

Winter Championships

Aim of the championship: to promote competitive swimming to a high standard.

1. The league will consist of SASA Western District affiliated swimming clubs, up to a maximum of twelve clubs.
2. There will be one match with all the clubs taking part.
3. A common agreed programme will be swum, each event being swum twice and with a 30-minute interval for officials. A copy of the programme attached.
4. All matches will be swum under SASA rules
5. Age as at 31 December
6. A swimmer can swim up an age group with no restriction on number of swims.
7. The winning club will be presented with a trophy and medals for all their swimmers, medals will also be presented for second and third placed teams.
8. A charge of £50.00 to be made to cover convenors expenses, purchase of medals and hire of pool.
9. Results can be obtained from Hy-Tek, which will be forwarded to clubs and put on the league web site.
10. Each club to provide a minimum of two officials, one of which should be a judge or above.
11. Each club to provide a raffle prize, the monies raised will be used to finance the gala and any surplus will be sent to a children's charity.
12. No crisps and juice supplied, each club to organise their own.
13. Coaches are responsible for the behaviour of their swimmers at all times.
Swimmers must remain on the poolside and coaches are responsible for their own swimmers whilst in the building and must stop them roaming around during the championships. Swimmers off the poolside must be fully dressed at all times.
14. Relays – swimmers to stay with their coach until told to come to the starting area by the announcer. Swimmers congregating at the start end will be disqualified. This will make the programme run slightly longer but should stop the congestion around the timekeepers.
15. Swimmers may use the Interval as warm-up session but must be supervised by a coach from that club at all time.

Refreshments will be served for all officials and coaches during the Interval.

Winter Championship Programme

Girls Boys

1	2	10 years and under	50m Freestyle
3	4	12 years and under	100m Butterfly
5	6	14 years and under	100m Backstroke
7	8	Open	100m Breaststroke
9	10	10 years and under	50m Butterfly
11	12	12 years and under	100m Backstroke
13	14	14 years and under	100m Freestyle
15	16	Open	100m Butterfly
17	18	10 years and under	50m Backstroke
19	20	12 years and under	100m Breaststroke
21	22	14 years and under	100m Butterfly
23	24	Open	100m Freestyle

30 Minute **INTERVAL**

25	26	10 years and under	50m Breaststroke
27	28	12 years and under	100m Freestyle
29	30	14 years and under	100m Breaststroke
31	32	Open	100m Backstroke
33	34	10 years and under	4 x 50m Medley Relay
35	36	12 years and under	4 x 50m Medley Relay
37	38	14 years and under	4 x 50m Medley Relay
39	40	Open	4 x 50m Medley Relay
41	42		8 x 50m Squadron Freestyle Relay (two swimmers from each age group, swimming in age order youngest first).

Age as at 31st December

Points 5, 3, 2, 1. for individual and relay events.