

# **WORTHING SWIMMING CLUB**

(Affiliated to ASA South East Region)

## **SUSSEX SWIMMING LEAGUE** **2008 COMPETITION**

(Under ASA Laws and ASA Technical Rules)

### **DIVISION 2**

Saturday 28th June 2008

AQUARENA, WORTHING

Doors open – 6.15pm

Warm up – 6.25pm

Start – 6.45pm

### **COMPETING CLUBS**

BOGNOR REGIS

HASTINGS

WORTHING

Admission - £2

Children (16yrs and under) -

Free

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- The League objectives are, not only to produce a Division 1 and Division 2 champion club, but also to provide competition for young swimmers that they will both **ENJOY** and find **BENEFICIAL** to their swimming development.
  - 2 clubs will be promoted from Division 2 and 2 clubs will be relegated from Division 1 at the completion of the Competition.
  - Ages – U12, U14, U16, Open, as at the 12th July 2008.
  - Individual events – 2 swimmers per Club.
  - Relay events – 1 lane per Club.
  - Clubs will swim in lanes 1 & 4, 2 & 5 and 3 & 6. Draw to take place on the day of the gala.
  - Gala points – 1st – 6pts, 2nd – 5pts, 3rd – 4pts, 4th – 3pts, 5th – 2pts, 6th – 1pt.  
Disqualification or no swimmer – 0pts.
  - Relay events – 1st – 6pts, 2nd – 4pts, 3rd – 2pts. Disqualification or no swimmers – 0pts.
  - Squadron Relay – 1st – 12pts, 2nd – 8pts, 3rd – 4pts. Disqualification or no swimmers – 0pts.
  - 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 clubs being tied on Gala points, then League points will be shared accordingly.
  - Each Club is requested to provide 2 judges and 2 timekeepers, who are experienced, to ensure the smooth running of the gala.
  - Team managers must ensure all their swimmers remain quiet at the start of events.
  - Pool length – 33.33m.
  - Only those swimmers who have reached the standard of the ASA Competitive Start Award will be permitted to start with a shallow racing dive from the starting blocks. All other swimmers must start from in the water.
  - In line with the recommendation in the ASA Child Protection Policy, the Club request that any person wishing to engage in any video, zoom or close range photography must register their details at the pay desk, at the entrance, before carrying out any such photography. This includes the use of a mobile telephone with an image capturing facility.

LANES	1	2	3	4	5	6
COMPETING CLUBS						
EVENTS						
1 Girls U16 4x1L Individual Medley						
2 Boys U16 4x1L Individual Medley						
3 Girls U14 4x1L Individual Medley						
4 Boys U14 4x1L Individual Medley						
5 Girls Open 4x1L Individual Medley						
6 Boys Open 4x1L Individual Medley						
7 Girls U14 4x1L Medley Relay						
8 Boys U14 4x1L Medley Relay						
9 Girls U16 100m Backstroke						
1 Boys U16 100m Backstroke						
0						
POINTS						
1 Girls U12 1L Breaststroke						
1						
1 Boys U12 1L Breaststroke						
2						
1 Girls Open 100m Butterfly						
3						
1 Boys Open 100m Butterfly						
4						
1 Girls U14 2L Freestyle						
5						
1 Boys U14 2L Freestyle						
6						
1 Girls U16 4x1L Freestyle Relay						
7						
1 Boys U16 4x1L Freestyle Relay						
8						
1 Girls U12 1L Backstroke						
9						
2 Boys U12 1L Backstroke						
0						
POINTS						
2 Girls Open 100m Breaststroke						
1						
2 Boys Open 100m Breaststroke						
2						
2 Girls U14 2L Butterfly						
3						
2 Boys U14 2L Butterfly						
4						

2 5	Girls U16 100m Freestyle						
2 6	Boys U16 100m Freestyle						
2 7	Girls U12 4x1L Medley Relay						
2 8	Boys U12 4x1L Medley Relay						
2 9	Girls Open 100m Backstroke						
3 0	Boys Open 100m Backstroke						
POINTS							
3 1	Girls U14 2L Breaststroke						
3 2	Boys U14 2L Breaststroke						
3 3	Girls U16 100m Butterfly						
3 4	Boys U16 100m Butterfly						
3 5	Girls U12 1L Freestyle						
3 6	Boys U12 1L Freestyle						
3 7	Girls Open 4x1L Freestyle Relay						
3 8	Boys Open 4x1L Freestyle Relay						
3 9	Girls U14 4x1L Freestyle Relay						
4 0	Boys U14 4x1L Freestyle Relay						
LANES		1	2	3	4	5	6
COMPETING CLUBS							
EVENTS							
POINTS							
4 1	Girls U16 100m Breaststroke						
4 2	Boys U16 100m Breaststroke						
4 3	Girls U12 1L Butterfly						
4 4	Boys U12 1L Butterfly						
4 5	Girls Open 4x1L Medley Relay						
4	Boys Open 4x1L Medley Relay						

6						
4 7	Girls U14 2L Backstroke					
4 8	Boys U14 2L Backstroke					
4 9	Girls U16 4x1L Medley Relay					
5 0	Boys U16 4x1L Medley Relay					
POINTS						
5 1	Girls U12 4x1L Freestyle Relay					
5 2	Boys U12 4x1L Freestyle Relay					
5 3	Girls Open 100m Freestyle					
5 4	Boys Open 100m Freestyle					
5 5	Girls / Boys 8x1L Freestyle Squadron Relay					
TOTAL POINTS						

FINAL RESULT		
CLUB	GALA POINTS	LEAGUE POINTS
1st		3
2nd		2
3rd		1

On behalf of the Sussex Swimming League, Worthing Swimming Club hope you had an enjoyable evening and wish everyone a safe journey home.