



CLUB Champs 2017

HELD UNDER A.S.A. LAW & ASA TECHNICAL RULES OF SWIMMING
A.S.A. LEVEL 4 (4WM171829 & 4WM171830) LICENSED MEET FOR ENTRY INTO REGIONAL
COMPETITIONS

QUEEN'S DIAMOND JUBILEE CENTRE, RUGBY
23rd, 24th, 25th September and 1st October 2017



The Home of Rugby Football

RUGBY CLUB CHAMPS 2017

23rd, 24th, 25th Sept & 1st Oct 017 – Held under ASA Laws and ASA Technical Rules of Swimming
Queens Diamond Jubilee Centre, Rugby – 25m pool – License Level 4 – 4WM171829 & 4WM171830

ASSEMBLY FOR RACES

There are no entry cards and swimmers do not have to sign in for events. It is the swimmer's responsibility to be in the right place at the right time for events. Swimmers are requested to assemble in the small pool area for marshalling, when called for.

WITHDRAWALS

The lane draw will be done at midday on the day of the session, so please notify rugbyopen@rugbyswimmingclub.co.uk of any withdrawals at least two hours before that time. No changes can be made after the lane draw.

MEET INFORMATION

Over the top and side by side starts will be used. **No entries will be accepted on the days of the meet.**

AWARDS

Awards will be made to the first six swimmers in the 8/under, 9/10, 11/12, 13/14 and 15/over age groups, except in the 200m, 400m, 800m and 1500m events where awards will be made to the six swimmers in the Junior (13/under) & Senior (14/over) age groups. Age as at 01st October 2017
 Awards can be collected from the awards table after the results have been announced.

RESULTS

Results will be posted on the club website www.rugbyswimmingclub.co.uk after each session.

START TIMES FOR EACH SESSION

Session	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Date	23 rd Sept	24 th Sept	25 th Sept	1 st Oct
Warm Up	5.30PM	5.00PM	7.00PM	5.00PM
Start Time	5.50PM	5.20PM	7.20PM	5.20PM
<i>Events</i>	1 Boys 100FR 10yrs + 2 Girls 100 FR 10yrs + 3 Boys 25m BR 8 & 9yrs 4 Girls 25m BR 8 & 9 yrs 5 Boys 50m Fly 9yrs + 6 Girls 50m Fly 9yrs + 7 Boys 200m IM 9yrs + 8 Girls 200m IM 9yrs + 9 Boys 25m FR 8 & 9 yrs 10 Girls 25m FR 8 & 9 yrs 11 Boys 100m BK 10 yrs + 12 Girls 100m BK 10yrs + 13 Boys 200 BR 9yr + 14 Girls 200 BR 9yrs + Boys Skins Qualification Girls Skins	15 Girls 400m FR 10yrs + 16 Boys 400m FR 10yrs + 17 Girls 25m Fly 8 & 9 yrs 18 Boys 25m Fly 8 & 9 yrs 19 Girls 100m IM 8yrs + Master 100m IM 20 Boys 100m IM 8yrs + 21 Girls 200 Fly 9yrs + 22 Boys 200 Fly 9yrs + 23 Girls 25m BK 8 & 9 yrs 24 Boys 25m BK 8 & 9 yrs 25 Girls 50m BR 9 yrs + 26 Boys 50m BR 9yrs + 27 Girls 200m FR 9yrs + 28 Boys 200m FR 9yrs + 29 Girls 50m FR 8yrs + 30 Boys 50m FR 8yrs + Mum's / Dad's Dash Coaches' Relay	31 Girls 400 IM 12yrs + 32 Boys 400 IM 12yrs + 33 Girls 50 BK 9yrs + 34 Boys 50 BK 9yrs + 35 Girls 100 BR 10yrs + 36 Boys 100 BR 10yrs + 37 Girls 200 BK 9yrs + 38 Boys 200 BK 9yrs + 39 Girls 100 Fly 10yrs + 40 Boys 100 Fly 10yrs +	41 Mixed 800m FR 11yrs over* 42 Mixed 1500m FR 11yrs over*

Warm up Procedures

Saturday 23rd Sept

Session 1 Start 5.50pm

Warm up: 5.30pm – 5.50pm
 5.30pm – 5:38pm Boys
 5.40pm – 5.48pm Girls

Monday 25th Sept

Session 3 Start 7.20pm

Warm up: 7.00pm – 7.20pm
 7.00pm – 7:08pm Girls
 7.10pm – 7.18pm Boys

Sunday 24th Sept

Session 2 Start 5.20pm

Warm up: 5.00pm – 5.20pm
 5.00pm – 5:08pm Girls
 5.10pm – 5.18pm Boys

Sunday 01st Oct

Session 4 Start 5.20pm

Warm up: 5.00pm – 5.20pm Mixed

LANE 1	Balcony side	CLOCKWISE	
LANE 2		ANTI CLOCKWISE	
LANE 3		CLOCKWISE	DEEP
LANE 4		ANTI CLOCKWISE	END
LANE 5		CLOCKWISE	
LANE 6		ANTI CLOCKWISE	
LANE 7		CLOCKWISE	
LANE 8	Window side	ANTI CLOCKWISE	

- The depth of the pool at the shallow end is 1 metre and at the deep end is 2.5 metres.
- There will be a warm up marshal in charge of the warm up.
- Please listen carefully to the safety announcements before the start of each warm up.
- Diving will not be permitted during the warm up except when sprint lanes are designated. Sprint lanes will be from deep to shallow end. Please enter the pool carefully.
- Do not climb out + the timing pads or hang onto the lane ropes.
- Coaches are requested help to ensure a smooth warm up by ensuring your swimmers are in and out of the pool at the correct times and do not cause hold ups at either end by stopping.

ACCESS TO THE BALCONY WILL BE FREE FOR THE DURATION OF THE EVENT

Rugby Swimming Club would like to thank all officials, backroom staff, helpers and Centre staff for their assistance in running this meet.

Thanks also go to the swimmers, coaches and spectators for supporting the meet. Results will be posted on website after each session - www.rugbyswimmingclub.co.uk