



ASA Central Region Zonal Competition (50m) 2012

(Under ASA Laws, FINA and IPC Swimming Technical Rules)

Corby East Midlands International Pool
Saturday 28th & Sunday 29th January 2012

(Licensed Meet No. 1ZM2130)



General Conditions

1. The Amateur Swimming Association (ASA) Technical Swimming Committee reserves full powers over the ASA Region Zonal Competitions.
2. The Competitions shall take place under the Laws of the Association, the Technical Rules of FINA and any additional conditions published in the Meet Information.
3. There shall be three (3) Zonal competitions aligned with the ASA Regions as below:
 - North Zone: ASA North East Region and ASA North West Region.
 - Central Zone: ASA East Region, ASA East Midland Region and ASA West Midland Region.
 - South Zone: ASA London Region, ASA South East Region and ASA South West Region.
4. A Competitor may only compete in one zonal competition and must be a registered member of a club affiliated to one of the ASA Regions assigned to the respective zone or one of the Countries affiliated to FINA.
5. A competitor who is a member of more than one club affiliated to different Regions assigned to different zones may choose the zone in which they wish to compete.
6. Time trials will not be permitted.

The Events

7. 50m, 100m, 200m, 400m, 800m (Female), 1500m (Male) Freestyle
100m & 200m Backstroke, Breaststroke & Butterfly
200m & 400m Individual Medley
4x100m Freestyle, 4x200m Freestyle & 4x100m Medley Teams (National Youth Championship Ages)
8. Heats and Finals shall be swum in all events except the 800m and 1500m Freestyle and team events which will be HDW.
9. Each Final shall have a maximum of two reserves declared.
10. There will be a Senior and Junior Final for each event with a Final. The following ages will qualify for the respective final. Senior (Male 17yrs and over, Female 15yrs and over) and Junior (Male 16yrs and under, Female 14yrs and under).

Entries

11. Age shall be determined as at midnight on 29th January 2012.
12. Only entries made electronically will be considered. All entries from a club shall be consolidated by a club official and made using the SPORTSYSTEMS Entry Manager Rev 2.0 software which may be freely downloaded at www.sportsys.co.uk
13. Entries shall be received by the Competition Administrator, by midday on Sunday 8th January 2012, accompanied by the appropriate entry fee (individual Entries £7.00; Team Entries £15.00) per event.
14. All competitors equalling or bettering the standard central zone entry qualifying time in an event will be accepted.
15. Competitors whose times equal or better the central zone consideration time may be accepted subject to space being available. Where events are oversubscribed priority will be given to those swimmers with the faster submitted times.
16. All submitted times shall be achieved after 1 January 2011 and be recorded in GB rankings.
17. Conversion of a time achieved in 25m pool will be accepted. Such conversions will automatically be made and considered during the retrieval of recorded times from the GB ranking system by the electronic entry manager program.
18. All entrants are still bound by these conditions of entry even though a form is not signed
19. Once an entry is accepted a competitor is expected to swim. Notice of any withdrawals from a Club shall be reported by Clubs to the Recorders at least one hour before the start of the Session. **Failure to comply with this condition shall result in a penalty of £10 which must be paid before the competitor competes again in the competition.**



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20. An individual, **including reserves**, withdrawing from a final shall give notice of withdrawal to the Recorders within 30 minutes of the publication of the heat results. Withdrawals after the 30 minute deadline may only be made on medical grounds. **Failure to comply with this condition shall result in a penalty of £20, which must be paid before the competitor competes again in the competition.**
21. In the event of a competitor not paying any penalty imposed by conditions 19 or 20, the Club in whose name the competitor has entered the competition shall be responsible for payment.

Team Events

22. Clubs may use the Zonal Meets to qualify teams for the British Gas ASA National Youth Championships 2012, **please refer to the separate qualification criteria published on the website.**
23. Competitors swimming team events must swim in any individual events as the same club.

Trophies & Medals

24. Medals will be awarded to competitors placed first, second or third in each Final and to the Seniors and Juniors placed first, second and third in the 800m and 1500m freestyle events

Doping Control

25. Competitors taking part in the competition may be subject to random doping control

MC Competitors

The general conditions for the Meet shall apply to the Multi-Disability Swimmers except where varied by any of the following conditions:

26. MC swimmers may enter the following events: 50m, 100m, 200m & 400m Freestyle; 100m Form Strokes and 200m Individual Medley. These swims will be included in the heats and be Heat Declared Winner.
27. All competitors must have an authorised British Swimming, IPC or INAS-FID classification, which is held on the British Swimming or IPC Swimming classification database at the time of entry.
28. All competitors must be registered as members of a swimming club affiliated to the Amateur Swimming Association (ASA) Scottish ASA (SASA) or Welsh ASA (WASA) at the time of entry and may compete in any ASA Regional Zonal Competition.
29. Qualifying times must have been achieved in the 12 months immediately preceding the closing date and may be achieved in either a Long course or short-course pool. **Please refer to the separate qualifying standards document published on the website.**
30. Medals shall be awarded on a multi-class basis to 1st, 2nd & 3rd place in each event. Medals shall be awarded to the top three BDP scorers in each event. If there are less than four competitors in any one event then the minus one ruling shall apply.



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Saturday 28 th January 2012 Session One (Morning) - Heats	Saturday 28 th January 2012 Session Two (Afternoon) – Heats	Sunday 29 th January 2012 Session Three (Morning) - Heats	Sunday 29 th January 2012 Session Four(Afternoon) - Heats
W 200 Backstroke – H M 50 Freestyle - H W 50 Freestyle – H M 100 Backstroke – H W 100 Breaststroke – H M 400 Individual Medley- H W 200 Butterfly - H M 200 Breaststroke – H	M 100 Freestyle – H W 400 Freestyle – H M 200 Individual Medley- H W 400 Individual Medley - H M 1500 Freestyle – HDW	W 200 Freestyle – H M 400 Freestyle - H W 100 Backstroke – H M 200 Butterfly – H W 200 Individual Medley – H M 100 Breaststroke – H W 100 Butterfly – H	M 200 Freestyle – H W 100 Freestyle – H M 100 Butterfly – H W 200 Breaststroke- H M 200 Backstroke – H W 800 Freestyle – HDW
Finals (no break)	Finals (no break)	Finals (no break)	Finals (no break)
W 200 Backstroke – F x 2 M 50 Freestyle – F x 2 W 50 Freestyle – F x 2 M 100 Backstroke – F x 2 W 100 Breaststroke – F x 2 M 400 Individual Medley- F x 2 W 200 Butterfly – F x 2 M 200 Breaststroke – F x 2 W Youth 4x100m Medley Team M Youth 4x100m Free Team	M 100 Freestyle – F x 2 W 400 Freestyle – F x 2 M 200 Individual Medley- F x 2 W 400 Individual Medley – F x 2 W Youth 4x200m Free Team	W 200 Freestyle – F x 2 M 400 Freestyle – F x 2 W 100 Backstroke – F x 2 M 200 Butterfly – F x 2 W 200 Individual Medley – F x 2 M 100 Breaststroke – F x 2 W 100 Butterfly – F x 2 M Youth 4x100m Medley Team W Youth 4x100m Free Team	M 200 Freestyle – F x 2 W 100 Freestyle – F x 2 M 100 Butterfly – F x 2 W 200 Breaststroke- F x 2 M 200 Backstroke – F x 2 M Youth 4x200m Free Team

Finals will be held for the following ages:

Mens/Boys: 17 & over and 16 & under;

Womens/Girls: 15 & over and 14 & under.

Individual Events: Age at 29th January 2012

Boys & Girls Youth Team Events: 15-18 years at 26th July 2012 (in 2012 14 year old Girls will be Age Group swimmers)



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Boys 15 & Under Qualifying Time	Boys 15 & Under Consideration Time	Boys 16/17 Qualifying Time	Boys 16/17 Consideration Time	Mens 18 & over Qualifying Time	Mens 18 & over Consideration Time	Event	Ladies 16 & Over Qualifying Time	Ladies 16 & Over Consideration Time	Girls 14/15 Qualifying Time	Girls 14/15 Consideration Time	Girls 13 & Under Qualifying Time	Girls 13 & Under Consideration Time
50m	50m	50m	50m	50m	50m	Event	50m	50m	50m	50m	50m	50m
26.7	27.8	25.6	26.0	25.0	25.7	50m Freestyle	27.9	28.7	28.7	29.5	30.1	31.0
57.4	58.5	55.4	57.0	53.6	55.5	100m Freestyle	59.1	1.01.4	1.01.5	1.03.0	1.03.3	1.06.6
2.04.7	2.07.6	2.01.3	2.06.0	1.56.8	2.00.0	200m Freestyle	2.06.2	2.10.9	2.12.0	2.14.2	2.17.1	2.27.0
4.26.4	4.31.3	4.19.7	4.27.0	4.09.7	4.15.0	400m Freestyle	4.27.0	4.35.0	4.36.5	4.42.0	4.46.1	4.58.0
						800m Freestyle	8.56.9	9.20.0	9.14.8	9.35.0	9.25.1	10.02.8
16.55.9	17.50.2	16.25.1	17.15.0	16.02.3	16.50.0	1500m Freestyle						
1.17.7	1.18.0	1.13.3	1.16.3	1.09.9	1.11.5	100m Breaststroke	1.16.5	1.19.0	1.20.9	1.22.0	1.23.5	1.27.5
2.49.7	2.49.7	2.44.6	2.48.1	2.33.9	2.34.3	200m Breaststroke	2.44.5	2.50.0	2.52.9	2.56.0	2.58.3	3.07.5
1.04.6	1.06.2	1.00.4	1.03.2	58.6	1.02.3	100m Butterfly	1.05.2	1.07.0	1.07.3	1.10.0	1.10.4	1.14.5
2.33.3	2.33.3	2.20.4	2.23.0	2.13.2	2.18.0	200m Butterfly	2.24.0	2.28.7	2.30.0	2.37.6	2.39.7	2.55.0
1.07.7	1.07.7	1.03.4	1.06.1	1.01.2	1.03.3	100m Backstroke	1.06.7	1.08.0	1.08.6	1.12.0	1.13.0	1.16.7
2.27.3	2.27.3	2.19.1	2.23.0	2.15.1	2.16.0	200m Backstroke	2.23.2	2.26.0	2.27.0	2.28.0	2.37.0	2.42.0
2.24.4	2.26.8	2.16.6	2.21.0	2.12.7	2.17.0	200m Ind. Medley	2.24.7	2.28.8	2.28.8	2.32.2	2.35.2	2.41.6
5.14.6	5.14.6	5.06.4	5.06.4	4.49.6	4.50.0	400m Ind Medley	5.04.0	5.14.3	5.17.9	5.23.5	5.32.7	5.51.8

Age at 29th January 2012

Entry times must have been achieved since 1st January 2011



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Entry Procedure

This procedure is for entries only. Do not send any coach pass applications to the entry manager

All entries from a club shall be consolidated and submitted electronically to the [Entry Manager](#). **ONE** cheque shall be provided for the consolidated payment of all the entries. It is not possible to pay via BACS.

Download and install the SPORTSYSTEMS Entry Manager V2.0 from www.sportsys.co.uk. If you have previously installed this program ensure you check and download the latest version by using the 'Check for Updates' option.

Full instructions can be found within the program under Help and a quick start video is also available on the SPORTSYSTEM website previously identified.

Download and save the Entry File Set (CZ12_EntryData.sef) from www.midlandchampionships.org.uk

The only way to enter individual times is by using the 'Get Times' button ensuring the entered time satisfies the entry conditions. It is not possible to manually enter individual times. Times retrieved from GB rankings that do not satisfy the consideration time will be flagged with a yellow 'N' swim button. Times which satisfy the consideration time are shown with a green 'Y' swim button. Click any unrequired green 'Y' swim buttons.

Clubs entering invited swimmers with a disability should identify the correct S, SB & SM sport class in the drop-down boxes and leave the Disability Exception Code box blank. For an event to be entered, the swim button must be green 'Y'. Any events flagged yellow 'N' from times retrieved from GB rankings will require ONE click of the swim button changing it to green 'Y'. Note: if, after saving a swimmers entry, the entry is reopened for editing, you must ensure any events entered have the swim button set to 'Y' again before saving.

Times retrieved from GB rankings will be from 1st January 2011 and the best long course time will be populated. This includes conversion of short course times to long course.

Use the report feature to calculate the total cost of your entries.

After completing your entries generate and e-mail the export file to the [Entry Manager](#). Your e-mail will be acknowledged.

Closing date for entries is **midday Sunday 8th January 2011**.

Send your payments to: Mr S Sinclair, 31 Weston Close, Dorridge, Solihull, West Midlands. B93 8BL

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COACHES' POOL DECK PASS APPLICATION FORM

CLUB: _____

Address: _____

Postcode: _____ **Telephone No:** _____

Contact e-mail address: _____

- Passes will be issued in the name of your **club** and mailed to the address given above
- Clubs with twenty or less swimmers may apply for a maximum of two passes. Where there are more than twenty swimmers, a club may apply for additional passes to maintain a 1:10 ratio
- Passes are £15 each for the whole weekend or part thereof
- Regional annual passes will not be valid for this competition
- Passes may only be used by the coaches/helpers named on this form; all named persons must be registered on the ASA Coaches & Helpers Database (Child Protection)
- All swimmers aged 16 years and under must be under the supervision of a pass holder during the warm up, competition and in the vicinity of the pool
- Passes may only be used when there are swimmers from your club on pool deck
- Passes must be worn visibly at all times

PASSES CANNOT BE PURCHASED ON THE DAY OF COMPETITION

	Passes
Number	
Cost	£15
Total	

Please print in the spaces below the full names (given name & family name) of ALL the coaches and helpers who are likely to use your club's pool deck passe(s). All those you name **MUST** be registered on the ASA Coaches & Helpers Database

Return the completed form, together with a **CLUB CHEQUE** by **8th January**, to:

Please **DO NOT** send your application by recorded delivery

Cheques made payable to Midland Swimming

Mrs Mavis Fox, Rylstone, Wolverhampton Road, Middle Hill, SOUTH STAFFS, WV10 7LT

foxs@supanet.com

