

# **SUSSEX SWIMMING LEAGUE DIV1-2**

## **Affiliated to S.E.A.S.A**

### **2009 Competition under A.S.A. Laws and A.S.A. Tech Rules**

The League objectives are, not only to produce a Division One and Division Two Champion Club, but also to provide competition for young swimmers that they will both **ENJOY** and find **BENEFICIAL** to their swimming development. (Rule 1c)

#### **VENUE**

#### **BETWEEN**

#### **DATE:**

**DOORS OPEN:** \_\_\_\_\_ **hrs**    **WARM UP:** \_\_\_\_\_ **hrs**

**POOL LENGTH:**                      **Metres**

Ages: U/12, U/14, U/16, Open, as at 12/07/09. (Rule 10)

Individual Races                      Two swimmers per club  
Relay Races                              One lane per club

Clubs will swim in lanes 1+4, 2+5, 3+6.    OR    2+5, 3+6, 4+7, in 8 lane pool if required  
Relay races will be swum in lanes 3, 4 and 5.    OR    4, 5 and 6    in 8 lane pool if lanes are changed as above

**BOYS & GIRLS RELAY RACES WILL BE SWUM SEPARATELY.**

Draw for lanes to take place on the date of Gala.

**GALA POINTS:** 1<sup>st</sup> place – 6 Points, 2<sup>nd</sup> Place – 5 Points, 3<sup>rd</sup> Place – 4 Points  
4<sup>th</sup> Place – 3 Points, 5<sup>th</sup> Place – 2 Points, 6<sup>th</sup> Place – 1 Points,  
Disqualification or No Swimmer – 0 Points

**RELAYS – 1<sup>st</sup> place - 6 points, 2<sup>nd</sup> place – 4 points, 3<sup>rd</sup> place – 2 points**

**SQUADRON RELAY – 1<sup>st</sup> place – 12 points, 2<sup>nd</sup> place – 8 points, 3<sup>rd</sup> place – 4 points**

**LEAGUE POINTS:** The Club, counting both lanes together, achieving the highest number of Gala points to be awarded – 3 League Points; the second Club – 2 League Points and the third Club – 1 League Point. In the event of a tie on Gala points – League Points will be shared.

Each Club is requested to provide two Judges and two Timekeepers who are experienced, to ensure the smooth running of the Gala.

**TEAM MANAGERS TO NOTE:** Clubs may, after consulting with the Host Club, make use of the vacant lanes during the relay races, by entering a second, non-scoring relay team.

Coaches should ensure that all swimmers are able to perform a proper racing dive having regard to the depth of the water at the shallow end of the pool

**YOU ARE REQUESTED TO ENSURE THAT ALL SWIMMERS REMAIN QUIET AT THE START OF RACES.**