



Long Eaton Swimming Club Rules for Galas and Competitions

1. Galas and Competitions involving swimming organised by bodies to which the Club and its swimmers give support must be held under Swim England Regulations and either Swim England or F.I.N.A Technical Rules. Any participation in any other sport or competition must not contravene Swim England Regulations.
2. No person shall enter, individually or as a team, in a gala or competition under the name of Long Eaton Swimming Club, unless prior approval has been given by the Committee
3. The **Club Championships** shall be held each year and be split into three sections as below:
 - 1) **Open** – all age groups compete for top 3 placing's in the Boy/Gents and Girls/Ladies events
 - 2) **Age Group** - each individual age group compete for places in each event
 - 3) **Sprint** – 50m races

Any competing member of Long Eaton S.C. may take part in these events. Entries will only be accepted from Swim England Category One or Two members of Long Eaton S.C.

4. **Open** events are the 4x 100m Individual Medley and 400m Freestyle. These events will be decided on heat times.
 - 1) The perpetual trophies for these events shall not be returned if won by the same swimmer on twelve consecutive occasions.
5. **Age Group** events shall be for the following:
 - 1) 8yrs and under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs and over.
 - 2) Events in each age group shall be:
 - i. **8 yrs & under**
 1. 25m Backstroke, Breaststroke and Freestyle
 - ii. **9 years and over**
 1. 50m Backstroke, Breaststroke, Freestyle and Butterfly
 2. 4 x 50 I.M
 3. 200m Backstroke, Breaststroke, Freestyle and Butterfly

Ages shall be as at 31st December in the year of competition.

All events will be swum on a “heat declared” basis, there will be no finals.

6. In the **8 years and under** Age Group, points shall be awarded on the basis of six points for the fastest swimmer, five for the next fastest, down to one point for all those who complete the event.
 - 1) The swimmer with the most points in this Age Group will be declared to be the Overall Winner, but where more than one swimmer has equal points the title shall be shared.
 - 2) A Trophy shall be awarded to the youngest 8yrs and under who achieves a top six placing in an event by virtue of heat times, and shall be open to all members of the club who are capable of swimming one full 25m length.
7. **Stroke Trophies** in each age group 9yrs and over will be awarded to the swimmer with the highest point score in any distance in that stroke at: 50m, 100m or 200m distance.
8. **Sprint** section shall consist of 50m Backstroke, Breaststroke, Freestyle and Butterfly events.
 - 1) The Junior Sprint Championships will be awarded to the fastest member aged 13 years or under.
 - 2) The Senior Sprint Championships will be awarded to the fastest member aged 14 years or over.
9. In the **9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs** and **16 years and over** Age Groups, each swim will be awarded FINA Points. The winner of these Age Groups will be the swimmer with the highest points total based on their best swim in each of the groups of events shown in table 1. This will be the Overall Winner

13. Except as in Rule 4 above, any person who wins a LESC perpetual trophy and is presented with it shall sign a receipt and return it by a date fixed by the Committee to enable re-presentation at the next Club Championships. Any member who resigns from the Club shall return any LESC perpetual trophies held.
14. Please ensure the trophies are well looked after and returned in a good condition. Any failure to return a trophy or damaged one may incur a cost to replace these by the recipient.
15. Members finishing in the first three in any event but not eligible to win under Rule 10, by not paying a monthly Squad Fee to LESC, shall receive a Commemorative Award.