



ASA Central Region Zonal Competition (50m) 2013

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

Corby East Midlands International Pool

Saturday 26th & Sunday 27th January 2013

(Licensed Meet No.ZM3165)



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
8. Heats and Finals shall be swum in all events except the 800m and 1500m Freestyle 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 27th January 2013.
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 6th January 2013, accompanied by the appropriate entry fee (£7.00) 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 and based on the fastest submitted times. For the distance freestyle events, the mens 1500m shall be limited to 3 heats and the womens 800m shall be limited to 4 heats.
16. All submitted times shall be achieved after 1st January 2012 and be recorded in GB rankings.
17. Conversion of a time achieved in 25m pool will be accepted. Such conversions will automatically be made during the retrieval of recorded times from the GB ranking system by the electronic entry manager program. The best time, which could be either long course or converted short course, shall be used.
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.**

All communication is via email meets@midlandchampionships.org.uk and the website www.midlandchampionships.org.uk

for pre-meet withdrawals email withdraw@midlandchampionships.org.uk

DLR/MIDSWIM/ISSUED-051112



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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.

Trophies & Medals

22. 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. There will be no presentations, medals may be collected from the table on the poolside once the official result has been published.

Doping Control

23. 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:

24. 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.
25. 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.
26. 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.
27. 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.**
28. Medals shall be awarded on a multi-class basis to 1st, 2nd & 3rd place in each event, based on the British Disability Points system. Medals shall be awarded to the top three 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 26 th January 2013 Session One – Morning Heats	Saturday 26 th January 2013 Session Two – Afternoon Heats	Sunday 27 th January 2013 Session Three – Morning Heats	Sunday 27 th January 2013 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 50m Butterfly - H W 50m Butterfly - 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 50m Backstroke – H W 50m Breaststroke - H	M 200 Freestyle – H W 100 Freestyle – H M 100 Butterfly – H W 200 Breaststroke- H M 200 Backstroke – H W 50m Backstroke - H M 50m Breaststroke – 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	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 M 50m Butterfly – F x 2 W 50m Butterfly – F x 2	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 50m Backstroke – F x 2 W 50m Breaststroke – F x 2	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 W 50m Backstroke – F x 2 M 50m Breaststroke – F x 2

Finals will be held for the following: Mens/Boys: 17 & over and 16 & under; Womens/Girls: 15 & over and 14 & under.

Age at 27th January 2013

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Qualifying / Consideration times - Age as at 27th January 2013 - Times to have been achieved from 1st January 2012
(note: these times are long course (50m) pool)

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
26.6	27.8	25.4	26.0	24.5	25.7	50m Freestyle	27.4	28.7	28.7	29.5	29.8	31.0
56.6	58.5	54.7	57.0	52.1	55.5	100m Freestyle	58.3	1.00.5	1.00.3	1.02.5	1.03.2	1.06.6
2.03.0	2.07.0	1.59.3	2.04.0	1.53.5	2.00.0	200m Freestyle	2.04.8	2.08.5	2.10.2	2.13.0	2.16.1	2.27.0
4.20.2	4.28.0	4.13.6	4.23.0	4.03.0	4.15.0	400m Freestyle	4.24.5	4.30.0	4.31.4	4.39.0	4.46.0	4.58.0
						800m Freestyle	9.01.5	9.20.0	9.15.8	9.35.0	9.39.7	10.2.8
17.08.2	17.50.2	16.34.8	17.15.0	16.04.0	16.50.0	1500m Freestyle						
32.9	33.8	32.9	33.8	31.7	32.5	50m Breaststroke	34.9	36.3	37.2	37.5	37.2	37.5
1.12.6	1.18.0	1.12.1	1.16.3	1.09.1	1.11.5	100m Breaststroke	1.13.7	1.19.0	1.19.1	1.22.0	1.22.2	1.27.5
2.37.1	2.49.7	2.36.5	2.48.1	2.32.3	2.34.3	200m Breaststroke	2.38.9	2.50.0	2.48.7	2.56.0	2.55.0	3.07.5
27.7	28.6	27.7	28.6	26.9	29.3	50m Butterfly	29.9	31.4	30.7	31.6	30.7	31.6
1.01.7	1.06.2	1.00.6	1.03.2	58.1	1.02.3	100m Butterfly	1.03.7	1.07.0	1.06.7	1.10.0	1.10.2	1.14.5
2.18.2	2.33.3	2.14.4	2.23.0	2.12.7	2.18.0	200m Butterfly	2.20.1	2.28.7	2.25.9	2.37.6	2.36.0	2.55.0
30.0	30.5	30.0	30.5	28.8	29.3	50m Backstroke	31.7	32.6	32.8	33.0	32.8	33.0
1.03.5	1.07.7	1.02.1	1.06.1	1.00.7	1.03.3	100m Backstroke	1.06.3	1.08.0	1.07.9	1.10.0	1.11.9	1.14.0
2.19.8	2.27.3	2.18.3	2.23.0	2.16.8	2.18.2	200m Backstroke	2.22.4	2.25.0	2.25.5	2.27.0	2.35.0	2.40.0
2.19.7	2.24.0	2.17.4	2.20.0	2.08.9	2.15.0	200m Ind. Medley	2.21.5	2.25.0	2.27.3	2.30.0	2.34.6	2.40.0
4.54.8	5.10.0	4.54.2	5.02.0	4.43.6	4.48.0	400m Ind Medley	4.59.5	5.10.0	5.11.6	5.20.0	5.28.3	5.40.0

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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. If you wish to pay by BACS then please email the meet administrator for the bank account details.

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.

Download and save the Entry File Set (CZ13_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 2012 and is the fastest long course time available which may be a converted short course time.

Use the report feature to calculate the total cost of your entries and include the printout with your payment

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 6th January 2013.

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

Cheques payable to Midland Swimming.

To pay by BACS please email the meet administrator for the account details.

**Due to the weekend closing date, please ensure payment is sent
by first class post, to be received no
later than Tuesday 8th January.**

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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 & ASA annual passes are not be valid for this competition**
- Passes may only be used by the coaches/helpers named on this form; all named persons must be CRB checked and list their CRB number in the table below.
- 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

Please print the full name of all the coaches and helpers who may need to use your club's pool deck passe(s). All those you name **MUST** state their CRB number.

Given Name	Family Name	CRB Number

Return the completed form and payment by **Tuesday 8th January**, to:
Mrs Mavis Fox, Rylstone, Wolverhampton Road, Middle Hill, SOUTH STAFFS, WV10 7LT
Please **DO NOT** send your application by recorded delivery

For queries about poolside passes only, contact: foxs@supanet.com

IMPORTANT

Passes cannot be purchased on the day of competition
Regional & ASA annual passes are not be valid for this meet

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WITHDRAWAL NOTIFICATION

Email withdraw@midlandchampionships.org.uk

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**. 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**.

CLUB: _____

SUBMITTED BY: _____

Event No.	Distance / Stroke	Competitor No.	Competitor Name

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