

## **1. General Conditions**

- 1.1. The Competition shall be held under ASA Laws and Regulations and the ASA Technical Rules of Swimming.
- 1.2. The conditions listed below, whilst not part of the rules of the Club, shall be binding on each member of the Club who enters the Championships.
- 1.3. The responsibility for the Championships' conditions rests with the Royal Tunbridge Wells Monson Swimming Club Executive Committee who shall have the power of interpretation and to change them, subject to the approval of the Regional Licensing Panel.
- 1.4. The promoter of the Royal Tunbridge Wells Monson Swimming Club Championship is Mark Leman, mark@leman.net , 07713 129166
- 1.5. Questions/queries regarding the championships and/or its conditions should be directed in the first instance to the Promoter.
- 1.6. The Championships will be split into three sections:
  - 1.6.1. Decathlon Competition
  - 1.6.2. Pentathlon Competition
  - 1.6.3. Long Distance Championships
- 1.7. The Decathlon Competition and Long Distance Championships shall be open to all members of the Club who are fully paid up members before the closing date for entry to the Championships with no qualifying times applying, except in the 800m & 1500m events where a qualifying standard will be applied and the number of entries restricted.
- 1.8. The Pentathlon Competition will only be open to members of the Junior and Senior Club Squads.
- 1.9. Ages will be as at midnight on the 31<sup>st</sup> December 2018.
- 1.10. The 2018 championships are licensed at Level 4.

## **2. Events**

- 2.1. The Decathlon Championship comprises 16 individual events:
  - 2.1.1. 50m, 100m, 200m and 400m Freestyle
  - 2.1.2. 100m, 200m & 400m Individual Medley
  - 2.1.3. 50m, 100m & 200m Backstroke
  - 2.1.4. 50m, 100m & 200m Breaststroke
  - 2.1.5. 50m, 100m & 200m Butterfly
- 2.2. Pentathlon Championship comprising 5 individual events:
  - 2.2.1. 50m Freestyle, Backstroke, Breaststroke, Butterfly and 100m Individual Medley
- 2.3. Long Distance Championships comprised 2 individual events:
  - 2.3.1. 800m and 1500m Freestyle

## **3. Meet Procedure**

- 3.1. All events will be run on a Heat Declared Winner (HDW) basis across all ages.
- 3.2. Events will be seeded slowest to fastest based on submitted entry times.
- 3.3. Heats will be spearheaded.
- 3.4. The Pentathlon Competition will be swum as part of the Decathlon Competition.

- 3.5. For the Decathlon and Pentathlon Competitions points will be allocated to swimmers for each event for which a time is posted, utilising the FINA Short Course Comparative Points Tables with Competition positions determined by the overall FINA points score.
- 3.6. Of the 16 events comprising the Decathlon programme only 10 will score towards the Decathlon as detailed below.
 

3.6.1. Freestyle	50m	100m	200m	400m	(4 scoring events)
3.6.2. IM	100m	200m	400m		(3 Scoring events)
3.6.3. Highest scoring	50m	Form stroke score			(1 scoring events)
3.6.4. Highest scoring	100m	Form stroke score			(1 scoring events)
3.6.5. Highest scoring	200m	Form stroke score			(1 scoring events)
- 3.7. There will be 5 events that score towards the Pentathlon Competition:
 

3.7.1. Freestyle	50m
3.7.2. Fly	50m
3.7.3. Back	50m
3.7.4. Breast	50m
3.7.5. IM	100m
- 3.8. The Long Distance events (800m and 1500m) will be swum as separate stand alone events.
- 3.9. In the interests of safety and to ensure the smooth running of the Championships, the promoter reserves the right to restrict the number of entries in any event, should the need arise, and/or alter the programme or seeding.
- 3.10. If a swimmer is required to attend a British Swimming competition or training event which clashes with the club championships, they can apply to the promoter before the event, for their current SC or LC PB to be converted to FINA points and entered in the decathlon results. This does not affect the result of the individual event and trophies which will remain as swum.

#### **4. Restricted entry and qualifying standard for Long Distance Championships**

- 4.1. Entries to the Long Distance Championships shall be based on 200m Freestyle PB's as at the closing date.
- 4.2. The 200m times submitted must appear on either the club database or ASA Ranking.
- 4.3. There will be a minimum qualifying time of 3:00.00 (200m Freestyle) for the Long Distance events.
- 4.4. There will be a maximum of 6 heats in the 1500m comprising the fastest 18 boys and 18 girls.
- 4.5. There will be a maximum of 8 heats in the 800m comprising the fastest 24 boys and 24 girls.
- 4.6. If there are less than the maximum entries in any gender, entries will be accepted in the opposite gender up to a maximum total for each event.
- 4.7. Reserve entries will be allowed to compete on the night in the event of withdrawals, providing they have achieved the qualifying time above.

#### **5. Age Groups**

- 5.1. For the Decathlon Competition the age groups will be (**age at 31<sup>st</sup> December 2018**):
  - 5.1.1. 9 years and under
  - 5.1.2. 10-11 years
  - 5.1.3. 12-13 years
  - 5.1.4. Junior (16&Under)

- 5.1.5. Open
- 5.2. For the Pentathlon Competition, the age groups will be:
  - 5.2.1. Junior - 16years and under
  - 5.2.2. 17year and over
- 5.3. For the Long Distance Championship:
  - 5.3.1. Open (Only)

## **6. Awards**

- 6.1. In the Decathlon Awards will be made to (a minimum of) the highest scoring six competitors in each gender age group based on the cumulative score of their ten (or less) scoring events in the Decathlon
- 6.2. In the Pentathlon Awards will be made to (a minimum of) the highest scoring three competitors in each gender age group based on the cumulative score of their five (or less) scoring events in the Pentathlon.
- 6.3. In the Long Distance events Awards will be made to the first three competitors in each gender.
- 6.4. Perpetual Trophies
  - 6.4.1. Where a trophy exists, it will be awarded for the respective event.
  - 6.4.2. By entering the Championships, any member winning a trophy undertakes to maintain the trophy in good condition and shall be entitled to hold the same for one year or until called upon to return by the Trophy Secretary.
  - 6.4.3. Any damage to trophies must be reported to the Trophy Secretary immediately.
  - 6.4.4. Any member holding a trophy that ceases to be a member of the Club, or leaves the district, shall immediately return the trophy to the Trophy Secretary.

## **7. Reporting for Championships**

- 7.1. All competitors shall sign in and report prior to the start of the advertised warm-up.
- 7.2. Failure to report on time may result in disqualification and a swimmer not being allowed to swim.

## **8. Event Best Performances**

- 8.1. Event Best Performance Times will be established for each age group event contested and maintained by the Championship Secretary.
- 8.2. The Championship Secretary shall keep the results and times of the Championships.

## **9. Entry Procedure**

- 9.1. All entries must be submitted using the online entry system at [www.rtwmonson.org](http://www.rtwmonson.org) , by the closing date and accompanied by the appropriate entry fee.

## **10. Closing Date**

- 10.1. The closing date for the long-distance championships will be 12<sup>th</sup> October 2018.
- 10.2. **The closing date for all other events is Monday 12<sup>th</sup> November 2018**
- 10.3. Late Entries may be accepted at the discretion of the promotor and will incur a £5 late entry charge per swimmer.

## **11. Entry Fees**

- 11.1. All entry Fees should be paid to Royal Tunbridge Wells Monson Swimming Club.

- 11.2. The entry fee for all squad Performance Red, Performance Green, Performance Blue, Development A, Development B will be £27.00.
- 11.3. The entry fee for all other squads (Learn to swim, Rookies, Junior Squad, Senior Squad, Masters) will be £12 for up to 6 events or £27 if more than 6 events are entered.
- 11.4. A maximum entry fee of £27 is payable for each family.
- 11.5. There is no entry fee for Long Distance Events (800m and 1500m events).

## 12. Licencing

12.1. The Championships are held under the following licences:

Venue	Date	Licence
Tonbridge School Centre	Fri 19-Oct-18	4SE182561
Tonbridge School Centre	Tue 23-Oct-18	4SE182562
Tunbridge Wells	Sat 24 <sup>th</sup> /Sun 25 <sup>th</sup> Nov-18	4SE182563
Tunbridge Wells	Sat 1 <sup>st</sup> / Sun 2nd Dec-18	4SE182564

### 13. Programme of Events

Date	Session	Venue	Sign-in	Warm-Up	Start	End	Max Session Length	Events	
Fri 19-Oct-18	L1	TSC	18:30	19:00	19:30	22:00	2:30	1	1500m Freestyle
Tue 23-Oct-18	L2	TSC	19:00	19:30	20:00	22:00	2:00	2	800m Freestyle
Sat 24-Nov-18	1	TWSC	14:00	14:15	15:15	20:00	4:45	101	100m Breaststroke
								102	50m Freestyle
								103	200m Backstroke
									<b>*20min Break</b>
								104	400m IM
Sun 25-Nov-18	2	TWSC	08:00 AM	08:15 AM	09:15	14:00	4:45	201	100m Butterfly
								202	50m Backstroke
								203	200m Freestyle
									<b>*20min Break</b>
								204	200m IM
Sat 1-Dec-18	3	TWSC	14:00	14:15	15:15	20:00	4:45	301	100m Backstroke
								302	50m Breaststroke
								303	200m Butterfly
									<b>*20min Break</b>
								304	400m Freestyle
Sun 2-Dec-18	4	TWSC	08:00 AM	08:15 AM	09:15	14:00	4:45	401	100m Freestyle
								402	50m Butterfly
								403	200m Breaststroke
									<b>*20min Break</b>
								404	100m IM

TWSC = Tunbridge Wells Sports Centre, St. Johns Road.

TSC = Tonbridge School Centre

**Please note: Swimmers should arrive in good time to sign in and be on pool side for the start of the warm up.**