

STRETFORD AMATEUR SWIMMING CLUB

CLUB CHAMPIONSHIPS 2023

FRIDAY 1st DECEMBER Event No starting with 1
SATURDAY 2nd DECEMBER Event No starting with 2
SUNDAY 3rd DECEMBER Event No starting with 3

Rules of the Championships

1. Galas are swum under Swim England Technical Rules. All ages are as at 31st December 2023.
2. All entrants **MUST** be paid up members of the Club by 1st November 2023.
3. To qualify for SASC Club Championships a swimmer must be training regularly with SASC. Swimmers who swim regularly elsewhere may be able to enter at the discretion of the Head Coach and Committee.
4. Entries must be returned by:-

FRIDAY 17TH NOVEMBER

Or before if at all possible

NO LATE ENTRIES ACCEPTED

5. Please check the events for which the swimmers are eligible before completing the form. All events will be heat declared winner (HDW), there are no Finals.
6. Trophies will be presented during the gala. Winners are asked to keep trophies in good order.
7. The first three places in each event will receive a medal.
8. For 2023 Championships all entries will be **£3 per event**.
9. Please complete & return the attached entry form & return to the Club desk, which will be running on Tuesday 7th November and Tuesday 14th November, or get the forms to Tom **BEFORE** the closing date above.
10. Payment will be taken automatically via Swim Manager.
11. There may be random lane draw prizes during all three galas.

Warm Up and Start Times are:-

Session Details:-

Friday 1st December	Warm up 6.40pm, Start 7.00pm
Saturday 2nd December	Warm up 4.10pm, Start 4.30pm
Sunday 3rd December	Warm up 4.10pm, Start 4.30pm

GOOD LUCK

Stretford ASC Club Championships 2023

Please complete in **CAPITAL LETTERS**.

Surname		First Name	
Tel. No.		Male/Female	
Swim England Reg No.		Age at 31/12/2023 (whole yrs)	Yrs

If you have a PB time for an Event please enter it in the "Submitted Time" box.

Please note all events are Heat Declared Winners (there are no Finals).

PLEASE refer to the Programme of Events before completing this form to see if you are eligible to enter the Distance and Stroke.

All swimmers are encouraged to enter their age group events. (Age as at 31/12/23)

Open events are available to everyone and all swimmers are encouraged to enter Open events.

Distance & Stroke	Event Numbers	Event Number you have entered	Submitted Time mm:ss.ss
25m Freestyle	203, 316, 317		
50m Freestyle	308, 309		
50m Freestyle (Open Event)	318,319		
100m Freestyle	111, 113		
100m Freestyle (Open event)	210, 211		
200m Freestyle	101		
400m Freestyle	218		
25m Backstroke	305		
50m Backstroke	312, 313		
50m Backstroke (Open event)	103, 104		
100m Backstroke	105, 108		
100m Backstroke (Open event)	214, 215		
200m Backstroke	201, 202		
25m Breaststroke	102		
50m Breaststroke	204, 209		
50m Breaststroke (Open event)	301, 302		
100m Breaststroke	310, 311		
100m Breaststroke (Open event)	205, 208		
200m Breaststroke	114, 115		
25m Butterfly	112		
50m Butterfly	107, 110		
50m Butterfly (Open event)	216, 217		
100m Butterfly	206, 207		
100m Butterfly (Open event)	314, 315		
200m Butterfly	303, 304		
100m Individual Medley	212, 213		
100m Individual Medley (Open event)	106, 109		
200m Individual Medley	306, 307		

Total Number of events Entered _____ Total Amount Paid @ £3 per event £_____

Programme of Events 2023
Keep these sheets for your reference
Friday 1st December 2023

<u>Event No.</u>	<u>Event</u>	<i>Available to the following Age Groups:- Trophies are awarded for each age group</i>
101	Mixed Open 200m Free	14/Un Open (Boys and Girls - separate results)
102	Mixed 9/Un 25m Breast	8/Un 9 yrs (Boys and Girls - separate results)
103	Ladies Open 50 Backstroke	Open
104	Mens Open 50 Backstroke	Open
105	Girls 14/16 100m Back	14/16 yrs
106	Mens Open 100m IM	Open
107	Girls 10/13 yrs 50m Butterfly	10/11 yrs 12/13 yrs
108	Boys 14/16 100m Back	14/16 yrs
109	Ladies Open 100m IM	Open
110	Boys 10/13 yrs 50m Butterfly	10/11 yrs 12/13 yrs
111	Girls 14/16 100m Free	14/16 yrs
112	Mixed 9/Un 25m Butterfly	8/Un 9 yrs (Boys and Girls - separate results)
113	Boys 14/16 100m Free	14/16 yrs
114	Ladies Open 200m Breast	Open
115	Mens Open 200m Breast	Open

Saturday 2nd December 2023

<u>Event No.</u>	<u>Event</u>	<i>Available to the following Age Groups:- Trophies are awarded for each age group</i>
201	Ladies Open 200m Back	Open
202	Mens Open 200m Back	Open
203	Mixed 9/Un 25m Free	8/Un 9 yrs (Boys and Girls - separate results)
204	Girls 10/13 yrs 50m Breast	10/11 yrs 12/13 yrs
205	Mens Open 100m Breast	Open
206	Girls 14/16 100m Butterfly	14/16 yrs
207	Boys 14/16 100m Butterfly	14/16 yrs
208	Ladies Open 100m Breast	Open
209	Boys 10/13 yrs 50m Breast	10/11 yrs 12/13 yrs
210	Ladies Open 100m Free	Open
211	Mens Open 100m Free	Open
212	Girls 10/16 100m IM	10/11 yrs 12/13 yrs 14/16 yrs
213	Boys 10/16 100m IM	10/11 yrs 12/13 yrs 14/16 yrs
214	Ladies Open 100m Back	Open
215	Mens Open 100m Back	Open
216	Ladies Open 50 Fly	Open
217	Mens Open 50 Fly	Open
218	Mixed Open 400m Free	12/Un 13/14 yrs 15/16 yrs Open Boys
		12/Un 13/14 yrs 15/16 yrs Open Girls

/continued

Programme of Events 2023

Sunday 3rd December 2023

<u>Event No.</u>	<u>Event</u>	<i>Available to the following Age Groups:- Trophies are awarded for each age group</i>
301	Ladies Open 50 Breaststroke	Open
302	Mens Open 50 Breaststroke	Open
303	Ladies Open 200m Fly	Open
304	Mens Open 200m Fly	Open
305	Mixed 9/Un 25m Back	8/Un 9 yrs (Boys and Girls - separate results)
306	Ladies Open 200m IM	14/Un Open
307	Mens Open 200m IM	14/Un Open
308	Girls 13/Un 50m Free	8/Un 9 yrs 10/11 yrs 12/13 yrs
309	Boys 13/Un 50m Free	8/Un 9 yrs 10/11 yrs 12/13 yrs
310	Girls 14/16 100m Breaststroke	14/16 yrs
311	Boys 14/16 100m Breaststroke	14/16 yrs
312	Girls 10/13 yrs 50m Back	10/11 yrs 12/13 yrs
313	Boys 10/13 yrs 50m Back	10/11 yrs 12/13 yrs
314	Ladies Open 100m Butterfly	Open
315	Mens Open 100m Butterfly	Open
316	Mums Race 25m	Open
317	Dads Race 25m	Open
318	Ladies Open 50m Free	Open
319	Mens Open 50m Free	Open

Photographs of the meet may be taken by representatives of the promoter of the event, and may be used for promotional purposes. Entry into the competition implies acceptance of this condition. If there are any objections to photography/video taking of swimmers this should be given in **in writing** along with the paper entry form.

Stretford ASC Club Championships 2023

Competition rules and conditions

Affiliated to Swim England North West & Lancashire County WPSA
Swimming under Swim England Technical Rules

<u>FACILITY</u>	6 lane 25 metre pool Manual timing
<u>PROMOTER</u>	Stretford ASC
<u>RULES</u>	The meet will be held under Swim England Technical Rules This meet is licensed by the Swim England at Level 4 and is for swimmers who are members of Stretford ASC at the time of the gala intending to achieve Level 3 and County qualifying times. There are no qualifying entry times for this competition.
<u>AGE GROUPS</u>	Girls & Boys separately as per the programme of events. Ages as at 31 st December 2023
<u>ENTRIES</u>	Closing date for entries Friday 17 th November 2023 Times may be submitted, but not essential. All entries must show the swimmers full date of birth and Swim England registration number Entries are restricted to members of Stretford ASC as of 1st November 2023. To qualify for SASC Club Championships a swimmer must be training primarily with SASC. Swimmers who train regularly elsewhere may be able to enter at the discretion of the Head Coach and Committee. Completed entries are to be returned to the club desk which will run on Tuesday 7 th November and Tuesday 14 th November or handed/sent to Tom on or before the closing date. ABSOLUTELY NO LATE ENTRIES WILL BE ACCEPTED
<u>ENTRY FEE</u>	£3 per event. Payment will be taken automatically via Swim Manager.
<u>AWARDS</u>	Awards will be given to the first three placed swimmers in each age group.
<u>ENTRY CARDS</u>	This will be a cardless meet. All entries from SASC members will be accepted provided they are received by the promoter on or before the closing date.
<u>SEEDING</u>	All events will be heat declared winner (HDW), heats being seeded, slowest to fastest, based on submitted entry times.
<u>SPECTATORS</u>	Entry fee – £3.00 to include a raffle ticket.
<u>QUERIES</u>	Please direct any queries to tompope@btinternet.com
<u>PHOTOGRAPHY</u>	Photographs of the meet may be taken by representatives of the promoter of the event, and may be used for promotional purposes. Entry into the competition implies acceptance of this condition. If there are any objections to photography/video taking of swimmers this should be given in in writing along with the paper entry form.

NO PHOTOGRAPHS SHOULD BE TAKEN ON THE DAY BY SPECTATORS OR SWIMMERS WHO ARE NOT A REPRESENTATIVE OF THE PROMOTER OF THE EVENT. ANYONE DOING SO MAY BE ASKED TO LEAVE THE COMPETITION.