

# PBSC Club Championships 2010

Each year we hold our Club Championships with the aim that every swimmer in the club enters as many events as possible and to give younger swimmers who can swim a length (25 metres) the opportunity to compete. There are separate events for boys and girls and the events vary with age. Results for the last six years are on the website ([www.pottersbarsc.co.uk](http://www.pottersbarsc.co.uk)).

Medals are awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places and certificates for all participants, these will be presented at the Presentation Party later in the year.

The championships will be held over four sessions on :-

Friday 24<sup>th</sup> September Furzefield (Individual Medley session)  
 Monday 27<sup>th</sup> September Queenswood  
 Friday 1<sup>st</sup> October Furzefield  
 Saturday 2<sup>nd</sup> October Furzefield (Main session)

We will be using the standard entry card system so you cannot just turn up on the day and swim.

Swimmers will be categorised into age groups based on their age at 31<sup>st</sup> December 2010 (i.e. any one born in 2001 will be swimming in the 9 year category). All events are run on the "Heat Declared Winners" system, whereby all those entered for the same event will swim in time entry order and we will sort out the results for each age group. This means that a swimmer may not be swimming in the same heat as those in the same age group and that who wins his/her heat may not necessarily win his/her age group.

Experienced officials, judges and timekeepers will run the championships so there is the possibility that swimmers may be disqualified. Swimmers are told the correct way to dive, turn and finish etc but sometimes they forget. Although this seems harsh for the younger swimmers it will get them used to outside galas and competitions, as this is part of the sport.

The programme of events and which ages can swim which events are on the reverse. There are two events in sessions 2 and 3, the Ladies and Mens Masters / Parents 50m freestyle for all those aged 25 or older, these are open to all parents (medals to the top three and certificates will be awarded). The traditional Parent / Child relay will take place at the end of the final session.

Events are free to enter but there will be an entry fee for spectators (children free) for sessions 2, 3 & 4. £1.00 per spectator for sessions 2 & 3 and £2.00 for session 4. This is necessary as the costs of pool hire, medals and running these galas amounts to over £1,000.

A full set of rules is on the noticeboard and the website, but if you have any questions please speak to any of the coaches or contact Andy Gardner ([secretary@pottersbarsc.co.uk](mailto:secretary@pottersbarsc.co.uk) / 01707 651170).

Tear off the slip below and return to Bronwen, Alan, Wray or Andy Gardner by **Friday 10<sup>th</sup> September 2010**.

You can pick up your entry cards on Thursday 16<sup>th</sup> or Friday 17<sup>th</sup> September on the balcony at Furzefield



## Potters Bar Swimming Club - Club Championships 2010 Entry Form

Name \_\_\_\_\_

**Closing Date Friday 10<sup>th</sup> Sep**

Date of Birth \_\_\_\_\_

Age Year of Birth	5 to 7 yrs 2003 - 2005	8 to 9 yrs 2001 - 2002	10 yrs 2000	11 years + 1999 and before	
	25m	25m	50m	50m	100m
Freestyle					
Backstroke					
Breaststroke					
Butterfly					
Ind Med (100m)					

Email entries will be accepted but any entries after 10<sup>th</sup> will be declined.

Either tick those events you wish to enter and we will calculate an appropriate time based on PBs, or submit your own times

Parent /Child Relay (event 33)	Yes /No	If 'Yes' name of parent .....
Ladies 50m Freestyle	Yes / No	If 'Yes' name of parent .....
Mens 50m Freestyle	Yes /No	If 'Yes' name of parent .....

# Programme of Events

Age at 31st Dec Year of Birth				5 to 7 2005 - 2003		8 2002		9 2001		10 2000		11 1999		12 to 24 1998 - 1986		25+ Up to 1985			
				Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
<b>Session 1 (Friday 24th September)</b>																			
(Official start 8.15pm to 9.15pm)																			
1	Girls	100m	IM	8 years to Open															
2	Boys	100m	IM	8 years to Open															
<b>Session 2 (Monday 27th September)</b>																			
(Official start 6.00pm to 9.00pm)																			
3	Boys	100m	Fly	11 years to Open															
4	Girls	100m	Fly	11 years to Open															
5	Boys	25m	Fly	8 & 9 years															
6	Girls	25m	Breast	8 & 9 years															
7	Ladies	50m	Free	25 years +															
8	Boys	50m	Fly	10 years															
9	Girls	50m	Breast	10 years															
10	Boys	100m	Free	11 years to Open															
11	Girls	100m	Free	11 years to Open															
<b>Session 3 (Friday 1st October)</b>																			
(Official start 7.15pm to 9.15pm)																			
12	Girls	100m	Back	11 years to Open															
13	Boys	100m	Back	11 years to Open															
14	Girls	25m	Fly	8 & 9 years															
15	Boys	25m	Breast	8 & 9 years															
16	Mixed	50m	Free	25 years +															
17	Girls	50m	Fly	10 years															
18	Boys	50m	Breast	10 years															
19	Girls	100m	Breast	11 years to Open															
20	Boys	100m	Breast	11 years to Open															
<b>Session 4 (Saturday 2nd October)</b>																			
(Official start 5.30pm to 9.30pm)																			
21	Girls	50m	Back	10 years to Open															
22	Boys	50m	Back	10 years to Open															
23	Girls	25m	Back	Under 10 years															
24	Girls	50m	Fly	11 years to Open															
25	Boys	50m	Fly	11 years to Open															
26	Boys	25m	Back	Under 10 years															
27	Girls	50m	Free	10 years to 24 years															
28	Boys	50m	Free	10 years to 24 years															
29	Girls	25m	Free	Under 10 years															
30	Boys	25m	Free	Under 10 years															
31	Girls	50m	Breast	11 years to Open															
32	Boys	50m	Breast	11 years to Open															
33		2 x 25m	Free	Parent / Child Relay															

The Parent / Child relay is 25m (1 length) each of any stroke and open to all age groups  
 Individual medley is one length of each stroke in the order Fly, Back, Breast and Free  
 All events are swum in the 25m pool (i.e. with the boom in place)

So those born in 2003 or later can only swim 25m free, 25m back and the Parent / Child races all in session 3.

The next age group up the 8 year olds (born 2002) can swim 25m in all strokes plus the 100m (4 lengths) individual medley and the Parent / Child relay

The 9 year olds (born 2001) can swim the same events as the 8 year olds but are a separate age category

The 10 year olds (born 2000) can swim 50m (2 lengths) all strokes plus the 100m IM.

From 11 upwards there are 50m and 100m races for all strokes.

The age categories for 100m events (excluding IM) are :-

- 11 & 12 years
- 13 years
- 14 years
- 15 & 16 years
- 17 to 24 years
- 25 years plus