



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

(Under ASA Laws & ASA Technical Rules)

**University of East Anglia Pool – Norwich
Saturday 30 April & Sunday 1 May 2011**

(Licensed Meet No. ERX115)



DISABILITY SWIMMING CHAMPIONSHIPS CONDITIONS

These supplementary conditions are to be adhered to together with the general conditions for the Regional Youth Championships.

1. The Events:

50m, 100m and 200m Freestyle S1 – S14
400 Freestyle S6 - S14
50m Backstroke S1 - S14
100m Backstroke S6 - S14
50m Breaststroke SB1 - SB9, SB11 - SB14
100m Breaststroke SB4 - SB9, SB11 - SB14
50m Butterfly S1 - S14
100m Butterfly S8 - S14
150m Individual Medley SM1 - SM4
200m & †400 Individual Medley SM5 - SM14

† Where no Standard Entry Time is shown, the swimmer must have achieved the qualification standard for the 200m Individual Medley

2. Eligibility

Competitors shall be in possession of a Functional Ability Card (FAC) at the time of entry

3. Accreditation

Coaches and Support Staff must have an accreditation. Support Staff will only be permitted, in accordance with IPC Swimming regulations. A competitor may have both a Coach and Support Staff in attendance. All Coaches will be required to purchase a coach pass. NO PASS, NO ACCESS TO THE POOL DECK.

4. Medals

Medals shall be awarded on a multi-class timed final basis to 1st, 2nd and 3rd placed competitors based on British Disability Points regardless of age. If less than four Para Swimmers participate in any one event then a minus one ruling shall apply. If only one Para Swimmer participates in any event, then the Para Swimmer may, at the discretion of the event organiser, be awarded a medal providing he/she improves upon their entry time.



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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 (YH11_EntryData.sef) from the Youth 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 consideration time are shown with a green 'Y' swim button. Click any unrequired green 'Y' swim buttons and then click 'Save'.

Clubs entering Para Swimmers should identify the correct S, SB & SM sport class in the drop-down boxes and leave the Disability Exception Code box blank. For an event to be entered, the swim button must be green 'Y'. Any events flagged yellow 'N' from times retrieved from GB rankings will require the swim button clicked until it changes to green 'Y' and the entry time shows 'YES'. The Entry Administrator will convert these 'YES' entry times to the time from GB Rankings. Note: if, after saving a swimmers entry, the entry is reopened for editing, you must ensure any events entered have the swim button set to 'Y' again before saving.

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 12 April 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 STANDARDS

Pool Length - 25m

MEN		EVENT	WOMEN	
15/16 Years	17/OV		14/15 Years	16/OV
26.60	26.20	50m Freestyle	29.80	29.70
57.42	56.75	100m Freestyle	1:03.63	1:03.29
2:05.15	2:03.61	200m Freestyle	2:16.65	2:16.21
4:25.01	4:22.41	400m Freestyle	4:46.56	4:45.95
		800m Freestyle	9:44.70	9:44.70
17:34.06	17:23.36	1500m Freestyle		
30.90	30.40	50m Backstroke	33.80	33.10
1:04.37	1:03.94	100m Backstroke	1:10.79	1:10.52
2:19.34	2:18.19	200m Backstroke	2:31.42	2:31.42
34.90	33.80	50m Breaststroke	38.40	37.50
1:12.76	1:11.77	100m Breaststroke	1:20.51	1:20.50
2:38.54	2:37.27	200m Breaststroke	2:53.46	2:53.46
30.10	29.10	50m Butterfly	33.30	32.50
1:03.39	1:02.43	100m Butterfly	1:10.60	1:10.21
2:20.82	2:18.79	200m Butterfly	2:34.13	2:34.13
2:21.58	2:20.44	200m I.M.	2:35.30	2:34.48
5:01.28	5:01.10	400m I.M.	5:26.49	5:26.08

Entry times for all individual events shall have been achieved in meets Licensed by the ASA
Entries may be rejected, at the discretion of the Promoter,

REMEMBER - AGE MEANS AGE AT 12 JUNE 2011

ALL TIMES TO BE ACHIEVED BETWEEN 1 OCTOBER 2010 and the Closing Date



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PARA SWIMMER QUALIFYING STANDARDS

MALE	EVENT & CATEGORY	FEMALE
50m Freestyle		
02:33.57	S1	02:12.53
01:44.24	S2	02:13.98
01:13.20	S3	01:37.09
01:02.29	S4	01:24.50
00:53.70	S5	00:59.04
00:49.12	S6	00:59.54
00:46.10	S7	00:54.27
00:43.49	S8	00:51.42
00:40.96	S9	00:47.54
00:39.44	S10	00:46.26
00:42.83	S11	00:51.50
00:39.92	S12	00:45.34
00:39.28	S13	00:44.61
00:42.50	S14	00:48.19
100m Freestyle		
05:29.68	S1	07:34.19
03:49.81	S2	04:41.23
02:41.73	S3	03:33.78
02:17.15	S4	03:04.53
01:59.26	S5	02:08.16
01:49.81	S6	02:06.98
01:41.92	S7	01:56.69
01:34.42	S8	01:49.70
01:30.88	S9	01:42.22
01:26.75	S10	01:39.06
01:36.78	S11	01:53.73
01:26.91	S12	01:39.17
01:26.58	S13	01:36.43
01:34.67	S14	01:47.86
200m Freestyle		
12:22.16	S1	13:43.22
08:09.46	S2	10:40.14
05:32.51	S3	07:41.36
04:55.33	S4	06:20.21
04:21.87	S5	04:35.90
03:07.11	S6	03:54.18
03:02.62	S7	03:22.70
02:56.01	S8	03:22.37
02:48.41	S9	02:50.95
02:32.32	S10	03:05.60

MALE	EVENT & CATEGORY	FEMALE
200m Freestyle (continued)		
02:42.08	S11	03:27.65
02:35.38	S12	03:01.15
02:42.14	S13	02:55.26
02:39.49	S14	02:55.50
400m Freestyle		
08:32.05	S6	09:17.94
07:59.15	S7	08:43.44
07:17.39	S8	07:55.54
06:56.42	S9	07:35.36
06:43.42	S10	07:27.10
07:33.26	S11	09:19.09
06:55.14	S12	07:58.70
07:01.74	S13	07:24.00
07:08.14	S14	08:13.26
50m Butterfly		
02:56.82	S2	
01:57.90	S3	02:16.58
01:16.72	S4	01:58.00
00:59.31	S5	01:19.33
00:51.79	S6	01:05.26
00:51.95	S7	01:01.58
00:39.04	S8	00:47.17
00:38.14	S9	00:43.79
00:35.10	S10	00:45.32
00:40.74	S11	00:47.26
00:36.22	S12	00:41.35
00:35.57	S13	00:40.82
00:35.33	S14	00:40.39
100m Butterfly		
01:38.45	S8	02:00.51
01:36.18	S9	01:53.57
01:35.02	S10	01:52.85
01:44.59	S11	02:38.56
01:36.80	S12	01:50.18
01:36.96	S13	01:47.09
01:42.66	S14	02:05.49



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MALE	EVENT & CATEGORY	FEMALE
50m Backstroke		
02:45.17	S1	02:11.62
01:47.70	S2	02:13.90
01:27.22	S3	01:42.98
01:17.41	S4	01:38.14
01:02.05	S5	01:11.55
00:47.59	S6	01:00.53
00:46.39	S7	00:52.10
00:43.83	S8	00:50.75
00:40.78	S9	00:44.15
00:38.58	S10	00:47.35
00:42.03	S11	00:50.06
00:39.35	S12	00:43.74
00:38.05	S13	00:44.87
00:39.60	S14	00:42.36
100m Backstroke		
02:03.28	S6	02:24.85
01:59.97	S7	02:18.08
01:50.75	S8	02:07.94
01:41.74	S9	01:54.05
01:40.61	S10	01:58.03
01:51.06	S11	02:20.16
01:39.33	S12	01:58.06
01:41.44	S13	01:53.58
01:51.41	S14	02:08.02
50m Breaststroke		
03:17.89	SB1	03:47.58
01:37.84	SB2	03:34.42
01:21.66	SB3	01:46.32
01:00.75	SB4	01:10.50
00:54.91	SB5	01:02.60
00:53.40	SB6	01:01.08
00:50.53	SB7	00:59.04
00:47.09	SB8	00:50.97
00:43.58	SB9	00:50.19
00:45.13	SB11	00:59.33
00:42.89	SB12	00:51.11
00:41.35	SB13	00:47.95
00:39.40	SB14	00:47.89

MALE	EVENT & CATEGORY	FEMALE
100m Breaststroke		
02:42.62	SB4	03:09.02
02:31.73	SB5	02:59.74
02:23.94	SB6	02:44.61
02:14.42	SB7	02:32.82
01:57.50	SB8	02:16.30
01:52.26	SB9	02:15.86
01:59.52	SB11	02:40.00
01:51.73	SB12	02:07.25
01:50.24	SB13	02:13.94
01:58.43	SB14	02:15.89
150m IM		
10:42.78	SM2	09:31.46
05:07.22	SM3	06:37.42
04:17.46	SM4	05:34.21
200m IM		
04:50.53	SM5	06:25.86
04:29.52	SM6	05:12.32
04:32.16	SM7	05:00.74
03:59.54	SM8	04:37.04
03:44.34	SM9	04:16.50
03:35.31	SM10	04:16.66
04:02.82	SM11	05:08.10
03:34.48	SM12	04:07.26
03:39.41	SM13	03:58.86
03:54.53	SM14	04:31.66
400m IM		
Need 200IM	SM5	Need 200IM
Need 200IM	SM6	Need 200IM
Need 200IM	SM7	Need 200IM
07:31.82	SM8	08:47.98
06:41.39	SM9	07:40.27
06:34.52	SM10	07:22.54
06:35.91	SM11	08:15.34
06:39.11	SM12	07:08.84
06:37.00	SM13	07:26.85
06:37.17	SM14	07:15.41



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SCHEDULE OF EVENTS

SESSION ONE

Saturday 30 April - Start 09:30

101	Women	100m	Butterfly
102	Men	200m	Ind. Medley
103	Women	50m	Freestyle
104	Men	100m	Backstroke
105	Women	200m	Breaststroke
106	Men	1500m	Freestyle (TF)
107	Women	100m	Butterfly Final
108	Men	200m	Ind. Medley Final
109	Women	50m	Freestyle Final
110	Men	100m	Backstroke Final
111	Women	200m	Breaststroke Final

SESSION FOUR

Sunday 1 May - Start 09:30

401	Men	100m	Butterfly
402	Women	200m	Ind. Medley
403	Men	50m	Freestyle
404	Women	100m	Backstroke
405	Men	200m	Breaststroke
406	Women	800m	Freestyle (TF)
407	Men	100m	Butterfly Final
408	Women	200m	Ind. Medley Final
409	Men	50m	Freestyle Final
410	Women	100m	Backstroke Final
411	Men	200m	Breaststroke Final

SESSION TWO

Saturday 30 April - Start TBA

201	Men	4x100m	Medley Team (TF)
202	Women	4x100m	Freestyle Team (TF)
203	Men	50m	Backstroke
204	Women	200m	Backstroke
205	Men	100m	Breaststroke
206	Women	50m	Butterfly
207	Men	400m	Freestyle (TF)
208	Men	50m	Backstroke Final
209	Women	200m	Backstroke Final
210	Men	100m	Breaststroke Final
211	Women	50m	Butterfly Final

SESSION FIVE

Sunday 1 May - Start TBA

501	Women	4x100m	Medley Team (TF)
502	Men	4x100m	Freestyle Team (TF)
503	Women	50m	Backstroke
504	Men	200m	Backstroke
505	Women	100m	Breaststroke
506	Men	50m	Butterfly
507	Women	400m	Freestyle (TF)
508	Women	50m	Backstroke Final
509	Men	200m	Backstroke Final
510	Women	100m	Breaststroke Final
511	Men	50m	Butterfly Final

SESSION THREE

Saturday 30 April - Start TBA

301	Men	4x200m	Freestyle Team (TF)
302	Women	50m	Breaststroke
303	Men	200m	Butterfly
304	Women	200m	Freestyle
305	Men	100m	Freestyle
306	Women	400m	Ind. Medley (TF)
307	Women	50m	Breaststroke Final
308	Men	200m	Butterfly Final
309	Women	200m	Freestyle Final
310	Men	100m	Freestyle Final

SESSION SIX

Sunday 1 May - Start TBA

601	Women	4x200m	Freestyle Team (TF)
602	Men	50m	Breaststroke
603	Women	200m	Butterfly
604	Men	200m	Freestyle
605	Women	100m	Freestyle
606	Men	400m	Ind. Medley (TF)
607	Men	50m	Breaststroke Final
608	Women	200m	Butterfly Final
609	Men	200m	Freestyle Final
610	Women	100m	Freestyle Final

TF = Timed Final

WarmUp One Hour Before 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 the whole weekend or part thereof
- An annual pass is available for 2011 at a cost of £20
- 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

	Annual Passes	Youth Passes	Saturday Food	Sunday Food	
Number					
Cost	£20	£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
Kennett, 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 – 31 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

Male 15 to 18 years	<input type="checkbox"/>
Female 14 to 18 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