



ESSEX COUNTY AMATEUR SWIMMING ASSOCIATION

County Association of East and London Regions

ESSEX AGE GROUP CHAMPIONSHIPS 2016

INFORMATION & CONDITIONS

Individual Events

ENTRIES

- 1 Age for Championship events is as at 31st December 2016.
- 2 The closing date for the Age Group Championships 2016 is midnight 23rd December 2015
- 3 Agegroups are : 10/11, 12, 13, 14, 15, 16, 17+
- 4 10/11yr olds 50's, 100's, 200's 400 f/s
- 5 Ages 12, 13, 14, 15, 16, 17+ ALL Events
- 6 ALL events will be swum LONG Course

ENTRY INFORMATION

- 7 ALL payments must reach us by 5th January 2016 Midnight by BACS payment ONLY
- 8 All entries MUST be submitted electronically using the Sportsystems Entry file and emailed to essexswimming@btopenworld.com by midnight on 28th December 2015
- 9 Financial Information forms & CRB declaration, be completed and emailed to essexswimming@btopenworld.com. These must be received by 5th January 2016 .
- 10 Entry fees will be £6.50 per event
- 11 ALL swimmers inside the QT will be accepted with the exception of :
 - The 1500/800 which maybe restricted – at least the fastest 8 in each agegroup will be accepted
 - The 10/11yr old agegroup 400m events will be restricted to the fastest 16 swimmers
- 12 On 2nd January accepted entries will be emailed to respective clubs for checking.
- 13 Corrections cannot be made after 10pm 5th January 2016.
- 14 **ABSOLUTLY NO ENTRIES WILL BE ACCEPTED AFTER THE CLOSING DATE**





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- 15 Entry times cannot be updated or altered once submitted
- 16 ALL entries MUST be on the ASA Rankings at the time of submission- Time trial times/ split times are not accepted in ANY events
- 17 ALL Entry times must have been gained at Licensed Meets
- 18 Entry times cannot be edited
- 19 All entry times are SHORT COURSE
- 20 Split times are NOT accepted

COACH PASSES

- 21 Coach passes are FREE for the first TWO passes FOOD IS INCLUDED and must be applied for, for ANY club with swimmers in the competition and MUST be worn at all times on poolside. Coach Passes are ONLY available in advance and ALL applications must be accompanied by a CRB declaration form -

Food tickets will be given out at ALL dates where there are 2 sessions and these MUST be presented for food to be issued

- 22 A maximum of 4 Coach Passes per Club are permitted – extra passes are charged at £40 each AND DO NOT INCLUDE FOOD- food cannot be added to extra passes

EVENT INFORMATION

- 23 ALL events are LONG Course
- 24 All top 8 swimmers shall be eligible to swim in a final regardless of time / Top ten swimmers for all 50m events
- 25 Swimmers who are disqualified in a final will not be eligible for an award.
- 26 If a swimmer wishes to withdraw from a final they must do so within 10 minutes of the results for that event being published after this time a £10 penalty will occur

If a swimmer 'pulls out' of events due to illness or injury after signing in they will NOT be permitted to swim in any other events in that session including any finals that they may have qualified for

- 27 200m, 400m, 1500m and 800m events will be seeded slow to fast with all heats spearheaded
- 28 50m & 100m events – last 3 heats to be cyclically seeded and all heats spearheaded





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SIGNING IN

- 29 A signing in system shall be in operation throughout this year's Championships. This will close at the start of the **FIRST** warm up at each session
- Swimmers who fail to sign in will be permitted to swim if there is a lane available in the 1st heat of that event, provided the results desk has been notified **BEFORE** the start of that event- if there is no lane available they will **NOT** be able to swim.
 - Failure to swim once a swimmer has signed in shall result in a fine of £10 per swimmer per event, which must be paid before the competitor/ club competes again in the Championships. In the event of a competitor not paying the fine, the Club in whose name the competitor has entered the Championships shall be responsible for payment.
 - If you know a swimmer is going to be absent please write 'not swimming' next to their name in each event on the signing in sheets to avoid being charged £10 if another swimmer signs them in

MARSHALLING

- 30 Please note that all swimmers must report to the 'Marshalling area' before their event and it is the responsibility of the coaches to make sure they do so - This will be located inside the changing rooms at both Basildon Sporting Village and London Aquatic Centre- This includes **ALL** relay events

REGISTRATION

- 31 Swimmers must be registered with the competing Club and the ASA as at the closing date of 23rd December 2015
- 32 Swimmers who are registered with more than one Club are reminded that they are only permitted to swim in ONE County championships per swimming season and represent **ONE** club throughout





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AWARDS/POINTS

- 33 The individual Top Boy/Girl Awards for the Youth Swimmers (Girls 15 Years/Over and Boys 15 Years/Over) will be calculated as 8, 7, 6, 5, 4, 3, 2, 1 points for 1st to 8th place respectively – awards will be made to the 1st place swimmer in each agegroup 15yrs, 16yrs and 17+yrs
For swimmers age 14 and under the top Boy/Girls awards will be made to the 1st placed swimmer in the BAGCAT tables for each agegroup 10/11yrs, 12yrs, 13yrs and 14yrs
- 34 For the purpose of calculating Club points, for ALL swimmers the following will apply 1st=8points, 2nd=7points, 3rd=6points, 4th=5points, 5th=4points, 6th=3points, 7th=2points and 8th=1 pont
For all 50m events the top 10 swimmers in each event will attract points
- 35 Medals/Awards will be presented to the top 8 swimmers in 100m events and above and to the top 10 swimmers in all 50m events
- Medals/awards for HDW events will be presented BEFORE the finals for each session
 - ALL swimmers must be present at the time of presentation to receive their award/medal

SPECTATORS

- 36 The balcony WILL be cleared between sessions and all belongings must be removed
- 37 So as to comply with fire regulations - Absolutely no 'fold up chairs'/Deck chairs or additional seats of any kind (with the exception of wheelchairs) will be permitted either on poolside **or in the spectators Gallery**
- 38 Blue Badge holders may reserve seats by emailing me at essexswimming@btopenworld.com and providing a copy of badge
- 39 ECASA reserve the right to put any restrictions on the number of spectators that they deem necessary for the smooth running of the event- A numbered ticket system will be in operation at ALL (excluding 7th February 2016) sessions for when Spectators join the queue

TIME TRIALS

- 40 The ECASA has determined that Time Trials shall not take place at any Championship event.

OFFICIALS

- 41 ALL clubs with 10+ swimmers entered into the 2016 championships MUST provide an official to represent their club at EVERY SESSION where their club has representation- ECASA reserve the right to reject any entry from a Club who do not comply fully with this condition

Only those Officials officiating WITHOUT swimmers swimming at the event shall be able to claim expenses





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ADDITIONAL INFORMATION

- 42 Glass containers of any kind or hot beverages are NOT permitted on poolside.
- 43 The changing village/poolside is out of bounds to non-competing swimmers and spectators.
- 44 Mobile Phones are NOT permitted to be used on poolside OR in the Changing facilities at London Aquatic Centre and Basildon for the taking of photos
- 45 Any Medical Conditions MUST be reported to the Meet Organiser
- 46 Once swimmers leave poolside at ANY venue ALL swimmers aged 12 and under must be accompanied by a parent/guardian AT ALL TIMES- Any unaccompanied 12 and under swimmers will be returned to poolside
- 47 Swimmers will NOT be permitted on the Balcony/Spectator Gallery at any time

FINAL PRESENTATION

- 48 At the end of all sessions there will be a presentation Ceremony for:
 - Top Club 2016
 - The most 'Outstanding Performance' by a 11/14yr swimmer (Calculated by the most points)
 - Top Youth Boy swimmer
 - Top Girl Youth Swimmer
 - Winners in each age group (11/14yrs)
- 49 By entering into this competition swimmers are agreeing to all rules and conditions
- 50 ECASA reserve the right to add conditions or alter conditions to ensure the smooth running of the event Any other point arising that has not been mentioned in these conditions will be decided on the day by the Meet promoter Phill Nice

[ECASA Age group Championships are operated under ASA laws and therefore all ASA rules and laws apply](#)

ALL Swimmers and coaches will be permitted to poolside 10mins before the start of the warm up for the 1st session of each day- Team spaces on poolside will be allocated in order of the number of competing swimmers





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BLOCK A BASILDON SPORTING VILLAGE 23/24 JANUARY 2016		BLOCK B LONDON AQUATIC CENTRE / BASILDON SPORTING VILLAGE 6/7 TH FEBRUARY 2016		BLOCK C BASILDON SPORTING VILLAGE 20/21 ST FEBRUARY 2016											
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="background-color: red;"></td><td style="background-color: red;">RELAYS</td></tr> <tr><td style="background-color: green;"></td><td style="background-color: green;">BOYS 15/OV</td></tr> <tr><td style="background-color: blue;"></td><td style="background-color: blue;">GIRLS 15/OV</td></tr> <tr><td style="background-color: yellow;"></td><td style="background-color: yellow;">BOYS 10/14</td></tr> <tr><td style="background-color: orange;"></td><td style="background-color: orange;">GIRLS 10/14</td></tr> </table>		RELAYS		BOYS 15/OV		GIRLS 15/OV		BOYS 10/14		GIRLS 10/14				
	RELAYS														
	BOYS 15/OV														
	GIRLS 15/OV														
	BOYS 10/14														
	GIRLS 10/14														
	<p style="text-align: center;">SESSION 2 BASILDON SPORTING VILLAGE 24TH JANUARY 2016 WARM UP 8AM</p> <p>BOYS 15/OV 200 IM</p> <p>BOYS 10/14 100 BUTTERFLY</p> <p>GIRLS 15/OV 200 BREASTSTROKE</p> <p>GIRLS 10/14 200 FREESTYLE</p> <p>BOYS 10/14 200 BACKSTROKE</p> <p>GIRLS 15/OV 100 BUTTERFLY</p> <p>BOYS 15/OV 200 BUTTERFLY</p> <p style="text-align: center;">FINALS</p> <p>BOYS 10/14 100 BUTTERFLY</p> <p>GIRLS 15/OV 100 BUTTERFLY</p> <p>BOYS YOUTH IM RELAY</p> <p>GIRLS BAGCAT F/S RELAY</p>	<p style="text-align: center;">SESSION 4 LONDON AQUATIC CENTRE 6TH FEBRUARY 2016 WARM UP 8.30AM</p> <p>GIRLS 10/14 50 FREESTYLE</p> <p>BOYS 10/14 50 BACKSTROKE</p> <p>BOYS 15/OV 50 FREESTYLE</p> <p>GIRLS 15/OV50 BUTTERFLY</p> <p>GIRLS 10/14 50 BREASTSTROKE</p> <p>BOYS 10/14 50 BUTTERFLY</p> <p>BOYS 15/OV 50 BREASTSTROKE</p> <p>GIRLS 15/OV 50 BACKSTROKE</p> <p style="text-align: center;">FINALS</p> <p>GIRLS 10/14 50 FREESTYLE</p> <p>BOYS 10/14 50 BACKSTROKE</p> <p>BOYS 15/OV 50 FREESTYLE</p> <p>GIRLS 15/OV50 BUTTERFLY</p> <p>GIRLS 10/14 50 BREASTSTROKE</p> <p>BOYS 10/14 50 BUTTERFLY</p> <p>BOYS 15/OV 50 BREASTSTROKE</p> <p>GIRLS 15/OV 50 BACKSTROKE</p> <p>GIRLS 9/10 IM RELAY</p> <p>BOYS 9/10 FREESTYLE RELAY</p>		<p style="text-align: center;">SESSION 8 BASILDON SPORTING VILLAGE 21ST FEBRUARY 2016 WARM UP 8AM</p> <p>GIRLS 15/OV 200 IM</p> <p>GIRLS 10/14 100 BUTTERFLY</p> <p>BOYS 15/OV 200 BREASTSTROKE</p> <p>BOYS 10/14 200 FREESTYLE</p> <p>GIRLS 10/14 200 BACKSTROKE</p> <p>BOYS 15/OV 100 BUTTERFLY</p> <p>GIRLS 15/OV 200 BUTTERFLY</p> <p style="text-align: center;">FINALS</p> <p>GIRLS 10/14 100 BUTTERFLY</p> <p>BOYS 15/OV 100 BUTTERFLY</p> <p>GIRLS YOUTH IM RELAY</p> <p>BOYS BAGCAT F/S RELAY</p>											
	<p style="text-align: center;">SESSION 1 BASILDON SPORTING VILLAGE 23RD JANUARY 2016 WARM UP 1.30PM</p> <p>GIRLS 10/14 400 FREESTYLE</p> <p>BOYS 12/14 400 IM</p> <p>GIRLS 15/OV 400 FREESTYLE</p> <p>BOYS 15/OV 400 IM</p> <p>GIRLS 10/14 100 BREASTSTROKE</p> <p>BOYS 15/OV 100 FREESTYLE</p> <p>GIRLS 15/OV 100 BACKSTROKE</p> <p>BOYS 15/OV 100 FREESTYLE</p> <p style="text-align: center;">FINALS</p> <p>GIRLS 10/14 100 BREASTSTROKE</p> <p>BOYS 10/14 100 FREESTYLE</p> <p>GIRLS 15/OV 100 BACKSTROKE</p> <p>BOYS 15/OV 100 FREESTYLE</p> <p>GIRLS 11/12 IM RELAY</p> <p>BOYS 11/12 F/S RELAY</p>	<p style="text-align: center;">SESSION 3 BASILDON SPORTING VILLAGE 24TH JANUARY 2016 WARM UP TBC</p> <p>GIRLS 10/14 200 IM</p> <p>GIRLS 15/OV 200 FREESTYLE</p> <p>BOYS 10/14 100 BACKSTROKE</p> <p>BOYS 15/OV 100 BREASTSTROKE</p> <p>BOYS 10/14 200 BREASTSTROKE</p> <p>BOYS 15/OV 200 BACKSTROKE</p> <p>GIRLS 10/14 200 BUTTERFLY</p> <p style="text-align: center;">FINALS</p> <p>BOYS 10/14 100 BACKSTROKE</p> <p>BOYS 15/OV 100 BREASTSTROKE</p> <p>GIRLS YOUTH F/S RELAY</p> <p>BOYS BAGCAT IM RELAY</p>	<p style="text-align: center;">SESSION 5 LONDON AQUATIC CENTRE 6TH FEBRUARY 2016 WARM UP TBC</p> <p>BOYS 10/14 50 FREESTYLE</p> <p>GIRLS 10/14 50 BACKSTROKE</p> <p>GIRLS 15/OV 50 FREESTYLE</p> <p>BOYS 15/OV 50 BUTTERFLY</p> <p>BOYS 10/14 50 BREASTSTROKE</p> <p>GIRLS 10/14 50 BUTTERFLY</p> <p>GIRLS 15/OV 50 BREASTSTROKE</p> <p>BOYS 15/OV 50 BACKSTROKE</p> <p style="text-align: center;">FINALS</p> <p>BOYS 10/14 50 FREESTYLE</p> <p>GIRLS 10/14 50 BACKSTROKE</p> <p>GIRLS 15/OV 50 FREESTYLE</p> <p>BOYS 15/OV 50 BUTTERFLY</p> <p>BOYS 10/14 50 BREASTSTROKE</p> <p>GIRLS 10/14 50 BUTTERFLY</p> <p>GIRLS 15/OV 50 BREASTSTROKE</p> <p>BOYS 15/OV 50 BACKSTROKE</p> <p>GIRLS 9/10 FREESTYLE RELAY</p>	<p style="text-align: center;">SESSION 6 BASILDON SPORTING VILLAGE 7TH FEBRUARY 2016 WARM UP 5PM</p> <p>GIRLS 12/OV 800 FREESTYLE</p> <p>BOYS 12/OV 1500 FREESTYLE</p>	<p style="text-align: center;">SESSION 7 BASILDON SPORTING VILLAGE 20TH FEBRUARY 2016 WARM UP 1.30PM</p> <p>BOYS 10/14 400 FREESTYLE</p> <p>GIRLS 12/14 400 IM</p> <p>BOYS 15/OV 400 FREESTYLE</p> <p>GIRLS 15/OV 400 IM</p> <p>BOYS 10/14 100 BREASTSTROKE</p> <p>GIRLS 10/14 100 FREESTYLE</p> <p>BOYS 15/OV 100 BACKSTROKE</p> <p>GIRLS 15/OV 100 FREESTYLE</p> <p style="text-align: center;">FINALS</p> <p>BOYS 10/14 100 BREASTSTROKE</p> <p>GIRLS 10/14 100 FREESTYLE</p> <p>BOYS 15/OV 100 BACKSTROKE</p> <p>GIRLS 15/OV 100 FREESTYLE</p> <p>BOYS 11/12 IM RELAY</p> <p>GIRLS 11/12 F/S RELAY</p>	<p style="text-align: center;">SESSION 9 BASILDON SPORTING VILLAGE 21ST FEBRUARY 2016 WARM UP TBC</p> <p>BOYS 10/14 200 IM</p> <p>BOYS 15/OV 200 FREESTYLE</p> <p>GIRLS 10/14 100 BACKSTROKE</p> <p>GIRLS 15/OV 100 BREASTSTROKE</p> <p>GIRLS 10/14 200 BREASTSTROKE</p> <p>GIRLS 15/OV 200 BACKSTROKE</p> <p>BOYS 10/14 200 BUTTERFLY</p> <p style="text-align: center;">FINALS</p> <p>GIRLS 10/14 100 BACKSTROKE</p> <p>GIRLS 15/OV 100 BREASTSTROKE</p> <p>BOYS YOUTH F/S RELAY</p> <p>GIRLS BAGCAT IM RELAY</p>									





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GBOYS 9/10 IM RELAY

ALL TIMES ARE SHORT COURSE

BOYS							(Age as on 31 st December 2016)	GIRLS						
10/11 Years	12 Years	13 years	14 Years	15 years	16 Years	17+ years	Events	10/11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17+ Years
45.8	42.0	40.0	37.5	36.0	35.4	34.9	50m Back	44.5	42.1	40.1	38.0	37.9	37.8	37.6
51.8	48.0	46.0	42.6	40.6	40.1	39.4	50m Breast	50.4	48.4	46.8	43.5	42.9	42.7	42.5
44.5	41.0	39.0	36.3	34.5	34.0	33.2	50m Fly	43.2	40.9	38.9	36.9	36.8	36.7	36.5
39.7	37.6	34.9	33.2	31.7	31.5	30.8	50m Free	39.3	37.4	35.7	33.8	33.7	33.6	33.5
1.34.0	1.29.0	1.23.0	1.18.2	1.14.2	1.12.2	1.09.4	100m Back	1.32.0	1.28.2	1.23.3	1.21.5	1.19.9	1.17.4	1.16.6
1.48.0	1.42.0	1.35.0	1.30.3	1.26.4	1.23.2	1.20.0	100m Breast	1.46.0	1.41.7	1.35.4	1.33.0	1.29.1	1.28.5	1.27.4
1.34.0	1.29.0	1.23.0	1.18.2	1.14.3	1.11.3	1.08.8	100m Fly	1.32.0	1.28.9	1.24.0	1.21.0	1.17.8	1.17.2	1.16.3
1.25.0	1.16.0	1.12.9	1.06.5	1.03.6	1.02.9	1.01.9	100m Free	1.23.0	1.17.2	1.14.2	1.11.9	1.09.2	1.08.3	1.07.3
3.23.0	3.03.0	2.52.0	2.43.0	2.36.0	2.31.1	2.27.1	200m Back	3.21.5	2.59.2	2.53.8	2.45.0	2.42.9	2.40.4	2.39.3
4:07.0	3.34.0	3.21.8	3.11.2	3.01.9	2.55.7	2.50.8	200m Breast	3.52.5	3.31.8	3.22.9	3.12.5	3.09.4	3.06.4	3:05.7
3.42.2	3.14.9	3.01.5	2.52.0	2.42.2	2.36.4	2.32.5	200m Fly	3.38.5	3.12.6	3.03.3	2.56.0	2.51.1	2.48.4	2.46.7
3.02.0	2.42.0	2.31.0	2.24.8	2.17.5	2.13.5	2.11.3	200m Free	3.00.1	2.44.0	2.33.0	2.27.0	2.25.0	2.23.6	2.21.9
6:08.0	5.34.0	5.09.0	4.56.9	4.48.7	4.39.9	4.34.8	400m Free	6:06.0	5.30.4	5.11.0	5.01.0	4.58.0	4.55.0	4.53.0
							800m Free		12:08.3	11:08.3	10:35.4	10:07.0	10:07.0	10:07.0
	21:30.0	21:14.0	20:14.0	19:11.1	18:28.3	17:54.4	1500m Free							
3.26.0	3.04.5	2.52.6	2.43.4	2.34.7	2.29.1	2.25.6	200m I/M	3.24.4	3.02.0	2.53.8	2.44.9	2.40.7	2.39.8	2.39.2
	6.27.6	5.50.2	5.42.0	5.21.8	5.10.4	5.06.9	400m I/M		6.20.7	5.56.1	5.45.0	5.38.8	5.34.5	5.33.1





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ECASA Age Group Championships 2016

CLUB-----

Financial Summary Sheet
Please fill in the **shaded** areas

		Total £
No of Boys Individual Entries		
No of Girls Individual Entries		
Coach Pass	FREE	Yes/No <small>(delete)</small>
Coach Pass	FREE	Yes/No <small>(delete)</small>
Coach Pass	@ £40	
Coach Pass	@£40	
	Total	

Name.....
 Address.....

 Mobile.....
 Email.....

BACS Payment should be made to:

Essex County ASA

Lloyds Bank

30-97-84

02445962

REF: ECASA 'CLUB NAME'

ALL payments must reach this account by 5th January 2016

Please remember that coach passes purchased for age groups 2016 are valid at Essex Sen/Jun Competition of the same year

COACH PASSES WILL BE SENT TO THIS ADDRESS





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ECASA Age Group Championships 2016

Coach Pass Application Form

*Please provide the ASA/CRB details of any coaches using the Coach Passes
A maximum of four passes may be used per session but details can be provided of as many coaches as you like*

Coach Pass Declaration Form Must be declared by a Club Officer

NAME	ASA NUMBER	CRB NUMBER

I declare that the above information is correct

Position at Club.....

PLEASE NOTE

Coach passes MUST be worn at ALL times

FOOD IS FREE FOR 2 COACH PASS HOLDERS ONLY

FOOD CANNOT BE ADDED TO EXTRA PASSES

