

LANCASHIRE COUNTY W.P.&S.A. AGE GROUPS & CHAMPIONSHIPS 2016

CONDITIONS

1. The Age Groups and Championships will be held at Manchester Aquatic Centre on 23rd, 24th, 30th and 31st January 2016
2. Closing Date for entries is Thursday 24th December 2015.
2. Age will be as of midnight 31st December 2016. Junior Championship age is 16 or under as of midnight 31st December 2016.
3. Entry fees shall be £5.00 per event.
4. Coaches requiring access to the poolside must be a member of a club competing in the Age Groups and Championships and be in possession of a pass issued by Lancashire WP&SA by completion of the appropriate form. It is mandatory that all coaches comply with the relevant ASA Child Safeguarding procedures and have an up to date CRB certificate.
5. Consideration Times 25m pool, or long course conversion from a licensed meet since 1st April 2015 are required for all events. Please check the correct age group is entered relative to the swimmers date of birth. No split times will be accepted. No Refunds for mistakes. Checks will be made against the current ASA ranking data base. Any swimmer found to be submitting false times may be subject to rejection in all events.
6. Eligibility for entry. The competitions shall be open to eligible swimmers, as defined by the ASA, who are members of clubs affiliated to Lancashire WP & SA. No individual may compete in the Age Groups and Championships if he or she has competed in another equivalent county championships' in the same calendar year. A swimmer must have been a member of the club in whose name they are entered, and registered as such with the ASA at the closing date for entries.
7. Disability Conditions
 - 7.1 The general conditions for the Age Groups and Championships shall apply to disability competitors except where varied by any of the following conditions.
 - 7.2 Swimmers with the indicated classifications will be accepted for the following events:
 - Freestyle 50m, 100m, (S1 to S14); 200m (S1 to S5 and S14); 400m (S6 to S14)
 - Backstroke 50m (S1 to S5), 100m (S6 to S14)
 - Butterfly 50m (S1 to S7), 100m (S8 to S14)
 - Breaststroke 50m (SB1 to SB3), 100m (SB4 to SB9 and SB11 to SB14)
 - Individual Medley 200m (SM5 to SM14)
 - 7.3 All competitors must:
 - Have an authorised British Swimming, IPC or INAS-FID Classification, which is held on the British Swimming or IPC Swimming classification database at the time of entry OR a valid Certificate of Disability issued by the ASA at the time of entry.
 - 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.
 - 7.4 Qualifying times for disability competitors are in a separate document and must have been achieved between the 1st January 2015 and 24th December 2015.

7.5 Personal Care Attendants/Coaches will be permitted for swimmers in the following classes: S1, S2, S3, S4 and S11. All coaches, chaperones and personal care attendants must conform with the ASA child protection procedures.

7.6 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 results.

8. Awards: Medals awarded to first three in Championships and Age Groups.

9. Details on the entry forms should be as per the swimmers ASA Category 2 Membership Registration. Please check that your swimmers are Category 2 registered, their ASA ID number, times and other details are correct before submitting. For processing of entries all details must be fully completed. Entries sent without fee, with entries incorrectly made out or declaration not signed may not be accepted. No refunds for entries incorrectly submitted. Entries to be submitted electronically using Sportsystem software by an authorised club official. Cheques should be payable to Lancashire WP&SA.

10. Overhead starts will be used. All 50m and 100m events will consist of heats and finals for all age groups. The heats will be spearheaded with the last three heats being cyclically seeded All other events shall be spearheaded and awards are on a Heat Declared Winner basis.

11.1 **Heats** Withdrawals must be made at least one hour before the start of the session either on an official withdrawal form (available in the coaches room) or by telephoning 07508 427444 at times to be advised. 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. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.

Fines – A fine of £10 may be levied in respect of each competitor that fails to withdraw and does not swim (except in the case of genuine illness or of a proven emergency). Each “no show” may be subject to a separate fine of £10. Fines will be levied on the competitors’ club and the individual(s) concerned shall not be eligible to swim in any future Lancashire WP&SA event until the fine has been paid.

11.2 **Finals** The maximum number of places practicable (up to 8) shall be allocated. Two reserves will be declared for finals where possible. Lanes for the finals will be allocated on the spearhead principle. The names of finalists and two reserves shall be announced as soon as practicable after the completion of each event.

Competitors who do not intend to swim in a final must withdraw by completing the relevant form (available in the coaches room) no later than 15 minutes after the announcement of finalists for an event ALL FINALISTS AND RESERVES MUST REPORT TO THE CLERKS OF THE COURSE FOR THE FINAL UNLESS THEY HAVE WITHDRAWN

Any withdrawals that are later than 15 minutes after the announcement of the finalists may incur a £10 fine (except in the case of genuine illness or injury)

Any finalist or reserve who fails to withdraw and then does not report to the clerks of the course (except in the case of genuine illness or proven emergency) may be subject to a £10 fine.

Each no show may be subject to a separate £10 fine. Fines will be levied on the competitors’ club and the individual(s) concerned shall not be eligible to swim in any future Lancashire WP&SA event until the fine has been paid.

12. Withdrawals on Medical Grounds Any swimmer who withdraws from a heat or final 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 request they will be disqualified from any further events in which they compete on that day and may be subject to a £10 fine for each event.

13. Competitors are responsible for presenting themselves to the clerks of the course one event prior to the one in which they are competing. It is the swimmers' responsibility to be at the start in time for the race.

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.

15. Any question or dispute arising from these conditions or disputes related to a matter not covered in these conditions shall be determined by the Hon. Championship Secretary and may be referred to the Lancashire WP&SA Executive Committee at a later date.

Lancashire County Water Polo and Swimming Association Age Groups and Championships 2016

Programme of Events

Session 1	Manchester	23 January 2016	Warm up TBC	Session 3	Manchester	24 January 2016	Warm up TBC
Event 101	Male	100m Backstroke HEATS	Age 10/11 – 16/Ov	Event 301	Female	100m Backstroke HEATS	Age 10/11 – 16/Ov
102	Female	200m Breaststroke HDW	Age 10/11 – 16/Ov	302	Male	200m Breaststroke HDW	Age 10/11 – 16/Ov
103	Male	400m Ind. Medley HDW	Age 12 – 16/Ov	303	Female	400m Ind. Medley HDW	Age 12 – 16/Ov
104	Female	800m Freestyle HDW	Age 12 – 16/Ov	304	Male	1500m Freestyle HDW	Age 12 – 16/Ov
105 - 110	Male	100m Backstroke FINALS	Age 10/11 – 16/Ov	305 - 311	Female	100m Backstroke FINALS	Age 10/11 – 16/Ov

Session 2	Manchester	23 January 2016	Warm Up TBC	Session 4	Manchester	24 January 2016	Warm Up TBC
Event 201	Female	200m Ind. Medley HDW	Age 10/11 – 16/Ov	Event 401	Male	200m Ind. Medley HDW	Age 10/11 – 16/Ov
202	Male	200m Butterfly HDW	Age 10/11 – 16/Ov	402	Female	200m Butterfly HDW	Age 10/11 – 16/Ov
203	Female	200m Backstroke HDW	Age 10/11 – 16/Ov	403	Male	200m Backstroke HDW	Age 10/11 – 16/Ov

Session 5	Manchester	30 January 2016	Warm Up TBC	Session 7	Manchester	31 January 2016	Warm Up TBC
501	Female	100m Freestyle HEATS	Age 10/11 – 16/Ov	701	Male	100m Freestyle HEATS	Age 10/11 – 16/Ov
502	Male	50m Backstroke HEATS	Age 10/11 – 16/Ov	702	Female	50m Backstroke HEATS	Age 10/11 – 16/Ov
503	Female	50m Breaststroke HEATS	Age 10/11 – 16/Ov	703	Male	50m Breaststroke HEATS	Age 10/11 – 16/Ov
504	Male	100m Breaststroke HEATS	Age 10/11 – 16/Ov	704	Female	100m Breaststroke HEATS	Age 10/11 – 16/Ov
505	Female	400m Freestyle HDW	Age 10/11 – 16/Ov	705	Male	400m Freestyle HDW	Age 10/11 – 16/Ov
506-511	Male	50m Backstroke FINALS	Age 10/11 – 16/Ov	706-711	Female	50m Backstroke FINALS	Age 10/11 – 16/Ov
512-517	Female	50m Breaststroke FINALS	Age 10/11 – 16/Ov	712-717	Male	50m Breaststroke FINALS	Age 10/11 – 16/Ov
518-523	Male	100m Breaststroke FINALS	Age 10/11 – 16/Ov	718-723	Female	100m Breaststroke FINALS	Age 10/11 – 16/Ov
524-529	Female	100m Freestyle FINALS	Age 10/11 – 16/Ov	724-729	Male	100m Freestyle FINALS	Age 10/11 – 16/Ov

Session 6		30 January 2016	Warm Up TBC	Session 8	Manchester	31 January 2016	Warm Up TBC
601	Female	50m Freestyle HEATS	Age 10/11 – 16/Ov	801	Male	50m Freestyle HEATS	Age 10/11 – 16/Ov
602	Male	50m Butterfly HEATS	Age 10/11 – 16/Ov	802	Female	50m Butterfly HEATS	Age 10/11 – 16/Ov
603	Female	100m Butterfly HEATS	Age 10/11 – 16/Ov	803	Male	100m Butterfly HEATS	Age 10/11 – 16/Ov
604	Male	200m Freestyle HDW	Age 10/11 – 16/Ov	804	Female	200m Freestyle HDW	Age 10/11 – 16/Ov
605-610	Female	50m Freestyle FINALS	Age 10/11 – 16/Ov	805-810	Male	50m Freestyle FINALS	Age 10/11 – 16/Ov
611-616	Male	50m Butterfly FINALS	Age 10/11 – 16/Ov	811-816	Female	50m Butterfly FINALS	Age 10/11 – 16/Ov
617-622	Female	100m Butterfly FINALS	Age 10/11 – 16/Ov	817-822	Male	100m Butterfly FINALS	Age 10/11 – 16/Ov

LANCASHIRE COUNTY WATER POLO & SWIMMING ASSOCIATION

2016 CONSIDERATION TIMES



Consideration Times - Short Course - BOYS

Age as at 31 December 2016

EVENT	10/11	12	13	14	15	16	17/Ov.
50m Freestyle	37.0	33.9	31.6	30.0	29.0	29.0	29.0
100m Freestyle	1:16.4	1:11.5	1:07.3	1:04.6	1:02.0	1:02.0	1:02.0
200m Freestyle	2:47.3	2:36.5	2:27.7	2:20.9	2:14.1	2:14.1	2:14.1
400m Freestyle	5:53.6	5:30.8	5:12.6	4:59.1	4:48.5	4:48.5	4:48.5
1500m Freestyle	No Event	21:07.3	19:39.0	18:58.2	18:20.4	18:20.4	18:20.4
50m Breaststroke	46.5	42.4	39.0	37.0	35.5	35.5	35.5
100m Breaststroke	1:40.9	1:34.4	1:27.9	1:22.9	1:19.3	1:19.3	1:19.3
200m Breaststroke	3:36.0	3:22.1	3:08.3	3:00.3	2:52.7	2:52.7	2:52.7
50m Butterfly	39.0	36.8	33.0	32.0	30.5	30.5	30.5
100m Butterfly	1:24.4	1:19.0	1:15.6	1:12.0	1:07.0	1:07.0	1:07.0
200m Butterfly	3:12.7	3:00.3	2:48.0	2:41.0	2:31.7	2:31.7	2:31.7
50m Backstroke	40.5	36.9	34.2	32.4	31.4	31.4	31.4
100m Backstroke	1:27.2	1:21.5	1:17.7	1:12.6	1:09.9	1:09.9	1:09.9
200m Backstroke	3:06.9	2:54.8	2:46.6	2:38.2	2:31.7	2:31.7	2:31.7
200m Ind. Med	3:08.7	2:56.3	2:48.7	2:40.9	2:34.3	2:34.3	2:34.3
400m Ind. Med	No Event	6:12.0	5:56.8	5:42.7	5:31.1	5:31.1	5:31.1

Consideration Times - Short Course – GIRLS

Age as at 31 December 2016

EVENT	10/11	12	13	14	15	16	17/Ov
50m Freestyle	37.0	33.2	31.8	31.0	30.9	30.9	30.9
100m Freestyle	1:16.9	1:12.9	1:09.4	1:08.0	1:06.7	1:06.7	1:06.7
200m Freestyle	2:45.0	2:36.6	2:30.2	2:28.3	2:24.4	2:24.4	2:24.4
400m Freestyle	5:50.5	5:30.0	5:16.9	5:12.3	5:06.8	5:06.8	5:06.8
800m Freestyle	No Event	10:51.5	10:28.4	10:14.8	10:05.8	10:05.8	10:05.8
50m Breaststroke	46.5	42.4	40.3	39.1	38.4	38.4	38.4
100m Breaststroke	1:38.4	1:32.9	1:29.2	1:27.9	1:26.7	1:26.7	1:26.7
200m Breaststroke	3:35.5	3:21.6	3:11.3	3:10.5	3:09.9	3:09.9	3:09.9
50m Butterfly	39.0	36.4	34.8	33.7	33.2	33.2	33.2
100m Butterfly	1:26.4	1:21.3	1:17.8	1:16.1	1:14.5	1:14.5	1:14.5
200m Butterfly	3:12.9	3:00.5	2:52.1	2:49.7	2:45.1	2:45.1	2:45.1
50m Backstroke	40.5	37.8	36.2	35.2	34.7	34.7	34.7
100m Backstroke	1:27.2	1:23.4	1:19.6	1:17.4	1:15.4	1:15.4	1:15.4
200m Backstroke	3:10.0	2:57.7	2:49.7	2:46.2	2:42.4	2:42.4	2:42.4
200m Ind. Med	3:09.1	2:59.7	2:51.6	2:50.3	2:46.9	2:46.9	2:46.9
400m Ind. Med	No Event	6:20.8	6:00.0	5:56.0	5:53.1	5:53.1	5:53.1

All times must have been achieved between

1 April 2015 and 24th December 2015 from a licensed meet (Levels 1,2,3 or 4) No split times accepted

LANCASHIRE COUNTY WPSA Disability Qualifying Times 2016

		Freestyle				Back		Fly		Breast		IM		
		50m	100m	200m	400m	50m	100m	50m	100m	50m	100m	100m	200m	
S1	Boys	02:18.9	04:37.3	09:49.5		02:19.4		00:00		SB1	02:41.1			
	Girls	3:46.7	07:52.1	11:15.6		04:14.3		2:47.4			03:51.6			
S2	Boys	01:46.2	03:50.9	08:19.1		01:46.9		02:18.9		SB2	01:39.4			
	Girls	2:07.3	04:24.3	10:12.7		01:50.7		00:00			02:24.8			
S3	Boys	01:16.2	02:48.2	06:10.2		01:19.0		01:47.8		SB3	01:25.3			
	Girls	1:21.5	02:59.2	08:02.4		01:54.3		01:57.3			02:01.8			
S4	Boys	01:06.4	02:24.4	05:08.7		01:17.9		01:21.0		SB4		02:45.2		
	Girls	1:16.9	02:46.6	05:46.2		01:31.4		02:52.1				03:17.4		
S5	Boys	00:56.1	02:08.1	04:37.3		01:06.0		01:03.2		SB5		02:42.6	SM5	05:51.8
	Girls	01:02.0	02:18.8	04:55.2		01:23.3		01:14.8				03:05.7		
S6	Boys	00:51.1	01:55.6		08:49.7		02:09.1	00:53.4		SB6		02:25.0	SM6	04:39.4
	Girls	01:00.7	02:09.4		09:27.3		02:26.5	01:04.4				02:50.8		
S7	Boys	00:48.2	01:44.5		08:00.3		02:02.0	00:52.2		SB7		02:19.4	SM7	04:27.2
	Girls	00:56.6	02:03.3		09:02.1		02:25.0	01:01.2				02:40.2		
S8	Boys	00:44.7	01:38.2		07:39.8		01:50.6		01:44.0	SB8		02:00.7	SM8	04:09.2
	Girls	00:53.0	01:54.8		08:37.7		02:15.7		01:59.3			02:20.1		
S9	Boys	00:43.8	01:36.0		07:15.7		01:48.3		01:41.8	SB9		01:54.5	SM9	03:54.8
	Girls	00:49.7	01:48.1		08:00.8		02:00.6		01:59.1			02:14.1		
S10	Boys	00:40.6	01:29.7		07:01.9		01:43.2		01:38.1	SB10			SM10	03:48.5
	Girls	00:48.2	01:44.4		07:51.2		01:57.3		01:57.1					
S11	Boys	00:44.7	01:41.3		07:58.9		01:55.9		01:48.1	SB11		02:05.8	SM11	04:08.9
	Girls	00:53.3	01:58.3		08:57.7		02:15.3		02:26.0			02:32.9		
S12	Boys	00:41.4	01:30.2		07:13.1		01:44.6		01:40.7	SB12		01:55.2	SM12	03:48.1
	Girls	00:46.8	01:42.0		07:55.5		01:58.0		01:56.5			02:15.5		
S13	Boys	00:40.9	01:28.9		06:57.9		01:41.1		01:35.8	SB13		01:54.0	SM13	03:41.2
	Girls	00:47.4	01:43.8		08:27.6		02:08.4		01:54.9			02:18.5		
S14	Boys	00:43.0	01:34.3	03:23.6	07:19.5		01:47.4		01:44.8	SB14		01:55.7	SM14	03:55.3
	Girls	00:48.5	01:44.7	03:44.2	08:10.4		01:56.9		02:01.6			02:16.2		

All times must have been achieved between 1 April 2015 and 24 DEcember 2015 from a licensed meet (Levels 1,2,3 or 4) No split times accepted.



**LANCASHIRE COUNTY W.P. & S.A.
INDIVIDUAL ENTRY FORM**

FORENAME:	SURNAME:
ADDRESS:	
	POSTCODE:
PHONE:	
EMAIL:	
MALE/FEMALE (delete as appropriate)	D.O.B.
A.S.A. REG NUMBER	AGE AT 31 DECEMBER 2016
CLUB:	

DISTANCE	STROKE	25M POOL TIMES
50M	FREESTYLE	
100M	FREESTYLE	
200M	FREESTYLE	
400M	FREESTYLE	
800M/1500M	FREESTYLE	
50M	BACKSTROKE	
100M	BACKSTROKE	
200M	BACKSTROKE	
50M	BREASTSTROKE	
100M	BREASTSTROKE	
200M	BREASTSTROKE	
50M	BUTTERFLY	
100M	BUTTERFLY	
200M	BUTTERFLY	
200M	INDIVIDUAL MEDLEY	
400M	INDIVIDUAL MEDLEY	

Number of Entries:		@ £5.00	Total £
---------------------------	--	----------------	----------------

Club Closing Date:
MEET CLOSING DATE: 24 December 2015