

Cornwall County ASA

Affiliated to Swim England



2022 CCASA County 'Rising Stars' Gala

Licensed Level 3

15th January 2022

Penzance Leisure Centre

Licence Number 3SW220155

2022 Schedule of Events

SESSION 1
Penzance
15th January 2022
10:30 warm up 11:15 Start
200m Breastroke F HDW
200m Breastroke M HDW
50m Butterfly F HDW
50m Butterfly M HDW
200m Freestyle F HDW
200m Freestyle M HDW
50m Backstroke F HDW
50m Backstroke M HDW
100m Individual Medley F HDW
100m Individual Medley M HDW
Approx.45 minutes interval - includes swim down & warm up
Session 2
200m Butterfly F HDW
200m Butterfly M HDW
50m Breastroke F HDW
50m Breastroke M HDW
200m Backstroke F HDW
200m Backstroke M HDW
50m Freestyle F HDW
50m Freestyle M HDW

2022 No Faster Than Times

Boys	<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
200m Freestyle	2.54.59	2.54.59	2.42.05	2.41.67	2.41.67	2.15.86
50m Breaststroke	59.11	58.93	48.65	48.19	45.69	40.91
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
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
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
GIRLS	<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
200m Freestyle	3.51.97	3.13.56	2.52.79	2.45.65	2.38.63	2.33.92
50m Breaststroke	1.09.00	50.25	48.63	48.63	47.28	47.28
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
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
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

The times above are the CCASA Age Groups '2022' Qualifying times. If a swimmer has achieved a qualifying time for 'Age Groups', they cannot enter that event at this gala.

9 Year Olds enter the 'Rising Stars' Gala, as age on day – Their No Faster Time is the same as 10 year Olds

Example 1 – If a 13-year-old girl has a 50m freestyle time of 35.69 – they are not eligible for this event

Example 2 – If a 13-year-old boy has a 50m backstroke time of 47.96 – they are eligible for this event

CCASA County 'Rising Stars' Gala

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 3 by Swim England (Licence No 3SW220155).
2. Events will be as stated in the programme. Ages are as at midnight on 31st December 2022, except for 9 year age group, which will be age on day.
3. Eligibility rules are covered in Annex 1 attached
4. Minimum age requirements for all events is 9 years on the day
4. Para swimmers: Please see additional rules / exceptions in Annex 2.
5. There are no entry qualifying times but there are 'Upper Cut Off Times', these are the current CCASA Age Groups qualifying times. Any entry with a time must be submitted as short course (25m) times
6. Entry times must be either short course times (or long course converted times) as recorded, if on Swim England Rankings.
7. Entry times on the entry form must be given using 25m pool times (converted if appropriate).
8. The closing date for entries is as follows:

20th December 2021

9. All entries must be submitted to the Recorder by email (ccasa.recorder@gmail.com) using Hytek files
10. A secondary strobe will not be available..

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

11. Warm-up times and start times will be as stated in the programme.
12. Age groups are defined as 9yrs,10yrs,11yrs,12yrs,13yrs,14yrs,15yrs & over.
13. Heat start lists will be issued at the gala.
14. 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.
15. Medals will be awarded in accordance with the criteria set out in Annex 3
16. Coaches and team managers should notify the recorders as soon as possible if any swimmer is unable to compete.
17. 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.
18. 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).
19. 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
20. The full Swim England Guidance on Photography can be found in Wavepower the Swim England Child Safeguarding Policy and Procedures available at www.swimming.org
 21. Results will be communicated to clubs and made available on CCASA's website
 22. All valuables and clothing left in the changing rooms will be entirely at the owner's risk.
 23. No diving at any time is permitted in the shallow end of the pool.
 24. 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.
 25. 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
 26. 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.
 27. 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 Swim England laws or regulations.
 28. 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.
 29. Covid measures will be in place and guidance will be circulated nearer the time. There will be NO SPECTATORS at this gala.

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 Swim England 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. The swimmer's coach is expected to consider and decide on the basis of the swimmer's current abilities whether the Rising Stars Gala 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 Swim England 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.

2022 CCASA 'Rising Stars' Gala

15th January 2022, Penzance Leisure Centre – Session 1 & 2

AGE AS OF 31ST December 2022 Under SE Laws and SE Technical Rules .Except for 9 year olds, which will be age on day,

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	
200m backstroke		200m Backstroke	
50m breaststroke		50m Breaststroke	
200m breaststroke		200m Breaststroke	
50m butterfly		50m Butterfly	
200m butterfly		200m Butterfly	
50m freestyle		50m Freestyle	
200m freestyle		200m Freestyle	
100m Individual Medley		100m 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 Swim England licenced meet.

Age groups 9, 10, 11. 12. 13. 14. 15 & over all events 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 **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 swimmer's 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 Swim England Laws, regulations and technical rules.

CCASA PROGRAMME OF EVENTS FOR 2022 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 Swim England 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 style="text-align: center;">NAME.....</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 Swim England 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