



Note \* events. Coaches will select from the entries those able to do these events.

Cheque with entry please, payable to 'The City of Cambridge Swimming Club'

## **CITY OF CAMBRIDGE SWIMMING CLUB 2007 CLUB CHAMPIONSHIPS - PROGRAMME**

### **Session1** Saturday, 8<sup>th</sup> December 2007 Evening

- |      |            |       |
|------|------------|-------|
| (1)  | 100 Breast | Boys  |
| (2)  | 100 Breast | Girls |
| (3)  | 25 Breast  | Boys  |
| (4)  | 25 Breast  | Girls |
| (5)  | 200 Free   | Boys  |
| (6)  | 200 Free   | Girls |
| (7)  | 25 Free    | Boys  |
| (8)  | 25 Free    | Girls |
| (9)  | 200 IM     | Boys  |
| (10) | 200 IM     | Girls |

### **Session 2** Sunday, 9<sup>th</sup> December 2007 Evening

- |      |            |       |
|------|------------|-------|
| (11) | 200 Back   | Boys  |
| (12) | 200 Back   | Girls |
| (13) | 25 Back    | Boys  |
| (14) | 25 Back    | Girls |
| (15) | 50 Free    | Boys  |
| (16) | 50 Free    | Girls |
| (17) | 25 Fly     | Boys  |
| (18) | 25 Fly     | Girls |
| (19) | 50 Fly     | Boys  |
| (20) | 50 Fly     | Girls |
| (21) | 200 Breast | Boys  |
| (22) | 200 Breast | Girls |

### **Session 3** Thursday, 13<sup>th</sup> December 2007 Evening

- |      |           |       |
|------|-----------|-------|
| (23) | 100 Free  | Boys  |
| (24) | 100 Free  | Girls |
| (25) | 50 Back   | Boys  |
| (26) | 50 Back   | Girls |
| (27) | 50 Breast | Boys  |
| (28) | 50 Breast | Girls |
| (29) | 200 Fly   | Boys  |
| (30) | 200 Fly   | Girls |

### **Session 4** Sunday, 16<sup>th</sup> December 2007 Evening

- |      |         |       |
|------|---------|-------|
| (31) | 100 Fly | Boys  |
| (32) | 100 Fly | Girls |

- (33) 100 Back Boys
- (34) 100 Back Girls
- (35) 100 IM Boys
- (36) 100 IM Girls
- (37) 400 Free Boys
- (38) 400 Free Girls

**Session 5** Thursday, 20th December Evening

- (39) 800 Free Girls
- (40) 1500 Free Boys

**Session 6** Sunday 23<sup>rd</sup> December, Evening

- (41) 400 IM Boys
- (42) 400 IM Girls

**Masters:** Please note trophies only awarded to the following strokes:

- 50 Free
- 50 Back
- 50 Breast
- 50 Fly
- 100 Free
- 100 IM

**CITY OF CAMBRIDGE SWIMMING CLUB**  
**2007 CLUB CHAMPIONSHIPS - INFORMATION AND RULES**  
**Please Read Carefully**

1. The competition will be held under ASA Law and Technical Rules

2. All events will be Heat Declared Winners (HDW). There will be no Finals. Electronic Timing will be used. 'One Start' procedures will apply.

**3. ELIGIBILITY TO ENTER THE CHAMPIONSHIPS**

The Club reserves the right to restrict entrants to 'time only' status unless they have been members of this Club for a minimum of 1 month prior to the entry closing date (age 10 and under are exempt). If in doubt about eligibility, contact Richard Holt, tel. 01223 248346 or e-mail [membership@cocsc.org.uk](mailto:membership@cocsc.org.uk)

**4. AGE GROUPS**

a) Swimmers may only enter their own age groups and the events as set out in the table below.

Age at 31/12/05	25m free	25m back	25m fly	25m breast					
9 & under	Y	Y	Y	Y					
	50m strokes	100m IM	100m strokes	200m IM	200m strokes	400m IM	400m Free	800m Free	1500 Free
9 & under	Y	N	N	N	N	N	N	N	N
10	Y	Y	N	Y	Y	N	N	N	N
11	Y	Y	No boys	Y	Y	N	Y	N	N
12	Y	Y	Y	Y	Y	Y*	Y	OG*	OB*
13	Y	Y	Y	Y	Y	Y	Y	OG*	OB*
14	Y	Y	Y	Y	Y	Y	Y	OG*	OB*
15	Y	Y	Y	Y	Y	Y	Y	OG*	OB*
16 and over	Y	Y	Y	Y	Y	Y	Y	OG*	OB*
Masters	Y	Y	Y free OM	OM	OM	OM	OM	OM	B

O = optional. Result will not count towards bag points, only to medals.

OM = optional. No trophy

Y = Event that can be entered

N = Event that cannot be entered – note that 11yo girls can enter all 100m events, 11yo boys cannot enter 100m events (apart from 100 IM)

\* = Coaches will select swimmers able to do these events.

b) Boys and Girls may be combined into the same heats, depending on the number of entries.

c) Masters swimmers may also enter the 16 & over age group events if they wish.

Trophies only on following events: 50m all, 100m free, 100m IM

5. AGES - Ages for the entire competition will be as at **31st December 2007**  
For example, those born at any time in 1997 will be 10 years.

6. ENTRY FEES - The fee is £1.50 per event. Fees should be enclosed with Entry Forms. Cheques preferred please, payable to '**The City of Cambridge Swimming Club**'. Please write swimmer name and event numbers on the back of cheque.

7. ENTRY TIMES - All times will be taken from the Clubs Ranking List, which will be final. If you do not have a time for an event, you will be entered as 99.99.

8. The Coach's would like all swimmers to enter the championships; however you rate your chances. The Clubs Coaches have stipulated that all BAGCAT age groups must swim a minimum level of participation required for to complete all BAGCATS categories. Swimmers in Foundation are required to swim at least 2 strokes. Any swimmer who has a problem with these requirements, or needs advice, should talk to their Coach.

9. CARDS - We shall be using a card system and they must be posted 30 minutes before the gala starts. Boxes will be just inside the pool entrance, and will open before the start of the warm-up. If you are not sure how the card system works, don't hesitate to ask anyone who has swum in the Championships before, or call Graham Jefferies, 01223 292533.

10. AWARDS - (Swimmers are responsible for engraving their trophies)

9 years and under, 10, 11 and 12 years - Trophy for First place, and medals for First three places.

13, 14, 15, 16 & over and Masters – Trophy for First place (some exceptions for Masters).

11. POINTS TOTALS - Points will be awarded in accordance with the BAGCATS CHARTS

10, 11, 12 - Trophy for top score.  
13, 14 - Voucher for the top score

Therefore, it is a distinct advantage to enter as many BAGCATS events as possible, and to compete for every place!! (Note that only one set of points per BAGCATS category, will count, which will be your best one.)

12. The Club reserves the right to change the programme in the event of unforeseen circumstances.

13 If you have any queries on the above, do not hesitate to discuss with your Coach.

**GOOD LUCK TO ALL COMPETITORS!!**