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

**Team Events**

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

All events shall be swum as HDW.

## 6. Awards

6.1 The top eight swimmers in each age group will all receive awards with first, second and third placed swimmers in each individual event awarded gold, silver and bronze medals respectively. The top 3 placed swimmers in the 100M Championships Final will all receive an award, with the winner also receiving a trophy.

6.2 There are no BAGCAT awards

6.3 There are no BAGCAT awards for the 2015 Championships.

## 7. Submission of entries

7.1 The use of Sportsystems Entry Manager for submitting electronic entries is the preferred method for entry to these championships.

7.2 Entry fees for each event shall be:

- Individual entries via Sportsystems Entry Manager: £5.00;
- Team entries via Sportsystems Entry Manager: £6.00;
- Additional entries may be accepted at the discretion of the Championship Manager after the closing date. The Entry Fee for such entries shall be £5.00 per event for individuals and £6.00 for teams.

7.3 **In addition to the Sportsystems Entry Manager file**, a hard (i.e. paper) copy of an entry form must be submitted **for each swimmer** (see section 16 below) to allow validation of the entry times. This can be sent via email or through the post.

The team entry form (see section 15 below) must also be submitted (for checking purposes) – again this can be sent via email or through the post.  
**Entry times are not required for team events.**

7.4 Entries submitted online will be not accepted until the hard copy of the entry form(s) and entry fee have been received by the Championship Manager.

7.5 Entries, accompanied by the appropriate entry fee must be received by the specified closing date.

7.6 **Late entries will not be accepted**

7.7 Qualifying times will be applied to all individual events. There will be no qualifying times for any team events.

7.8 Individual entry times after conversion if necessary (see condition 7.12 below) must be equal to or less than the qualifying time.

7.9 Qualifying times (see separate sheet) must have been achieved at a Licensed Meet at least 12 months prior to the Championships Start date.

7.10 Entry times must be:

- 25m times, or
- 50m times converted to 25m times.

All converted times must use the ASA Equivalent Performance Tables (use of the ASA Tables section on <http://www.pullbuoy.co.uk/times/> is permissible).

**Where times are converted** the second decimal place can be disregarded and entry times should be shown to one decimal place.

7.11 The competitor's club shall be responsible for:

7.12.1 Checking and validating the entry forms and fees.

7.12.2 Entering the information from the entry forms into a database using a computer program (Sportsystems) provided.

7.12.3 Returning the entry files electronically to the Championship Manager.

7.12.4 Returning the completed entry forms (see condition 7.3 above) and a **single** cheque (to cover individual and team entries, and coaches passes).

7.12 Entries will be audited against the rankings published by the ASA and any club may be challenged to demonstrate the authenticity of the information provided.

**THERE WILL BE NO REFUNDS FOR INCORRECT ENTRIES.**

7.13 The Championship Manager reserves the right to correct any time conversion calculations that are found to be incorrect in order that competitors are seeded correctly.

7.14 The Championship Manager reserves the right to restrict entries in the interests of safety, time constraints and to ensure the smooth running of the competition. Where this rule is invoked the swimmers with the fastest submitted times shall take precedence. Events chosen for restriction will be at the discretion of the Championship Manager.

7.15 Submitted entry times shall be used for seeding and rejection purposes as required.

7.16 Refunds will only be given:

7.16.1 Where entrants are denied entry because condition 7.15 above has been exercised.

7.16.2 Where a competitor has to withdraw on medical grounds subject to an appropriate medical certificate being received by the Championship Manager.

7.17 Once an entry has been submitted improved times will not be accepted.

## **8. Confirmation of entry**

8.1 The Championship Committee reserves the right to restrict entries in the interests of safety, time constraints, and to ensure the smooth running of the competition. Where this rule is invoked the swimmers with the fastest submitted times shall take precedence. Events chosen for restriction will be at the discretion of the Championship Secretary. Refunds for entries not accepted will be available for collection at the start of the meet.

If the number of entries received for the meet becomes untenable, the promoters reserve the right to limit the number of entries accepted to enable the competition to meet ASA licensing requirements. Any deletions made will be equally proportionate from each age year, and will endeavour to ensure an equal balance of swimmers across the age groups and events

Submitted entry times shall be used for seeding and rejection purposes as required. All submitted times must be Long Course times or converted Short Course times. Once an entry has been submitted improved times will not be accepted.

Draft programmes or Accepted entries will be available as soon as possible after the closing date for the competition. These should be used to cross check the accuracy of swimmer entries and to allow any necessary corrections to be made. The final gala programmes will be produced as a result of any corrections that are received. **There will be no subsequent alterations to times, and no late or poolside entries.**

8.2 Clubs will be informed of the reasons for any rejected entries.

## 9. BAGCATs (British Age Group Categories)

9.1 There are no BAGCAT awards for the 2015 Championships.

## 10. Meet procedures

### Heats

10.1 A withdrawal system will be in operation. Competitors or their representatives must inform the organisers at least one hour before the start of the session if they do not intend to swim. Failure to do so can result in the swimmer being excluded for the whole session relating to the Withdrawal (see also section 10.12). Notification may be by email, telephone or text – details will be advised to all competing clubs – or by completing the form shown in section 19 below. There will be no refund of entry fees for such withdrawals unless the withdrawal is for medical reasons in which case an appropriate certificate must be provided.

10.2 Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.

10.3 Fines:

10.3.1 A fine of £5 will be levied in respect of each competitor/team who fails to withdraw and then does not swim (except in the case of genuine illness or of a proven emergency).

10.3.2 Each 'no show' will be subject to a separate fine of £5.

10.3.3 Fines will be levied on the club which enters a competitor unless the Championship Manager has been advised of any change to the membership status of a competitor.

10.3.4 The individual(s) concerned shall not be eligible to swim in any future L&D event until the fine has been paid.



10.3.5 The individual not be allowed to swim in any further swims in the session and if they do, due to an administrative oversight they shall be stripped of any medal that is to be awarded.

10.3.6 Finalists and reserves will be notified ASAP after the heats of the 100M, Once notified They will then have 30 minutes to withdraw, including reserves. If they have not withdrawn and do not swim then a fine of £5 will be applied.

10.4 Heat Start Lists will be made available to clubs as soon as possible after the commencement of the warm-up of each session.

10.5 Heats that culminate in a final shall be spearheaded with the last three heats being cyclically seeded. All heats for HDW events shall be spearheaded.

10.6 Competitors are responsible for presenting themselves to the Competitor's Stewards one event prior to the one in which they are competing. **It is the swimmer's responsibility to be at the start in time for the race.** This applies to both heats and finals.

## Teams

10.7 Each competing club shall declare their intention to swim by submitting to the recorders a list of the names of its swimmers in swim order (see section 17 below) **no later than the end of the session warm up on the respective day of the Championships.** If a team sheet is not received by this time then the team concerned will be considered to have withdrawn from the event. A swimmer may only compete for one team in the championships.

10.8 If the individuals or swim order is changed after the declaration form has been submitted, another declaration form must be submitted before the event is swum.

10.9 In the event of a race being recalled following a faulty start, the order of swimming may be changed so that another member of the same team swims the first leg. Substitutions may only be made in the case of an emergency. The referee must be informed of any changes.

10.10 A team shall be disqualified if they do not swim in the declared order.

10.11 A team may be withdrawn without penalty at any time up until the start of the event.

## **Other**

10.12 Any swimmer who withdraws from a heat or from a final of any event on medical grounds will not be allowed to compete again on the same day. However, they may compete on subsequent days, if any, of the championships. If they do not comply with this requirement they will be fined £20 for each event in which they compete.

10.13 A swimmer/team failing to comply with any of the foregoing conditions shall not be allowed to compete in the Championships.

10.14 Restriction of entries. The promoter reserves the right to restrict entries in the interest of safety, time constraints and to ensure the smooth running of the competition. Where this rule is invoked the swimmers with the fastest submitted times shall take precedence. Events chosen for restriction will be at the discretion of the promoter. A refund will be given to competitors whose entry is denied where this condition has been exercised

**LIVERPOOL & DISTRICT SWIMMING & WATER POLO ASSOCIATION**  
**Affiliated to the Lancashire County Water Polo & Swimming Association**  
**AGE GROUP & SWIMMING CHAMPIONSHIPS 2015**  
**UNDER ASA LAWS & FINA TECHNICAL RULES**

**GALA 1 – Licence Number 2NW151322**

<b>Session 1</b>	EVENT 1	MALE	200m	BREASTSTROKE
17 <sup>th</sup> October	EVENT 2	FEMALE	100m	FREESTYLE
	EVENT 3	BOYS	50m	FREESTYLE
Warm up 8.00am	EVENT 4	GIRLS	50m	BUTTERFLY
Start 9.00am	EVENT 5	MALE	1500m	FREESTYLE
	EVENT 101	FEMALE	100m	FREESTYLE FINAL

<b>Session 2</b>	EVENT 6	MALE	100m	BUTTERFLY
17 <sup>th</sup> October	EVENT 7	FEMALE	400m	FREESTYLE
	EVENT 8	BOYS	50m	BACKSTROKE
Time depends on entries	EVENT 9	GIRLS	50m	BREASTSTROKE
	EVENT 10	MALE	200m	FREESTYLE
	EVENT 11	FEMALE	200m	BUTTERFLY
	EVENT 201	MALE	100m	BUTTERFLY FINAL
	EVENT 12	FEMALE	400m	FREESTYLE TEAM
	EVENT 13	MALE	400m	MEDLEY TEAM

<b>Session 3</b>	EVENT 14	FEMALE	100m	BREASTSTROKE
17 <sup>th</sup> October	EVENT 15	MALE	100m	BACKSTROKE
	EVENT 16	FEMALE	200m	INDIVIDUAL MEDLEY
Time depends on entries	EVENT 17	MALE	400m	INDIVIDUAL MEDLEY
	EVENT 18	FEMALE	200m	BACKSTROKE
	EVENT 301	MALE	100m	BACKSTROKE FINAL
	EVENT 302	FEMALE	100m	BREASTSTROKE FINAL

**GALA 2 – Licence Number 2NW151323**

<b>Session 4</b>	EVENT 19	FEMALE	200m	BREASTSTROKE
24 <sup>th</sup> October	EVENT 20	MALE	100m	FREESTYLE
	EVENT 21	GIRLS	50m	FREESTYLE
Warm up 8.00am	EVENT 22	BOYS	50m	BUTTERFLY
Start 9.00am	EVENT 23	FEMALE	800m	FREESTYLE
	EVENT 401	MALE	100m	FREESTYLE FINAL

<b>Session 5</b>	EVENT 24	FEMALE	100m	BUTTERFLY
24 <sup>th</sup> October	EVENT 25	MALE	400m	FREESTYLE
	EVENT 26	GIRLS	50m	BACKSTROKE
	EVENT 27	BOYS	50m	BREASTSTROKE
Time depends on entries	EVENT 28	FEMALE	200m	FREESTYLE
	EVENT 29	MALE	200m	BUTTERFLY
	EVENT 501	FEMALE	100m	BUTTERFLY FINAL
	EVENT 30	MALE	400m	FREESTYLE TEAM
	EVENT 31	FEMALE	400m	MEDLEY TEAM

<b>Session 6</b>	EVENT 32	MALE	100m	BREASTSTROKE
24 <sup>th</sup> October	EVENT 33	FEMALE	100m	BACKSTROKE
	EVENT 34	MALE	200m	INDIVIDUAL MEDLEY
Time depends on entries	EVENT 35	FEMALE	400m	INDIVIDUAL MEDLEY
	EVENT 36	MALE	200m	BACKSTROKE
	EVENT 601	FEMALE	100m	BACKSTROKE FINAL
	EVENT 602	MALE	100m	BREASTSTROKE FINAL

**VENUE:- EVERTON PARK SPORTS CENTRE**

**Liverpool & District Swimming & Water Polo Association**  
**Lower Limit Qualifying Times for the Age Groups & Championships 2015**  
**Swimmers must have achieved these times to be able to swim.**  
**All entries will be checked against the ASA database for confirmation.**

**Level 2 Meet in Short Course Pool.**

<b>BOYS</b>										
EVENT	9	10	11	12	13	14	15	16	17	OPEN
50m Freestyle	42.1	39.3	37.2							
100m Freestyle	1:26.6	1:26.6	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	1:51.5	1:51.5	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	1:38.3	1:38.3	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	1:37.5	1:37.5	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	1:27.6	1:27.6	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	1:52.5	1:52.5	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	1:39.3	1:39.3	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	1:38.5	1:38.5	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**  
**Affiliated to the Lancashire County Water Polo & Swimming Association**

**AGE GROUP & SWIMMING CHAMPIONSHIPS 2015**  
**HELD UNDER ASA LAWS & FINA TECHNICAL RULES OF SWIMMING**

**GENERAL NOTES FOR THE COMPLETION OF ENTRY FORMS**

**PLEASE:-**

1. Make available to the swimmers the Individual Entry Forms and Programme of Events.
2. Check the date is completed in the space on the entry forms for when you want them returned.  
**REMEMBER** they must be returned to the Hon. Championship Secretary by **18<sup>th</sup> September 2015.**
3. Remind the swimmers how important it is to have a submitted entry time and make sure it is the best time recorded for the event converted to a 25 metres pool time if necessary.
4. Collect all the entry forms from the swimmers and return them with the appropriate fees to the Hon. Championship Secretary by **18<sup>th</sup> September 2015.**

Once the forms have been received by the Hon. Championship Secretary and the programmes prepared. The completed entry confirmations will be returned for distribution to the swimmers.

We will assume all swimmers are competing unless they withdraw from events.

Information on how to withdraw will be sent to you with the confirmation of entry.

**AGE GROUPS**

50metre Events	9/10/11 year old boys & girls
100metre Events	9 year old and over boys & girls
200metre Events	9 year old and over boys & girls
400metres Freestyle	10 year old and over boys & girls
400metre I.M.	12 year old and over boys & girls
800metres Freestyle	12 year old and over girls only
1500metres Freestyle	12 year old and over boys only

**AGE WILL BE:** Minimum Age: 10 years if age as at 31<sup>st</sup> December 2015,  
or 9 years if age on the last day of the Competition 24<sup>th</sup> October 2015

Thank you for your help.

Neil White

**LIVERPOOL & DISTRICT SWIMMING & WATER POLO ASSOCIATION  
CHAMPIONSHIPS & AGE GROUPS 2015  
INDIVIDUAL ENTRY FORM**

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

ADDRESS \_\_\_\_\_

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

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

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

ASA REG NUMBER \_\_\_\_\_

CLUB \_\_\_\_\_

Please Note: **There will be no late or poolside entries.**

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

FEES ENCLOSED \_\_\_\_\_ ENTRIES @£5.00 £ \_\_\_\_\_

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

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

.PLEASE RETURN THIS FORM TO \_\_\_\_\_ BY \_\_\_\_\_

# LIVERPOOL & DISTRICT SWIMMING & WATER POLO ASSOCIATION

## CHAMPIONSHIPS & AGE GROUPS 2015

### WARM UP PROCEDURE

1. THERE IS NO ENTRY TO THE POOL AT THE SHALLOW END.
2. SWIMMERS MUST NOT CLIMB OUT OF THE POOL OVER THE TIMING PADS.
3. SWIMMERS MUST NOT HANG ON TO THE LANE ROPES.
4. DIVING IS ONLY ALLOWED IN DESIGNATED LANES WHEN THEY ARE ONE WAY SPRINT LANES FOR FINAL 5 MINUTES OF EACH WARM UP PERIOD.
5. LANES 2, 4 & 6 ARE FOR ANTI CLOCKWISE SWIMMING.
6. LANES 3, 5 & 7 ARE FOR CLOCKWISE SWIMMING.
7. COACHES ARE RESPONSIBLE FOR THEIR SWIMMERS DURING WARM UP, ESPECIALLY WHEN USING THE WARM UP / WARM DOWN POOL.

#### GALA TIMINGS

##### **DAY 1 – 17<sup>th</sup> October 2015 - License Number 2NW151322**

Session 1 – Warm-up 08:00/Start 09:00/Finish TBC

Session 2 – Warm-up TBC /Start TBC/Finish TBC

Session 3 – Warm-up TBC /Start TBC/Finish TBC

##### **DAY 2 – 24<sup>th</sup> October 2015 – License Number 2NW151323**

Session 4 – Warm-up 08:00/Start 09:00/Finish/ TBC

Session 5 – Warm-up TBC /Start TBC/Finish TBC

Session 6 – Warm-up TBC /Start TBC /Finish TBC

#### WITHDRAWAL PROCEDURE

There will be by a withdrawal system in place please phone, text or e-mail:

**07840465825 OR liverpoolanddistrict\_SWPA@hotmail.co.uk**

**Between: 08:00 & 20:00 Friday 16<sup>th</sup> October & 24<sup>th</sup> October & Before 08:00 on the days of the galas**

The phone can be used to withdraw from any events in any of the sessions over either or both week-ends. Coaches, team managers, parents or swimmers may withdraw on the day a swimmer from any event, **before the start of warm-up** of each session upon completion of the relevant form

Please ensure all your swimmers are aware of the above information.

Please help with the smooth running of these galas by making any withdrawals promptly so the galas run smoothly.

**LIVERPOOL & DISTRICT SWIMMING & WATER POLO ASSOCIATION  
LEVEL 2 AGE GROUPS & CHAMPIONSHIPS 2015**

**EVENT WITHDRAWAL FORM**

PHONE / TEXT WITHDRAWAL NUMBER: **07521465088**

EMAIL:

- Swimmers wishing to withdraw from an event must do so before the start of the warm-up of the relevant session, by completing this form and handing it in at the timing suite on the balcony
- Prior to the competition dates, withdrawals can be done by email to [liverpoolanddistrict\\_SWPA@hotmail.co.uk](mailto:liverpoolanddistrict_SWPA@hotmail.co.uk)
- Alternatively, you can ring or text the telephone number above to inform a gala official of your withdrawal from Friday 31<sup>st</sup> January 2014.

CLUB:	
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First Name:		Surname:	
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Session	Event Number	Competitor Number	Distance & Stroke

Name (Print)		Signed	
Date		Time of Delivery	

Received By			
Date		Time	