



Bedfordshire Amateur Swimming Association
(Affiliated to the ASA East Region)
**The British Gas Bedfordshire County Age Group
and County Championships 2012 (25m)**
(Under ASA Laws & ASA Technical Rules)
Licensed Meet No. CC2054/5/6



The nine sessions comprising the 2012 Championships will be held at The Saxon Pool & Leisure Centre - Biggleswade. The County Junior (**under 16 years**) and Senior Championship titles will be decided from the fastest official times recorded in the heats. Junior athletes are eligible for senior titles. All events will be deck seeded on entry time and **Over the Top Starts** will be used except in Backstroke events.

ELIGIBILITY

Entries will only be considered where achievement of the Qualifying times are attained in the six months prior to the start of the competition. This condition will NOT apply to Team events or to those athletes in possession of an ASA Certificate of Swimming Disability or a Functional Ability Card, however, entry times are required.

Swimmers must be at least **9 years old**, as at **11 March, 2012**, registered as a Category Two member of the ASA and be a member of the club in whose name he/she is entered prior to the closing date of the competition.

SESSION DATES & TIMES

Dates and daily start times are as indicated on the schedule of events, where tba is shown, the times will be notified when the accepted entry listings are published.

WARM UP PROCEDURE

A controlled warm up system will be operated. The pool will be available for 60 minutes before the start of each session. There are no swim-down facilities. More details will be available in the programme.

WITHDRAWALS

There is **NO** secondary entry (card posting) in this competition, however, all events will be deck seeded. Notice of withdrawal, shall be reported to the Recorders, located on the pool deck, at least **45 minutes** before the **start of the Session**. Withdrawals after the 45 minute deadline may only be made on medical grounds and must be notified by the club coach to the Recorders. Failure to comply with these conditions shall result in a fine of £5, which must be paid before the athlete competes again in the Championships. All members of a relay team and their order of competing must be nominated at least **45 minutes** before the **start of the Session**.

SAFETY

Competitors and coaches should note that when diving into shallow water all competitors must have reached the standard of the ASA Competitive Start Award. All swimmers must be under the supervision of the Club Coach or a designated Club official at all times during the warm up, competition and in the vicinity of the pool.

PHOTOGRAPHY

Official photographs taken at this event will comply with ASA Child Protection policies. If you do not wish your child to be photographed please inform the promoter.

AWARDS

The results of all events shall be determined by times from the Heats. (Timed Finals). Gold, Silver and Bronze medals will be awarded to 1st, 2nd, and 3rd places and may be collected from the medal table as soon as the official results are published. Junior and Senior Champions will be presented with a Trophy and a unique Bedfordshire ASA Gold medal, Silver and Bronze medals will be presented to 2nd and 3rd. places.

BAGCAT winners will be presented with a Trophy and a unique Bedfordshire ASA Gold medal, Silver and Bronze medals will be presented to 2nd and 3rd. places. The Lancer Boss Trophy will be presented to the youngest eligible swimmer achieving a 2012 ASA East Region entry standard in these Championships.

The fastest eight BAGCAT swimmers from each of the 200m Individual Medley events and the fastest eight non-BAGCAT swimmers from each of the 50m freestyle events, will be invited to participate in a SKINS event. The winner of these SKINS events will receive a £30 cash prize, in addition, second place will receive £20 and third place £10.

ENTRIES

All entries shall be consolidated and made electronically through a single club contact using the SPORTSYSTEMS Entry Manager V2.0. It should be noted electronic entrants are still bound by the conditions of entry even though a form is not signed.

FEES

Individual Events £3-00 per event

Team Events

£6-00 per event

Closing date for all entries is Midnight on 31 January, 2012



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Entry Procedure

Download and install the SPORTSYSTEMS Entry Manager V2.0 from www.sportsys.co.uk. There are several webcasts (videos) here which should be viewed to assist you in getting started.

Once installed, this application may be retained on your computer for future competitions that also use the SPORTSYSTEMS Entry Manager V2.0 system... you will only need to download the Entry File Set for the specific competition being entered.

Download and save the Entry File Set for the 2012 County Championships from the Championship page on the County website. www.bedscountyasa.com

Full instructions can also be found within the program under Help.

You will find using this system makes entering your entries very easy. One click to enter a swimmers personal details and any entry time entered is dynamically checked against the entry standards of the Championships. If a time is entered, automatically from rankings or manually, that does not satisfy the entry standard, the swim button adjacent to the time will be yellow. These times will not be accepted for the Championship. You should ensure only green times are submitted. This feature will NOT apply to Disability entries.

Any times retrieved automatically from the ASA rankings will be from 18 August 2011 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. This sum should be paid to Bedfordshire ASA either by cheque or bank transfer. If you require the Associations bank details please contact the Entry Manager.

After completing your entries e-mail the single export file to the Entry Manager. (bob.outtram@btinternet.com) Your e-mail will be acknowledged.

Closing date for entries is midnight 31 January 2012.

There is no requirement to send any paper entry forms when using the electronic entry...only payment to Mr R Outtram, 63 Catchacre, DUNSTABLE, LU6 1QD.

Following the closing date, an accepted entry listing and draft entry listing by event will be posted on the County website for review.



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British Age Group Categories (BAGCATS)

	Stroke Group	Boys	Girls
9 Years	Sprint	Best 50m	Best 50m
	Form [†]	Best 200m	Best 200m
	Distance	200m Freestyle	200m Freestyle
	I.M.	Best 100/200m I.M.	Best 100/200m I.M.
10 Years	Sprint	Best 50m	Best 50m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400m Freestyle	Best 200/400m Freestyle
	I.M.	Best 100/200/400m I.M.	Best 100/200/400m I.M.
11 Years	Sprint	Best 50m	Best 50m
	100s	Not available	Best 100m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400m Freestyle	Best 200/400/800m Freestyle
	I.M.	Best 100/200/400m I.M.	Best 100/200/400m I.M.
12 Years	Sprint	Best 50m	Best 50m
	100s	Best 100m	Best 100m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400/1500m Freestyle	Best 200/400/800m Freestyle
	I.M.	Best 100/200/400m I.M.	Best 100/200/400m I.M.
13 Years	Sprint	Best 50m	Best 50m
	100s	Best 100m	Best 100m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400/1500m Freestyle	Best 200/400/800m Freestyle
	I.M.	Best 100/200/400m I.M.	Best 100/200/400m I.M.
14 Years	Sprint	Best 50m	Girls 14 & Over and Boys 15 & Over will start to specialize in individual events. There are no Categories for these Age Groups
	100s	Best 100m	
	Form [†]	Best 200m	
	Distance	Best 200/400/1500m Freestyle	
	I.M.	Best 100/200/400m I.M.	

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

At the 2011 October Bedfordshire ASA Executive meeting, Clubs decided NOT to adopt the National changes being introduced in 2012 moving 14 year old girls from the Youth bands to the BAGCAT bands. It was further agreed this change would be reviewed for implementation in 2013.

Athletes 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 of FINA Points Tables. 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. Sprint, 100 (if applicable), Form, Distance and Medley.



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SCHEDULE OF EVENTS

SESSION 1

Saturday 18 February 2012 – Start 19:00

- | | | |
|-----|------------------|-----------------|
| 101 | Female 11 & Over | 800m Freestyle |
| 102 | Male 12 & Over | 1500m Freestyle |

SESSION 2

Saturday 25 February 2012 – Start 13:30

- | | | |
|-----|------------------|-------------------|
| 201 | Female 11 & Over | 100m Freestyle |
| 202 | Male 12 & Over | 100m Freestyle |
| 203 | Female All Age | 200m Backstroke |
| 204 | Male All Ages | 200m Backstroke |
| 205 | Female Open | 4 x 50m Free Team |
| 206 | Male Open | 4 x 50m Free Team |

SESSION 3

Saturday 25 February 2012 – Start tba

- | | | |
|-----|------------------|---------------------|
| 301 | Female All Ages | 200m Individual Med |
| 302 | Male All Ages | 200m Individual Med |
| 303 | Female 11 & Over | 100m Breaststroke |
| 304 | Male 12 & Over | 100m Breaststroke |
| 305 | Female All Ages | 200m Butterfly |
| 306 | Male All Ages | 200m Butterfly |

SESSION 4

Sunday 26 February 2012 – Start 13:30

- | | | |
|-----|-------------------|---------------------|
| 401 | Male 13 & Under | 200m Freestyle |
| 402 | Female 12 & Under | 100m Individual Med |
| 403 | Male 13 & Under | 50m Breaststroke |
| 404 | Female 12 & Under | 50m Butterfly |
| 405 | Male 13 & Under | 50m Butterfly |
| 406 | Female 12 & Under | 50m Breaststroke |
| 407 | Male 10 & Under | 4 x 50m Free Team |
| 408 | Female 10 & Under | 4 x 50m Medley Team |
| 409 | Male 11 - 14 | 4 x 50m Medley Team |
| 410 | Female 11 - 13 | 4 x 50m Free Team |
| 411 | Round 1 | Male BAGCAT SKINS |
| | Round 1 | Female BAGCAT SKINS |
| | | |
| | Round 7 | Male BAGCAT SKINS |
| | Round 7 | Female BAGCAT SKINS |

SESSION 5

Sunday 26 February 2012 – Start tba

- | | | |
|-----|------------------|---------------------|
| 501 | Male 15 - 18 | 4 x 50m Medley Team |
| 502 | Female 14 - 17 | 4 x 50m Medley Team |
| 503 | Male 14 & Over | 200m Freestyle |
| 504 | Female 13 & Over | 100m Individual Med |
| 505 | Male 14 & Over | 50m Butterfly |
| 506 | Female 13 & Over | 50m Breaststroke |
| 507 | Male 14 & Over | 50m Breaststroke |
| 508 | Female 13 & Over | 50m Butterfly |
| 509 | Male Open | 4 x 100m Free Team |
| 510 | Female Open | 4 x 100m Free Team |

SESSION 6

Saturday 10 March 2012 – Start 13:30

- | | | |
|-----|------------------|---------------------|
| 601 | Female 10 & Over | 400m Individual Med |
| 602 | Male 10 & Over | 400m Individual Med |
| 603 | Female All Ages | 200m Breaststroke |
| 604 | Male All Ages | 200m Breaststroke |
| 605 | Female 11 & Over | 100m Butterfly |
| 606 | Male 12 & Over | 100m Butterfly |

SESSION 7

Saturday 10 March 2012 – Start tba

- | | | |
|-----|------------------|---------------------|
| 701 | Male Open | 4 x 100 Medley Team |
| 702 | Female Open | 4 x 100 Medley Team |
| 703 | Male 10 & Over | 400m Freestyle |
| 704 | Female 10 & Over | 400m Freestyle |
| 705 | Male 12 & Over | 100m Backstroke |
| 706 | Female 11 & Over | 100m Backstroke |

SESSION 8

Sunday 11 March 2012 – Start 13:30

- | | | |
|-----|-------------------|---------------------|
| 801 | Female 12 & Under | 200m Freestyle |
| 802 | Male 13 & Under | 100m Individual Med |
| 803 | Female 12 & Under | 50m Backstroke |
| 804 | Male 13 & Under | 50m Freestyle |
| 805 | Female 12 & Under | 50m Freestyle |
| 806 | Male 13 & Under | 50m Backstroke |
| 807 | Female 10 & Under | 4 x 50m Free Team |
| 808 | Male 10 & Under | 4 x 50m Medley Team |
| 809 | Female 11 - 13 | 4 x 50m Medley Team |
| 810 | Male 11 - 14 | 4 x 50m Free Team |

SESSION 9

Sunday 11 March 2012 – Start tba

- | | | |
|-----|------------------|---------------------|
| 901 | Male 15 - 18 | 4 x 50m Free Team |
| 902 | Female 14 - 17 | 4 x 50m Free Team |
| 903 | Male 14 & Over | 100m Individual Med |
| 904 | Female 13 & Over | 200m Freestyle |
| 905 | Male 14 & Over | 50m Backstroke |
| 906 | Female 13 & Over | 50m Freestyle |
| 907 | Male 14 & Over | 50m Freestyle |
| 908 | Female 13 & Over | 50m Backstroke |
| 909 | Male Open | 4 x 50m Medley Team |
| 910 | Female Open | 4 x 50m Medley Team |
| 911 | Round 1 | Male Senior SKINS |
| | Round 1 | Female Senior SKINS |
| | | |
| | Round 7 | Male Senior SKINS |
| | Round 7 | Female Senior SKINS |

All Events are Timed Finals

Warm-Up will commence one hour before start time



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Relay Team Declaration Form

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		FEMALE	
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10 & Under	4x50m Freestyle Team		4x50m Medley Team	
Girls 11 – 13 Boys 11 - 14	4x50m Freestyle Team		4x50m Medley Team	
Girls 14 – 17 Boys 15 - 18	4x50m Freestyle Team		4x50m Medley Team	
Open	4x50m Freestyle Team		4x50m Medley Team	
Open	4x100m Freestyle Team		4x100m Medley Team	

Names of swimmers in order of competing

Club Official's signature

Print Name



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QUALIFYING TIMES

BOYS								EVENT	GIRLS						
BAGCATS						YOUTH			BAGCATS					YOUTH	
9[†] Years	10[†] Years	11[†] Years	12[†] Years	13[†] Years	14[†] Years	15&16[†] Years	17&OV[†] Years		9[†] Years	10[†] Years	11[†] Years	12[†] Years	13[†] Years	14&15[†] Years	16&OV[†] Years
43.7	40.9	38.6	36.3	34.2	32.2	30.6	29.0	50m Freestyle	44.2	41.4	39.1	36.9	35.3	34.1	32.8
-	-	-	1:18.4	1:13.5	1:09.3	1:06.3	1:02.7	100m Freestyle	-	-	1:24.3	1:19.2	1:15.8	1:13.3	1:10.4
3:30.6	3:13.9	3:01.8	2:50.9	2:40.4	2:31.0	2:24.4	2:16.8	200m Freestyle	3:32.5	3:14.5	3:01.7	2:50.6	2:42.9	2:37.7	2:31.6
-	6:48.7	6:20.6	5:59.0	5:38.3	5:19.6	5:05.3	4:48.9	400m Freestyle	-	6:52.3	6:18.6	5:55.7	5:40.1	5:29.8	5:17.9
-	-	-	-	-	-	-	-	800m Freestyle	-	-	12:41.2	11:45.1	11:07.7	10:51.6	10:41.7
-	-	-	23:11.6	21:25.6	20:16.8	19:35.0	19:05.0	1500m Freestyle	-	-	-	-	-	-	-
50.4	46.9	44.1	41.7	38.8	36.8	34.8	32.8	50m Backstroke	50.8	47.1	44.3	41.8	39.9	38.5	37.0
-	-	-	1:28.3	1:22.4	1:17.2	1:13.4	1:09.1	100m Backstroke	-	-	1:34.2	1:28.2	1:23.9	1:21.1	1:17.9
3:52.3	3:35.4	3:20.6	3:09.2	2:56.9	2:46.2	2:38.2	2:30.2	200m Backstroke	3:54.8	3:37.2	3:19.6	3:07.9	2:59.7	2:53.8	2:46.3
57.1	53.4	49.8	46.7	43.4	40.8	38.7	36.5	50m Breaststroke	58.1	53.7	50	46.8	44.5	43	41.2
-	-	-	1:40.3	1:33.1	1:27.6	1:23.1	1:18.4	100m Breaststroke	-	-	1:47.2	1:40.5	1:35.1	1:31.1	1:28.3
4:27.4	4:08.7	3:50.8	3:36.8	3:22.0	3:09.3	3:00.2	2:50.0	200m Breaststroke	4:29.5	4:09.1	3:49.9	3:35.8	3:24.2	3:16.7	3:10.2
49.3	45.6	42.5	40.1	37.5	35.3	33.3	31.4	50m Butterfly	49.7	45.6	42.8	40.3	38.4	37.1	35.5
-	-	-	1:27.7	1:21.8	1:16.5	1:12.5	1:08.5	100m Butterfly	-	-	1:34.1	1:27.8	1:23.6	1:20.3	1:17.6
4:16.3	3:45.8	3:25.8	3:13.5	3:00.6	2:49.5	2:39.5	2:30.2	200m Butterfly	4:19.6	3:48.2	3:27.3	3:12.6	3:02.8	2:55.6	2:48.8
1:51.3	1:43.6	1:37.5	1:31.9	1:25.9	1:20.3	1:16.6	1:11.9	100m I.M.	1:52.9	1:42.4	1:37.7	1:32.0	1:27.4	1:24.9	1:21.3
3:58.1	3:41.2	3:25.4	3:13.4	3:01.8	2:50.2	2:42.2	2:33.8	200m I.M.	4:00.5	3:41.2	3:25.2	3:12.7	3:04.3	2:58.0	2:51.3
-	7:54.7	7:16.1	6:49.0	6:24.9	6:00.7	5:43.3	5:25.7	400m I.M.	-	7:53.4	7:12.4	6:45.1	6:25.8	6:13.2	5:59.0

†Ages as at 11 March 2012