



British Gas ASA East Region BAGCAT Championships(50m) 2011

(Under ASA Laws & ASA Technical Rules)

**University of East Anglia Pool – Norwich
Sat 4, Sun 5, Sat 11 & Sun 12 June 2011**

(Licensed Meet No. ERX115)



GENERAL CONDITIONS

1. Regional BAGCAT Swimming Championships shall be competed for annually and subject to any standard the Technical Swimming Committee (TSC) may impose. The Championships shall be open to any member of a club affiliated to the ASA East Region who is eligible within the meaning of ASA Law
2. The age groups of competitors shall be:
Individual Events:-
Boys 10,11,12,13 & 14 years Girls 10,11,12 & 13 years
Team Events:-
Boys 11 to 14 years Girls 11 to 13 years
3. All events shall have individual age group finals except the 400m, 800m and 1500m Freestyle and the 400m I.M. which shall be Timed Finals. Each Final shall have a maximum of two reserves declared. Athletes must compete in the heats to progress to the final
4. An athlete entered in the name of one club in the individual events may not compete in the name of another club in the team events. An athlete must be a member of the club in whose name he/she is entered and must have been registered as such with the ASA prior to the closing date of the competition
5. Entry times for all individual events shall have been achieved in meets Licensed by the ASA within the qualifying dates indicated with the entry standards. Where entry to a 100m event is through a 200m qualifying standard, as indicated in the Qualifying Times, the 200m time achieved shall be entered, **NOT** a 100m time.
6. Only entries made electronically will be accepted. All entries from a club shall be consolidated by a club official and made using the SPORTSYSTEMS Entry Manager Rev 2.0 software freely downloaded at www.sportsys.co.uk
7. All entrants are still bound by these conditions of entry even though an entry form is not signed
8. Entry fees are **£7.00** per individual event and **£10.00** per event for Team races
9. The SPORTSYSTEMS Entry Manager Rev 2.0 export file containing submitted entries and full payment shall reach the Entry Administrator not later than the advertised closing date. Acknowledgement and acceptance of a correctly submitted entry shall be by publishing an accepted entry listing and draft event listing on the Championship page at www.eastswimming.org
10. Once an entry is accepted a competitor shall swim or give notice of withdrawal. Notice of any withdrawals from a Club shall be reported by Clubs to the Recorders at least 45 minutes before the start of the Session.
11. All finalists and reserves shall report to the Clerk of the Course for the final or give notice of withdrawal to the Recorders within 30 minutes of the publication of the heat results. Withdrawals after the 30 minute deadline may only be made on medical grounds.
12. Any swimmer not present when required to swim shall incur a £10 penalty which must be paid before the competitor competes again in the Championships. In the event of a competitor not paying the penalty, the Club in whose name the competitor has entered the competition shall be responsible for payment
13. Dependent on the number of entries, the promoter reserves the right to reject the slowest competitors
14. Any athlete failing to comply with any of the foregoing conditions shall not be allowed to compete in the Championship
15. Warm Up will commence one hour before the start time
16. Team declaration forms shall be submitted 45 minutes before the start of the session
17. The first three competitors in each Championship Age Group shall receive a suitable award
18. Protests shall be made and dealt with as detailed in ASA Law. The promoter is the ASA East Region
19. Any question arising for which these conditions do not provide, shall be determined by the TSC



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Entry Procedure

This procedure is for entries only

Do not send any coach pass applications to the Entry Administrator

All entries from a club shall be consolidated and submitted electronically to the Entry Administrator. **ONE** cheque or bank transfer shall be provided for the consolidated payment of all the entries.

Download and install the SPORTSYSTEMS Entry Manager V2.0 from www.sportsys.co.uk. If you have previously installed this program ensure you check and **download the latest version** by using the 'Check for Updates' option and also download your **clubs Valid Swimmer File** again to ensure you have up to date member data.

Your entries should be made using the member data from the ASA, either by clicking the name in the Valid Swimmers File list or by entering a GB number and clicking the 'Get Member' button. This will avoid having to type all of the personal member data and ensure your entry matches the data on record with the ASA.

Full instructions can be found within the program under Help and a quick start video is also available on the SPORTSYSTEM website previously identified.

Download and save the Entry File Set (BC11_EntryData.sef) from the BAGCAT Championship page at www.eastswimming.org.uk

The only way to enter individual times is by using the 'Get Times' button ensuring the entered time satisfies the entry conditions. It is not possible to manually enter individual times. Times retrieved from GB rankings that do not satisfy the consideration time will be flagged with a yellow 'N' swim button. Times which satisfy the entry standard are shown with a green 'Y' swim button. Click any unrequired green 'Y' swim buttons and then click 'Save'.

Where an athlete is entering a 100m event through qualifying in the corresponding 200m event, click the swim button until it changes to green 'Y' and the entry time shows 'YES' The Entry Administrator will convert these 'YES' entry times to the 200m time.

Times retrieved from GB rankings will be from 1 October 2010 and the best short course time will be populated. This includes conversion of long course times to short course.

Use the report feature to calculate the total cost of your entries. Your payment should NOT be different than this calculated amount.

After completing your entries, generate the export file and attach to an e-mail to the Entry Administrator (bob.outtram@btinternet.com) Your e-mail will be acknowledged.

Closing date for entries is midday Tuesday 17 May 2011.

Send your payments to: (cheques made payable to ASA East Region) 63 Catchacre, DUNSTABLE, LU6 1QD or follow this electronic transfer procedure:

Advise the Entry Administrator AND the Finance Officer (finance@eastswimming.org) that a transfer has been made, the amount paid and any breakdown of the payment e.g. coach passes and entry fees. You will receive a confirmation of receipt once the funds have been received.

The Regions bank account details are;

Co-operative Bank
Sort Code: 08-92-99
Account Number: 65226777
Account Name: ASA East Region



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QUALIFYING TIMES

Pool Length - 25m

BOYS					EVENT	GIRLS			
10 Years	11 Years	12 Years	13 Years	14 Years		10 Years	11 Years	12 Years	13 Years
Need 200 QT	Need 200 QT	1:05.61	1:02.32	1:00.40	100m Freestyle	Need 200 QT	1:11.06	1:07.84	1:05.94
2:44.15	2:31.49	2:22.55	2:15.65	2:10.96	200m Freestyle	2:44.92	2:32.99	2:25.83	2:21.82
5:45.42	5:17.31	4:59.79	4:45.86	4:36.93	400m Freestyle	5:50.11	5:19.35	5:05.27	4:57.41
					800m Freestyle	10:50.52 [†]	10:50.52	10:16.18	9:58.48
-	19:34.48 [†]	19:34.48	18:37.56	18:02.26	1500m Freestyle				
Need 200 QT	Need 200 QT	1:14.71	1:10.51	1:07.91	100m Backstroke	Need 200 QT	1:19.85	1:15.84	1:13.67
3:04.10	2:49.89	2:39.53	2:31.48	2:26.03	200m Backstroke	3:05.63	2:50.06	2:41.80	2:37.47
Need 200 QT	Need 200 QT	1:24.68	1:19.53	1:17.01	100m Breaststroke	Need 200 QT	1:30.86	1:26.37	1:23.64
3:33.75	3:16.77	3:03.59	2:53.50	2:47.16	200m Breaststroke	3:33.75	3:14.75	3:04.62	2:59.61
Need 200 QT	Need 200 QT	1:14.58	1:09.85	1:07.08	100m Butterfly	Need 200 QT	1:20.64	1:15.94	1:13.61
3:15.11	2:57.88	2:45.46	2:35.64	2:28.46	200m Butterfly	3:17.51	2:58.01	2:47.69	2:41.07
3:08.68	2:52.80	2:42.82	2:34.22	2:29.19	200m I.M.	3:08.46	2:53.07	2:44.99	2:40.74
6:45.81	6:10.14	5:44.71	5:26.73	5:16.43	400m I.M.	6:44.93	6:07.60	5:48.09	5:38.09

[†] These qualifying standards are only available to 11 year old boys or 10 year old girls who will be 12 and 11 respectively by July 25 for entry into the National BAGCAT Championships. These swims will NOT attract any BAGCAT Championship Points

Entry times for all events **must** be eligible for inclusion in the ASA Rankings database

Entries may be rejected, at the discretion of the Promoter, There will be a maximum of 80 athletes accepted for the 800m freestyle and 48 for the 1500m freestyle

REMEMBER - AGE MEANS AGE AT 12 JUNE 2011. ALL TIMES TO BE ACHIEVED BETWEEN 1st OCTOBER 2010 and the Closing Date



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British Age Group Categories (BAGCATS)

	Stroke Group	Boys	Girls
10 Years	100s	Best 100m*	Best 100m*
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400m Freestyle	Best 200/400m Freestyle
	I.M.	Best 200/400m I.M.	Best 200/400m I.M.
11 Years	100s	Best 100m*	Best 100m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400m Freestyle	Best 200/400/800m Freestyle
	I.M.	Best 200/400m I.M.	Best 200/400m I.M.
12 Years	100s	Best 100m	Best 100m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400/1500m Freestyle	Best 200/400/800m Freestyle
	I.M.	Best 200/400m I.M.	Best 200/400m I.M.
13 Years	100s	Best 100m	Best 100m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400/1500m Freestyle	Best 200/400/800m Freestyle
	I.M.	Best 200/400m I.M.	Best 200/400m I.M.
14 Years	100s	Best 100m	Girls 14 & over swim in the Youth Championships
	Form [†]	Best 200m	
	Distance	Best 200/400/1500m Freestyle	
	I.M.	Best 200/400m I.M.	

[†]Form stroke is defined as being Backstroke, Breaststroke or Butterfly

* These events do not have a qualifying time. Entry will only be open to those athletes with a qualifying time on the corresponding 200m event.

Competitors may enter as many or as few of the available Category events they have qualified for as they like. Awards will be determined by the use FINA Points. FINA Points will be calculated using the official results for each event swum and the highest scoring event, within each stroke group, will contribute towards the overall BAGCAT score to determine the category winner. To maximise your overall scoring ability, you should enter at least one event in each group. i.e. 100, Form, Distance and I.M.



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Schedule of Events

Session One

Saturday 4 June Start 09:30

- 101 Boys 100m Backstroke Heats
- 102 Girls 200m I.M. Heats
- 103 Boys 400m I.M. (TF)
- 104 Girls 10 200m I.M. FINAL
- 105 Girls 11 200m I.M. FINAL
- 106 Girls 12 200m I.M. FINAL
- 107 Girls 13 200m I.M. FINAL
- 108 Boys 10 100m Backstroke FINAL
- 109 Boys 11 100m Backstroke FINAL
- 110 Boys 12 100m Backstroke FINAL
- 111 Boys 13 100m Backstroke FINAL
- 112 Boys 14 100m Backstroke FINAL
- Warm-Up
- 113 Girls 800m Freestyle (TF)

Session Two

Saturday 4 June Start tba

- 201 Boys 11-14 400m Free Team (TF)
- 202 Girls 100m Freestyle Heats
- 203 Boys 200m Backstroke Heats
- 204 Girls 200m Butterfly Heats
- 205 Girls 10 100m Freestyle FINAL
- 206 Girls 11 100m Freestyle FINAL
- 207 Girls 12 100m Freestyle FINAL
- 208 Girls 13 100m Freestyle FINAL
- 209 Boys 10 200m Backstroke FINAL
- 210 Boys 11 200m Backstroke FINAL
- 211 Boys 12 200m Backstroke FINAL
- 212 Boys 13 200m Backstroke FINAL
- 213 Boys 14 200m Backstroke FINAL
- 214 Girls 10 200m Butterfly FINAL
- 215 Girls 11 200m Butterfly FINAL
- 216 Girls 12 200m Butterfly FINAL
- 217 Girls 13 200m Butterfly FINAL

Session Three

Sunday 5 June Start 09:30

- 301 Girls 100m Butterfly Heats
- 302 Boys 200m Breaststroke Heats
- 303 Girls 400m Freestyle (TF)
- 304 Girls 10 100m Butterfly FINAL
- 305 Girls 11 100m Butterfly FINAL
- 306 Girls 12 100m Butterfly FINAL
- 307 Girls 13 100m Butterfly FINAL
- 308 Boys 10 200m Breaststroke FINAL
- 309 Boys 11 200m Breaststroke FINAL
- 310 Boys 12 200m Breaststroke FINAL
- 311 Boys 13 200m Breaststroke FINAL
- 312 Boys 14 200m Breaststroke FINAL

Session Four

Sunday 5 June Start tba

- 401 Boys 11-14 400m Medley Team (TF)
- 402 Girls 11-13 400m Medley Team (TF)
- 403 Boys 100m Freestyle Heats
- 404 Girls 200m Freestyle Heats
- 405 Boys 10 100m Freestyle FINAL
- 406 Boys 11 100m Freestyle FINAL
- 407 Boys 12 100m Freestyle FINAL
- 408 Boys 13 100m Freestyle FINAL
- 409 Boys 14 100m Freestyle FINAL
- 410 Girls 10 200m Freestyle FINAL
- 411 Girls 11 200m Freestyle FINAL
- 412 Girls 12 200m Freestyle FINAL
- 413 Girls 13 200m Freestyle FINAL

Session Five

Saturday 11 June Start 09:30

- 501 Girls 100m Backstroke Heats
- 502 Boys 200m I.M. Heats
- 503 Girls 400m I.M. (TF)
- 504 Boys 10 200m I.M. FINAL
- 505 Boys 11 200m I.M. FINAL
- 506 Boys 12 200m I.M. FINAL
- 507 Boys 13 200m I.M. FINAL
- 508 Boys 14 200m I.M. FINAL
- 509 Girls 10 100m Backstroke FINAL
- 510 Girls 11 100m Backstroke FINAL
- 511 Girls 12 100m Backstroke FINAL
- 512 Girls 13 100m Backstroke FINAL
- Warm-Up
- 513 Boys 1500m Freestyle (TF)

Session Six

Saturday 11 June Start tba

- 601 Girls 11-13 800m Free Team (TF)
- 602 Boys 200m Freestyle Heats
- 603 Girls 200m Breaststroke Heats
- 604 Boys 100m Breaststroke Heats
- 605 Boys 10 200m Freestyle FINAL
- 606 Boys 11 200m Freestyle FINAL
- 607 Boys 12 200m Freestyle FINAL
- 608 Boys 13 200m Freestyle FINAL
- 609 Boys 14 200m Freestyle FINAL
- 610 Girls 10 200m Breaststroke FINAL
- 611 Girls 11 200m Breaststroke FINAL
- 612 Girls 12 200m Breaststroke FINAL
- 613 Girls 13 200m Breaststroke FINAL
- 614 Boys 10 100m Breaststroke FINAL
- 615 Boys 11 100m Breaststroke FINAL
- 616 Boys 12 100m Breaststroke FINAL
- 617 Boys 13 100m Breaststroke FINAL
- 618 Boys 14 100m Breaststroke FINAL

Session Seven

Sunday 12 June Start 09:30

- 701 Boys 100m Butterfly Heats
- 702 Girls 200m Backstroke Heats
- 703 Boys 400m Freestyle (TF)
- 704 Boys 10 100m Butterfly FINAL
- 705 Boys 11 100m Butterfly FINAL
- 706 Boys 12 100m Butterfly FINAL
- 707 Boys 13 100m Butterfly FINAL
- 708 Boys 14 100m Butterfly FINAL
- 709 Girls 10 200m Backstroke FINAL
- 710 Girls 11 200m Backstroke FINAL
- 711 Girls 12 200m Backstroke FINAL
- 712 Girls 13 200m Backstroke FINAL

Session Eight

Sunday 12 June Start 14:00 tba

- 801 Boys 11-14 800m Free Team (TF)
- 802 Girls 11-13 400m Free Team (TF)
- 803 Boys 200m Butterfly Heats
- 804 Girls 100m Breaststroke Heats
- 805 Boys 10 200m Butterfly FINAL
- 806 Boys 11 200m Butterfly FINAL
- 807 Boys 12 200m Butterfly FINAL
- 808 Boys 13 200m Butterfly FINAL
- 809 Boys 14 200m Butterfly FINAL
- 810 Girls 10 100m Breaststroke FINAL
- 811 Girls 11 100m Breaststroke FINAL
- 812 Girls 12 100m Breaststroke FINAL
- 813 Girls 13 100m Breaststroke FINAL

All events above 200m will be swum as Timed Finals (TF)
Warm Up will commence one hour before the start time



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COACHES' POOL DECK PASS APPLICATION FORM

Name of Club: _____

Contact e-mail address: _____

- Passes will be issued in the name of your club and should be collected from the Town Close room on the day. Passes will not be mailed out
- Clubs with twenty or less swimmers may apply for a maximum of two passes. Where there are more than twenty swimmers, a club may apply for additional passes to maintain a 1:10 ratio
- Passes are £6 each for a whole weekend or part thereof
- Passes may only be used by the coaches/helpers named on this form; all named persons must be registered on the ASA Coaches & Helpers Database (Child Protection)
- All swimmers aged 16 years and under must be under the supervision of a pass holder during the warm up, competition and in the vicinity of the pool
- Passes may only be used when there are swimmers from your club on the deck
- Passes must be worn visibly at all times
- Coach passes will entitle the holder to tea and coffee provided in the Town Close room
- Food between Sessions can be provided at a cost of £8 per day only if booked in advance on this form
- Annual pass holders are reminded that these do not include food

PASSES CANNOT BE PURCHASED ON THE DAY OF COMPETITION

	Passes 4 th & 5 th	Saturday 4 th Food	Sunday 5 th Food	Passes 11 th & 12 th	Saturday 11 th Food	Sunday 12 th Food	
Number Required							
Cost	£6	£8	£8	£6	£8	£8	TOTAL
Sub Total							

Please print in the spaces below the full names (given name & family name) of ALL the coaches and helpers who are likely to use your club's pool deck passe(s). All those you name MUST be registered on the ASA Coaches & Helpers Database (Child Protection)

Return the completed form, together with a **CLUB CHEQUE** by **12 April**, to:
(Cheques made payable to ASA East Region)

**ASA East Region, 5 The Court, Lanwades Business Park
Kentford, NEWMARKET, CB8 7PN**



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RELAY TEAM DECLARATION FORM

These Team events are qualifying rounds for the National Championships. The Age Qualifying date will therefore be the same as the National Championships – 25 July 2011

Relay Team Declaration forms must be handed to the Recorders at least 45 minutes prior to the start of the session in which the team event takes place.

CLUB: _____.

Tick as Appropriate

Boys 11 to 14 years	<input type="checkbox"/>
Girls 11 to 13 years	<input type="checkbox"/>
4 x 100m Freestyle Team	<input type="checkbox"/>
4 x 200m Freestyle Team	<input type="checkbox"/>
4 x 100m Medley Team	<input type="checkbox"/>

Names of swimmers in order of competing

Club Official's signature

Print Name