

**Club Night 1: 02/05/10**

Free	200 Metres
Breast	50 Metres
Fly	50 Metres
Back	50 Metres
IM	200 Metres

**Club Night 6: ??/09/10**

Fly	100 Metres
Breast	200 Metres
Back	100 Metres
Free	50 Metres
IM	200 Metres



**Club Night 2: 30/05/10**

Free	100 Metres
Back	50 Metres
Fly	100 Metres
Breast	100 Metres
IM	100 Metres

**Club Night 7: ??/10/10**

Back	200 Metres
Free	50 Metres
Breast	200 Metres
Fly	50 Metres

**Date : ??Feb 2011 (Age Champs)**

Free	100 Metres
Back	50 Metres
Fly	50 Metres
Breast	100 Metres
I.M.	100 Metres

**Club Night 3: ?? /06/10**

Breast	100 Metres
Free	200 Metres
Fly	100 Metres
Back	100 Metres

**Club Night 8: 08/10/10**

Fly	100 Metres
Breast	100 Metres
Free	100 Metres
I.M.	100 Metres

**Date : ??Feb 2011(Age champs)**

Free	50 Metres
Back	100 Metres
Fly	100 Metres
Breast	50 Metres
I.M.	200 Metres

**Club Night 4: ??/07/10**

Fly	100 Metres
Back	50 Metres
Breast	200 Metres
Free	50 Metres

**Club Night 9: ??/1/10**

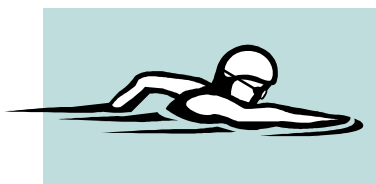
Free	400 Metres
Fly	50 Metres
Breast	50 Metres
Back	200 Metres

**Date : ??March2011 (Open Champs)**

Free	100 Metres
Back	100 Metres
Fly	100 Metres
Breast	100 Metres

**Club Night 5: ??/08/10**

Free	400 Metres
Breast	50 Metres
Back	100 Metres
Fly	50 Metres



**Date : ??March2011(Junior Champs)**

Free	50 Metres
Back	50 Metres
Fly	50 Metres
Breast	50 Metres

## Aggregate Points

Aggregate events will be held on all Club Swim Nights. Swimmers will be awarded points for improvement and performance on the following basis:

<u>SECONDS</u>	<u>POINTS</u>
Disqualified	1
+2.01 or more	2
+1.21 to +2.0	3
+0.41 to +1.20	4
+0.41 to -0.41	5
-0.41 to -1.20	6
-1.21 to -2.00	7
-2.0 to -5.00	8
-5.01 to -10.00	9
-10.0 or more	10

There are no age groups in Aggregate events.

Times applied for aggregate will be:

(A) Previous season's fastest time recorded by the club.

(B) Where a person joins the Club during the year and has not recorded a time by way of (a) above, then the first time swim for each aggregate event will be recorded for future aggregate swims and that person shall receive five points for that swim

## Age Championships

Your age on the first day of Age Championships Swims determines your Age for the Championships.

**Age Group Championships Qualifying Table**

Stroke	Total available swims up to the Age champs	Days stroke available	To qualify you must have completed
Back	39	8	19 swims including 4 back
I.M.	39	4	
Fly	39	9	19 swims including 5 fly's
Free	39	9	19 swims including 5 free
Breast	39	9	19 swims including 5 breast

All swimmers who have met the above criteria are eligible to swim in the Age Championships.

Each Age Championship has a girls and a boy's section.

The club does encourage all swimmers to attempt all strokes in the competition.

## Junior Club Championship

The Club Junior Championship is open to swimmers in the 12/U age groups. To qualify a swimmer must:

- Swim and complete the whole program on at least 5 out of 9 Club nights by the week of the first Junior Club Championship event.
- Swim and complete each of the four strokes and the I.M. at least once by the first week of the Championships.
- The six fastest qualified 12/U boys and the six fastest qualified 12/U girls will contest each stroke and the I.M. (It is likely that some swimmers will not qualify to swim in all five events) The five events are 50m Free, 50m Back, 50m Fly, 50m Breast and 100m I.M., but these may not be held in that order. These strokes must be completed by all swimmers. In the event of a qualified swimmer being absent, the next qualified male or female will be then eligible to compete in the event.
- Points scored in these events will be: 1<sup>st</sup>. = 7, 2nd. = 5, 3rd. = 4, 5th. = 2, 6th. = 1. The swimmer who scores the highest number of points will be awarded the Club Junior Championship. There will be both a Boy and Girls Champion.
- In the event of a tie for 1<sup>st</sup>, 2nd. Or 3<sup>rd</sup> placing the highest placing will go to the swimmer who gained the most 1<sup>st</sup> placing (or 2<sup>nd</sup>. / 3<sup>rd</sup>. places respectively) If the tie still remains the Championship will be decided on the placing in the I.M.

## Open Club Championship.

The Club Open Championship is open to all registered swimmers. To qualify a swimmer must.

- Swim and complete the program on at least 5 occasions by the week of the first Open Club Championship event. This can include the Age Championship swims. Fastest times will be used from current season to qualify for this event. A swimmer is permitted to compete in Open Championships if they have not been present for the Age Championships
- Swim and compete each of the four strokes and the I.M. at least once by the first week of the Open Championships.
- The six fastest qualified boys and the six fastest qualified girls will contest each stroke and the I.M. (It is likely that some swimmers will not qualify to swim in all five events) The five events are 100m Free, 100m Back, 100m Fly, 100m Breast, and 200m I.M., but these may not be held in that order.
- The points scoring system and the method of separating ties will be the same as for the Club Junior Championship.
- As there is no lower age limit for participation in the Open Club Championship, it is possible for a young swimmer to win both the junior and the Open Club Championship.



# Club Program 2010/2011