

The 2019 Middlesex County Championships Inclusive of Multi Classification Events

19th & 20th January, 2nd & 3rd February to be held at Southbury Road Leisure Centre

Licensed at Level 2 Number 2LR190266 & 2LR190267

Under ASA laws & FINA Technical Rules of Swimming.

All Sessions times are approximate and will be finalised when the entries are received.

The full rules of the competition are published on the County Website: www.middlesexswimming.com but you should note the following:

1. **Team Managers please advise all swimmers and parents/guardians of the following. Nobody other than gala staff may enter the building more than 15 minutes prior to the start of warm up for the morning session. Neither the County nor the pool staff will be responsible for the health and safety of anybody entering before the commencement of our hire of the premises.**
2. All swimmers **must** be registered with the ASA as category 2 and no unregistered swimmer will be accepted in the competition. If you have a swimmer who does not know their registration number you can get this from the ASA website. The appropriate registration form must have been received by the relevant governing body at least 60 days prior to the first day of the Competition.
3. Swimmers must be 10-13 years and ages will be determined as at 31st December 2019
4. The events will be:
50m, 100m, 200m, all strokes; 100 & 200m IM for boys and girls aged 10-13;
400m freestyle for boys & girls aged 10-13; 400m IM for boys & girls aged 12-13
800m and 1500m freestyle for boys & girls aged 12-13
4 x 50m F/S relay & Medley relay (maximum of 3 teams per club). Team Age groups will be 10/11, 12, and 13

Multi-Classification events will be

Event	Male	Female	Event	Male	Female
50m Freestyle	S1-S14	S1-S14	50m Backstroke	S1-S5	S1-S5
100m Freestyle	S1-S14	S1-S14	100m Backstroke	S1,S2 & S6-S14	S1 & S6-S14
200m Freestyle	S1-S5 & S14	S1-S5 & S14	50m Breaststroke	SB1-SB3	SB1-SB3
400m Freestyle	S6-S14	S6-S14	100m Breaststroke	SB4-SB9, SB11-SB14	SB4-SB9, SB11-SB14
			50m Butterfly	S1-S7	S1-S7
200m Individual Medley	SM5-SM14	SM5-SM14	100m Butterfly	S8-S14	S8-S14

5. For Multi-Classification entries, entries need to be sent to the competition secretary for manual entering. Any Multi Classification events with less than 4 entries may be merged into the relevant Able-Bodied events.
All coaches and personal care attendants must have accreditation. Personal care attendants will only be permitted for swimmers where assistance is permitted on their code of exceptions. Such attendants will be excluded from any restrictions and will be given the same accreditation as the swimmer for whom they have personal care responsibilities. A swimmer who has assistance as specified above may have both a coach and a personal care attendant present. The personal care attendant accreditation will be free of charge. If there are more multi classified swimmers than the number of lanes available for a heat, then the swimmers with the fastest entry times will be accepted, however the organisers reserve the right to reject swimmers after the closing date if demand exceeds the time available in the galas.
6. ENTRY QUALIFYING TIMES (short course) are shown in these instructions. Entry times **MUST** have been achieved since 1st January 2018 and times entered must be confirmed by ASA rankings. All times to be converted to short course by use of the ASA Equivalent Performance Tables. There will be no Multi-Classification qualifying times.

Time Trials will not be permitted during these Championships

Any club found to be submitting entry times other than those actually achieved by swimmers will be reported to the County Disciplinary Committee and their entries may be rejected.
7. The County reserves the right to restrict entries to meet the allocated pool time, or on the grounds of health and safety. Entries will not be accepted from clubs with outstanding debts to MCASA. Entries will be accepted on a timed order fastest being first, but with possible consideration to balancing out the numbers in each age category. The only situation where refunds will be given is to swimmers who are denied entry because of restricted space. **NO OTHER MONIES WILL BE REFUNDED.**
8. We will process personal data submitted by the swimmer or their club in accordance with the current Privacy Notice published by British Swimming. With respect to this meet we will process personal data for the legitimate purpose of running the gala. The items of personal data processed are name, ASA number, date of birth, gender and para-swimming classification if applicable. During the gala we will process name, gender and competition age in reports for the legitimate purpose of running the gala efficiently. At the end of the gala we will process name, gender, ASA number and date of birth in the electronic submission made to British Rankings. We will also make this information available on request to the club of the swimmer as the data controller.
9. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act 1998, to the holding of personal information. The personal information supplied with your entry will be retained securely and will only be used for the legitimate purposes of running the event. This data will be shared by form of results with Swim England (Rankings) and the clubs who have entered the meet. A full copy of the results will be published on the website after the meet. Please be aware that links from our website may take you to external websites that are not covered by our policies. Please ensure that you review their privacy policies before any data is submitted. If any persons want to exercise their right to erasure or processing of their personal data they will need to make a written request to the promoter. We will only hold competition data for 12 months after which it will be destroyed and erased from our systems.
10. FINALS will be held only for 50m and 100m events for each individual age group (10/11, 12, 13). The remaining events will be decided on the heat declared winner basis. Finalists and up to two reserves will be announced as soon as possible after the heats have been completed. Withdrawals from finals, including reserves, must be notified to the recording desk not more than 20 minutes after the finalists have been announced.
There shall be separate 1500m and 800m events for males and females although they will be swum combined.
11. Clubs entering more than 8 swimmers **MUST** download the Hy-Tek Team Manager file from The Middlesex website: www.middlesexswimming.com and return the entry file to competitionsecretary@middlesexswimming.com. Please note that if a Club enters more than 8 swimmers by means of entry forms rather than Hy-Tek Manager Event File, these entries will incur an administration fee of £10.00 p/entry.
12. Entry fees shall be £7.50 for 50m, 100m, 200m, 400m, 800m & 1500m Events and £10.50 for Team Events. **Entry to the seating area together with the programme will be free for spectators to download from www.middlesexswimming.com prior to the meet.**
13. Entry Summary form needs to be completed and returned at the same time as submitting the electronic entry file by emailed to the competition secretary at competitionsecretary@middlesexswimming.com.
Full payment must be made directly into the bank via BACS transfer: HSBC Bank, Account name MCASA, Sort code: 40-23-26, Account no: 11170961 (Please give club code as reference followed by CCY19. e.g. EALL_CCY19)

Competition Secretary: Leah Pullen. 16 Amherst Road, London, W13 8ND email: competitionsecretary@middlesexswimming.com

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Except for the 800m and 1500m, this meet will operate as a **CARDLESS** meet. Please use the withdrawal forms enclosed with the pack to withdraw any swimmers. On the day any withdrawals must be made at least 40 minutes before the start of each session. **Failure to withdraw in adequate time may result in the club being fined £5 per swimmer per event and £10 per team for relays.** Should a swimmer be withdrawn by mistake by the meet manager, the swimmer shall be reinstated. All fines are to be levied on the swimmer's club. The fine shall be reduced by 50% if paid within 28 days.

14. **All club workforce coordinators are asked to circulate the enclosed volunteer form to their volunteer base.**
15. Clubs are reminded of their duty of care to their swimmers during a meet and that they should have with them full contact details of parents/guardians for all swimmers attending the meet. They should also hold any details on medical conditions that may be deemed necessary. Coaches/Team Managers will only be allowed on poolside if visibly wearing a coach's pass. To apply for a new Coach Pass: Follow [link](https://uk.teamunify.com/SubTabGeneric.jsp?team=reczzmcauk&_stabilid_=93954): (https://uk.teamunify.com/SubTabGeneric.jsp?team=reczzmcauk&_stabilid_=93954). Coaches and Team Managers should be club trained personnel and registered members of ASA. Untrained parents without a current DBS certificate and ASA number are not allowed to take charge of swimmers on poolside.
16. Anyone wishing to use a camera, mobile phone camera, or video camera, should adhere to the Swim England guidelines on the use of images and restrict to their own child and their own private use with no posting on social media or similar platforms. You are reminded that Flash photography is NOT permitted at the start of any heat.
17. Any conditions not covered in the competition rules will be dealt with in accordance with the laws of the sport and at the discretion of the Promoter. Questions can be dealt with by writing to the Promoter or the Meet Administrator.

Trophies: Junior and Overall Fastest Championship Trophies will be presented for each event once the competition has finished and all results have been collated.

LICENSING: The Competition is licensed level 2 and achieved times may be used for entry into Regional Championships.

COUNTY TEAMS: Swimmers should be aware that in order to be eligible for selection for County Teams they must have entered in at least one County Competition per calendar year.

All Events: AGES TO BE TAKEN AS AT midnight on 31st DECEMBER 2019

CLOSING DATE FOR ENTRIES 19th DECEMBER 2018

MCASA AGE GROUP QUALIFYING TIMES 2019 (25m) *Ages as of 31st December 2019

BOYS			EVENTS	GIRLS		
10/11	12	13		10/11	12	13
35.21	33.23	31.19	50 FS	35.07	33.12	32.00
1.19.42	1.13.25	1.07.97	100 FS	1.18.12	1.12.03	1.08.85
2.51.71	2.40.01	2.30.03	200 FS	2.50.05	2.36.85	2.29.83
6.27.49	5.54.78	5.31.64	400 FS	6.13.67	5.42.41	5.25.55
Men's corresponding 400m time to qualify			800 FS	XXX	11.21.00	10.56.25
XXX	22.45.00	21.50.00	1500 FS	Women's corresponding 800m times to qualify		
48.39	46.10	43.36	50 Breast	47.16	44.37	42.90
1.47.74	1.40.68	1.33.68	100 Breast	1.42.62	1.35.41	1.32.29
3.48.32	3.38.36	3.31.06	200 Breast	3.39.31	3.27.18	3.21.90
42.19	39.34	36.80	50 Butterfly	40.93	38.19	36.33
1.53.66	1.37.92	1.26.61	100 Butterfly	1.42.28	1.30.64	1.24.33
3.35.00	3.17.20	3.12.50	200 Butterfly	3.45.00	3.24.25	3.12.75
41.72	39.63	37.86	50 Back	41.10	38.95	37.47
1.31.97	1.25.67	1.20.24	100 Back	1.29.25	1.22.72	1.19.55
3.14.51	3.04.83	2.56.20	200 Back	3.11.25	2.58.88	2.52.70
1.31.64	1.26.70	1.21.30	100 IM	1.29.92	1.24.33	1.21.49
3.18.91	3.04.18	2.53.75	200 IM	3.12.86	2.58.87	2.51.37
XXX	6.50.15	6.11.55	400IM	XXX	6.50.25	6.15.75

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AGE GROUP TEAM ENTRY FORM

CLUB _____

Competition Secretary

NAME _____

ADDRESS _____

_____ post code _____ phone no. _____

Please enter the number of teams you wish to enter for each event. **Maximum of 3 teams per age group may be entered.** Unless otherwise indicated they will be entered as "A", "B" and "C";

BOYS TEAMS

EVENT 33-35	NO OF TEAMS	TIME
FREESTYLE TEAM 10/11		
FREESTYLE TEAM 12		
FREESTYLE TEAM 13		

EVENT 44-43	NO OF TEAMS	TIME
MEDLEY TEAM 10/11		
MEDLEY TEAM 12		
MEDLEY TEAM 13		

GIRLS TEAMS

EVENT 47-49	NO OF TEAMS	TIME
FREESTYLE TEAM 10/11		
FREESTYLE TEAM 12		
FREESTYLE TEAM 13		

EVENT 30-32	NO OF TEAMS	TIME
MEDLEY TEAM 10/11		
MEDLEY TEAM 12		
MEDLEY TEAM 13		

Total no of teams entered _____

fee enclosed: (£10.50 per entry) _____

Signed _____

Team Manager

PLEASE NOTE: Team Managers are responsible for and must certify that all members of teams are registered in accordance with ASA laws and that they also comply with the Championships rules on the County website.

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PROGRAMME OF EVENTS

AGE GROUP		
Saturday 19 th January 2019		
At Southbury Road Leisure Centre		
Session 1 Warm up tbc Start tbc		
1	Girls 10-13	100m IM
2	Boys 10-13	100m Freestyle
3	Girls 10-13	100m Butterfly
4	Boys 10-13	200m Backstroke
5	Girls 10-13	400m Freestyle
F2	Final Girls 10-13	100m Butterfly
F3	Final Boys 10-13	100m Freestyle
F1	Final Girls 10-13	100IM
Session 2 Warm up tbc Start tbc		
6	Boys/Girls 12-13	1500m Freestyle
7	Girls 10-13	50m Backstroke
8	Boys 10-13	50m Freestyle
9	Girls 10-13	200m Breaststroke
10	Boys 10-13	200m Butterfly
F7	Final Girls 10-13	50m Backstroke
F8	Final Boys 10-13	50m Freestyle

AGE GROUP		
Sunday 20 th January 2019		
At Southbury Road Leisure Centre		
Session 3 Warm up tbc Start tbc		
20	Boys 10-13	100m IM
21	Girls 10-13	100m Freestyle
22	Boys 10-13	100m Butterfly
23	Girls 10-13	200m Backstroke
24	Boys 10-13	400m Freestyle
F21	Final Boys 10-13	100m Butterfly
F22	Finals Girls 10-13	100m Freestyle
F20	Final Boys 10-13	100m IM
Session 4 Warm up tbc Start tbc		
25	Boys/Girls 12-13	800m Freestyle
26	Boys 10-13	50m Backstroke
27	Girls 10-13	50m Freestyle
28	Boys 10-13	200m Breaststroke
29	Girls 10-13	200m Butterfly
F26	Final Boys 10-13	50m Backstroke
F27	Final Girls 10-13	50m Freestyle

AGE GROUP		
Saturday 2 nd February 2018		
At Southbury Road Leisure Centre		
Session 5 Warm up tbc Start tbc		
30-32	Girls 10-13	4 x 50 Medley relay
33-35	Boys 10-13	4 x 50 Free relay
36	Girls 10-13	100m Backstroke
37	Boys 10-13	100m Breaststroke
38	Girls 12-13	400m IM
F37	Boys 10-13	100m Breaststroke
F36	Girls 10-13	100m Backstroke
Session 6 Warm up tbc Start tbc		
39	Girls 10-13	50m Breaststroke
40	Boys 10-13	50m Butterfly
41	Girls 10-13	200m IM
42	Boys 10-13	200m Freestyle
F39	Final Girls 10-13	50m Breaststroke
F40	Final Boys 10-13	50m Butterfly

AGE GROUP		
Sunday 3 rd February 2018		
At Southbury Road Leisure Centre		
Session 7 Warm up tbc Start tbc		
43-45	Boys 10-13	4 x 50 Medley relay
46-48	Girls 10-13	4 x 50 Free relay
49	Boys 10-13	100m Backstroke
50	Girls 10-13	100m Breaststroke
51	Boys 12-13	400m IM
F50	Girls 10-13	100m Breaststroke
F49	Boys 10-13	100m Backstroke
Session 8 Warm up tbc Start tbc		
52	Boys 10-13	50m Breaststroke
53	Girls 10-13	50m Butterfly
54	Boys 10-13	200m IM
55	Girls 10-13	200m Freestyle
F52	Final Boys 10-13	50 Breaststroke
F53	Final Girls 10-13	50 Butterfly

CLOSING DATE FOR AGE GROUP ENTRIES 19th December 2018

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ENTRY FORM

Club _____

Competitors Full name _____ BOY/GIRL

Address _____

Post Code _____ Telephone no _____

Date of birth _____ ASA registration no _____

Multi Classification: * S ____ SB ____ SM ____ *please give number designated

Please enter me in the following events at the entry time shown:

Note: All competitors equaling or bettering the 'auto' entry qualifying time (the "qualifying time") in an event will be accepted. Competitors whose times equal or better the consideration time as published may be accepted subject to space being available.

Event	Entry time	Event No	Date & Where Achieved
50m Freestyle			
100m Freestyle			
200m Freestyle			
400m Freestyle			
800m Freestyle			
1500m Freestyle			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
50m Butterfly			
100m Butterfly			
200m Butterfly			
50m Backstroke			
100m Backstroke			
200m Backstroke			
100m Ind Medley (AG only)			
200m Ind Medley			
400m Ind Medley			

No of events entered _____ fee enclosed at £7.50 per event.

I declare that I am eligible to enter this competition.

Signed _____ date _____
(swimmer, parent or guardian)

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AGE GROUP MEET SUMMARY ENTRY FORM

Must be accompanied with your entry file

Club Name: (also pls give Club Code – eg EALL)	
Total Entries @ £7.50 p/event	£
Total fees enclosed:	£
Relays @ £10.50 p/relay	£
Coaches meals @ £12.00 per person per day	£
Total amount enclosed (payable to MCASA)	£

Coaches Meals at (please enter number for each meal in table) Total _____ at £12p/person p/day

	19 th Jan	20 th Jan	2 nd Feb	3 rd Feb
Lunch				

Total amount enclosed (payable to MCASA)	£
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I, being a club official herewith certify that the enclosed swimmers' entries are eligible and that I have read and understood the conditions of entry

Position Date

Name and address and e-mail address of coach/competition secretary to whom details of accepted entries should be sent (Please note this is a cardless meet):

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Completed individual entry forms, summary form plus coach pass slip **for total amount**

Entry fees must be paid directly into the bank via BACS transfer:
 HSBC Bank, Account name MCASA, Sort code: 40-23-26, Account no: 11170961
 (Please give club code as reference followed by CC18. e.g. EALL AGCC19)

Where entries are made electronically, then entry summary form must be sent with the electronic entries and entry fees must be paid within 3 days of entries being accepted.