



# Bromsgrove Swimming Club

## **Club Championships: Senior and Youth Club Sprints** **Tuesday 7<sup>th</sup> and Thursday 9<sup>th</sup> July 2009** **7.30pm** **Bromsgrove Dolphin Centre**

***Events: 50m all strokes and 100IM for all 13 to open swimmers and 9, 10, 11, and 12 year olds with qualifying times***

### **Rules:**

1. The gala will be called the Bromsgrove Swimming Club Sprint Championships and is a gala for all 13,14, 15, 16 and open swimmers, and for 9 to12 year olds in the club who have achieved qualifying times for the Senior and Youth Club Championships.
2. The age groups are: 9, 10, 11, 12, 13, 14, 15, 16 and open - all ages are at 31 December in the year of competition.
3. For 9-12 year age groups, qualifying times will apply based on the 2009 Worcester County Qualifying Times for the age group one year below; for the 9 year age group an equivalent amendment will be made.
4. Any 9-12 year swimmer who has swum the qualifying time or faster (at 50m or 100m) in a recognised competition or approved club time trial before the deadline for entries (which is two weeks before the date of the competition) will be allowed to swim in the event of that stroke and the IM event.
5. Entry forms (available from [www.bromsgroveswimming.com](http://www.bromsgroveswimming.com)) will provide details of the qualifying times, the date and time of the competition, entry fees and the entry deadline. The form and entry fee must be submitted in accordance with the information on the entry form.
6. Swimmers must register to compete on the day of competition at the designated registration desk at the pool between 15 minutes before the start of warm up and 10 minutes after the start of warm up. The club cannot guarantee that any swimmer failing to register will be able to compete; no entry fees shall be refunded.
7. All events are mixed heats with heat declared winners.
8. Results will be recognised at the annual presentation night in January where it is customary for 12 and under age groups to get medals and 13 and over to get certificates.
9. Times swum in this gala will be considered alongside those achieved in Junior Club Championships in awarding club trophies.

### **Programme**

#### **Tuesday:**

7.15 registration opens  
7.30 warm up  
7.40 registration closes  
7.50-8.00pm competition starts  
Event 1: 50m Freestyle  
Event 2: 50m Breaststroke

#### **Thursday:**

7.15 registration opens  
7.30 warm up  
7.40 registration closes  
7.50-8.00pm competition starts  
Event 3: 50m Backstroke  
Event 4: 50m Butterfly  
Event 5: 100m IM

**Parents are wanted to help  
out at the Gala with  
timekeeping and on  
poolside.  
Sign up on the notice  
board – no previous  
experience required**



# Bromsgrove Swimming Club

## Club Championships: Senior and Youth Sprints

7<sup>th</sup> and 9<sup>th</sup> July 2009 at Bromsgrove Dolphin Centre  
7.30pm warm up – registration from 7.15pm

### Entry Form

Name \_\_\_\_\_

Gender: Girl / Boy

DOB \_ / \_ / \_ \_ \_

Age at 31/12/09 \_\_\_\_\_

Parent contact: \_\_\_\_\_

Phone no. \_\_\_\_\_

Event		Entry time
Event 1	50m Freestyle	
Event 2	50m Breaststroke	
Event 3	50m Backstroke	
Event 4	50m Butterfly	
Event 5	100m Individual Medley	
Total number of events		
Total entry fee @ £1 per event or £4 for 5 events		

**Closing date for entries:  
Midnight Thursday 25  
June 2009**

Entries to be handed to your teacher/coach or to Linda Cracknell

Remember to register on the day of competition: registration closes at 7.40pm

I agree to abide by the competition rules: signed \_\_\_\_\_ (swimmer)

### Qualifying Times for 9-12 year olds

Boys	9	10	11	12
50 free	44.8	41.5	38.2	35.8
100 free			01:27.2	01:21.4
50 breast	61.6	56.8	52.0	48.5
100 breast			01:53.1	01:44.4
50 fly	53.3	48.9	44.5	41.5
100 fly			01:40.4	01:31.8
50 back	53.9	49.9	45.9	43.1
100 back			01:39.6	01:31.6
<b>Girls</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
50 free	45.0	41.6	38.2	35.7
100 free			01:26.0	01:19.9
50 breast	1.02.6	56.8	51.0	47.4
100 breast			01:50.9	01:41.8
50 fly	54.6	49.0	43.4	47.4
100 fly			01:37.8	01:29.4
50 back	55.2	50.0	44.8	42.0
100 back			01:37.4	01:29.5

Entry forms available soon on the website at:  
[www.bromsgroveswimming.com](http://www.bromsgroveswimming.com)