

Club Championships 2017

4th – 18th October

What are the Club Championships?

The Club Championships allow swimmers to enter up to 14 events, ranging from 100m to 1500m. Medals and trophies will be awarded. In addition, most of the races are licensed, meaning that the times achieved will be uploaded to Swim England's database of official times. Those times can then be used to qualify swimmers for entry to the County Championships in January.

Who are they for?

All swimmers from TAGS to Masters are encouraged to enter, although if you are in the Junior Squad or TAGS please get guidance from your teacher/coach for the following events:

- Freestyle – 800m and 1500m
- Breaststroke and Butterfly – all distances

As the main weekend's events are licensed, a perfect stroke is needed to avoid disqualification and thus any disappointment, especially for breaststroke & butterfly. (A summary of the rules for each stroke is available from the Club Documents section of the members' area of the website)

When are they?

Mainly Saturday 14th (from 3pm) and Sunday 15th (from 2.30pm) – a choice of up to 11 licensed events:

- 100m backstroke, 100m breaststroke, 100m butterfly and 100m freestyle
- 200m backstroke, 200m breaststroke, 200m butterfly and 200m freestyle
- 400m freestyle
- 100m and 200m individual medleys (i.e. one or two lengths of each stroke, swum consecutively).

To enter for these events please complete the entry form (available from the desk or website) and hand it in to the club desk with your payment (£2.50 per race up to £20 for 8 or more events). **Entries close on Sunday 8th October.** Please note that swimmers must be aged 9 or over to enter the 400m freestyle event, and 10 or over to enter the 100m butterfly and 200m butterfly events. All ages are calculated as at 31 December 2017.

In addition, there are three unlicensed sessions, held during our normal training sessions, all for swimmers aged 10 or over on 31 December 2017. Entry is by green card (or £4 cash with a payment slip) on the day.

- 400m Individual medley – Wednesday 4th (7:30pm)
- 800m freestyle – Sunday 8th (5:15pm)
- 1500m freestyle – Wednesday 18th (7:30pm)

To enter any of these three events **please sign up in advance at the club desk.**

Please note that all the above events are only available on the dates stated; if swimmers are not available for a given session they will not be able to enter the relevant race(s).

(For those close to qualifying for the County Championships, there is also a licensed time trial at Trowbridge Sports Centre on 13th October from 7:30pm. This covers 800m freestyle for girls and 1500m freestyle for boys, mirroring the events held at the County Championships. **Entries close on 15th September.** Times swum at Trowbridge will count towards medals and trophies in our Club Championships, so there is no need to enter the same race at Corsham.)

How is the competition organised?

The age groups for most of the races are: 8 and under, 9-10, 11-12, 13-14, 15-16 and 17+, for boys and girls. Some of the longer distance races have slightly different groups.

For each event, swimmers compete against others of a similar speed. Heats may therefore have swimmers from different age groups. There are no finals. Instead **medals are awarded to the fastest three swimmers in each age group in each event** (for boys and girls separately), based on the times achieved in the heats. This is known as 'Heat Declared Winners'. So, swimmers could win a medal even if they don't win their heat, but conversely winning a heat doesn't guarantee a medal.

In addition, there are **trophies for the best boy and girl overall in each age group**. Each swim is awarded a number of 'FINA points' depending on the time achieved. To qualify for a trophy, a swimmer must score points in four different categories:

- 100m events
- Form events (200m Backstroke, Breaststroke or Butterfly)
- Medley events (100m, 200m or 400m Individual Medley)
- Distance events (200m, 400m, 800m or 1500m Freestyle)

Only the highest scoring race in each category will count. The swimmer with the highest total number of points will be awarded the trophy.

What should swimmers do on the day?

Please arrive at least 15 minutes before the start of your session, to allow time to register at the club desk, get changed and be ready on poolside for the warm-up.

You should bring:

- a plastic bottle of water - squash/juice is OK (and even a pinch of salt) but avoid fizzy drinks
- an extra towel for poolside as well as a spare polo shirt or t-shirt to keep you warm in between races
- your swimwear, goggles and hat, ideally spares as well if you have them.

Test and adjust your goggles during training to ensure that they do not come off when diving in.

On race day please avoid 'Go Slow Foods' such as: crisps, salted peanuts, fried food, take away fast food, chips and confectionery such as chocolate bars, sweets and biscuits. Many swimmers bring bananas or sweets for energy and this is fine as long as they are eaten sparingly - Gummy Bears, Sports Mix, cereal bars, etc.