



CITY OF DERBY SWIMMING CLUB

Affiliated to ASA East Midland Region and Derbyshire ASA

City of Derby Swimming Club Long Distance Club Championships

19th & 20th October 2019

Presents under Swim England Regulations & Technical Rules of Swimming at the

Repton School Swimming Pool, Repton Derbyshire

This event is Licensed (Level 4) by the ASA (4EM192473)

Schedule of Events

Session 1 - Warm up 6:00pm, Start 6:30pm 19 th October 2019				
no	M/F	Event		
11	M/F	1500m Freestyle	11 and over	HDW
12	M/F	800m Freestyle	11 and over	HDW

Session 2 - Warm up 6:30 am, Start 7:00am 20 th October 2019				
no	M/F	Event		
21	M	400 Freestyle	10 and over	HDW
22	F	400 Freestyle	10 and over	HDW
23	M	400 IM	10 and over	HDW
24	F	400 IM	10 and over	HDW

Rules

1. The competition will be held under ASA Laws and ASA Technical Rules of Swimming. This event is Licenced at Level 4 (4EM*****) by Swim England
2. All events will have Heat Declared Winners.
3. The events are:
 - Mixed 1500m freestyle (11,12, 13, 14, 15, 16 and 17+ age groups)
 - Mixed 800m freestyle (11,12, 13, 14, 15, 16 and 17+ age groups)
 - 400m freestyle (10, 11, 12, 13, 14, 15, 16 and 17+ age groups)
 - 400m IM (10, 11, 12, 13, 14, 15, 16 and 17+ age groups)
4. Ages as at the 31st December 2019
5. Swimmers may not enter both 1500m and 800m events, only one or the other.
6. If over-subscribed, entries numbers will be limited by rejecting swimmers at the promoters discretion in consultation with the head coach.
7. The promotor reserves the right to run 1500m and 800m heats concurrently if this enables best use of the limited time available and maximising the number of swims.
8. The pool length is 25m, six lane, and timekeeping will be manual only.
9. Awards will be given to the top three placed swimmers in each age group in each individual event.
10. Heats will be swum with age groups combined and swimmers seeded by entry times.
11. Over the top starts will be used at the promoter's discretion.
12. The Entry Fee is £5.50 per event. No entries will be accepted after the closing date unless due to promoter's error. Entries will not be registered unless accompanied by the correct entry fee. Cheques payable to CITY OF DERBY S.C.
13. Closing date for entries is 03rd October 2019.
14. Spectator admission will be free
15. Any conditions not covered in the above will be at the discretion of the promoters City of Derby SC.

All entries and enquiries to kirstgal@yahoo.co.uk

Accepted entries will be published on Team Unify and at www.coderby.co.uk

City of Derby Swimming Club
Long Distance Club Championships 2019
at Repton School Swimming Pool, Repton
19th & 20th October 2019

Entry Form

Email this Entry form to kirstgal@yahoo.co.uk (copy / paste into an email)
 Make payment by bank transfer (BACS) or post a cheque. BACS preferred – details below.

Swimmer's Name			
ASA Number		Gender	
Date of Birth			
Telephone Number			
Email			
	Entry Time		Sub Total £
1500m freestyle		@ £5.50	£
800m freestyle		@ £5.50	£
400m freestyle		@ £5.50	£
400m IM		@ £5.50	£
Total £			£
Payment made by (tick which applies)		Cheque	BACS

Make cheques payable to "City of Derby SC" and write your Club on the reverse.

Bank details for BACS payments	
Use Family Name as Payment Ref eg Smith	
Account Name	City of Derby 100 Club
Bank	National Westminster Bank
Account Number	23201762
Sort Code	60-11-37

**ENTRY FORM AND PAYMENT CAN BE RETURNED TO Kirsty Billinge (kirstgal@yahoo.co.uk)
 by the CLOSING DATE THURSDAY 03RD OCTOBER 2019.**

Entries may not be accepted after this date. Entry Fee must be paid with the Entry Form.
 Kirsty Billinge, 34 Selker Drive, Amington Fields, Tamworth, Staffs B77 3QT