

Cornwall County ASA



Affiliated to Swim England

2022 CCASA County Championships and Age Groups Competition

Licensed Level 2

Dates and Venues

8th January 2022, Penzance Leisure Centre, Licence Number – 2SW220132

22nd January 2022, Penzance Leisure Centre, Licence Number – 2SW220133

5th February 2022, Penzance Leisure Centre, Licence Number – 2SW220134

6th February 2022, Bodmin Dragons Leisure Centre, Licence Number – 2SW220135

12th February 2022, Penzance Leisure Centre, Licence Number – 2SW220136

13th February 2022, Bodmin Dragons Leisure Centre, Licence Number – 2SW220137

2022 Schedule of Events

SESSION 1	SESSION 2	SESSION 3	SESSION 5	SESSION 7	SESSION 9
Penzance 8/01/2022 Warm up 10:30 Start 11:00	Penzance 22/01/2022 Warm Up 10:30 Start 11:00	Penzance 05/02/2022 Warm Up 10:30 Start 11:15	Bodmin 06/02/2022 Warm Up 10:30 Start 11:15	Penzance 12/02/2022 Warm Up 10:30 Start 11:15	Bodmin 13/02/2022 Warm Up 10:30 Start 11:15
800m Free M&F (Mixed)	1500m Free M&F (Mixed)	400m Free M, HDW	200m Free F, HDW	400m IM M HDW	200m Free M HDW
		400m Free F HDW	200m IM M HDW	400m IM F HDW	200m IM F HDW
		50m Breast M	50m Fly F	100m Back M	50m Back M
		50m Breast F	50m Fly M	100m Back F	50m Back F
Break		15minutes			
		Finals X 12	Finals X 12	Finals X 12	Finals X 12
Interval		Approx. 45 minutes includes lunch, presentations, swim down & warm-up			
		SESSION 4	SESSION 6	SESSION 8	SESSION 10
		Estimated warm up 13.30 Start 14.15 TBC	Estimated warm up 13.30 Start 14.15 TBC	Estimated warm up 13.30 Start 14.15 TBC	Estimated warm up 13.30 Start 14.15 TBC
		200m Breast M HDW	200m Back M HDW	200m Fly M HDW	100m Breast M
		200m Breast F HDW	200m Back F HDW	200m Fly F HDW	100m Breast F
		100m IM M	100m Fly M	50m Free M	100m Free M
		100m IM F	100m Free F	50m Free F	100m Fly F
Break		15 minutes break			
		Finals 12	Finals 12	Finals 12	Finals X 24
		Estimated finish TBC	Estimated finish TBC	Estimated finish TBC	Estimated finish TBC

2022 Qualifying Times

<u>Boys</u>	<u>10 11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16 & Over</u>
50m Freestyle	45.48	44.04	35.00	34.17	30.67	29.74
100m Freestyle	1.47.16	1.30.34	1.17.47	1.15.82	1.08.28	1.05.10
200m Freestyle	2.54.59	2.54.59	2.42.05	2.41.67	2.41.67	2.15.86
400m Freestyle	6.28.62	6.10.00	5.51.88	5.21.22	4.48.42	4.39.51
800m Freestyle	*****	13.56.00	13.35.32	12.07.72	11.24.78	10.39.22
800m Freestyle		Also open to those that meet 400m QT				
1500m Freestyle	*****	22.50.00	22.37.00	21.39.14	20.31.61	19.52.25
1500m Freestyle		Also open to those that meet 400m QT				
50m Breaststroke	59.11	58.93	48.65	48.19	45.69	40.91
100m Breaststroke	2.02.33	1.47.54	1.40.62	1.40.62	1.36.18	1.36.18
200m Breaststroke	3.48.28	3.40.98	3.40.98	3.34.54	3.34.54	3.28.00
50m Butterfly	55.80	52.62	38.82	36.11	33.92	33.35
100m Butterfly	1.50.00	1.35.40	1.32.00	1.28.97	1.24.46	1.16.69
200m Butterfly	3.38.00	3.30.00	3.13.00	2.57.03	2.57.03	2.34.50
50m Backstroke	50.51	50.18	47.95	41.43	41.43	34.61
100m Backstroke	1.47.64	1.43.59	1.31.31	1,29.40	1.29.04	1.13.07
200m Backstroke	3.14.33	3.08.90	2.49.73	2.46.31	2.46.31	2.29.54
100m IM	1.51.62	1.46.16	1.35.98	1.26.59	1.25.57	1.18.00
200m IM	3.25.50	3.19.69	3.19.69	3.00.09	2.54.53	2.38.68
400m IM		7.16.82	7.08.00	6.50.61	5.32.20	4.56.68
<u>GIRLS</u>	<u>10 11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16 & Over</u>
50m Freestyle	49.16	43.20	35.69	33.70	32.00	31.69
100m Freestyle	1.51.33	1.23.84	1.16.15	1.15.23	1.10.37	1.10.37
200m Freestyle	3.51.97	3.13.56	2.52.79	2.45.65	2.38.63	2.33.92
400m Freestyle	7.00.60	7.00.60	6.26.55	6.26.55	5.36.19	5.36.19
800m Freestyle	*****	12.54.65	12.50.73	12.18.60	11.40.49	11.40.49
800m Freestyle		Also open to those that meet 400m QT				
1500m Freestyle	*****	30.53.20	27.50.82	25.08.81	22.10.85	22.10.85
1500m Freestyle		Also open to those that meet 400m QT				
50m Breaststroke	1.09.00	50.25	48.63	48.63	47.28	47.28
100m Breaststroke	2.07.10	1.49.36	1.46.68	1.46.68	1.42.22	1.42.22
200m Breaststroke	4.16.63	4.16.63	4.01.93	4.01.93	3.28.60	3.17.78
50m Butterfly	54.25	43.78	39.62	39.62	37.76	37.76
100m Butterfly	1.45.92	1.46.05	1.45.87	1.45.87	1.29.88	1.29.88
200m Butterfly	4.06.00	3.12.24	3.12.24	3.12.24	3.10.91	3.10.91
50m Backstroke	56.03	43.25	40.63	38.85	36.35	36.35
100m Backstroke	1.54.51	1.29.73	1.26.84	1.25.69	1.25.69	1.23.66
200m Backstroke	3.18.25	3.24.30	3.12.53	3.07.46	2.57.27	2.55.67
100m IM	1.55.75	1.37.28	1.31.39	1.31.28	1.25.00	1.21.34
200m IM	3.39.00	3.32.59	3.24.28	3.24.28	2.57.82	2.55.83
400m IM		7.25.66	6.44.24	6.31.45	6.15.84	6.15.84

For 400m IM, 800m Freestyle and 1500m Freestyle the qualifying time in the '12' column refers to age group 11/12

CCASA County Championships and Age Groups

Promoters Conditions

1. The competition will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing and is licensed to Level 2 by Swim England (Licence No TBC).
2. Events will be as stated in the programme. Ages are as at midnight on 31st December 2022.
3. Eligibility rules are covered in Annex 1 attached
4. Each swimmer must have achieved the relevant qualifying time for the stroke being swum as set out in the Meet Programme.
5. Minimum age requirements are as follows:
 - 50m, 100m, 200m and 400m (with exception of 400m IM) 10years old
 - 400m IM, 800m 1500m 11 years old
6. Para swimmers: Please see additional rules / exceptions in Annex 2.
7. All entry times must be submitted as short course (25m) times and have been achieved since

19th December 2019 in respect of entries for distance (800m & 1500m) events

3rd January 2020 in respect of entries for all other events

8. Entry times must be either short course times (or long course converted times) as recorded on Swim England Rankings.
9. Entry times on the entry form must be given using 25m pool times (converted if appropriate).
10. The closing dates for entries are as follows:

20th December 2021 in respect of entries for distance (800m & 1500m) events

17th January 2022 in respect of entries for all other events

11. All entries must be submitted to the Recorder by email (ccasa.recorder@gmail.com) using Hytek files
12. Each club must notify the Recorder by the entry deadline in the event of any swimmers with hearing impairments who require the use of a strobe light at the gala. In the event of multiple requests, the Recorder reserves the right to re-arrange heats to accommodate the swimmers. A secondary strobe will not be available for all venues and dates.

Each club must pay the entry fees for its swimmers as a consolidated single payment. Entry fees must be paid by bank transfer to CCASA's bank account (sort code: 30-98-76 account number: 02260131 quoting the club code as the payment reference). Deadlines for receipt of payments are as follows:

- **27th December 2021** in respect of entries for distance (800m & 1500m) events
- **24th January 2022** in respect of entries for all other events

13. Warm-up times and start times will be as stated in the programme.
14. Age groups are defined as 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16years & over. Juniors are defined as 15 years and younger; Seniors are defined as 16 years and over. For 400 IM, 800m Freestyle the youngest age group is 11/12.
15. Heats and Finals
 - For 50m and 100m events will be swum as heats followed by individual age group finals however where there are 6 swimmers or less in an age group the event will be swum as a straight final. Heats will be seeded in accordance with the submitted entry times, slowest to fastest. Finals will comprise the six fastest swimmers in each age group with two reserves.
16. 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.

17. Junior/Senior Champion is the fastest swimmer in the relevant age group. For 50m and 100m events this means the final.
18. Competition Best Times can be achieved in any heat regardless of whether it is a preliminary heat or a final
19. Championship Records. There are separate Championship records for Juniors and Seniors. These can only be achieved in finals (50m and 100m events) or where events are Heat Declared (all other distances)
20. Heat start lists will be issued at the gala.
21. Competitors must report to the marshals two events before their own event. Competitors for the first two events of a session must report at the end of the warm-up. It is the coach's responsibility to ensure that their swimmers present themselves to the marshal in sufficient time for their event. Races will not be delayed in the event that a swimmer fails to comply.
22. Trophies and Medals will be awarded in accordance with the criteria set out in Annex 3
23. Coaches and team managers should notify the recorders as soon as possible if any swimmer is unable to compete.
24. 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.
25. Only competitors, officials and holders of a valid coaches pass will be permitted poolside. A maximum of 4 poolside passes per club will be allowed at a cost of £25 each for the year calculated by the average number of Coaches and Team Managers present poolside over the first weekend of the Age Groups. To include programme and results sheets for the entire Championships (Age Groups and Distance).
26. All coaches and team managers must have a valid Disclosure and Barring Service (DBS) check. Coaches must have at least a Level 1 Coaching Certificate or equivalent. Team Managers must have a Team Manager Training Module 1 Certificate or equivalent. Chaperones must have club authorisation to be acting on behalf of the club. All coaches, team managers and chaperones are required to have a valid safeguarding certificate
27. The full ASA Guidance on Photography can be found in Wavepower the ASA Child Safeguarding Policy and Procedures available at www.swimming.org
28. Results will be communicated to clubs and made available on CCASA's website
29. All valuables and clothing left in the changing rooms will be entirely at the owner's risk.
30. No diving at any time is permitted in the shallow end of the pool.
31. The pool is hired under an agreement with the pool operator. As the pool is run primarily for the benefit of the public the temperature of the water and surrounding air is under the control of the pool operator. The water temperature is normally maintained above 28 degrees Centigrade. No refunds will be given if a swimmer decides not to compete on the day based solely on water temperature.
32. Data Protection – Entries will be held on a computer solely for the purposes of this competition and consent, as required by the Data Protection Act 2018 and in line with GDPR 2018, to the holding of personal information on computer will be deemed to have been given by the submission of the entry. Personal Data will be available for inspection during the gala on application to the Promoter
33. 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.
34. 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 lead 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.
35. Anything not covered by these conditions will be at the discretion of the referee, who also reserves the right to alter these conditions in order to ensure the smooth running of the gala. Any such alterations will be announced during the meet.

36. Covid measures will be in place and guidance will be circulated nearer the time. There will be NO SPECTATORS at these events.

Eligibility criteria

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.)
Club membership	To be eligible a swimmer must also be a member of a CCASA affiliated club and registered with the Swim England 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 only one club 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 first of a 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.]
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 above.
County Loyalty	A competitor can only swim in the calendar events for one County in any given year. If for example they choose to swim in the CCASA Junior Interclub and/or County Championship and Age Groups they must not enter or swim for any other county that same year – i.e. start in Cornwall and remain in Cornwall. (Except in an Inter County Competition or an invitation event promoted by CCASA). Competitors can move from one Cornwall county club to another, they can also join another Club out of County but if they have competed in the Cornwall County series of events and then enter another Counties series of events in the same calendar year they will automatically disqualify themselves from the Cornwall series of events that year.
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.

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. Promoter and lead official to be notified for relevant galas when extenuating circumstances have been agreed

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.

Entry times Entry times 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 is the most appropriate competition for the swimmer. Advice may be obtained from the CCASA Para Representative.

Awards Normal award rules apply EXCEPT where there is a single para swimmer entered into an age group event. 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:

Classification If the swimmer has been classified, the classification must be notified, and a copy submitted to the Recorder by the entry deadline. If the swimmer has a Certificate of Swimming Disability a copy must be provided.

Stroke exemptions In the case of the County Age Groups and Championships the exemptions must be exemptions recognised by the ASA and available from relevant documentation.

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.

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 poolside.

Trophies and Medals

Individual awards: Age Groups

Medals will be awarded to the 1st, 2nd & 3rd swimmers in each event in each of the age groups.

Individual awards: Junior & Senior Championships

Trophies or medals will be awarded to the 1st, 2nd, 3rd, 4th, 5th & 6th swimmers in each event.

Individual KERNOW awards

Presented to top boy and top girl in age groups individual age groups 10,11,12,13,14,15 and 16 plus.

The winner is the swimmer with the highest points total.

Scoring will be: 1st, 6 points; 2nd, 5 points; 3rd, 4 points; 4th, 3 points; 5th, 2 points; 6th, 1 point

Scores will be recorded for age group finals in 50m and 100m events and all HDW in all 200m, 400m, 800m and 1500m event. In the event of swimmers having equal points the winner will determined by the swimmer who achieved most first places. In the event that doesn't determine a winner then numbers of second places will be considered.(and so on until a winner is determined)

Ellis Trophy (this is a club trophy)

Presented at the end of the final session (unless result cannot be determined)

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 (ie total points divided by number of swimmers)

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.

John Hickman Trophy (this is a club trophy)

Presented at a time determined by the Recorder

Points will be awarded to the club that achieves the highest number of points in the distance events (800m & 1500m) across all age groups girls 11/12, 13, 14, 15 16 plus and boys 11/12, 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.

Speedo Trophy (individual award)

Presented at the end of the final session (unless result cannot be determined)

Awarded to the top boy and top girl in the 15 year old age group,

Calculated based on the two swims achieving the highest FINA points from heats or finals, only one of which can be 50 metres.

2022 CCASA County Championships and Age Groups Competition

CCASA County Championships and Age Groups 800m distance event 2020 Session 1

Saturday 8th January Penzance Leisure Centre

All genders and ages swim together according to seeded times

Age on 31/12/2022

CORNWALL COUNTY ASA GALAS 2022

AGE AS OF 31ST December 2022 Under SE Laws and SE Technical Rules.

ENTRY FORM

First name	Surname	Club	Date of birth	Age at 31/12/2022

FEMALE ENTRIES		MALE ENTRIES	
Stroke distance	Entry time	Stroke distance	Entry time
800m Freestyle		800m Freestyle	

Submitted times * will be times achieved in a 25m pool after 19th January 2019. All entry time must have been achieved at an SE licenced meet.

Age groups 11/ 12. 13. 14. 15, 16 & over age groups: **ENTRY FEE £9.00** -

Closing date for entries to **CCASA WILL** be **20TH December 2021**. 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.

2022 CCASA County Championships and Age Groups Competition

CCASA County Championships and Age Groups 1500m distance event 2020 Session 2

Sunday 22nd January Bodmin Dragon Leisure Centre

All genders and ages swim together according to seeded times

Age on 31/12/2022

CORNWALL COUNTY ASA GALAS 2022

AGE AS OF 31ST December 2022 Under ASA Laws and ASA Technical Rules.

ENTRY FORM

First name	Surname	Club	Date of birth	Age at 31/12/2022

FEMALE ENTRIES		MALE ENTRIES	
Stroke distance	Entry time	Stroke distance	Entry time
1500m Freestyle		1500m Freestyle	

Submitted times * will be times achieved in a 25m pool after 19th January 2019. All entry time must have been achieved at an ASA licenced meet.

Age groups 11/ 12. 13. 14. 15, 16 & over age groups: **ENTRY FEE £9.00** _____ -

Closing date for entries to **CCASA WILL be 20th December 2021.** 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 swimmers club. The club is also able to provide you with copies of ASA Laws, regulations and technical rules.

CCASA PROGRAMME OF EVENTS FOR 2022 CONSIST OF CHAMPIONSHIPS AND AGE GROUP EVENTS and CCASA 'RISING STARS' GALA. Designed to cater for all levels of competition swimming within the County. These events are historically interlinked. Qualifying entry to one will affect entry to the other. Please refer to competition rules these are posted on CCASA WEBSITE www.swimcornwall.org

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 style="text-align: center;"><i>Signature of swimmer</i></p> <p style="text-align: center;">.....</p>	<p><i>Countersignature of parent / guardian/ person with parental responsibility supporting the swimmers application and declaration.</i></p> <p style="text-align: center;"><i>Signature</i></p> <p style="text-align: center;">.....</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 style="text-align: center;"><i>Signature of club official.....</i></p> <p style="text-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

2022 CCASA County Championships and Age Groups Competition

5th February 2022, Penzance Leisure Centre – Session 3 & 4

6th February 2022, Bodmin Dragons Leisure Centre – Session 5 & 6

12th February 2022, Penzance Leisure Centre – Session 7 & 8

13th February 2022, Bodmin Dragons Leisure Centre – Session 9 & 10

AGE AS OF 31ST December 2022 Under SE Laws and SE Technical Rules.

ENTRY FORM

First name	Surname	Club	Date of birth	Age at 31/12/2022

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 3rd January 2020. 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 11/12 & over age groups. **ENTRY FEE £8.00** per event Number of events Total fee paid.....

Closing date for entries to **CCASA WILL be 17th January 2022**. 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 swimmers club. The club is also able to provide you with copies of ASA Laws, regulations and technical rules.

CCASA PROGRAMME OF EVENTS FOR 2020 CONSIST OF CHAMPIONSHIPS AND AGE GROUP EVENTS / CCASA RISING STARS GALA. Designed to cater for all levels of competition swimming within the County. These events are historically interlinked. Qualifying entry to one will affect entry to the other. Please refer to competition rules these are posted on CCASA WEBSITE www.swimcornwall.org

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 style="text-align: center;"><i>Signature of swimmer</i></p> <p style="text-align: center;">.....</p>	<p><i>Countersignature of parent / guardian/ person with parental responsibility supporting the swimmers application and declaration.</i></p> <p style="text-align: center;"><i>Signature</i></p> <p style="text-align: center;">.....</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 style="text-align: center;"><i>Signature of club official.....</i></p> <p style="text-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