

Club Championships/County Qualifier 2021

Aim: To provide Level X racing for all members across the club to include finals with times to go towards County Championships 2021

Heats

Schedule:

Week Commencing	Competition	Events				
4 th January	Heats	50m Free	100m Fly			
11 th January	Heats	400m Free				
18 th January	Heats	50m Fly	100m Brst	50m Brst		
25 th January	Heats	800m Free				
30th January	Finals	100m Fly	50m Brst	50m Fly	100m Brst	400m Free
1 st February	Heats	800m Free				
8 th February	Heats	200m Brst	200m Back			
15 th February	Heats	400m IM				
20th February	Finals	50m Free	200m Brst	200m Back	800m Free	
22 nd February	Heats	200m Fly	100m Free			
1 st March	Heats	1500m Free				
8 th March	Heats	1500m Free				
15 th March	Heats	200m Free	50m Back			
20th March	Finals	400m IM	200m Fly	100m Free	1500m Free	
22 nd March	Heats	200m IM	100m Back			
3rd April	Finals	50m Back	200m IM	100m Back	200m Free	

- Heats will take place in training sessions on the following nights
 - Academy: Monday & Saturday (*400m Events at SSP on Sunday between 7am – 9am)
 - Senior A: Tuesday PM (7pm – 9pm)
 - Masters: Wednesday AM (6am – 8am)
 - HPS: Wednesday PM (6pm – 8pm)
 - Uni: Wednesday PM (6pm – 8pm)
- Ages will be based on a swimmer's age at 31st December 2021 with the age group for finals will be 11 & under, 12, 13, 14, 15, 16-17, Open.
- Claire Walsh will collate heat results and publish a list of finalists in each age group and contact reserves if necessary.
- There will be no 'catch up' opportunities.
- All events will run under the Swim England Level X guidance - <https://www.swimming.org/sport/what-are-the-racing-conditions/>



	50M FLY	50M BACK	50M BRST	50M FC	100M FLY	100M BACK	100M BRST	100M FC	100M IM	200M FLY	200M BACK	200M BRST	200M FC	200M IM	400M IM	400M FC	800M FC	1500M FC	Entries	Cost (£)	
NPS – UNI	Individual Entries																				
NPS – GCSC																				17	£17
NYS																				17	£17
REGS																				17	£17
COUNTY A																				17	£17
MASTERS																				13	Tbc
SENIOR A																				13	Tbc
COUNTY B																				15	£15
JUNIOR COUNTY A																				15	£15
COUNTY C																				12	Tbc
JUNIOR COUNTY B - 2011 – 12																				3	£3
JUNIOR COUNTY B – 2013																				2	£2
JUNIOR COUNTY B – 2014																				1	£1
In = By invitation only																					

Swimmers will be charged £1 per event for taking part in the championships and this will be invoiced through Team Unify. Each respective squad's events have been carefully selected to represent their development and as such we are only charging for the events specific to each squad.

Finals

- All finals will take place at SSP at the deep end of the pool. The shallow end will be available between 7am to 11am for warm-ups.
- 8 swimmers will be selected for each final as well as 3 named reserves. Reserves will be contacted if required by the Friday prior to each Finals session.
- Medals will be provided for 1st, 2nd and 3rd places along with awards/ribbons for positions 4th to 8th
- Everyone taking part will receive a participation certificate. 7, 8, 9 and 10 year olds will receive 1st, 2nd, 3rd place medals for each year group
- All warm-ups will be 25 minutes long and split in two: 12 minutes girls, 12 minutes boys
- Junior County B swimmers who do not attend Saturday training will be invited to take part in their appropriate races on the Monday of each specified week



Finals Timings

Finals Session 1				
Event	Warm up Start	Warm Up Finish	Event Start	Event Finish
100m Fly	7am	7.25am	7.30am	8.30am
50m Breaststroke	8.05am	8.30am	8.35am	9.20am
50m Butterfly	8.55am	9.20am	9.25am	10.10am
100m Breaststroke	9.45am	10.10am	10.15am	11.10am
400m Freestyle	10.45am	11.10am	11.15am	11.45am

Event	Session 1 Swim Down	
	Start	Finish
100m Butterfly	7.25am	8.05am
50m Breaststroke	8.30am	8.55am
50m Butterfly	9.20am	9.45am
100m Breaststroke	10.10am	10.45am

Finals Session 2				
Event	Warm up Start	Warm Up Finish	Event Start	Event Finish
50m Free	7am	7.25am	7.30am	8.15am
200m Breaststroke	7.50am	8.15am	8.20am	9.20am
200m Backstroke	8.55am	9.20am	9.25am	10.25am
800m Free	10.00am	10.25am	10.30am	11.20am

Event	Session 2 Swim Down	
	Start	Finish
50m Free	7.25am	7.50am
200m Breaststroke	8.15am	8.55am
200m Backstroke	9.20am	10.00am
800m Free	10.25am	11am



Finals Session 3				
Event	Warm up Start	Warm Up Finish	Event Start	Event Finish
400m IM	7am	7.25am	7.30am	8.10am
200m Butterfly	7.45am	8.10am	8.15am	9.25am
100m Freestyle	9.00am	9.25am	9.30am	10.30am
1500m Freestyle	10.05am	10.30am	10.35am	11.55am

Event	Session 3 Swim Down	
	Start	Finish
400m IM	7.25am	7.45am
200m Butterfly	8.10am	9.00am
100m Freestyle	9.25am	10.05am
1500m Freestyle	10.30am	11am

Finals Session 4				
Event	Warm up Start	Warm Up Finish	Event Start	Event Finish
50m Backstroke	7am	7.25am	7.30am	8.15am
200m IM	7.50am	8.15am	8.20am	9.30am
100m Backstroke	9.05am	9.30am	9.35am	10.35am
200m Freestyle	10.10am	10.35am	10.40am	10.50am

Event	Session 4 Swim Down	
	Start	Finish
50m Backstroke	7.25am	7.45am
200m IM	8.15am	9.05am
100m Backstroke	9.30am	10.10am
200m Freestyle	10.35am	11am

