



DORSET COUNTY ASA

2010 INTEGRATED BAGCATs, CHAMPIONSHIPS and AGE GROUP COMPETITION

Under ASA Laws and Technical Rules

**All Clubs, coaches and competitors should read the information given below carefully
before completion of entry forms and retain for future reference**

General Conditions:

1. The current Dorset County ASA General Competition Conditions will apply as printed in the ASA South West Region Handbook, unless inconsistent with the conditions which follow. All entrants must accept these conditions.
2. Swimmers competing in any other County Association's Championships in the same year are not eligible to compete in the 2010 Integrated BAGCats, Championships and Age Group Competition (the Competitions), or any event covered by the Dorset General Competition Conditions.
3. The following conditions will apply to ALL swimmers' entries:
 - a. All competitors must have an ASA registration number and have been registered through their Club as an ASA Category 2 swimmer. No entry will be accepted without the swimmer's current ASA registration number.
 - b. Swimmers who have applied for ASA membership and are awaiting receipt of a registration number may enter the Competitions provided a photocopy of the registration form is submitted with the entry form, otherwise the competitor's entry will not be accepted.
 - c. Swimmers with a Functional Ability Card or Certificate of Swimming Disability may enter the Competitions.
 - d. ASA or IPC Official Times MUST be submitted for all individual events entered.
 - e. ASA/IPC Official Times must have been achieved in an event held under ASA Laws and Technical Rules or IPC Rules from which an individual Official Time has been recorded.
 - f. All submitted entries must be made using Short Course times or those converted from Long Course times using approved ASA conversion tables.
 - g. Non-ASA or IPC Official Times will not be accepted.
 - h. ASA or IPC Official Times outside of Ranx will not be accepted without the event and date at which the Official Time was achieved being declared.
 - i. All ASA/IPC Official Times MUST be certified by an officer of the swimmer's club.
 - j. Entries received will be subject to satisfying the qualifying standard as specified in the Competitions or, if space permits, the relevant consideration standard. Entry times outside of the consideration standards will not be accepted.
 - k. The Competitions are run as Integrated Competitions. Entries will be seeded on submitted times, the slowest time swimming first. Disability swimmers will compete in the appropriate time ranked heat.
 - l. The Promoter may request validation of any stated ASA or IPC Official entry time.
 - m. All Ranx entries must comply with 3(a-h) above. Non-Ranx entries from Clubs not using Ranx must ensure that the conditions stated at 3(a-h) above are given fully. Any entries not complying with 3(a-h) above or are found to be incorrect shall be void and the entry fee forfeited.

4. All official entry times submitted must have been achieved between the first day of the preceding year's Integrated BAGCats, Championship and Age Group Competition and the applicable closing date of this year's Competitions. Submitted entry times achieved outside of this specified period will not be accepted.
5. All entries must come from the Club Entries Officer and not individuals.
6. Entry for members of Clubs using Ranx will be by invitation in advance of the closing date. On receipt of Ranx data, Clubs will receive a schedule of invited entries for swimmers with ranked times in accordance with clauses 3(a-h) and 4 above, and the stated qualifying/consideration times. Ranx Clubs Entries Officers are required to confirm invited entries with the Meet Co-ordinator by the appropriate closing date of the Competitions.
7. All Clubs will receive a schedule of accepted entries immediately prior to the Competitions, the details of which should be checked and any discrepancy notified to the Meet Coordinator immediately. Any rejected entries will be listed. Swimmers who are not listed on the official confirmation of accepted entries will not be permitted to compete.
8. The Competitions will run with pre-seeded heats according to clause 3(k) of the General Conditions. No entry cards will be issued and no secondary registration on the day is required (see 2010 Entry Conditions clause 5d(iii) for exceptions). Empty lanes due to withdrawals on the day will remain vacant.
9. Failure to appear in the designated heat will cancel any right to compete in that event. Swimmers may be allowed to swim in unallocated lanes in the same event at the Referee's discretion. This shall be on a first-come first-served basis.
10. All competitors will be placed with the exception of any swimmer disqualified.
11. Requests for Time Trials will not be accepted at any time.
12. Improved entry times will not be accepted at any time.
13. All entries must be received by the applicable closing date as a whole Club entry together with the correct entry fee and, if appropriate, the administration fee. A single cheque payable to Dorset County ASA must be sent with each Club's entry. No entries will be accepted after the applicable closing date.
14. Entries submitted without the correct entry fee, entry forms, administration fee and health declarations incorrectly completed where applicable will be returned.
15. Only Clubs without access to the Ranx system may submit entries in an acceptable alternative format. Clubs with access to Ranx submitting alternative format entries will be subject to an administration fee of £10 for 50 or less entries and £10 for every 50 entries thereafter.
16. A single cheque will be made for any refunds due for rejected entries to the Clubs after the completion of the competition.
17. No refunds will be made for withdrawals after the closing date unless on medical grounds for which a doctor's certificate will be required.
18. The Official Promoter of the Competitions is the Dorset County ASA Swimming Committee through Mr Stuart Platts. The Swimming Committee has set all conditions of the Competitions and any enquiries in the first instance should be directed to the Promoter via the swimmer's Club Entries Officer, as follows: Stuart Platts, 4 Kinson Grove, Bournemouth, Dorset BH10 7JA. (01202 593083)
19. The Swimming Committee has delegated the running of the event to a Meet Co-ordinator. Entries should be sent to the Meet Co-ordinator by the applicable closing date, as follows: Di Gibbs, 22 Stibbs Way, Bransgore, Christchurch, Dorset BH23 8HG. (01425 673512)
20. The dates and events for the programme of this year's Competitions are as printed in the 2010 Entry Conditions following.
21. The Promoter reserves the right to alter or amend the Programme. In the event of any major alteration Clubs will be informed accordingly.
22. All competitors are required to observe all safety announcements and conduct themselves with safety in mind at all times. Doors will be open and warm up will start approximately 45 minutes before the gala is due to commence. Swimmers

will not enter the hired area until the Referee gives permission. The Referee is responsible for all aspects of health and safety in the area hired by DCASA and can halt the competition at any time if there are any perceived risks to health and safety of competitors, officials or spectators.

23. Any swimmer or coach requiring wheelchair access MUST ensure that the relevant leisure centre approves this in advance and a Personal Evacuation Plan is agreed with the leisure centre and submitted to the Promoter for passing to the Referee prior to the start of the gala.

24. It is the responsibility of each Club's Committee to ensure that their Coach, Team Managers and Warm-Up/Warm-Down Marshals are responsible for their swimmers on the poolside, including behaviour, dress and code of conduct at all times.

25. The use of the warm-down facility (if provided) is made available to swimmers ONLY if supervised by one of their Club officials with an accredited poolside pass. The facility will be withdrawn if the use is unsupervised or if deemed to be a risk to health and safety.

26. In line with recommendations in the ASA Child Protection Policy, the Promoter of these events requests that persons wishing to engage in any video, zoom or close range photography from the spectator areas register their details with DCASA Staff at the spectator entry desk before carrying out such photography. Anyone not complying will be asked to leave the spectator gallery. Requests for photography on poolside must be agreed with the Promoter in advance. The leisure centre may have its own local regulations on this subject, which may supersede this condition and must be complied with.

27. Dorset County ASA reserves the right to take and publish still or video photography during the meet. Any request not to be photographed MUST be documented on the swimmer's Health Information Form and be received by the Promoter before the Competitions commence.

DORSET COUNTY ASA

2010 INTEGRATED BAGCATs, CHAMPIONSHIPS and AGE GROUP COMPETITION

2010 Entry Conditions

1. Dates

- a. Block 1: Saturday 20 February and Sunday 21 February 2010
- b. Block 2: Saturday 27 February and Sunday 28 February 2010
- c. Entries closing dates:
 - i) Saturday 23 January 2010 (mid-day)
 - ii) Ranx data – Saturday 12 December 2009 + closing date

2. Age Groups/Bands

- a. Age groups will be based on age on the last day of the competition.
- b. Age groups will be based on age as at 28 February 2010.
- c. Age groups will be:
A – 9yrs; B – 10yrs; C – 11yrs; D – 12yrs; E – 13yrs; F – 14yrs, G – 15yrs, H – 16yrs; I – 17 and over.
- d. Age bands for the purposes of awards are as stated in 2010 Entry Conditions clause 10a(i).

3. Entry Fees

- a. All events £5.00 per event.
- b. All Clubs submitting multiple entries submit one cheque per block of entries.
- c. Cheques must be made payable to DORSET COUNTY ASA.

4. Events

As a requirement for the ASA to grant a license for this Competition, all events and distances are as defined by the ASA.

5. Entry Times

Entry times for the 2010 Competitions have been defined using the ASA's 2009 Qualifying Times Generation Programme. Qualifying Times are 40% of, and Consideration Times are 7.5% of, National Qualifying times.

a. County Qualifying Times

Swimmers achieving DCASA County Qualifying Times must submit entries on the appropriate entry form with the correct fee and will be automatically entered into the competition upon receipt.

b. County Consideration Times

Swimmers achieving DCASA County Consideration Times must submit entries on the appropriate entry form with the correct fee. Entries will be accepted as time permits.

c. Swimmers with a registered Functional Ability Card or Certificate of Swimming Disability

- i) Swimmers with a registered Functional Ability Card or Certificate of Swimming Disability achieving DCASA Disability Consideration Times must submit entries on the appropriate entry form with the

correct fee. Entries will be accepted as time permits.

- ii) Functional Ability/Disability classification MUST be declared along with the entry time. The card or certificate MUST be presented to the Referee before any swim to which it applies.
- d. Male & Female 1500m Freestyle and 800m Freestyle HDW events
- i) The maximum number of heats will be limited to three (1500m) and five (800m respectively). Swimmers with DCASA County Qualifying Times will be automatically accepted into these events and any vacant lanes will be filled by the fastest submitted Consideration Times. Places will be offered to notified reserves on the day if available.
 - ii) The events will be swum as mixed time-seeded heats.
 - iii) Swimmers/reserves notified that they have been accepted for the 1500m Freestyle and 800m Freestyle HDW events MUST register their intention to compete by 9.45am at the Recorders Desk on the day of the swim. Failure to register in person by 9.45am will forfeit the right to compete and reserves who have registered their desire to swim on the day will be offered the opportunity to compete.
- e. Age Disadvantaged Swimmers
- i) Age disadvantaged female swimmers with a birth date between 28 February and the ASASW BAGCat Championships 2010 are permitted to enter the 400m Freestyle, 400m Individual Medley and 800m Freestyle HDW events to achieve a Regional Qualifying Time provided they have achieved the County Qualifying Time as stated.
 - ii) Age disadvantaged male swimmers with a birth date between 28 February and the ASASW BAGCat Championships 2010 are permitted to enter the 400m Freestyle, 400m Individual Medley and 1500m Freestyle HDW events to achieve a Regional Qualifying Time provided they have achieved the County Qualifying Time as stated.
 - iii) Age disadvantaged swimmers will not be eligible for awards or BAGCat points for these events.
- f. Specified competition period
- Submitted times must have been achieved within the specified period of 7 February 2009 to 22 January 2010.

6. Health Declaration

To ensure that adequate safety procedures and protocols are observed, and ensure the safety and well being of all swimmers, all associated medical conditions must be declared on a Health Information Form together with the management plan for the condition. These conditions include, but are not limited to: asthma, seizures, epilepsy, diabetes, low blood pressure, cardiac abnormalities and tendency to hyperventilate. The Declaration shall be made by the swimmer/parent/guardian for the sole use of those persons with responsibility for health and safety during the Competitions. The content of the declaration will remain confidential.

7. Heat Declared Events

All Age Group events will be Heat Declared Winner (HDW). There will be no Finals.

8. Senior/Junior Champions

All swimmers are automatically entered for the Senior Championships and, if eligible, for the Junior Championships.

- a. Senior/Junior Champions will be decided as follows:
 - i) Senior Champion - The competitor returning the fastest time in a HDW event.
 - ii) Junior Champion – The Junior swimmer returning the fastest time in a HDW event.
- b. Junior Champions:

- i) Junior swimmers and Junior Champions are competitors under 16 years of age on the last date of the competition.
- ii) Swimmers who are under 16 years of age at midnight on the DAY of the swim can claim Junior County Records.

9. Awards

a. Medals & Ribbons

- i) Age Bands for the purposes of awards in this Competition are as follows:
Male – 9yrs; 10yrs; 11yrs; 12yrs; 13yrs; 14yrs; 15/16yrs; 17/over.
Female – 9yrs; 10yrs; 11yrs; 12yrs; 13yrs; 14/15yrs; 16/over.
- ii) Medals will be awarded for first, second and third places and ribbons to 4th to 8th place for HDW events in each of the designated Age Bands.
- iii) Swimmers presenting a Functional Ability Card or a Certificate of Swimming Disability:
(1) Awards will be made to the top three placed competitors per event. Placing shall be determined on a multi-disability basis to the three swimmers in each sex who either break the World Record by the greater amount or are nearest to the World Record within their own classification.
(2) If less than four swimmers participate in any one event then a minus one ruling shall apply. Where only one swimmer participates in an event, then the swimmer shall be awarded a medal provided they better the appropriate consideration time.
- iv) Swimmers may collect HDW events medals and ribbons from the Presentation Table once the results have been announced.
- v) There will be no formal presentation of HDW events medals and ribbons.

b. Championships

- i) Championship medals will be awarded for first, second and third places for each Championship event. Presentations will be made at the end of the session in which the HDW event took place.
- ii) Senior and Junior Champions will be formally presented with trophies where applicable.
- iii) Swimmers who do not make themselves available will not be presented with their award.

c. BAGCats

- i) BAGCat points shall be awarded from heat swims for a collection of events or categories as recommended by the ASA's Competitive Development Continuum.
- iii) BAGCat events are:
Best Sprint (Best 50m swim)
Best 100 (Best 100m swim)
Best Form (Best 200 Fly or 200 Back or 200 Breast)
Best Distance (Best 200 Free or 400 Free or 800 Free or 1500 Free)
Best Medley (Best 100 IM, 200 IM or 400 IM)
- iii) Overall BAGCat points will be calculated from a combination of Best Sprint, Best 100, Best Form, Best Distance and Best Medley.
- iv) Medals will be awarded to the top eight Overall BAGCat winners in each of the following Age Groups:
Boys - 9, 10, 11, 12, 13 and 14 years;

Girls – 9, 10, 11, 12 and 13 years.

- v) An award will be made to the Overall BAGCat winner in each of the BAGCat qualifying Age Groups.
- vi) There will be no medals or awards for BAGCAT Category winners.
- vii) Time permitting, presentation of BAGCat awards will be made on the last day of the Competitions.
- viii) Overall BAGCat winners may be selected for any Dorset County ASA Development Camps or events that may take place in 2010/2011.

11. Presentations

- a. Presentations will only be made to recipients wearing suitable poolside club clothing and which complies with the current ASA Child Protection Policy.
- b. Trophies, medals and awards will only be presented to recipients who have won those awards.
- c. The Promoter reserves the right not to present awards if the recipient does not comply with clause 11(a) and 11(b) or who does not make themselves available in a timely manner for presentation. The Promoter's decision is final.

12. Club Team Points

Points will be awarded for Team Relays and for all individual swimmers placed first to eighth in their respective Age Groups as follows: 1st place = 8 points descending to 1 point = 8th place. Where a swimmer has dual recognition, he/she may represent only one Club; this shall be the Club named on the entry form. Team Points will be displayed at strategic times throughout the Competitions.

13. Code of Conduct

All swimmers shall comply with the DCASA Code of Conduct and the County further reserves the right to take any disciplinary action against the swimmer(s) concerned and/or the swimmers' Clubs.

14. Poolside personnel

Only duly authorised personnel, and including any person accompanying a swimmer with a Functional Ability Card or Certificate of Swimming Disability, who are registered on the ASA/Clubs Child Protection Lists and competitors shall be allowed poolside.

15. Spectators

Entry will be free and subject to the limit of accommodation at the respective venue. There will be a charge of £3 for spectator programmes.

DORSET COUNTY ASA
2010 INTEGRATED BAGCATs, CHAMPIONSHIPS and AGE GROUP COMPETITION

CERTIFICATION FOR RANX CLUB ENTRIES

In signing this declaration on behalf of (Club) _____ I certify that:

- ◆ All swimmers entering this Competition are eligible to compete and hold the necessary birth, residential or membership qualification as currently required by the Dorset County ASA General Competition Conditions available in the ASA South West Region Handbook.
- ◆ Times that have been submitted for all events entered are ASA or IPC Official Times that have been achieved in an event held under ASA Laws and Technical Rules and from which an individual Official Time has been recorded.
- ◆ The Official Entry Times submitted have been achieved within the specified competition period between the first day of the Dorset ASA Integrated BAGCats, Championships and Age Group Competition 2009 and the closing date of this year's Competitions.
- ◆ All swimmers entering these Competitions agree to be bound by the Dorset County ASA Conditions including the Code of Conduct.

I certify that the information given is correct in all respects and that I am an authorised officer of the above named Club.

NAME _____ SIGNATURE _____

(Please print)

POSITION HELD _____ DATE _____

ADDRESS _____ TEL _____

EMAIL _____

DORSET COUNTY ASA
2010 INTEGRATED BAGCATs, CHAMPIONSHIPS and AGE GROUP COMPETITION

CERTIFICATION FOR INDIVIDUAL ENTRIES

In signing this declaration I certify that:

- ◆ I am an eligible competitor and hold the necessary birth, residential or membership qualification as currently required by the Dorset County ASA General Competition Conditions available in the ASA South West Region Handbook.
- ◆ I have submitted ASA or IPC Official Times for all events entered which have been achieved in an event held under ASA Laws and Technical Rules and from which an individual Official Time has been recorded.
- ◆ All Official Entry Times submitted have been achieved in the specified competition period between the first day of the Dorset ASA Integrated BAGCats, Championships and Age Group Competition 2009 and the closing date of this year's Competition.
- ◆ I agree to be bound by the Dorset County ASA Conditions including the Code of Conduct.

NAME _____ CLUB _____

DATE OF BIRTH _____ ASA REGISTRATION No _____

SIGNATURE OF COMPETITOR _____

SIGNATURE OF PARENT/GUARDIAN _____
(If under 18yrs of age)

DATE _____

CERTIFICATION BY CLUB OFFICER

I certify that the information given is correct in all respects and that I am an authorised officer of the above swimmer's Club.

NAME _____ SIGNATURE _____

(Please print)

POSITION HELD _____ DATE _____

ADDRESS _____ TEL No _____

_____ EMAIL ADDRESS _____

DORSET COUNTY ASA**2010 INTEGRATED BAGCATs, CHAMPIONSHIPS and AGE GROUP COMPETITION****Programme of Events**

Session	Event No	Distance	Event	Male/Female	Type	Ages	Venue
Block 1: Saturday 20 February 2010							
First session warm-up: 10.00				Start: TBC		Estimated finish: TBC	
1	1	1500	Freestyle	Female	HDW	10 and over	Littledown
	2	1500	Freestyle	Male	HDW	12 and over	Littledown
	3	400	Ind. Medley	Female	HDW	10 and over	Littledown
	4	50	Freestyle	Male	HDW	All ages	Littledown
	5	4x50	Medley	Female	HDW	12 and under Team	Littledown

Second session warm-up: TBC Start: TBC Estimated finish: TBC

2	6	200	Butterfly	Male	HDW	All ages	Littledown
	7	100	Backstroke	Female	HDW	10 and over	Littledown
	8	100	Breaststroke	Male	HDW	10 and over	Littledown
	9	200	Freestyle	Female	HDW	All ages	Littledown
	10	50	Butterfly	Male	HDW	All ages	Littledown
	11	4x100	Freestyle	Female	HDW	Open Team	Littledown

NOTE: Events 1 and 2 will be swum as mixed time-seeded heats

Block 1: Sunday 21 February 2010

First session warm-up: 10.00 Start: TBC Estimated finish: TBC

3	12	800	Freestyle	Male	HDW	11 and over	Littledown
	13	800	Freestyle	Female	HDW	11 and over	Littledown
	14	400	Ind. Medley	Male	HDW	10 and over	Littledown
	15	50	Freestyle	Female	HDW	All ages	Littledown
	16	4x50	Medley	Male	HDW	12 and under Team	Littledown

Second session warm-up: TBC Start: TBC Estimated finish: TBC

4	17	200	Butterfly	Female	HDW	All ages	Littledown
	18	100	Backstroke	Male	HDW	10 and over	Littledown
	19	100	Breaststroke	Female	HDW	10 and over	Littledown
	20	200	Freestyle	Male	HDW	All ages	Littledown
	21	50	Butterfly	Female	HDW	All ages	Littledown
	22	4x100	Freestyle	Male	HDW	Open Team	Littledown

NOTE: Events 12 and 13 will be swum as mixed time-seeded heats

Block 2: Saturday 27 February 2010

First session warm-up: 11.00 Start: TBC Estimated finish: TBC

7	23	400	Freestyle	Female	HDW	10 and over	Littledown
	24	100	Freestyle	Male	HDW	10 and over	Littledown
	25	100	Butterfly	Female	HDW	10 and over	Littledown
	26	50	Backstroke	Male	HDW	10 and over	Littledown
	27	4x50	Freestyle	Female	HDW	12 and under Team	Littledown

Second session warm-up: TBC

Start: TBC

Estimated finish: TBC

8	28	200	Backstroke	Male	HDW	All ages	Littledown
	29	200	Breaststroke	Female	HDW	All ages	Littledown
	30	200	Ind. Medley	Male	HDW	All ages	Littledown
	31	50	Breaststroke	Female	HDW	All ages	Littledown
	32	4x100	Medley	Male	HDW	Open Team	Littledown

Block 2: Sunday 28 February 2010

First session warm-up: 11.00

Start: TBC

Estimated finish: TBC

10	33	400	Freestyle	Male	HDW	10 and over	Littledown
	34	100	Freestyle	Female	HDW	10 and over	Littledown
	35	100	Butterfly	Male	HDW	10 and over	Littledown
	36	50	Backstroke	Female	HDW	All ages	Littledown
	37	4x50	Freestyle	Male	HDW	12 and under Team	Littledown

Second session warm-up: TBC

Start: TBC

Estimated finish: TBC

11	38	200	Backstroke	Female	HDW	All ages	Littledown
	39	200	Breaststroke	Male	HDW	All ages	Littledown
	40	200	Ind. Medley	Female	HDW	All ages	Littledown
	41	50	Breaststroke	Male	HDW	All ages	Littledown
	42	4x100	Medley	Female	HDW	Open Team	Littledown

DORSET COUNTY ASA

2010 INTEGRATED BAGCATs, CHAMPIONSHIPS and AGE GROUP COMPETITION

QUALIFYING TIMES

BOYS	9	10	11	12	13	14	15	16 +
50m Freestyle	40.7	38.0	35.9	33.9	32.1	30.40	29.1	28.3
100m Freestyle	x	200m QT required	200m QT required	1:13.2	1:08.9	1:05.4	1:03.1	1:01.2
200m Freestyle	3:15.7	2:59.3	2:48.8	2:39.1	2:30.1	2:22.5	2:17.2	2:13.2
400m Freestyle	6:18.0 **	6:18.0	5:53.3	5:34.0	5:16.4	5:01.5	4:50.1	4:42.1
800m Freestyle	x	x	12:28.4	11:41.1	11:01.8	10:31.3	10:08.4	9:51.2
1500m Freestyle	x	x	22:01.7**	22:01.7	20:52.8	19:55.5	19:13.8	18:40.6
50m Breaststroke	53.2	49.6	46.5	43.7	40.7	38.6	36.8	35.6
100m Breaststroke	x	200m QT required	200m QT required	1:33.8	1:27.4	1:22.7	1:19.1	1:16.6
200m Breaststroke	4:09.2	3:51.2	3:35.1	3:22.5	3:09.5	2:58.9	2:51.5	2:47.0
50m Butterfly	45.9	42.4	39.6	37.5	35.3	33.4	31.7	30.9
100m Butterfly	x	200m QT required	200m QT required	1:22.0	1:16.7	1:12.3	1:09.0	1:07.3
200m Butterfly	4:00.0	3:30.4	3:11.7	3:00.8	2:49.5	2:40.1	2:31.8	2:28.3
50m Backstroke	46.9	43.6	41.2	39.0	36.5	34.8	33.1	31.9
100m Backstroke	x	200m QT required	200m QT required	1:22.5	1:17.3	1:13.0	1:09.8	1:07.8
200m Backstroke	3:36.7	3:19.7	3:06.9	2:56.5	2:45.9	2:37.0	2:30.4	2:26.5
200m Ind. Medley	3:41.7	3:25.1	3:11.0	3:00.5	2:50.4	2:40.7	2:34.3	2:30.3
400m Ind. Medley	7:37.7 **	7:20.2	6:45.5	6:20.9	6:00.4	5:40.6	5:26.4	5:18.1

* Girls 10 yrs and Boys 10/11 yrs cannot enter 100m events unless they qualify for and enter the 200m event in that stroke

GIRLS	9	10	11	12	13	14	15	16 +
50m Freestyle	41.1	38.5	36.5	34.7	33.3	32.4	31.7	31.3
100m Freestyle	x	200m QT required	1:18.7	1:14.3	1:11.5	1:09.5	1:08.3	1:07.1
200m Freestyle	3:17.6	3:00.4	2:49.6	2:39.9	2:33.6	2:29.6	2:26.6	2:24.6
400m Freestyle	6:22.2 **	6:22.2	5:52.9	5:33.0	5:20.5	5:12.5	5:06.2	5:03.1
800m Freestyle	x	12:09.5**	12:09.5	11:29.3	10:58.3	10:40.8	10:30.7	10:23.5
1500m Freestyle	x	x	23:27.7	22:10.0	21:10.1	20:51.7	20:22.6	20:03.0
50m Breaststroke	54.2	50.0	46.7	44.0	42.1	40.8	39.8	39.4
100m Breaststroke	x	200m QT required	1:40.2	1:34.4	1:29.8	1:26.5	1:25.1	1:24.3
200m Breaststroke	4:11.7	3:51.5	3:34.9	3:22.4	3:12.8	3:06.7	3:03.5	3:01.6
50m Butterfly	46.5	42.4	40.1	37.9	36.4	35.2	34.4	34.0
100m Butterfly	x	200m QT required	1:28.0	1:22.4	1:19.0	1:16.3	1:15.1	1:14.1
200m Butterfly	4:03.6	3:32.8	3:13.9	3:00.7	2:52.6	2:46.7	2:43.0	2:41.2
50m Backstroke	47.3	43.8	41.4	39.3	37.7	36.5	35.9	35.3
100m Backstroke	x	200m QT required	1:28.1	1:22.7	1:19.2	1:17.0	1:15.3	1:14.4
200m Backstroke	3:38.8	3:21.8	3:06.3	2:56.3	2:49.6	2:44.8	2:41.1	2:38.7
200m Ind. Medley	3:44.0	3:25.6	3:11.4	3:00.6	2:53.8	2:48.7	2:45.5	2:43.4
400m Ind. Medley	7:19.7 **	7:19.7	6:43.6	6:19.9	6:03.9	5:53.8	5:47.3	5:42.6

** Swimmers who will be competing in an older Age Group at the ASASW BAGCat Championships 2010 only

DORSET COUNTY ASA**2010 INTEGRATED BAGCATs, CHAMPIONSHIPS and AGE GROUP COMPETITION****CONSIDERATION TIMES**

BOYS	9	10	11	12	13	14	15	16 +
50m Freestyle	46.7	43.5	40.8	38.4	35.9	33.6	31.7	30.6
100m Freestyle	x	200m QT required	200m CT required	1:22.9	1:17.3	1:12.3	1:08.8	1:06.2
200m Freestyle	3:44.8	3:26.8	3:12.6	3:00.8	2:48.7	2:37.7	2:29.8	2:24.3
400m Freestyle	x	7:15.7	6:43.9	6:20.1	5:55.7	5:34.0	5:16.9	5:05.7
800m Freestyle	x	x	x	13:18.2	12:24.2	11:39.1	11:04.0	10:40.1
1500m Freestyle	x	x	x	25:04.5	23:29.2	22:04.2	21:00.3	20:14.0
50m Breaststroke	1:00.9	56.6	52.7	49.2	45.5	42.5	40.1	38.5
100m Breaststroke	x	200m QT required	200m CT required	1:46.0	1:37.7	1:31.4	1:26.2	1:22.8
200m Breaststroke	4:44.8	4:24.5	4:04.1	3:49.0	3:32.1	3:17.5	3:06.9	3:00.5
50m Butterfly	52.4	48.4	44.9	42.4	39.4	36.8	34.5	33.3
100m Butterfly	x	200m QT required	200m CT required	1:32.6	1:25.7	1:19.8	1:15.2	1:12.7
200m Butterfly	4:32.2	4:00.0	3:37.7	3:24.1	3:09.7	2:56.7	2:45.4	2:40.3
50m Backstroke	53.6	49.9	46.6	43.9	40.7	38.3	36.0	34.4
100m Backstroke	X	200m QT required	200m CT required	1:33.1	1:26.4	1:20.5	1:16.0	1:13.2
200m Backstroke	4:08.1	3:48.7	3:32.4	3:19.7	3:05.8	2:53.4	2:44.0	2:38.3
200m Ind. Medley	4:13.8	3:55.2	3:37.5	3:24.5	3:11.0	2:57.7	2:48.4	2:42.5
400m Ind. Medley	x	8:24.1	7:42.2	7:12.3	6:44.0	6:16.7	5:56.3	5:44.4

* Girls 10 yrs and Boys 10/11 yrs cannot enter 100m events unless they enter and are accepted for the 200m event in that stroke

GIRLS	9	10	11	12	13	14	15	16 +
50m Freestyle	46.7	43.9	41.1	38.7	36.8	35.4	34.5	33.9
100m Freestyle	x	200m QT required	1:29.0	1:23.2	1:19.1	1:16.1	1:14.3	1:12.8
200m Freestyle	3:44.3	3:26.1	3:11.8	2:59.3	2:50.0	2:43.8	2:39.8	2:36.8
400m Freestyle	x	7:16.1	6:39.5	6:14.0	5:55.1	5:42.6	5:34.0	5:28.8
800m Freestyle	x	x	13:44.7	12:52.6	12:08.9	11:42.6	11:27.7	11:16.2
1500m Freestyle	x	x	26:31.3	24:50.9	23:26.4	22:50.5	22:13.2	21:44.8
50m Breaststroke	1:01.2	56.7	52.6	49.1	46.4	44.5	43.3	42.6
100m Breaststroke	x	200m QT required	1:52.8	1:45.5	1:39.2	1:34.6	1:32.6	1:31.2
200m Breaststroke	4:44.1	4:23.1	4:02.1	3:46.3	3:32.9	3:24.2	3:19.8	3:16.6
50m Butterfly	52.4	48.2	45.0	42.3	40.0	38.4	37.4	36.7
100m Butterfly	x	200m QT required	1:39.0	1:32.0	1:27.2	1:23.3	1:21.6	1:20.2
200m Butterfly	4:32.3	4:00.7	3:38.1	3:22.0	3:10.5	3:02.3	2:57.4	2:54.5
50m Backstroke	53.6	49.9	46.6	43.8	41.5	39.9	39.0	38.2
100m Backstroke	x	200m QT required	1:39.2	1:32.5	1:27.5	1:24.2	1:21.9	1:20.6
200m Backstroke	4:07.8	3:49.6	3:30.3	3:17.4	3:07.4	3:00.4	2:55.3	2:51.9
200m Ind. Medley	4:14.2	3:54.2	3:36.4	3:22.6	3:12.3	3:04.8	3:00.3	2:57.2
400m Ind. Medley	x	8:20.4	7:35.9	7:06.0	6:42.5	6:27.8	6:18.4	6:11.2

DORSET COUNTY ASA**2010 INTEGRATED BAGCATs, CHAMPIONSHIPS and AGE GROUP COMPETITION****DISABILITY – MALE CONSIDERATION TIMES**

CLASSIFICATION	1	2	3	4	5	6	7
(S)							
50m Freestyle	2:51.29	1:58.00	1:22.79	1:05.96	58.21	53.26	49.62
100m Freestyle	5:50.29	4:19.74	3:13.39	2:27.19	2:10.02	1:58.57	1:50.21
200m Freestyle	13:08.55	8:46.66	6:47.32	5:14.47	4:44.92	3:30.44	3:29.84
400m Freestyle	---	---	---	---	---	9:14.35	8:47.97
800m Freestyle	---	---	---	---	---	---	---
1500m Freestyle	---	---	---	---	---	---	---
(SB)							
50m Breaststroke	2:47.21	1:43.95	1:29.86	1:09.79	1:03.07	1:01.42	57.99
100m Breaststroke	---	---	---	2:56.89	2:45.70	2:33.80	2:25.13
200m Breaststroke	---	---	---	---	---	---	---
(S)							
50m Butterfly	---	3:07.87	2:05.27	1:23.66	1:04.77	56.39	56.85
100m Butterfly	---	---	---	---	---	---	---
200m Butterfly	---	---	---	---	---	---	---
(S)							
50m Backstroke	2:55.49	1:59.05	1:32.67	1:23.06	1:10.06	54.70	53.35
100m Backstroke	---	---	---	---	---	2:14.04	2:09.93
200m Backstroke	---	---	---	---	---	---	---
(SM)							
200m Ind. Medley	---	---	---	---	5:33.40	4:59.18	4:51.60
400m Ind. Medley	---	---	---	---	---	---	---
CLASSIFICATION	8	9	10	11	12	13	14
(S)							
50m Freestyle	47.23	45.70	42.82	46.55	42.75	42.99	45.08
100m Freestyle	1:44.26	1:39.65	1:34.72	1:43.38	1:34.43	1:35.17	1:38.67
200m Freestyle	3:19.68	3:13.55	2:54.83	3:06.23	2:58.45	3:02.64	3:03.24
400m Freestyle	7:50.56	7:28.54	7:12.17	8:13.63	7:28.92	7:37.32	7:45.05
800m Freestyle	---	---	---	---	---	---	---
1500m Freestyle	---	---	---	---	---	---	---
(SB)							
50m Breaststroke	50.96	48.57	---	51.86	49.32	47.52	45.28
100m Breaststroke	2:08.96	2:02.82	---	2:13.69	2:05.65	1:59.75	2:10.24
200m Breaststroke	---	---	---	---	---	---	---
(S)							
50m Butterfly	44.68	43.04	40.35	46.48	41.10	40.80	40.65
100m Butterfly	1:50.16	1:45.64	1:41.27	1:58.56	1:44.77	1:46.81	1:50.62
200m Butterfly	---	---	---	---	---	---	---
(S)							
50m Backstroke	50.36	44.98	44.39	48.27	44.09	43.79	44.68
100m Backstroke	2:03.08	1:49.60	1:48.65	2:04.56	1:49.63	1:52.64	1:58.06
200m Backstroke	---	---	---	---	---	---	---
(SM)							
200m Ind. Medley	4:18.54	4:02.85	3:57.34	4:17.99	3:57.24	4:02.50	4:10.77
400m Ind. Medley	8:31.31	7:41.09	7:32.67	7:34.81	7:25.06	7:36.01	7:36.31

DORSET COUNTY ASA

2010 INTEGRATED BAGCATs, CHAMPIONSHIPS and AGE GROUP COMPETITION

DISABILITY – FEMALE CONSIDERATION TIMES

CLASSIFICATION	1	2	3	4	5	6	7
(S)							
50m Freestyle	3:07.75	2:32.08	1:47.37	1:32.41	1:05.01	1:04.40	1:00.03
100m Freestyle	8:02.58	5:27.81	3:51.66	3:18.12	2:28.89	2:18.70	2:08.42
200m Freestyle	14:34.67	11:20.15	8:10.21	6:54.12	5:42.68	4:23.96	3:52.86
400m Freestyle	---	---	---	---	---	10:24.49	9:28.21
800m Freestyle	---	---	---	---	---	---	---
1500m Freestyle	---	---	---	---	---	---	---
(SB)							
50m Breaststroke	4:01.81	2:44.29	1:52.95	1:21.00	1:10.99	1:10.24	1:06.28
100m Breaststroke	---	---	---	3:25.33	3:18.25	2:58.07	2:50.32
200m Breaststroke	---	---	---	---	---	---	---
(S)							
50m Butterfly	---	---	2:25.11	2:30.45	1:24.29	1:10.21	1:07.12
100m Butterfly	---	---	---	---	---	---	---
200m Butterfly	---	---	---	---	---	---	---
(S)							
50m Backstroke	3:09.01	2:36.52	1:55.09	1:44.28	1:22.42	1:07.40	59.63
100m Backstroke	---	---	---	---	---	2:37.62	2:31.10
200m Backstroke	---	---	---	---	---	---	---
(SM)							
200m Ind. Medley	---	---	---	---	6:49.97	5:42.11	5:29.10
400m Ind. Medley	---	---	---	---	---	---	---
CLASSIFICATION	8	9	10	11	12	13	14
(S)							
50m Freestyle	55.45	51.24	50.39	56.88	50.15	48.55	50.49
100m Freestyle	2:04.19	1:52.83	1:47.95	2:07.59	1:48.58	1:43.87	1:54.53
200m Freestyle	3:40.00	3:16.39	3:30.74	3:58.54	3:28.05	3:18.93	3:21.62
400m Freestyle	9:15.78	8:12.52	8:02.56	1:036.73	8:55.70	8:02.58	8:48.60
800m Freestyle	---	---	---	---	---	---	---
1500m Freestyle	---	---	---	---	---	---	---
(SB)							
50m Breaststroke	58.58	57.69	---	1:02.17	58.73	54.40	55.00
100m Breaststroke	2:28.82	2:25.45	---	2:50.00	2:24.96	2:16.90	2:25.11
200m Breaststroke	---	---	---	---	---	---	---
(S)							
50m Butterfly	52.01	50.36	49.17	54.20	44.98	46.33	46.33
100m Butterfly	2:10.47	2:07.94	2:04.73	2:49.15	2:01.55	1:57.16	2:09.49
200m Butterfly	---	---	---	---	---	---	---
(S)							
50m Backstroke	58.29	50.66	52.76	57.54	50.21	51.41	48.72
100m Backstroke	2:24.42	2:06.97	2:09.18	2:31.76	2:05.44	2:05.17	2:13.60
200m Backstroke	---	---	---	---	---	---	---
(SM)							
200m Ind. Medley	5:01.95	4:39.84	4:39.72	5:27.35	4:31.81	4:22.51	4:47.11
400m Ind. Medley	8:57.32	8:48.80	8:28.32	9:28.38	8:12.63	8:33.40	8:20.25

DORSET COUNTY ASA

2010 INTEGRATED BAGCATs, CHAMPIONSHIPS and AGE GROUP COMPETITION

ENTRY FORM – NON-RANX CLUBS & SWIMMERS WITHOUT AN INVITE

COMPETITOR		CLUB					
Date of birth	M / F	ASA Number					
Health Declaration to be submitted	Y / N	Functional Ability/Disability declared				Y / N	
Event	Entry Time	Date time achieved	Venue				
Saturday 20 February 2010							
1. Female 1500m Freestyle							
2. Male 1500m Freestyle							
3. Female 400m Ind. Medley							
4. Male 50m Freestyle							
6. Male 200m Butterfly							
7. Female 100m Backstroke*							
8. Male 100m Breaststroke*							
9. Female 200m Freestyle							
10. Male 50m Butterfly							
Sunday 21 February 2010							
12. Male 800m Freestyle							
13. Female 800m Freestyle							
14. Male 400m Ind. Medley							
15. Female 50m Freestyle							
17. Female 200m Butterfly							
18. Male 100m Backstroke*							
19. Female 100m Breaststroke*							
20. Male 200m Freestyle							
21. Female 50m Butterfly							
Saturday 27 February 2010							
23. Female 400m Freestyle							
24. Male 100m Freestyle*							
25. Female 100m Butterfly*							
26. Male 50m Backstroke							
28. Male 200m Backstroke							
29. Female 200m Breaststroke							
30. Male 200m Ind. Medley							
31. Female 50m Breaststroke							
Sunday 28 February 2010							
33. Male 400m Freestyle							
34. Female 100m Freestyle*							
35. Male 100m Butterfly*							
36. Female 50m Backstroke							
38. Female 200m Backstroke							
39. Male 200m Breaststroke							
40. Female 200m Ind. Medley							
41. Male 50m Breaststroke							

* Girls 10 Yrs and Boys 10/11 Yrs cannot enter 100m events unless they enter and are accepted for the 200m event in that stroke

- One entry form per swimmer
 - Ages as at 28 February 2010
 - Closing date Saturday 23 January 2010 (mid-day)
- Entries** @ **£5.00 per event**
 = £

DORSET COUNTY ASA

2010 INTEGRATED BAGCATs, CHAMPIONSHIPS and AGE GROUP COMPETITION

ENTRY FORM – TEAM RELAYS

CLUB:

CLUB OFFICIAL (name & post) :

Date	Event	Team	Date	Event	Team
Saturday 20 February	5. Female 12/under 4 x 50m Medley		Saturday 27 February	6. Female 12/under 4 x 50m Freestyle 4	
	11. Female Open 4 x 100m Freestyle			32. Male Open 4 x 100m Medley	
Sunday 21 February	16. Male 12/under 4 x 50m Medley		Sunday 28 February	37. Male 12/under 4 x 50m Freestyle	
	22. Male Open 4 x 100m Freestyle			22. Female Open 4 x 100m Medley	

Please tick the appropriate Team boxes to indicate the teams competing.

- **Entry for team events is FREE**
- **Ages as at 28 February 2010**

ENTRY CONDITIONS:

1. Clubs are permitted to enter one team for each team event and the names of a maximum of six swimmers must be written on the reverse of this form prior to the time of posting. This official entry form must be used.
2. Only those swimmers entered and listed on the entry form are allowed to swim for that team in that event.
3. All swimmers listed on the entry form must be eligible to compete for that team and hold the necessary birth, residential or membership qualification as currently required by the Dorset County ASA General Competition Conditions.
4. Swimmers with dual recognition may represent only one Club. Where a swimmer has entered individual events, this shall be the Club named on the entry form. Where a dual registered swimmer has not entered individual events, the swimmer may choose the Club they wish to represent in a team event.

DORSET COUNTY ASA

2010 INTEGRATED BAGCATs, CHAMPIONSHIPS and AGE GROUP COMPETITION

Please return this form to the DCASA Meet Co-ordinator together with:

- Completed entry form/s
- Ranx data
- Cheque made payable to DCASA for the total amount shown below (one per Club)
- Health Declarations (where applicable)
- Details of Functional Ability/Disability classification (where applicable)

Closing date: Saturday 23 January 2010 (mid-day)

Club Summary

CLUB: _____

Male entries

@ £5 per event = £ _____

Female entries

@ £5 per event = £ _____

Team relays

Total entries = £ _____

Administration fee* = £ _____

Cheque Total = £ _____

* Only Clubs without access to the RANX system may submit paper entries. Clubs with access to Ranx that submit paper entries will be subject to an administration fee of £10 for 50 or less paper entries and £10 for every 50 paper entries thereafter.

**Contact name
(print)**

Address

Tel:

Mobile

Email:

MEET CO-ORDINATOR:

Di Gibbs, 22 Stibbs Way, Bransgore, Christchurch, Dorset BH238HG.

Tel 01425 673512 Email digibbs@talktalk.net

DORSET COUNTY ASA HEALTH INFORMATION FORM

NAME _____ **CLUB** _____

DOB _____ **HOME TEL:** _____

ADDRESS _____

1. Emergency contact information during the 2010 Competitions

Name of emergency contact (1) _____ (2) _____

Relationship to swimmer (1) _____ (2) _____

Contact mobile number (1) _____ (2) _____

Health information is held by the Promoter and shared with officials running the Competitions but otherwise kept confidential.

Do you have any health conditions? (eg asthma; tendency to hyperventilate; epilepsy; heart conditions) YES / NO
If you answered Yes please give details:

Do you take any regular medicines? (eg Ventolin inhalers) YES / NO
If you answered Yes please give details:

Are any of your medicines on the banned list as per the ASA Anti-Doping Guidelines? YES / NO
If you answered Yes please give details:

NOTE: The use of all prescribed/self-prescribed medication should be registered with the ASA. The therapeutic use of a banned substance should also be registered with the Dorset County Secretary.

Do you have any Intolerances or Allergies? (e.g. nuts, penicillin) YES / NO

If you answered Yes please give details:

Who looks after your medicines? SELF / Team Manager

2. Functional Ability Card or Certificate of Swimming Disability

- I have a Functional Ability Card/Cert. of Swimming Disability (delete as appropriate) and my category is _____
- I will present my card/certificate to the Referee before those races to which it applies

Signed: _____

3. Parental Permission for competitors under 18 years of age:

Name of parent/guardian (print) _____

I give DCASA staff appointed for the Competitions 2010 permission to act in *loco parentis* if required in an emergency situation. I understand that DCASA will contact me at the earliest opportunity and I have provided a current emergency contact number.

Parent/guardian (sign) _____ Date: _____

4. Photography

Tick this box if you DO NOT wish to be photographed during the meet.

DORSET COUNTY ASA

2010 INTEGRATED BAGCATs, CHAMPIONSHIPS and AGE GROUP COMPETITION

APPLICATION FOR POOLSIDE PASSES

CLUB _____

**Passes Coaches/Team Managers/Chaperones (max 3)
Club Photographer (1 per Club only)**

NAMES of Coaches/Team Managers/Chaperones/Club photographer

Photographer: _____

SIGNATURE of CLUB SECRETARY _____

- **Poolside and photographers passes will be available for collection on the day from the Records Desk. Photographers must also register at the admissions desk.**
- **The holder of a Coach/Team manager/Chaperone pass will be entitled to a coach pack and free programme, which will be available from the Records Desk.**
- **Applications will only be accepted for those Coaches, Team Managers, Chaperones and Photographers who are registered on the Child Protection List held by the ASA and whose names are held on lists supplied to the Promoter. A copy of this list is to be submitted with any application.**
- **Coaches, Team Managers, Chaperones and Photographers will not be permitted on poolside without an official pass.**
- **All passes will be named and must be worn visibly on the poolside at all times.**
- **Club photography is restricted to presentations only.**
- **Anyone not complying with the above will be asked to leave poolside immediately.**

NOTE: Any persons volunteering to undertake any poolside duty, whether as a Host Club or as a technical official MUST also be registered for that role on the Child Protection List held by the ASA. The DCASA Officials Secretary will issue poolside passes to the technical officials and the DCASA Competition Agent will issue Host Club accreditation.

Please return this form together with the Child Protection List to the Meet Co-ordinator, as follows:

**Di Gibbs
22 Stibbs Way
Bransgore
Christchurch
Dorset BH23 8HG**

Tel: 01425 673512