



CLUB CHAMPIONSHIPS 2010

Licensed Level 4 Meet

Licence numbers 4ER0438 and 4ER0439



Parkside Pools, Gonville Place, Cambridge

Saturday 25th September
Sunday 26th September
Sunday 3rd October





The City of Cambridge Swimming Club is pleased to announce the Club Championships for 2010 which will follow a similar format to last year.

It has not been possible to include all events into our three session championships. Those not included are the 800m and 1500m Freestyle events, it is too early in the season for these and regrettably all the 200m Events bar the 200m Freestyle and 200m Individual Medley. However, there will be other opportunities to undertake 200m events in the autumn at galas which the club will be supporting.

Back by popular demand is the Family Race – a 4 x 25m freestyle relay. This is just for some fun and there will be trophy for the fastest family. We are using a very 'loose' definition of family so as long as there are at least two members of one family, any team of four can enter. The names of your team will have to be submitted by September 26th on a separate entry form, included in this pack, so that the Promoter can determine the most appropriate way to organise the race and the Promoter's decision will be final in all matters regarding this race.

This will be the last year when trophies will be awarded for each individual event. Many of our trophies are old and the cost of replacements and repairs coupled with the substantial administrative effort involved in managing their return, repair and award makes this unsustainable. However, we will be awarding trophies for the best overall swimmer in each age group – more details of this follows in the information and rules section 11.

These 'Best in Age Group' trophies will be awarded along with the awards introduced last year for the most improved swimmer and for commitment to training at a Club Presentation Evening and Disco on Saturday 27th November. This will be held at Salisbury Hall, Mill Road, Cambridge. Presentations will take place at 7.45pm and will be followed by a disco.

Please remember that all swimming gala's are run by volunteers – officials, helpers and organisers. We can't provide opportunities for swimmers to compete without them and it is much easier if everyone takes a turn. Please let us know how you could help by completing the form on the last page of this entry pack.

Judith Shawcross
Club Championship Promoter 2010





INFORMATION AND RULES - Please Read Carefully

1. The competition will be held under ASA Law and Technical Rules and will be a Level 4 Licensed Meet.
2. All events will be Heat Declared Winners (HDW). There will be no Finals. Electronic Timing will be used where possible. 'One Start' procedures will apply.
3. All club members are eligible and encouraged to enter. This includes all sections of the club including Water Polo.
4. AGE GROUPS
 - a) The Programme (page 5) and Entry Form (page 6) state which age groups are eligible to enter an event.
 - b) Masters swimmers may enter any event that the 16 & over age group can enter.
5. AGE for the entire competition will be as at 3rd October 2010.
6. ENTRY FEES - The fee is £2.50 per event. Fees should be enclosed with Entry Forms. Cheques preferred please, should be payable to 'The City of Cambridge Swimming Club'. Please write the swimmer name on the back of the cheque. There is no cost for entering the Family Race.
7. ADMISSION AND PROGRAMMES – There will be no charge for admission to any of the sessions of this gala. Programmes for each session will be distributed by email so they are available for printing.
8. ENTRY TIMES - All times will be taken from the Clubs Ranking List. If you do not have a time for an event, your coach will advise on an appropriate entry time.
9. The Coach's expect all swimmers to enter the championships and do as many events as possible – not just the one's you like doing! It is a great way to get an experience of a gala and plenty of help will be given to those competing for the first time. Swimmers in the Sharks, Seals and Rookies Squads should aim to swim at least 2 strokes. All other swimmers should enter as many events as possible. Any swimmer requiring advice, should talk to their Coach. Please note that entry into the 400m Freestyle and 400IM will be at the Head Coach's discretion.
10. The gala will be run as a card-less event. Detailed arrangements associated with this will be announced in September and assistance will be available to all those not familiar with galas.
11. AWARDS
Trophies will be awarded for first place, and medals for first three places for all Age Groups. Individual Age Groups will be from 7 to 15, and then 16 & over.





Trophies and prizes will be awarded for the Best Swimmer in each Age Group. This will be decided by the swimmer who gets the most points from all three sessions of the Club Championships. The top 6 swimmers in each age group will be awarded points, 6 for 1st place, 5 for 2nd place, 4 for 3rd place, 3 for 4th place, 2 for 5th place and 1 for 6th place. This competition will not include the 400m events as participation in these is subject to coach discretion.

Finally, a £5 prize will be given to each swimmer who sets a new Club Championship record where there is an existing record to be broken. Existing Club Championship Records are downloadable from the Club Website along with this Entry Pack.

12. The competition format will be based on disability inclusion within the able-bodied programme. Swimmers will be integrated on a time-banded basis in all events.

13. The Club reserves the right to change the programme in the event of unforeseen circumstances.

14. The closing date for entries is Thursday 16th September 2010. Entries can be returned via your coach or given directly to Judith Shawcross, Stephen Shawcross or Richard Holt.





City of Cambridge SC Club Championships

PROGRAMME OF ENVENTS

Session 1: 25th September - Warm up 18:00 - Start 18:30

1	Girls	9+	200	Freestyle
2	Boys	9+	200	Freestyle
3	Girls	All	50	Breaststroke
4	Boys	All	50	Breaststroke
5	Girls	10+	100	Backstroke
6	Boys	10+	100	Backstroke
7	Girls	All	100	IM
8	Boys	All	100	IM

Session 2: 26th September - Warm up 18:00 - Start 18:30

9	Girls	Max 16	400	IM
10	Boys	Max 16	400	IM
11	Girls	10+	100	Breaststroke
12	Boys	10+	100	Breaststroke
13	Girls	All	50	Backstroke
14	Boys	All	50	Backstroke
15	Girls	10+	100	Freestyle
16	Boys	10+	100	Freestyle
17	Girls	All	50	Fly
18	Boys	All	50	Fly

Session 3: 4th October - Warm up 18:00 Start 18:30

19	Girls	Max 16	400	Freestyle
20	Boys	Max 16	400	Freestyle
21	Girls	9+	200	IM
22	Boys	9+	200	IM
23	Girls	10+	100	Butterfly
24	Boys	10+	100	Butterfly
25	Girls	All	50	Freestyle
26	Boys	All	50	Freestyle
	Family Race	Open	4x25	Freestyle

Age as at 3rd October 2010





Club Championship Entry Form September 25th, 26th and October 3rd 2010

Please fill this form in **FULLY** and **CORRECTLY**, otherwise your entries cannot be accepted.

Use **BLOCK CAPITALS** (except for signatures!)

FORENAME.....SURNAME.....

ASA NUMBER (If you don't have one yet enter 'applied for')

DATE OF BIRTH

Disability Exemption Code (For registered disabled swimmers) S= SB= SM=

EVENT	Please Tick to Confirm
50M FREESTYLE (All Age Groups)	
100M FREESTYLE (10 years & over)	
200M FREESTYLE (9 years & over)*	
400M FREESTYLE (10 years & over)**	
50M BACKSTROKE (All Age Groups)	
100M BACKSTROKE (10 years & over)	
50M BREASTSTROKE (All Age Groups)	
100M BREASTSTROKE (10 years & over)	
50M BUTTERFLY (All Age Groups)	
100M BUTTERFLY (10 years & over)	
100 INDIVIDUAL MEDLEY (All Age Groups)	
200 INDIVIDUAL MEDLEY (9 yrs & Over)*	
400 INDIVIDUAL MEDLEY (10 years & over)**	
Total Events Entered	
Total Entry Fee @ £2.50 per event	

NB ENTRY FEE IS £2.50 PER EVENT– Cheques made payable to City of Cambridge SC

** For younger swimmers please check with coach if appropriate*

***400 IM & 400 FREESTYLE – Entry is the discretion of the Head Coach*

I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of the ASA and will abide by the conditions laid down by the promoters for this competition.

Signature of Competitor.....Date

CLOSING DATE FOR ENTRIES IS THURSDAY 16th September 2010
Please return this form to your coach or directly to Judith Shawcross



Club Championships Family Race Entry Form

CLOSING DATE FOR ENTRIES IS SUNDAY 26th SEPTEMBER

Thank you for entering a Team into the Family Race, a 4 x 25m Freestyle relay to take place on Sunday 3rd October. This is just a fun event that we hope everyone will enjoy. Please could you provide us with the following details of your team so that we can make the final arrangements for the race. Please note that any participants who are not swimming members of the club are required to sign the disclaimer at the bottom of this form. Please note that your team should include at least two members of one family. There is no fee for entering this event. Entry forms to be returned to Judith Shawcross.

Swimmer 1: Name:

Do you currently swim with CoCSC Yes / No (Please circle appropriate answer)
If Yes please enter your squad: (e.g. Rookie, B, Youth, Top etc.)
If No please sign at bottom of form.

Swimmer 2: Name:

Do you currently swim with CoCSC Yes / No (Please circle appropriate answer)
If Yes please enter your squad: (e.g. Rookie, B, Youth, Top etc.)
If No please sign at bottom of form.

Swimmer 3: Name:

Do you currently swim with CoCSC Yes / No (Please circle appropriate answer)
If Yes please enter your squad: (e.g. Rookie, B, Youth, Top etc.)
If No please sign at bottom of form.

Swimmer 4: Name:

Do you currently swim with CoCSC Yes / No (Please circle appropriate answer)
If Yes please enter your squad: (e.g. Rookie, B, Youth, Top etc.)
If No please sign at bottom of form.

Disclaimer to be signed by all Team members who are not current swimmers with CoCSC.

I confirm that I am entering the Family Race entirely at my own risk.

Signed.....Print Name.....Date.....

Signed.....Print Name.....Date.....

Signed.....Print Name.....Date.....

CLOSING DATE FOR ENTRIES IS SUNDAY 26th September 2010
Please return this form to your coach or directly to Judith Shawcross



Volunteer Form

Did you know **ALL** our meets are run by volunteers, both officials and helpers. **It is impossible to run meets without them.**

If all parents offered to help at one session that would mean we would all get a chance to watch the races!

Club champs is a great opportunity to get involved, either by doing some of the more straight forward jobs or getting training / observing what is involved with some of the more complex/official roles.

Please find below a list of roles and sessions.

Please tick which sessions you can help at and which jobs you can do or would be prepared to have a go at with support. It would be great if you can be as flexible as possible in the jobs you'd do.

Without volunteers we can't run events!

Please complete this slip and return with your entry form.

Name			
Best Email Contact / Telephone No			
Job	25 th September	26 th September	3 rd October
I will do any job!			
Swimmer Registration			
Announcer			
Electronic Systems Operation			
Whip			
Poolside Drinks			
Warm up Marshall			
Cool Down Marshall			
Equipment Set Up			
Equipment Take down			
Trophies / Medals			
Timekeeper			

Please return this form with your entry or directly to Rachel Kerridge or
Judith Shawcross