



CLUB CHAMPIONSHIPS

Our 2011 - 2012 Championships will be held over four and bit nights - the Open 400 Freestyle event on Friday 16 March (in lieu of the long distance events scheduled for that night) and the remaining events on 23/24 and 30/31 March. A list of Championship events per age group is shown overleaf. Copies of the program and entry cards will be available from Friday, 17 February. Cost is \$1 per event entered. **Entries close at the end of swimming on Friday, 09 March and late entries will not be accepted.** The Championships will be swum in accordance with the rules of Swimming NSW. Ribbons will be awarded for the first three placegetters in each age event.

Eligibility

To be eligible to compete in the Championships, swimmers must be first claim members of the Dolphins. Our rules state that they must have swum on at least 50% of the Friday nights in the current season (07 October 2011 – 16 March 2012). The rules do however contain a specific concession for older swimmers who have work and school commitments. Swimmers who had turned 15 years of age by the beginning of the Summer season (01 October) **AND** who have been a member of the club for five years are eligible to swim in the Championships if they have competed on at least 30% of the Friday nights in the Summer Season.

There are 21 swimming nights in our 2011 - 2012 session. The Committee has agreed that to be eligible to swim in these Championships you must have swum on at least **ten** Friday nights unless you fit the above senior swimmer criteria. In that case, to be eligible, you must have swum on at least **six** Friday nights.

A list showing how many nights each member has swum up to the end of January 2012 is displayed on our website. Swims only count from when a swimmer becomes a registered member of the Club. Please see Nikki Siddle if you have any queries about the list.

The Management Committee will consider appeals regarding ineligibility to swim in Club Championships where exceptional circumstances can be proven. **Any appeals must be lodged with the Committee in writing by the end of swimming on Friday 24 February.** The appeal should clearly set out the grounds, e.g. sickness.

Age

Age is as at 23 March 2012. The only Championship event prior to that date is the 400 Open and there are no age restrictions on that event. Age is therefore based on the first night of the Championship where age restrictions apply.

Swimmers must enter and swim in their own age group. The Senior age group is for swimmers aged 35 years and over. Open events (see over) are for all competitors who meet the qualifying requirements. Events will be swum in age groups where possible, but may be combined where there are less than three swimmers in an age group. This will not affect placings or championship points for the age group.

Entry Times

Entry times **must** be times swum during club races in the current season. Where a particular distance has not been swum previously 'T/T' (time trial) must be entered as the entry time on the race card.

NOTE: Some younger swimmers may not have qualified for 100 and 200 metre events for normal club swimming. **This does not stop them swimming those distances in the Championships.** Only OPEN events have qualifying times. **All swimmers may attempt any event for their age group in the program.**

Championship Points

All events except the OPEN events will be included in the championship point score. The winner of each event in each individual age group will be awarded 6 points. Other placegetters from second to sixth will receive respectively 5, 4, 3, 2, 1 points, i.e. the first 6 swimmers in each age group will receive points in each event. Championship trophies will be awarded for each age group based on the points scored. **The more age events you swim, the more chance you have of winning a trophy.** To qualify for an age trophy, a swimmer **must compete** in at least 50% of events for their age group.

Open Events

Qualifying times for Open Events are listed below. **Any swimmer may compete in an Open event providing they have swum the relevant qualifying time at Club during the current season.** (Times swum outside of club swimming or in previous seasons **DO NOT** qualify). Swimmers can qualify for all Open events up to and including 09 March. Championship points are not awarded for Open events. Medals are awarded for the first three place getters in each Open event.

Qualifying Times for Open Events

Event	Men	Women
400 F/S	5.15.00	5.15.00
50 BRS	38.00	42.00
50 FLY	31.00	35.00
50 BKS	34.00	37.00
50 F/S	28.00	31.50

Championship Events per Age Group

AGE GROUP	F/S	BKS	BRS	FLY	I/M	TOTAL
5 & 6	25	25	25	25	----	4
7	50	50	25	25	100	5
8	50 / 100	50 / 100	50 / 100	25	100	8
9	50 / 100	50 / 100	50 / 100	50	100	8
10	50 / 100	50 / 100	50 / 100	50 / 100	100	9
11	100 / 200	50 / 100	50 / 100	50 / 100	100	9
12	100 / 200	100 / 200	50 / 100	50 / 100	200	9
13	100 / 200	100 / 200	100 / 200	50 / 100	200	9
14 – 20+	100 / 200	100 / 200	100 / 200	100 / 200	200	9
SENIOR	50 / 100	50 / 100	50 / 100	50 / 100	100	9
OPEN	50 / 400	50	50	50	----	Optional

IF YOU HAVE ANY QUESTIONS, PLEASE SEE ANY MEMBER OF THE COMMITTEE.