

**RETFORD SWIMMING CLUB
CLUB CHAMPIONSHIPS 2023**



Dear Swimmer / Guardian,

We are pleased to return to the same format as last year for 2023 club championships based on the scoring system rather than the more events you enter the more points you can gain. There is no scoring system for our 7-8 year old swimmers to encourage swimmers to try all four 25m events.

The aims of the system for swimmers aged 9 years and over are to:

- Introduce a fairer scoring system to determine the championship, which recognises the level of performance in an event rather than just the finish order.
- Incentivise swimmers to swim a broad range of events/distances but allowing them to choose their races.

HOW WILL WE ACHIEVE THIS?

The scoring system will use FINA points to score each swim:

What are FINA Points?

FINA points allow comparison of results among different events. Using a FINA point table, point values are assigned to a swimming performance based on the time swum. More points for world class performances, typically 1000 or more and fewer for slower performances.

The base times are defined every year, linked to the World Record that was approved by FINA.

This means the points allocated for each swim will reflect the level of performance rather than just the finish order.

The scoring system will also group swims into 5 categories, which are shown on the entry form and only the top 2 FINA point scores in each category will count towards the overall championship.

The annual Club Championships is for all our club members. For some it will be their first competition, for others it provides an opportunity to try new events, others push themselves to achieve County Qualifying Times.

No system is perfect, but we have given a lot of thought to the changes we had made to ensure our Club Championship provides challenge and opportunity for all our swimmers.

Thank you!

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EVENT SCHEDULE

	DATE	EVENTS
Gala 1	Saturday 11th Nov 2023 Warm Up 5.30pm Start 6.00pm Session 1	9 & Over 400m IM (ages 9-11 Please speak to a coach before entering this event)
		9 & Over 50m Back
		9 & Over 100m Breast
		9 & Over 200m Free
Gala 2	Saturday 25th Nov 2023 3.30pm Warm Up 4.00pm Start Session 2	11 & Over only 800m Free
		7 – 8 25m Free
		9 & Over 50m Fly
		7 – 8 25m Breast
		9 & Over 200m IM (Small comfort break)
		9 & Over 200m Fly (ages 9-11 Please speak to a coach before entering this event)
		9 & Over 50m Breast
		9 & Over 100m Free
Gala 3	Saturday 9th Dec 2023 3.30pm Warm Up 4.00pm Start Session 4	11 & Over only 1500m Free
		7 – 8 25m Back
		9 & Over 100m Fly
		7-8 yrs 25m Fly
		9 & Over 200m Back (Small comfort break)
		9 & Over 400m Free
		9 & Over 50m Free
		9 & Over 100m Back
9 & Over 200m Breast		

All completed Forms must be returned via email tomkatdan@btinternet.com to Alison no later than 8pm 1st November 2023. No late entries will be accepted after this date. Any questions please don't hesitate to contact either, Alison or your squad coach.

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Entry Form

Name:

Age (as of 31st December 2023):

SWIMMERS 9 years and over	Event:	Entry Time:
Category 1: SPRINT 50m		
2 highest FINA point scores count for the Championship.	Butterfly	
	Backstroke	
	Breaststroke	
	Freestyle	
Category 2: SPRINT 100m		
2 highest FINA point scores count for the Championship.	Butterfly	
	Backstroke	
	Breaststroke	
	Freestyle	
Category 3: Form 200m		
2 highest FINA point scores count for the Championship. <i>9/10/11 years age group entering the 200 Fly must get their entry form countersigned by their coach)</i>	Butterfly	
	Backstroke	
	Breaststroke	
Category 4: Freestyle		
2 highest FINA point scores count for the Championship. <i>9/10/11 years age group entering 800/1500m must get their entry form countersigned by their coach</i>	Freestyle 200m	
	Freestyle 400m	
	Freestyle 800m	
	Freestyle 1500m	
Category 5: Individual Medley		
2 highest FINA point scores count for the Championship. <i>9/10/11 years age group entering the 400IM must get their entry form countersigned by their coach</i>	100m IM	
	200m IM	
	400m IM	
To decide the championship in each age group, swimmers are awarded FINA points for every swim. The best 2 FINA point scores in each of the 5 categories are then added together to give the overall points total. The highest scoring female and male in each age group will become the club champion.		
SWIMMERS 7/8 Years	Event:	Entry Time:
Swimmers in this age group will be placed in these events there is no overall championship.	Butterfly 25m	
	Backstroke 25m	
	Breaststroke 25m	
	Freestyle 25m	

No. races: _____ @£5 Cost _____
 25m Swims £10 (For 4 events) Cost _____

Total: _____

All completed Forms must be returned by email tomkatdan@btinternet.com to Alison no later than 8pm on 1st November 2023. No late entries will be accepted after this date. Any questions please don't hesitate to contact either, Alison or your squad coach.

Payment made via BACS to

Account Name – Retford Swimming Club
 Account Number - 77714733
 Sort Code- 601728
 Reference - CC,[SWIMMER SURNAME], [INITIAL]

**RETFORD SWIMMING CLUB
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**Meet Conditions
License No To Follow**

VENUE: Retford Leisure Centre, Old Hall Road, Retford

The Pool:

6 Lanes, 25 metres, Electronic Timing, Anti Wave Lane Ropes, and Swim shop.

No outdoor shoes may be worn on the poolside, but footwear and Club T Shirts MUST be worn in the spectators' galleries and outside the pool marshalling area.

MEET COORDINATOR

Alison Atkinson 24 Tor Lane Ollerton Newark NG22 9PT

Tel: 07857 461960 Email: tomkatdan@btinternet.com

The Meet is held under A.S.A. Laws & Technical Rules

The order of Events and allocation of Events to specific Sessions may be changed at the discretion of the organisers.

The Referee's decision is final.

Any swimmer not behaving in an appropriate manner on poolside will be asked to leave and may not be allowed to swim.

Please see the swimmers code of conduct on our website.

All swimmers must stay poolside until they have been told they can leave by coaching staff. Swimmers leaving poolside at any time must inform the Senior Coach first. Any swimmer not poolside prior to their race may miss their swim, as coaches and Team managers will not come looking for them

The organisers do not accept liability for lost property.

All Entries and Swimmers Data will be held on computer; Entry to the Meet implies consent as required by the Data Protection Act 1998. Results and Swimmers Data will be submitted to the Swim England & displayed on our Club Website.

Any point not dealt with by these notes will be at the discretion of the promoter.

AWARDS

All Events are Heat Declared Winners. Heats will be arranged and spearheaded according to the entry times.

Points will be awarded using Fina Points. There will be 5 categories and your top 2 swims from each category will count towards the overall Championship placing. (Boys and Girls separate)

Age groups 8 & under, 9, 10,11, 12, 13 & 14, 15 & 16 and Open

ENTRIES

Age as of 31st December 2023

All Swimmers must be SE registered and a member of Retford Swimming Club before 19th October 2023 with all subscription's fees up to date.

Entries must be received no later than 8pm on the 1st November 2023. **NO LATE ENTRIES WILL BE ACCEPTED.**

Over the top/side by side starts may be used at the promoter's discretion. Any changes will be published on our club's website.

Swimmers must not be a member of any other swimming club outside of Nottinghamshire Swim Association. Swimmers must not have taken part in another clubs Club Championships within the same year.

No entries will be accepted after the closing date or during the meet unless due to the promoter's error or omission.

Entry Fees: £5.00 per individual Event. No refunds will be made for cancellation of entries after the closing date **Please make all payments via BACS**

Confirmed Entries will be posted on our Web Site, shortly after the closing date any errors please contact Alison Atkinson ASAP. **CORRECTIONS CANNOT BE MADE ON THE DAY.**

Any swimmer wishing to withdraw can do so by emailing tomkatdan@btinternet.com no later than 10am on the day of the competition by Texting **07857461960**

POOLSIDE

For child protection **NO ADULTS** will be allowed on poolside, unless displaying a pool side pass. If anyone is found on without a pass, will be asked to leave, either by a member of the committee or by the Referee

RESULTS

Results will be available to view via our Club Website. As soon as possible, after the event has finished.

ON THE DAY

Swimmers must report to the Heat Marshals 2 Events before their own Event, except for Event 1 & 2 when it immediately after 1st warm up

No outdoor shoes to be worn on the poolside, footwear and Club T Shirts MUST be worn in the spectators' galleries and outside the pool marshalling area.

SPECTATORS

Spectator Admission –Adults £4.00 per day

Children Age 7 – 13 £2.50 per day

PLEASE NOT THERE WILL BE NO PROGRAMS PRINTED FOR CLUB CHAMPIONSHIPS. A COPY WILL BE AVAILABLE ON THE CLUBS WEBSITE FOR YOU TO PRINT YOURSELVES. These will be subject to change up until the cut of times for withdrawal's and should only be used as a guide