

## 2017 CCASA County Championships and Age Groups Competition

### Rules and procedures for individual events in the County Championships and Age Group Competition

#### General conditions

- A1. **ASA conditions:** The competition will be swum under ASA Laws, Regulations and Technical Rules of racing.
- A2. **Swimmer eligibility:** The CCASA swimmer eligibility rules will apply. See the Appendix to this document.
- A3. **Disabled swimmers:** Attention is drawn to the CCASA Disability Annex to Competition Rules.
- A4. **Licensing:** The individual events in the competition will be licensed at Level 2 County.

#### Relevant dates for the 2017 competition and entry fees

- B1. **The Hy-Tek entry file** for the long distance meet must be received by the designated recorder by midnight on Friday 6th January 2017.
- B2. **The Hy-Tek entry file** for the remaining events must be received by the designated recorder by midnight on Friday 13th January 2017.
- B3. **The consolidated club entry fees** for the long distance meet must reach the Treasurer by midnight on Friday 13th January 2017 by cheque or BACS.
- B4. **The consolidated club entry fees** for the remaining events must reach the Treasurer by midnight on Friday 20th January 2017 by cheque or BACS.
- B5. **The entry fees** per swimmer per event will be set at the CCASA AGM held in June of the year preceding the county competition.

#### Individual events in the County Championships and Age Group Competition:

- C1 **Age determining date (age up date):** Swimmers ages will be as on 31 December of the year of competition
- C2. **Events, qualifying times and qualification dates:** The Swimming Committee will set qualifying times for each age group for each event available to each age group. Swimmers must have achieved qualifying times for the CCASA Championships and Age Groups competitions at ASA Licensed Meets within the 12 months prior to the closing dates. The relevant dates are as above. The qualifying times for each event are set out in the appendices or attachments or separate documents and in particular as part of the swimmer entry form. All swimmers with ranked qualifying times will be accepted into the competition .
- 2A. **County consideration times** consideration times have been set for 2017 .Swimmers achieving CCASA consideration times must have achieved these times at ASA Licensed Meets within the 12 months prior to the closing dates. Swimmers achieving CCASA County consideration times must be entered on the official entry form with the correct fee. Swimmer who have consideration times are not considered as entered until their entry is confirmed to the club. Acceptance of entries will be based on the fastest submitted times and swimmers with consideration times will be accepted as running time of the competition time permits. Swimmers who are not successful with their entry will automatically be accepted into Cornwall Counties Intermediate to be held on 1<sup>st</sup> and 2<sup>nd</sup> April 2017. Refunds will be given for events entered in the County championships and age groups galas but not scheduled in the programme of events for the County Intermediates .

**Restrictions due to age.** 50m , 100m, 200m, 400m freestyle are open to 10/11, 12, 13, 14, 15 and 16 plus age groups . 400m individual medley , 800m freestyle and 1500m freestyle events are restricted to 12, 13, 14, 15 and 16 plus age groups only.

- C3. **Entry times and heats:** Championship and Age Group Events will be swum in heats based on the entry times certified by the swimmer's club and as necessary verified by reference to the ASA Ranking Records. The order of events will be as listed in the Programme of Events. All ages will swim together according to seeding by entry times. The slower heats in each event will be swum before the faster heats in that event.
- C4. **Results:** Championship and Age Group Results will be decided on either a heat declared basis or with heats and finals. Age group finals will be swum for all 50 metre and 100 metre events. The results of longer events will be decided on the basis of results in the heats (a heat declared basis).
- C5. **Finals and Finalists:** There will be finals in all 50 and 100 m events however where 6 or less swimmers have entered an age group event the event will be swum as a straight final . Age groups will be 10/11, 12, 13, 14, 15 and 16 plus. 200m , 400m, 800m and 1500m events will be heat declared winners. There will be a maximum of six finalists with two reserves in each age group final. (entries permitting ) In the event of withdrawals no further swimmers will be invited to swim.
- C6. **Junior Champion:** A Junior Champion will be declared for each individual event. The Junior Champion will be the fastest time achieved in age group finals. To qualify as a junior the swimmer must be 15 years of age or under on 31 December of the year of the competition.

- C7. **Senior Champion:** A Senior Champion will be declared for each individual event. To qualify as a senior the swimmer must be 16 years of age or over on 31 December of the year of the competition. The Senior Champion will be the fastest time achieved in age group final for 16 and over.
- C8. **Competition best times:** Competition best times are held for all events and all age groups/ Records are held for 10/11, 12 13, 14, 15 and 16 years and over. Previous years records will be posted on programmes for reference. Records for 50 and 100m age group events can be achieved in both heats and finals.
- C9. **Championship Records:** There are two sets of championship records, one set for juniors and one set for seniors. These records are only achieved in the finals or in the case of events that are heat declared, results will be based on times achieved in the heats for those events. For the convenience of spectators the existing Junior / Senior records will be recorded in the spectator programme.

#### **Awards:**

- D1. **Individual awards, Age Groups:** Medals will be awarded to the 1st, 2nd & 3rd swimmers in each event in each of the age groups defined in Paragraph C5 above.
- D2. **Individual awards, Junior & Senior Championships:** Trophies or medals will be awarded to the 1st, 2nd, 3rd, 4th, 5th & 6th swimmers in each event.
- D3. Individual awards using FINA points scored for top Boy and Top Girl in age group as defined in Paragraph C5 above.
- D4. **The Ellis Trophy:** This is a club trophy. Points will be awarded for all ages and individual events in the County Championship and Age Group Competition, including both heats ( only in events that are heat declared winners ) and finals, and including the long distance events (800 metres & 1,500 metres) but excluding any relay events or team competitions. Scoring will be: 1st, 6 points; 2nd, 5 points; 3rd, 4 points; 4th, 3 points; 5th, 2 points; 6th, 1 point. In the event of a tie points will be averaged. The club achieving the highest total number of points will be awarded the trophy. In the event of a tie the club achieving the highest number of first places in the above qualifying events will be the winner.
- D5. **The John Hickman Trophy:** This is a club trophy. Points will be awarded to the club that achieves the highest number of points in the distance events, 800 metres & 1,500 metres across all age groups girls 12, 13, 14, 15 16 plus and boys 12, 13, 14, 15, 16 plus. Scoring will be: 1st, 6 points; 2nd, 5 points; 3rd, 4 points; 4th, 3 points; 5th, 2 points; 6th, 1 point.
- D6. **The Speedo Trophies:** The two Speedo trophies are for the top boy and top girl aged 15 years in the County Championships applied to their two swims achieving the highest FINA points from heats or finals, only one of which can be 50 metres. The calculation will be performed using FINA points as calculated in the Hy-Tek Meet Manager Program. The two swimmers are also awarded a trophy to keep.

#### **Organisational rules and procedures for the county championships and age groups competitions:**

- E1. **Programme:** A draft programme showing the session dates and times of the first sessions of each day will be distributed to clubs in advance of the closing dates for entries. The final programme of session dates and estimated session times will be distributed to clubs after all entries have been received. Start times for the second session of the day and start time for the finals will be flexible depending on the actual time taken for earlier sessions. A spectator programme will also be produced for sale.
- E2. **Entries and deletions:** The designated recorder will provide the necessary computer (Hy-Tek) file to the clubs for entries and the competition organiser will provide a corresponding form for entries that can be issued to swimmers. Clubs with swimmers entering the competition must fill in the computer file and return it to the designated recorder by the stated deadline for entries (normally the Friday preceding three weeks before the date of the first session of the competition or as otherwise notified, see Section B above). It must be accompanied by a printout of the entries in pdf format (that can be produced from the Hy-Tek program). The recorder will then send to each club a list of the swimmers entered in the Hy-Tek Meet Manager program for checking by the club and/or its relevant swimmers. The club must immediately notify the recorder of any errors or omissions and will be responsible for any such errors or omissions.

Deletions should be notified to the designated recorder as soon as possible and late deletions must be notified to the recorders by the start of warm-up. Clubs should retain the completed entry application forms for six months after the competition is over in case of queries. Signatures to the swimmers' entry application form are essential. Submitted times may be long course or short course ( times submitted must be converted to 25 metres.

The designated recorders have a right to refuse entries and changes that are received outside the deadlines.

- E3. **Data protection:** All data relating to the entry and results processing will be held on computer using system software. Swimmer entries will be managed on a computer. By submitting entries, consent is thereby given, as required by the Data Protection Act 1998, to the holding of personal information on computer. Data Protection Act 1998 rule 7 applies to rights of access to personal information.

If for any reason a swimmers name is to be withheld from publication this MUST be notified to your club for onward notification to the CCASA competition organiser and designated recorder . The CCASA will require certain particulars such as age to check that the swimmer is correctly entered and the swimmer's club may be required to provide evidence to verify this.

- E4. **Photography:** Under A.S.A child protection guidelines all spectators wishing to use cameras, video or digital capturing device (including mobile phones) must first register their details on the approved ASA form provided at the spectator entrance with proof of identity. An identification label will be issued which must be on show at all times. This policy will be vigorously enforced and any person found to be contravening this policy will be asked to leave the gala without refund. ( venue policy and procedure may also apply.)
- E5. **Consolidated club entry fees:** The entry fee for individual events will be as stated above. Each club must pay the fees for the swimmers it has entered in a single payment to the County Treasurer within the 7 (seven) days following the closing date for entries by cheque or BACS. Cheques must be made out to "CCASA". If the club fails to meet this deadline, it will incur a fine of 10% of the total of the entry fees for that club's swimmers.
- E6. **Failure to swim:** If a swimmer fails to compete in an event he or she has entered without notification to the recorders by the start of warm up, his or her club will incur a fine for every such entry. Fines will be set at CCASA annual AGM in the year proceeding the county competitions . Fines may be waived in exceptional circumstances.
- E7. **Warm-up:** The warm-up schedule appropriate for the numbers of swimmers with times and lane allocations for each session will be provided to club coaches and / or team managers prior to the warm-up. CCASA will arrange a senior warm-up marshal via the host club for the session, but each club will be expected to assist in the warm-up for its own swimmers. There will be two or more warm-up periods before each session of heats.
- E8. **Finalists & reserves sign in:** The finalists and reserves must declare their intention to swim in the final. This will be done by signing the relevant form held by the recorders or other appointed person and must be done within the 5 minutes following the first announcement of the names of the finalists and reserves for each event. If a swimmer who has declared his or her intention to swim fails to compete, his or her club will incur a fine of £100. This will only be waived in exceptional circumstances.
- E9. **Scheduling of finals:** Finals for each age group 10/11, 12, 13, 14, 15 and 16 plus will be swim at the end of each session.
- E10. **Communications:** Communications with swimmers will normally take place through their clubs, even if the CCASA has contact details for swimmers.
- E11. **Force majeure:** In situations of force majeure or other unforeseen circumstances leading to the cancellation of galas or parts of galas or other incomplete performance, CCASA's liability will be restricted to a maximum of a refund of the entry fees to those affected for the affected events. CCASA will communicate the circumstances to clubs as soon as possible and seek to make alternative arrangements when this is reasonably feasible.
- E12. **Other issues:** In the event of any ambiguity in these rules, or if any issues arise that have not been dealt with in these rules, the Promoter will make a decision. If the issue is raised or known sufficiently in advance of the gala, the appropriate CCASA committee or competition organiser will make the decision in consultation with the chief referee and other CCASA personnel if appropriate. If it becomes apparent on the day, the Promoter's representative will make the decision in consultation with the chief referee and other CCASA personnel if appropriate. This decision will not be subject to appeal except on the grounds that it is contrary to ASA laws or regulations.

#### **Presentation of awards:**

- F10. **Presentation of medals, Age Groups:** These medals will normally be collected from the medals table during the session to which they relate after the results for each event have been announced. Presentation may be delayed in the event of queries or technical issues or unexpected circumstances.
- F11. **Presentation of trophies and medals, Junior & Senior Championships:** Trophies and medals for the Junior and Senior Championships will normally be presented at an award ceremony held at a convenient time during or at the end of the relevant session in the case of heat declared winners and following age group and senior finals in the case of events with finals. The annually awarded (perpetual) trophies will be awarded at the same time. A list of these trophies is in the CCASA Handbook. Other trophies will be retained by the swimmers. Presentation may be delayed in the event of queries or technical issues or unexpected circumstances.
- F12. **Presentation of the Ellis Trophy:** The Ellis Trophy will normally be awarded at the end of the last session of the championships or at a suitable later occasion if the final result is not ready at that time.
- F13. **Presentation of the Speedo Trophies:** The Speedo Trophies will normally be awarded at the end of the last session of the championships or at a suitable later occasion if the final result is not ready at that time.

- F14. **Presentation of the John Hickman Trophy:** The John Hickman Trophy will normally be awarded at a suitable occasion during the championships.
- F15. **Presentation of all trophies and medals:** The above times for the presentation of trophies and medals are for guidance only and are not part of the rules. They may need to be adjusted to meet circumstances.

### Eligibility rules

**These eligibility rules may only be changed by a general meeting of the Association.**

1. **ASA Laws & Regulations:** Competitions shall be open to competitors eligible according to ASA Laws and Regulations who meet the other conditions for eligibility set out below.
2. **Residence:** To be eligible swimmers must ordinarily reside in Cornwall or neighbouring Devon. (For the sake of clarification swimmers who spend term time outside the county for educational purposes but otherwise meet this residential condition are eligible. Likewise swimmers at educational institutions in Cornwall during term time are eligible.)
3. **Club membership:** To be eligible a swimmer must also be a member of a CCASA affiliated club and registered with the ASA as a member of a CCASA affiliated club for not less than 60 days immediately prior to the competition or the first day of a series of competitions. The swimmer must compete for one club only for the duration of the competition or series of competitions, which must be the club in whose name he or she entered the competition or series of competitions. [Note: This means that a swimmer can change from one CCASA affiliated club to another during the 60 day period but not after the entry date.]
4. **Club membership:** To be eligible a swimmer must be a genuine active member of a CCASA affiliated club who commonly trains with that club under whose name he or she is entered into the competition and it is expected that their first county loyalty will be to Cornwall swimming. To achieve this it is stipulated that a competitor entering any CCASA Competition must perform the majority of his or her training with a club or clubs affiliated to the CCASA during the qualifying periods of residence in the County or neighbouring county as required by the residence rule (Rule 2) above.
5. **County loyalty:** No competitor competing for any other county in the same discipline in the same year may compete in competitions promoted by CCASA. (Except in an Inter County Competition or an invitation event promoted by CCASA).
6. **Members of H.M. Forces:** Members of H.M. Forces based in Cornwall who are registered in accordance with ASA Laws and Regulations may enter CCASA competitions without being a member of a CCASA affiliated club. Neither members of H.M. Forces based in Cornwall, nor their spouses or children, will be subject to the 60 day rule. However their spouses or children must be members of a CCASA affiliated club and adhere to the other eligibility rules.
7. **Protests & complaints:** Any protest or complaint regarding implementation of the rules may require clubs to provide supporting documentation or other evidence. Such protests or complaints will be dealt with in accordance with ASA laws.
8. **Extenuating circumstances:** Regardless of the above eligibility rules, in the interests of the sport in cases of extenuating circumstances, the CCASA officers shall decide whether a swimmer will be allowed to compete. Their decision will be final. Their decisions will relate to individual swimmers and will not set binding precedents, but may be taken into consideration in future decisions.

### **2017 CCASA Para Swimming Annex to Competition Rules**

**Additional rules and variations to CCASA competition rules for competitors with a disability that affects their swimming. Unless specifically stated here, the normal competition rules will apply.**

CCASA encourages para swimmers to participate in its competitions.

1. **Entry times:** At least for 2017 these will not apply to Para swimmers. Times submitted for entry must have been attained in a licensed meet and a record held on ASA ranking. The swimmer's coach is expected to consider and decide on the basis of the swimmer's current abilities whether the County Championships, Intermediate Gala, or Development Gala is the most appropriate competition for the swimmer. Advice may be obtained from the CCASA Disabilities Representative.
2. **Awards :** Normal award rules apply EXCEPT where there is a single para swimmer entered into an age group event then rule 2a will apply.  
**2a** If there is only one para swimmer entered in an age group event the swimmer must swim faster than the entry time submitted in order to attain an award.

**The following additional information must be provided by the swimmer's club to the CCASA's designated recorder when sending in the club's entries:**

2. **Classification:** If the swimmer has been classified, the classification must be notified and a copy provided. If the swimmer has a Certificate of Swimming Disability a copy must be provided.
3. **Stroke exemptions:** In the case of the County Age Groups and Championships and Intermediate Gala the exemptions must be exemptions recognised by the ASA and available from relevant documentation. In the case of the Development Gala it is sufficient for the information to be provided by an appropriately qualified medical person or the club coach.
4. **Poolside assistance:** If the swimmer requires assistance for moving around the poolside, starting (physical support or indication of the starting signal for the audio impaired), turns (a tapper for visually impaired), or anything else, this must be notified in advance.
5. **Wheelchairs:** While spectating on poolside, swimmers in wheelchairs must be placed in such a position where their chairs do not hinder the movement of other swimmers and officials along the poolsides.

**CCASA AGE GROUP QUALIFYING TIMES 2017**

<b>BOYS</b>	<b>10/11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16 &amp; over</b>
50m Freestyle	40.5	36.2	33.5	32.2	31.1	31.1
100m Freestyle	1:33.10	1:23.20	1:15.8	1:10.9	1:08.2	1:06.22
200m Freestyle	3:11.60	2:49.8	2:40.2	2:28.4	2:21.1	2:20.3
400m Freestyle	6:17.0	5:56.40	5:30.6	5:00.1	4:49.5	4:47.5
1500m Freestyle	N/A	23:43.79	22:38.52	21:19.97	20:38.78	20:30.78
50m Breaststroke	52.8	49.4	44.1	43.1	37.5	37.5
100m Breaststroke	1:52.3	1:49.10	1:38.3	1:29.3	1:24.7	1:24.70
200m Breaststroke	4:06.20	3:43.6	3:30.2	3:16.3	3:05.8	3:05.80
50m Butterfly	45.1	43.5	40.7	37.8	35.1	35.10
100m Butterfly	1:49.5	1:44.3	1:32.55	1:22.5	1:14.0	1:14.0
200m Butterfly	3:38.4	3:28.0	3:12.5	2:55.0	2:42.3	2:42.30
50m Backstroke	46.5	43.8	40.3	37.5	35.0	34.50
100m Backstroke	1:45.1	1:40.5	1:23.7	1:16.7	1:13.0	1:12.0
200m Backstroke	3:32.90	3:08.10	2:55.4	2:45.2	2:38.9	2:38.90
100m IM	1:42.60	1:36.00	1:25.6	1:20.4	1:16.9	1:15.60
200m IM	3:38.60	3:12.40	3:04.5	2:52.2	2:41.6	2:41.60
400m IM	N/A	6:48.9	6:23.2	5:58.2	5:45.1	5:45.10
<b>GIRLS</b>	<b>10/11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16 &amp; 0</b>
50m Freestyle	38.8	36.8	34.6	34.0	33.3	32.5
100m Freestyle	1:32.98	1:18.9	1:13.4	1:11.0	1:09.0	1:08.55
200m Freestyle	3:12.40	2:49.80	2:40.7	2:37.1	2:33.0	2:31.50
400m Freestyle	6:16.0	5:54.0	5:37.6	5:30.0	5:25.4	5:24.5
800m Freestyle	N/A	12:19.42	11:42.65	11:19.02	11:06.60	10:55.49
50m Breaststroke	53.3	46.8	44.2	43.0	41.5	41.5
100m Breaststroke	1:55.23	1:41.0	1:35.0	1:31.0	1:28.9	1:28.9
200m Breaststroke	4:06.70	3:35.10	3:22.1	3:15.8	3:12.6	3:12.6
50m Butterfly	45.2	40.6	38.0	37.0	36.0	35.7
100m Butterfly	1:53.42	1:44.88	1:25.6	1:21.0	1:19.0	1:18.90
200m Butterfly	3:35.8	3:26.5	3:10.0	2:57.9	2:50.8	2:50.8
50m Backstroke	46.50	43.28	39.6	38.0	36.8	36.4
100m Backstroke	1:34.5	1:28.0	1:23.0	1:19.3	1:17.8	1:17.5
200m Backstroke	3:35.0	3:07.20	2:58.4	2:52.1	2:47.6	2:46.10
100m IM	1:41.50	1:31.8	1:27.4	1:25.1	1:23.3	1:21.6
200m IM	3:39.10	3:11.9	3:00.0	2:57.4	2:53.2	2:52.0
400m IM	N/A	6:43.80	6:20.2	6:06.2	5:59.4	5:59.4



### CCASA CONSIDERATION TIMES 2017

Boys	10/11	12	13	14	15	16+
50m Freestyle	45.0	39.2	36.85	35.42	34.21	34.21
100m freestyle	1.42.43	1.31.52	1.23.38	1.17.99	1.15.02	1.12.84
200m freestyle	3.30.76	3.06.78	2.56.22	2.43.24	2.35.21	2.34.38
400m freestyle	6.54.70	6.32.04	6.03.66	5.30.11	5.18.45	5.16.25
1500m freestyle	NA	26.06.16	24.54.37	23.27.96	22.33.85	22.33.85
50m breast stroke	58.08	54.34	48.51	47.41	41.25	41.25
100m breast stroke	2.03.53	2.00.10	1.42.63	1.38.23	1.33.17	1.33.17
200m breast stroke	4.30.82	4.05.96	3.51.22	3.35.93	3.24.38	3.24.38
50m Butterfly	49.61	47.85	44.77	41.58	38.61	38.61
100m Butterfly	2.04.50	1.54.73	1.41.8	1.30.75	1.21.40	1.21.40
200m Butterfly	4.02.40	3.48.8	3.31.75	3.12.05	2.58.53	2.58.53
50m Back stroke	51.15	48.18	44.33	41.25	38.5	37.95
100m Back stroke	1.55.61	1.50.55	1.32.07	1.24.37	1.20.30	1.19.20
200m Back stroke	3.54.19	3.36.91	3.12.94	3.01.72	2.54.79	2.54.79
100m IM	1.52.86	1.40.50	1.34.16	1.28.44	1.24.59	1.23.16
200m IM	4.04.60	3.31.64	3.22.95	3.09.42	2.57.76	2.57.76
400m IM	NA	7.29.79	7.01.52	6.34.02	6.19.61	6.19.61

Girls	10/11	12	13	14	15	16+
50m Freestyle	43.08	40.68	38.06	37.4	36.63	35.75
100m freestyle	1.42.27	1.26.79	1.20.74	1.16.10	1.15.90	1.15.40
200m freestyle	3.31.64	3.06.78	2.56.77	2.52.81	2.48.30	2.46.65
400m freestyle	6.53.60	6.29.40	6.10.26	6.03.00	5.57.94	5.56.95
800m freestyle	NA	13.33.36	12.52.91	12.27.12	12.13.26	12.01.03
50m breast stroke	58.60	51.48	48.62	47.30	45.65	45.65
100m breast stroke	2.06.75	1.51.10	1.44.50	1.40.10	1.37.79	1.37.79
200m breast stroke	4.31.37	3.56.60	3.42.31	3.35.38	3.31.86	3.31.86
50m Butterfly	49.7	44.66	42.18	40.7	39.6	39.27
100m Butterfly	2.04.76	1.55.36	1.34.16	1.29.10	1.26.90	1.26.79
200m Butterfly	3.57.38	3.47.15	3.29.00	3.15.69	3.07.88	3.07.88
50m Back stroke	51.15	47.60	43.56	41.8	40.48	40.04
100m Back stroke	1.43.95	1.36.80	1.31.09	1.27.23	1.25.58	1.25.25
200m Back stroke	3.56.50	3.25.92	3.16.24	3.09.31	3.04.36	3.02.71
100m IM	1.51.65	1.40.98	1.36.14	1.33.61	1.31.63	1.29.76
200m IM	4.01.00	3.31.09	3.18.00	3.15.14	3.10.52	3.09.20
400m IM	NA	7.24.18	6.20.20	6.42.40	6.34.94	6.34.94

**CCASA Championships and age group events 2017**

**Sunday 5<sup>th</sup> February: warm up 12.30 for start time 13.00**

At Bodmin Dragon Leisure center ( held under ASA laws and technical rules licence No 2SW170012 age on 31/12/17)

**ENTRY FORM 12 years and over**

Surname	First name	Age at 31 <sup>st</sup> December 2017

CLUB			SEX		
			Male / female		
Telephone number and email address					
Event	Tick to enter	Submitted time *	Event	Tick to enter	Submitted time *
800m Freestyle			1500m freestyle		

Submitted times \* will be times achieved in a 25m pool after 5<sup>th</sup> February 2017. All entry times must have been achieved in an ASA licenced meet.

**ENTRY FEE**    **£8**    per event ..... Number of events ..... Total fee paid.....

Closing date for entries to **CCASA WILL** be **6<sup>th</sup> January 2017**. Completed entry forms should reach your club ( with cheque for full amount due made payable to your club ) by the date set by your club for onward transmission to CCASA by **CCASA** closing date. **Note for swimmers/ parents/ guardians / carers etc** Swimmers names ages and clubs will normally be published in spectator programmes/ in published results / on CCASA website and in other relevant places. If for any reason a swimmers name shall be with-held this MUST be notified to your club for onward notification to the CCASA. The full CCASA constitution can be obtained from your swimmer's club. The club is also able to provide you with copies of ASA Laws, regulations and technical rules.

**Notes for club officials** Please make sure you read the relevant rules and ensure that you adhere to them in handling the entries from your club and that you provide the necessary advice to your swimmers and their adults. **Declaration**

<p><i>I declare that the above details are correct , that I am eligible to compete in accordance with the relevant ASA Laws, regulations and technical rules and CCASA rules and I accept the rules of the competition .</i></p> <p align="center"><i>Signature of swimmer</i></p> <p>.....</p>	<p><i>Countersignature of parent / guardian/ person with parental responsibility supporting the swimmers application and declaration .</i></p> <p align="center"><i>Signature</i></p> <p>.....</p> <p><i>NAME.....</i></p>
<p><i>I certify that the above information is correct and that the swimmer meets the entry requirements for this competition in accordance with ASA Laws, regulation and technical rules and the CCASA Constitution and competition rules</i></p> <p align="center"><i>Signature of club official.....</i></p> <p align="center"><i>Position held ..... Date .....</i></p>	

- **Long course times are acceptable but they must be converted to 25m times and be within the short course qualifying entry time**



**CCASA Championships and age groups 2017 licence number 2SW170012**

Programme of Session and order of Events 2017

Sunday 5<sup>th</sup> February Bodmin Dragon Leisure Centre

All ages swim together according to seeded

Age on 31/12/2017.

Session 1

12.30 Girls 30 minute warm up . Gala start time 13.00

Event 1	Girls	800m	Freestyle	Heat Declared winners
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All age groups will swim together according to seeded entry times estimated running time 27 minutes.

Interval of 30 minutes for boys warm up and presentation of girls medals .

Start time estimated 14.00

Event 2	Boys	1500m	Freestyle	Heat Declared winners
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Estimated running time 1 hour and 5 minutes.

Estimated presentation of boys medals 15.05

Estimated gala finish time 15.30.

**CORNWALL COUNTY ASA GALAS 2017**

AGE AS OF 31<sup>ST</sup> December 2017 Under ASA Laws and ASA Technical Rules.

**ENTRY FORM**

First name	Surname	Club	Date of birth	Age at 31/12/2017
FEMALE ENTRIES		MALE ENTRIES		
Stroke distance	Entry time	Stroke distance	Entry time	
50m backstroke		50m Backstroke		
100m backstroke		100m Backstroke		
200m backstroke		200m Backstroke		
50m breaststroke		50m Breaststroke		
100m breast stroke		100m Breaststroke		
200m breaststroke		200m Breaststroke		
50m butterfly		50m Butterfly		
100m butterfly		100m Butterfly		
200m butterfly		200m Butterfly		
50m freestyle		50m Freestyle		
100m freestyle		100m Freestyle		
200m freestyle		200m Freestyle		
400m freestyle		400m Freestyle		
100m Individual Medley		100m Individual Medley		
200m Individual Medley		200m Individual Medley		
400m Individual Medley		400m Individual Medley		

Submitted times \* will be times achieved in a 25m pool after 1<sup>st</sup> February 2016. All entry time must have been achieved in an ASA licenced meet.

Age groups 10/11. 12. 13. 14. 15, 16 & over all events with the exception of 400m IM which is restricted to 12 & over age groups . **ENTRY FEE £5.50** per event ..... Number of events ..... Total fee paid.....

Closing date for entries to **CCASA WILL** be **13<sup>th</sup> January 2017**. Completed entry forms should reach your club ( with cheque for full amount due made payable to your club ) by the date set by your club for onward transmission to CCASA by **CCASA** closing date. **Note for swimmers/ parents/ guardians / carers etc** Swimmers names ages and clubs will normally be published in spectator programmes/ in published results / on CCASA website and in other relevant places. If for any reason a swimmers name shall be with-held this MUST be notified to your club for onward notification to the CCASA. The full CCASA constitution can be obtained from your swimmer's club. The club is also able to provide you with copies of ASA Laws, regulations and technical rules.

**Notes for club officials** Please make sure you read the relevant rules and ensure that you adhere to them in handling the entries from your club and that you provide the necessary advice to your swimmers and their adults. **Declaration**

<p><i>I declare that the above details are correct , that I am eligible to compete in accordance with the relevant ASA Laws, regulations and technical rules and CCASA rules and I accept the rules of the competition .</i></p> <p align="center"><i>Signature of swimmer</i></p> <p>.....</p>	<p><i>Countersignature of parent / guardian/ person with parental responsibility supporting the swimmers application and declaration .</i></p> <p align="center"><i>Signature</i></p> <p>.....</p> <p><i>NAME.....</i></p>
<p><i>I certify that the above information is correct and that the swimmer meets the entry requirements for this competition in accordance with ASA Laws, regulation and technical rules and the CCASA Constitution and competition rules</i></p> <p align="center"><i>Signature of club official.....</i></p> <p><i>Position held ..... Date .....</i></p>	

**Long course times are acceptable but they must be converted to 25m times and be within the short course qualifying entry time**

**Cornwall County Championships and age group events 2017 licence No 2SW170013**

**PENZANCE**

Saturday 18<sup>th</sup> February 2017

SESSION 2 10.30 am warm up time 45 minutes. Gala start time 11.15 am

3	Girls	400 m	Individual Medley	HDW
4	Boys	200m	Backstroke	HDW

Estimated finish time 1200 break for presentation of medals swim down warm up . 45 MINUTES.

SESSION 3 estimated start time 12.45

5	Girls	200m	Freestyle	HDW
6	Boys	100m	Individual medley	Heats
7	Girls	50m	Backstroke	Heats

15 minute break for presentation of 200m freestyle

	Boys	10/11	100m	Individual Medley	Final
	Boys	12	100m	Individual Medley	Final
	Boys	13	100m	Individual Medley	Final
	Boys	14	100m	Individual Medley	Final
	Boys	15	100m	Individual Medley	Final
	Boys	16 +	100m	Individual Medley	Final
	Girls	10/11	50m	Back stroke	Final
	Girls	12	50m	Back stroke	Final
	Girls	13	50m	Back stroke	Final
	Girls	14	50m	Back stroke	Final
	Girls	15	50m	Back stroke	Final
	Girls	16+	50m	Back stroke	Final

Estimated finish time 14.15

Presentation of awards / swim down 30 minutes

LUNCH BREAK 30 minutes

SESSION 4 Estimated start of warm up 15.15

Warm up 45 minutes estimated start time 16.00

8	Boys	100m	Breast stroke	Heats
9	Girls	100m	Butterfly	Heats
10	Boys	50m	Freestyle	Heats

15 minute break

	Boys	10/11	100m	Breast stroke	Final
	Boys	12	100m	Breaststroke	Final
	Boys	13	100m	Breaststroke	Final
	Boys	14	100m	Breaststroke	Final
	Boys	15	100m	Breaststroke	Final
	Boys	16+	100m	Breaststroke	Final
	Girls	10/11	100m	Butterfly	Final
	Girls	12	100m	Butterfly	Final
	Girls	13	100m	Butterfly	Final
	Girls	14	100m	Butterfly	Final
	Girls	15	100m	Butterfly	Final
	Girls	16+	100m	Butterfly	Final
	Boys	10/11	50m	Freestyle	Final
	Boys	12	50m	Freestyle	Final
	Boys	13	50m	Freestyle	Final
	Boys	14	50m	Freestyle	Final
	Boys	15	50m	Freestyle	Final
	Boys	16+	50m	Freestyle	Final

Presentation of awards 17.20

estimated finish 17.35

**Cornwall County Championships and age group events 2017 Licence No 2SW170014  
BODMIN**

Sunday 19<sup>th</sup> February 2017

SESSION 5 10.30 am warm up time 45 minutes. Gala start time 11.15 am

11	Girls	200 m	Individual Medley	HDW
12	Boys	400m	Freestyle	HDW

Estimated finish time 12.25 break for presentation of medals swim down warm up . 45 MINUTES.

SESSION 6 estimated start time 13.10

13	Girls	200m	Butterfly	HDW
14	Boys	50m	Breast stroke	Heats
15	Girls	100m	Backstroke	Heats

15 minutes break presentation of award for 200m fly

	Boys	10/11	50m	Breast stroke	Final
	Boys	12	50m	Breaststroke	Final
	Boys	13	50m	Breaststroke	Final
	Boys	14	50m	Breaststroke	Final
	Boys	15	50m	Breaststroke	Final
	Boys	16 +	50m	Breaststroke	Final
	Girls	10/11	100m	Backstroke	Final
	Girls	12	100m	Backstroke	Final
	Girls	13	100m	Backstroke	Final
	Girls	14	100m	Backstroke	Final
	Girls	15	100m	Backstroke	Final
	Girls	16+	100m	Backstroke	Final

Estimated finish time 14.50

Presentation of awards / swim down 30 minutes

LUNCH BREAK 30 minutes

SESSION 7 Estimated start time 15.50

Warm up 45 minutes estimated start time 16.35

16	Boys	200m	Breaststroke	HDW
17	Girls	100m	freestyle	Heats
18	Boys	50m	Butterfly	Heats

15 minute break for presentation of awards for 200m back stroke

	Girls	10/11	100m	Freestyle	Final
	Girls	12	100m	Freestyle	Final
	Girls	13	100m	Freestyle	Final
	Girls	14	100m	Freestyle	Final
	Girls	15	100m	Freestyle	Final
	Girls	16+	100m	Freestyle	Final
	Boys	10/11	50m	Butterfly	Final
	Boys	12	50m	Butterfly	Final
	Boys	13	50m	Butterfly	Final
	Boys	14	50m	Butterfly	Final
	Boys	15	50m	Butterfly	Final
	Boys	16+	50m	Butterfly	Final

Presentation of awards .18.05

estimated finish 18.20

**Cornwall County Championships and age group events 2017 Licence No 2SW170015  
PENZANCE**

Saturday 25th February 2017

SESSION 8 10.30 am warm up time 45 minutes. Gala start time 11.15 am

19	Boys	400 m	Individual Medley	HDW
20	Girls	200m	Backstroke	HDW

Estimated finish time 12.15 break for presentation of medals swim down warm up . 45 MINUTES.

SESSION 9 estimated start time 13.00

21	Boys	200m	Freestyle	HDW
22	Girls	100m	Individual Medley	Heats
23	Boys	50m	Backstroke	Heats

Break 15 minutes presentation of awards for 200m freestyle

	Girls	10/11	100m	Individual medley	Final
	Girls	12	100m	Individual medley	Final
	Girls	13	100m	Individual medley	Final
	Girls	14	100m	Individual medley	Final
	Girls	15	100m	Individual medley	Final
	Girls	16 +	100m	Individual medley	Final
	Boys	10/11	50m	Backstroke	Final
	Boys	12	50m	Backstroke	Final
	Boys	13	50m	Backstroke	Final
	Boys	14	50m	Backstroke	Final
	Boys	15	50m	Backstroke	Final
	Boys	16+	50m	Backstroke	Final

Estimated finish time 14.15

Presentation of awards / swim down 30 minutes

LUNCH BREAK 30 minutes

SESSION 10 Estimated start time 15.15

Warm up 45 minutes estimated start time 16.00

24	Girls	100m	Breast stroke	Heats
25	Boys	100m	Butterfly	Heats
26	Girls	50m	Freestyle	Heats

Break 15 minutes

	Girls	10/11	100m	Breast stroke	Final
	Girls	12	100m	Breast stroke	Final
	Girls	13	100m	Breast stroke	Final
	Girls	14	100m	Breast stroke	Final
	Girls	15	100m	Breast stroke	Final
	Girls	16+	100m	Breast stroke	Final
	Boys	10/11	100m	Butterfly	Final
	Boys	12	100m	Butterfly	Final
	Boys	13	100m	Butterfly	Final
	Boys	14	100m	Butterfly	Final
	Boys	15	100m	Butterfly	Final
	Boys	16+	100m	Butterfly	Final
	Girls	10/11	50m	Freestyle	Final
	Girls	12	50m	Freestyle	Final
	Girls	13	50m	Freestyle	Final
	Girls	14	50m	Freestyle	Final
	Girls	15	50m	Freestyle	Final
	Girls	16+	50m	Freestyle	Final

Presentation of awards . 17.30

estimated finish 17.45

**Cornwall County Championships and age group events 2017 Licence No 2SW170016**

**BODMIN**

Sunday 26<sup>th</sup> February 2017

SESSION 11 10.30 am warm up time 45 minutes. Gala start time 11.15 am

27	Boys	200 m	Individual Medley	HDW
28	Girls	400m	Freestyle	HDW

Estimated finish time 1245 break for presentation of medals swim down warm up . 45 MINUTES.

SESSION 12 Estimated start time 13.30

29	Boys	200m	Butterfly	HDW
30	Girls	50m	Breaststroke	Heats
31	Boys	100m	Backstroke	Heats

15 minutes break presentation of 200m butterfly

	Girls	10/11	50m	Breaststroke	Final
	Girls	12	50m	Breaststroke	Final
	Girls	13	50m	Breaststroke	Final
	Girls	14	50m	Breaststroke	Final
	Girls	15	50m	Breaststroke	Final
	Girls	16 +	50m	Breaststroke	Final
	Boys	10/11	100m	Back stroke	Final
	Boys	12	100m	Back stroke	Final
	Boys	13	100m	Back stroke	Final
	Boys	14	100m	Back stroke	Final
	Boys	15	100m	Back stroke	Final
	Boys	16+	100m	Back stroke	Final

Presentation of awards / swim down 30 minutes

Estimated finish time 14.55

LUNCH BREAK 30 minutes

SESSION 13 Estimated start of warm up 15.25

Warm up 45 minutes estimated start time 16.10

32	Girls	200m	Breaststroke	HDW
33	Boys	100m	Freestyle	Heats
34	Girls	50m	Butterfly	Heats

Break 15minutes for presentation of 200m backstroke

	Boys	10/11	100m	Freestyle	Final
	Boys	12	100m	Freestyle	Final
	Boys	13	100m	Freestyle	Final
	Boys	14	100m	Freestyle	Final
	Boys	15	100m	Freestyle	Final
	Boys	16+	100m	Freestyle	Final
	Girls	10/11	50m	Butterfly	Final
	Girls	12	50m	Butterfly	Final
	Girls	13	50m	Butterfly	Final
	Girls	14	50m	Butterfly	Final
	Girls	15	50m	Butterfly	Final
	Girls	16+	50m	Butterfly	Final

estimated finish 18.55

presentation of awards