

# DERBYSHIRE AMATEUR SWIMMING ASSOCIATION

(Affiliated to the ASA East Midland Region)

## County 100m, 200m, 400m Open Competition and 50m Sprint Competition 2011

(Under ASA Laws & ASA Technical Rules of Swimming) Level 1 Licence 1EM1610 Level 3 Licence 3EM1609

### PONDS FORGE POOL, SHEFFIELD on 20th November 2011

#### Warm Up – 8.30 am - Start Time – 9.30 am

101	Mens Open	100m Freestyle	119	Ladies Open	200m Freestyle
102	Ladies Open	100m Freestyle	120	Mens Open	200m Freestyle
103	Boys 9,10,11,12 yrs.	50m Breaststroke	121	Girls 9,10,11,12 yrs.	50m Freestyle
104	Girls 9,10,11,12 yrs.	50m Backstroke	122	Boys 9,10,11,12 yrs.	50m Butterfly
105	Mens Open	200m IM	123	Ladies Open	200m IM
106	Girls 13,14,15,16,17/19,20 & over	50m Butterfly	124	Boys 13,14,15,16,17/19,20 & over	50m Breaststroke
107	Boys 13,14,15,16, 17/19,20 & over	50m Butterfly	125	Girls 13,14,15,16,17/19,20 & over	50m Breaststroke
108	Ladies Open	200m Backstroke	126	Mens Open	100m Backstroke
109	Mens Open	200m Backstroke	127	Ladies Open	100m Backstroke
110	Girls 9,10,11,12 yrs.	50m Breaststroke	128	Boys 9 10,11,12 yrs.	50m Backstroke
111	Boys 9,10,11,12 yrs.	50m Freestyle	129	Girls 9,10,11,12 yrs.	50m Butterfly
112	Ladies Open	100m Breaststroke	130	Mens Open	200m Breaststroke
113	Mens Open	100m Breaststroke	131	Ladies Open	200m Breaststroke
114	Girls 13,14,15,16, 17/19,20 & over	50m Freestyle	132	Boys 13,14,15,16,17/19,20 & over	50m Freestyle
115	Boys 13,14,15,16, 17/19,20 & over	50m Backstroke	133	Girls 13,14,15,16,17/19,20 & over	50m Backstroke
116	Ladies Open	200m Butterfly	134	Mens Open	100m Butterfly
117	Mens Open	200m Butterfly	135	Ladies Open	100m Butterfly
118	Ladies Open	400m Freestyle	136	Mens Open	400m Freestyle

(50m events Level 3 Licence and 100m, 200m, and 400m events Level 1 Licence)

### **POOL LENGTH 50m – Closing date for entries 21<sup>st</sup> October 2011**

**All Events are Heat Declared Winners.**

**Awards for first 6 in each single year age group and 17/19 and 20&overs except in the Open events where the awards are given to the overall fastest 6 swimmers - Ages are as at 20<sup>th</sup> November 2011.**

#### **FEES**

All events £ 4.00 per event. Coach passes £7.00 in advance - £10.00 on the day. Spectators £5.00.

#### **ENTRIES**

All entries should be submitted through the swimmers club. The method of submission of entries is the "Sportsystems" entry program, which is available for all clubs. backed up with the correct 2011 entry form. Completed forms should be sent to Mrs. J. Mellor, 20, Atlow Road, Chaddesden, Derby DE21 6JG. with the correct entry fee. Please note there will be a surcharge for manual entries of £10.00 per club. **The promoter reserves the right to limit entries in any event where necessary.**

Details of accepted entries will be posted on the DASA website and any refunds will be returned to Clubs. Additional entry forms can be obtained from Mrs. J. Mellor (01332 677709) or photocopies will be acceptable.

#### **ELIGIBILITY**

All entrants must be eligible competitors as defined by ASA Law and must be registered with the ASA as members of the club they represent. That club must be directly affiliated to Derbyshire ASA and entrants may only compete in the name of that club. A club representative must sign the declaration confirming the accuracy of the entries

#### **WARM-UPS**

Warm-up details will be sent to the competing clubs together with details of the swimmer's events.

The diving pit will be available for warm up and swim down while events are in progress but not during the warm up period.

#### **COMPETITOR REPORTING**

**The will be no secondary entry and competitors cards will not be issued for any events.**

**This years programme will NOT be pre seeded and any swimmer wanting to withdraw from an event, must do so by contacting Mrs. J. Mellor 01332 677709, no later than 8.30pm on Saturday 19th November, Withdrawals after this time must be done by phoning 0792977809 no later than 8.30am on the 20th November 2011. Failing to notify the promoter of a withdrawal will result in a £5 charge for each event where a swimmer fails to show.**

**A draft program will be published on the DASA web site on the 4<sup>th</sup> November which needs to be checked and any errors reported to Mrs. J. Mellor 01332 677709 by the 11<sup>th</sup> November.**

**Competitors should report to the stewards two events before they are due to swim.**

The competition will consist of **TWO** sessions, with a 45 minute break after event 118. Presentations will be made during the Gala.

This competition is licensed by the ASA for entry into Regional and National Championships (Level 1 Licence 1EM1610 Level 3 Licence 3EM1609). 25 metre qualifying times for the 100m events, 200m events and 400m events are shown below. These times must have been achieved in 2011.

Event	Freestyle	Backstroke	Breaststroke	Butterfly	IM
Men's Open 100m	1,00.50	1,07.50	1,15.80	1,05.00	N/A
Ladies' Open 100m	1,07.30	1,14.60	1,23.60	1,12.10	N/A
Men's Open 200m	2,13.70	2,26.70	2,43.90	2,24.70	2,29.20
Ladies' Open 200m	2,25.80	2,39.90	2,59.80	2,38.30	2,43.70
Men's Open 400m	4.43.4				
Ladies' Open 400m	5.06.3				